



## CAPITOL VOLKSSPORT CLUB SEPTEMBER 2018 NEWSLETTER

### President's Message

*Submitted by Holly Spaulding, President, Capitol Volkssport Club*

September days are sunny and warm. The rain is still a month away - good walking weather. The air is fresh and cool at night - good sleeping weather. There are less outdoor parties in my high density neighborhood making for quiet evenings. The nurseries are full of winter pansies, heuchera in many colors, chrysanthemum, and decorative gourds. The annuals in the garden haven't yet been claimed by the frost. Soon the bins at the Olympia Farmer's Market will be full of local cranberries, pumpkin, apples, and pears. Ah September!

CVC wound down summer in August with a picnic, a guided walk in Montesano and our last Tuesday evening walk. Thank you to Mert T. for organizing the Montesano guided walk. Although I wasn't able to attend the walk, the feedback I received is that participants enjoyed the 5K in town walk, and the 10K and 15K hikes to Lake Sylvia. It was great that a 15K was offered and that ten participants took this option. Although written directions aren't usually provided for a guided walk, at Montesano they were offered to participants who wanted to sign in and go rather than walk with the guided group. This made the Volkssport overachievers happy.

When I talked to Mert for a report on her walk, here is what she had to say: "Thank you to all who helped make the Montesano Walking Event possible. This includes those who did a trial run with me before the event (Jan M., Julie H. & Johnny, Sheila & Bob M., and Norm A. and Zander); gave written input to make the written directions more clear (Julie H.); and those who helped the day of the event (Linda P., Nancy W., Roy B., Julie H., Ginny M., Norm A., Jeanne A., Bob & Sheila M.). Some of our volunteers had never been leaders for a guided walk, and I sooo appreciate their willingness to take on this new experience and opportunity! I think they would say that it really was kind of a fun-ish thing to do!"

The last Tuesday in August we walked the **final Tuesday evening walk** for the summer at Swantown. It was a beautiful summer evening along the waterfront and Capitol Lake. When we returned to the start point, the sun had gone down and it was getting dark - a confirmation that it's time to say goodbye to evening walks until next spring. Thank you Sheila M. and Cheryl B. for creating the schedule for these walks!



Coming up on **Saturday, September 22**, is **CVC's 35<sup>th</sup> Anniversary Walk** in The Park at Olympia's Priest Point Park. Chase D., Committee Chairman, created a 5K and a 10K option which are both rated 1C. Coffee and anniversary cake will be served. Register 10:00 am - 1:00 pm at Priest Point Park, 2600 East Bay Drive NE, Olympia, WA. Please join us for this milestone anniversary event. See you there!



**AMERICA'S  
WALKING CLUB**

**WELCOME NEW MEMBERS!**

We welcome three new members to our Club.  
We look forward to meeting you on the trail!



**Margaret Elliott - Olympia**  
**Allen and Carolyn Fuller - Chehalis**



**WHERE CAN YOU WALK? WHEN?**

**Upcoming walks and events**

(Our website is also your link to many great regional events coming up!)

**DON'T MISS THIS ONE!**

**2018 WHIDBEY WALKING FESTIVAL  
SEPT 7-9, 2018**

**Coupeville, Washington**

A three-day festival of walks on Whidbey Island Washington. Explore the beauty of Puget Sound, with its small towns, mountain views, wildlife, evergreen forests and expansive vistas!

New walks and old favorites are being planned for 2018 along with the **new registration location at the Camp Casey Conference Center.**

Just a kilometer north of the Coupeville/Port Townsend ferry landing and adjacent to Fort Casey State Park, is the Camp Casey Conference Center.

The Northwest Tulip Trekkers are hosting this event! Look for more information on [our website](#), or contact: [nwtuliptrekkers@gmail.com](mailto:nwtuliptrekkers@gmail.com)



**OTHER GREAT WALKS COMING UP:**

September 12 <sup>th</sup> :	Guided Walk	Uniontown	Hosted by Lilac City Volkssport Association
September 15 <sup>th</sup>	Walk	Washougal	Hosted by Vancouver USA Volkssporters
September 15 <sup>th</sup>	Walk	Wilkeson	Hosted by Evergreen Wanderers
<b>September 22<sup>nd</sup></b>	<b>Anniversary Walk</b>	<b>Olympia</b>	<b>Hosted by US!</b>
September 29 <sup>th</sup>	Guided Walk	Seattle	Hosted by FS Family Wanderers

**Remember - A great way to find out about all the walks coming up in our region is by subscribing to THE NORTHWEST PATHFINDER,**

**Washington & Oregon Event Newsletter**



*The Northwest Pathfinder* is the official newsletter of the **Pathfinder Volkssport Club of the Northwest** published bimonthly with information about upcoming events in both Washington and Oregon. It contains a wealth of information about volkssporting including awards, credit, trail ratings, member clubs and their officers, and an event locator map. The newsletter is sent to all Active and Associate Members of the Pathfinder Volkssport Club of the Northwest. Annual membership dues are \$12/\$25 (Foreign Delivery – US funds)

For more information about *The Northwest Pathfinder*, contact  
The Northwest Pathfinder  
c/o Chase Davis  
6623 Riviera Court SE  
Lacey, WA 98513  
or [NWPathfinder@comcast.net](mailto:NWPathfinder@comcast.net)  
360-584-6446



We encourage **ALL** our members to get out and walk! We have a **great website which lists all our walks and bike rides**. For complete information as to where our weekly and year around walks are, when they start and directions to the start point **check out our website:**

[www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)

**WALK TO LIVE! LIVE TO WALK! WALK WITH US!**



Walking: the most ancient exercise,  
and still the best modern exercise. -Carrie Latet



**Club Officers and contact information:**

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**Capitol Volkssport Club  
C/O Holly Spaulding  
4627 Timothy Street SE  
Lacey, WA 98503**







**Yearly Dues for the Capitol Volkssport Club:**

\$8.00 (individual) per year;

\$6:00 for 55+; \$12.00 for family.

As a club member our YRE walks are only \$2.00.

Non-Members pay \$3.00

Membership dues for returning members are due in July.



**Dues are payable to our Membership Chairperson:  
Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.**

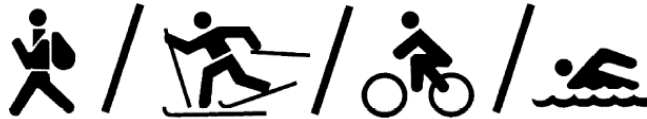


**CONGRATULATIONS! .....**

To the following Club Members who have completed the  
**AVA CENTURION ACHIEVEMENT CHALLENGE**  
By participating in 100 events (so far) during 2018!

JEANNE ALLAN;	KRIS COLBURN;	ROY BAUSKA;
ELIZABETH MORRISON;	ROBERT MORRISON;	SHEILA MORRISON;
JANET PAGE;	TESS SUTTON;	CAROLYN WARHOL;
NANCY WHITTENBERG;	ELIZABETH WHITTENBERG	

**See you on the trail!**



**....AND MORE CONGRATULATIONS!**

To these Northwest walkers who entered the:

**Washington ESVA Winter Walk Challenge:**

Chase Davis	50 Walks;	Jan Paige	120 Walks;
Bonnie Tucker	38 Walks;	Carolyn Warhol	30 Walks;
John Warhol	30 Walks		

(This challenge was for the most walks completed in January, February and March, 2018.)

Hand Embroidered Towels made by Louise Baltes were awarded for the most walks

GOLD Award: Jan Paige      SILVER Award: Chase Davis

Winners of the random drawing for prizes:

\$100 REI Gift Card: Jan Paige      \$75 Gift Card: Chase Davis

**Washington State Challenge:**

39 Counties: Chase Davis, Elizabeth Whittenberg

**Oregon Walk Challenge:**

4H's: Chase Davis





## SAVE THE DATE!

### THE ON-LINE STORE FOR ORDERING COOL STUFF IS COMING!

**Budd Bay Promotions and Apparel** will offer an ON-LINE store for our shirts, hats, bags and other cool stuff.

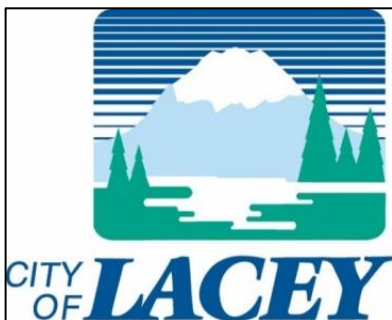
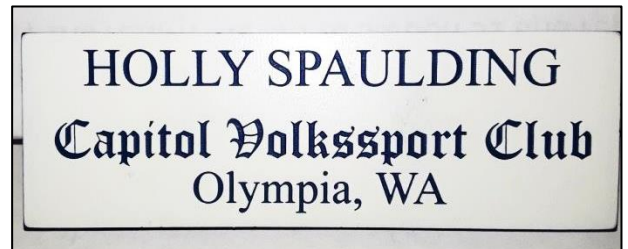
The ON-LINE store will be open October 1<sup>st</sup> through October 31<sup>st</sup>. More detailed information will be e-mailed to you on October 1<sup>st</sup>, 2019!

### NAME BADGES!

**Tags Awards and Specialties** provides our club name badges. Please email Holly at holly.spaulding@comcast.net if you would like one. The prices are as follows:

- New Members: Free name badge with pin back for new members. New members pay \$2.50 if they want a strong and secure magnet back instead of a pin back.
- Replacement Name Badges:
 

\$6.00	Name Badge with pin back
\$8.00	Name Badge with magnet back



### “MAKING OUR TOWN A SAFER PLACE TO WALK AND RIDE”

*Submitted by Bill Spaulding, Capitol Volkssport Club*

Last year I was asked to participate in a Citizen Advisory Committee for the City of Lacey. Since the Capitol Volkssport Club has sanctioned walks throughout Lacey and Olympia, I thought this would be a great opportunity to get involved with our local community to provide input on an issue near and dear to me - pedestrian and bike safety. During the six meetings we had throughout the year I had the opportunity to promote our walking club and the AVA to people associated with this group. Ryan Andrews, Planning Manager for the City of Lacey, explained how the city had partnered with two consulting firms to refine and expand current city plans with the goal to improve pedestrian and bike safety throughout the City of Lacey and the unincorporated “urban growth area”, (UGA) surrounding Lacey city limits.

During the past year the committee met every two months to provide input and suggestions and to review progress on the development of the comprehensive Pedestrian & Bicycle Plan for the City and its Urban Growth Area. The project launched in September 2017 and was completed in September 2018. The City of Lacey worked extensively with the community to identify a fully connected and safe pedestrian and bicycle network and strategies for building out the network over time. The goal was to create a community where walking and biking are safe, convenient, and fun. The plan was created using the following steps:

1. Inventory and map existing walking and biking network
2. Identify the most common walking and biking destinations, such as schools, parks, trails, neighborhoods, shopping areas, and jobs
3. Identify gaps in existing network
4. Map out walking and biking network improvements based on public input, analysis, and opportunities
5. Work with the community to set priorities for Plan implementation
6. Create an action plan for funding and implementing new projects
7. Draft and Final Plans
8. Planning Commission review and City Council adoption, (Completed August 21<sup>st</sup>, 2018).

I found this year-long effort as a great way to connect with city planners and to make an impact on future sidewalk and bike lane safety improvements. I encourage you to participate if an opportunity like this comes up in the future for your town!

To see the fruits of our efforts you can review the entire plan by going to:

<http://www.ci.lacey.wa.us/city-government/city-departments/community-and-economic-development/planning-documents/get-involved>

## **Do you like to ride bikes? Are you interested in working on bikes?**

The **WALK N' ROLL YOUTH EDUCATION PROGRAM** might interest you!

During the Citizens Advisory Committee meetings I was introduced to Jessica Gould, an employee of Intercity Transit. She told me about the Walk N' Roll program, a youth education program sponsored and funded by Intercity Transit. Since my wife, Holly, and I are bike enthusiasts we thought it would be interesting to check this out. Jessica introduced me to David Copley, the program manager, bike repair expert and bike enthusiast.

Holly and I started working in the bike shop, located in the back of D.G. Parrott and Sons Machine Shop, 209 Thurston Ave. in Olympia. Here David has 4 bike stands and 4 complete set of tools for volunteers to work on bikes. Holly and I knew nothing much about working on bikes, but David (a very patient guy!) loves teaching people how to rebuild bikes. The bike shop is open on Wednesdays and Saturdays. Intercity Transit receives abandoned or donated bikes throughout the year. The bikes are completely stripped down to the basic frame and then completely rebuilt with new bearings, chain, cables, brakes, pedals, a new seat etc. Up to 90 bikes are rebuilt each year.

David coordinates with schools in the area to put on a bike safety class in their schools. The bike safety program is voluntary, meeting for four days after regular school hours. The first day he brings a selection of refurbished bikes and matches one for each student. The class size can be up to a maximum of 10 students. Each day of the class incorporates bike safety and security, navigation on city streets, a review of laws pertaining to bike vs vehicle rights of way and bike maintenance and a







bike ride. It's amazing to see these 12 and 13 year olds soak up bike safety information, change a tire and adjust tension on brake cables! Holly and I ride along with the group - providing "safety escorts". At the end of the 4-day class each student gets their refurbished bike, their new helmet and a tool bag with bike lock!

Classes start again this fall. Volunteers are always needed and welcomed! If you would like to find out more about this program you can call/text/email David at 360-701-8379 or: [dcoppley@intercitytransit.com](mailto:dcoppley@intercitytransit.com)

**WE'LL SEE YOU WALKING (AND BIKING) ON THE TRAIL!**



Port Gamble YRE - August 2nd



Ocean Shores Worker Walk - August 4th



CVC  
Annual Picnic  
Priest Point Park, Olympia, August 14th

Tacoma YRE  
August 16th







Theler Wetlands Seasonal  
Belfair, August 9th



White River Trail and Parks Walk  
Auburn, August 23rd



Montesano Guided Walk  
August 25<sup>th</sup>

Montesano Guided Walk  
August 25th



The LAST Tuesday Evening  
Walk of the Summer!  
Olympia, August 28<sup>th</sup>

