



AMERICA'S WALKING CLUB



CAPITOL VOLKSSPORT CLUB OCTOBER 2018 NEWSLETTER

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club



Thank you to Chase D. for chairing the CVC 35th Anniversary Walk September 22! Despite the off and on rain Saturday, more than sixty people celebrated with us by walking the 10k or 5k walks.

Shelter 1 at Priest Point Park is a spacious covered area with plenty of counter space and tables. It was a comfortable place to enjoy coffee and delicious cake, visit, and rest after the walk.



Our newest and youngest member joined CVC on the 22nd. Her name is Ariana and she's five and half years old. She and her parents, Kattarina and Matthew, completed the 5K walk. Welcome Ariana! We look forward to seeing you and your parents on the trail!

Happy Halloween!

"Time for you to get those walking shoes on, and let's get going." David Bonewitz, AVA President.

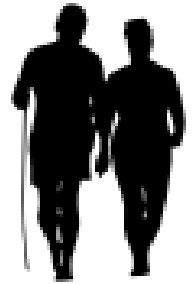




WELCOME NEW MEMBERS!

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

Jacqueline Chambers - Olympia
Kattarina, Matthew and Ariana - Olympia



WE HAVE NEW NAME TAGS FOR YOU!

The following people have name tags ready to pick up:

MARY EDWARDS

IAN HEATH

PAT BROWER

NORM ADAMS

ELIZABETH STOREY

Holly will have them when walking or you can pick yours up at the next club meeting, October 9th.



WHERE CAN YOU WALK? WHEN?

Upcoming walks and events

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

SHORT NOTICE - OCTOBERFEST PUB WALK!

Submitted by Carol Froelich and the Committee of Monday Walkers

Last year the Monday Volkssporters did an impromptu Oktoberfest Pub Walk. It was such a fun walk we decided to do it again this year! At lunch after the Monday walk this week, we came up with a route and pub stops. Mark your calendars! This will be a group walk, however, maps will be provided.



Event: Oktoberfest Pub Walk

Date: Monday, October 8, 2018

Start: 2:00 pm at Bayview Thriftway

Route: walk up 5th Ave SW/SE to **Stop #1; Northwest Beerwerks, (420 Steele St SE, Olympia, WA)**. Stop is approximately 30 minutes. Next, head north along Fir Street to Mission Creek Nature Park. Exit Park on San Francisco Ave NE, and follow street down to East Bay Drive. Go left (south) on East Bay Drive to 4th Ave East. **Stop #2** is at **Whitewood Cider Company (728 4th Ave East, Olympia, WA)** Another 30 minute stop to sample cider. From Whitewood Cider Company, we will walk 3 blocks down 4th Ave to Jefferson. Left on Jefferson for 2 blocks to **Fish Tale Brew Pub for our last stop. (515 Jefferson St SE, Olympia, WA)**. From Fish Tale, we will return to Bayview along Legion Way to Water Street. Take a right on Water Street, and continue 3 blocks to 4th Ave W. Take a left on 4th Ave West and continue 2 blocks to Bayview

End: 5:00 pm An extra hour is added into the regular 2 hour walk time to accommodate stops.

A map will be provided for those wishing to continue the walk without stopping.

Dinner: Some walkers may wish to stay at Fish Tale for dinner!

See you Monday!



OTHER GREAT WALKS COMING UP:

October 13th	Park Walk	Spanaway, WA	Hosted by Daffodil Valley Volkssport
October 20th	Harvest Fest Walk	Happy Valley, OR	Hosted by E. County Wind Walkers
October 20th	Art Walk	Auburn, WA	Hosted by Seatac Volkssport Club
October 27th	Trick or Treat Trek	Remlinger Farms	Hosted by Emerald City Wanderers



SEABREEZE 2019 – NATURAL BEAUTY AND SMALL TOWN CHARM

Submitted by Perki Sweet

February 16-18, 2019 is highlighted on your calendar, reservations have been made at one of Ocean Shores' fine hotels; or maybe you are staying at one of the many Airbnb's located in the area. So now you are wondering about those fabulous walks mentioned in the last issue of *TAW*.

Registration for all walks and the bike event is at the Ocean Shores Lions Club, although the actual starting point for some of the walks may be anywhere from five to 18 miles away. There will be YRE beach and town walks for those who prefer to stay in Ocean Shores.

The **Oyhut Bay walk**, a brand new walk this year, is at the southern end of Ocean Shores and winds through neighborhoods, city parks, and a new development with a cafe, bistro and market.

The second new walk is the **North Town walk**. Enjoy the north end of Ocean Shores, as you stroll past home fronts with views of North Bay and a small lake. After walking through neighborhoods, the walk continues along both sides of Point Brown Avenue where you can stop and enjoy several shops, art stores and a variety of restaurants.

The **Damon Point walk** begins five miles south of our starting point and is most easily walked at low tide, so check this before starting. This is a former island in the Chehalis River, now connected to the mainland by a sand spit. On good days, there are views of the Pacific Ocean, Mount Rainier and the Olympic Mountains. Seals, eagles, sandpipers, and the occasional snowy owl may be encountered.

You never know what you'll find at **Griffiths-Friday State Park**, eight miles north of Ocean Shores. This park is between Conner Creek and the mouth of the Copalis River. Because of the creek's relentless undercutting of the bluff and the ocean's pounding of the dunes, the area is constantly transforming. The first 5k of the walk is through dune grass and ocean-battered pine trees. 7K, 10k, and 30k options are available for the more adventurous. Walking sticks are recommended for those who find them helpful.

Seabrook, 12 miles north of our starting point, sits on a bluff overlooking the ocean, incorporating the ocean and windswept trees into its natural beauty. It has been described as "a truly magical place that captures the spirit of a charming seaside town." This walk includes paved streets in the town, a trail through the woods surrounding the town and the beach. If you did this walk in previous years, you will be amazed at the changes continuing to take place in Seabrook.



Chase, Julie and Cindy checking directions

Moclips, 18 miles north of Ocean Shores, is well worth the drive. Here you can enjoy the rugged landscape and the rocky bluffs as you walk on the beach from Moclips to the town of Pacific Beach. Pacific Beach State Park is located at the 5k mark, where you can get off the beach, use the restrooms, walk into town and even have lunch. You may continue the walk through town or return to the beach and complete the walk that way. Moclips also has a museum with a good collection of local history.

AVA President and AVA First Lady, **David and Mindy Bonewitz** will be our special guests. This is your chance to get up close and personal and share your ideas as well as hear their ideas about volkssporting and AVA. Maybe you can even join them on a walk!

The Saturday evening buffet and entertainment is going to be a “don’t miss” event. A new menu, a new caterer, and live Irish music by the Burren Band are scheduled to make this a memorable occasion.

More information about this fun-filled weekend, including a Saturday night dinner reservation form (reservations for the dinner are limited and no tickets will be available at the door), is available at:

www.capitolvolkssportclub.org



We encourage **ALL** our members to get out and walk! Where can you walk you ask? **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

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

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



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’s Premier 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 or to subscribe to the *The Northwest Pathfinder*, contact

The Northwest Pathfinder
4430 S. 263rd Street
Kent, WA 98032-7159
or NWPathfinder@comcast.net
360-584-6446

Distance and events awards:



CONGRATULATIONS to the following club members on their distance and event achievements!

(From the October/November edition of The American Wanderer)

EVENT AWARDS:



75 Events
Pat Lehnert



100 Events
Pat Lehnert



275 Events
Cheryl Evans



325 Events
Kris Colburn



350 Events
Mike Extine



475 Events
Chase Davis



500 Events
Chase Davis



525 Events
Janet Paige



550 Events
Janet Paige



1700 Events
Robert Morrison
Nicholas Shields



1800 Events
John Warhol



2200 Events
Carolyn Warhol

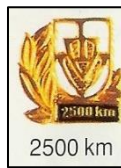


4800 Events (Image coming!)
Roy Bauska

DISTANCE AWARDS:



2500 Km
Pat Lehnert



2500 Km
Cheryl Evans



5500 Km
Chase Davis
Janet Paige



17000 Km
Nicholas Shields



18000 Km
Bob Morrison



19000 Km
John Warhol



24000 Km (Image Coming!)
Nancy Whittenberg





Walking is the great adventure, the first meditation, a practice of heartiness and soul primary to humankind. Walking is the exact balance between spirit and humility.

-Gary Snyder



Club Officers and contact information:

President:	Holly Spaulding	(253) 770-0691	E-mail: holly.spaulding@comcast.net
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Sales & Information Chairperson:	(Vacant)		
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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.**



Newsletter Deadline - The Last day of the Month

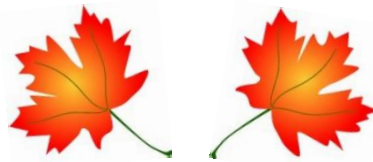
Do you have something to put in the newsletter?

You can get ahold of me by e-mail at: cvcnewsletter18@gmail.com

See you on the trail!



Left and Below: Whidbey Walking Festival
September 6-9



Right and Below:
35th Anniversary Walk
September 22nd



Sheila Morrison receiving her Meritorious Service Award
Club Meeting, September 9th



Above and Left:
Westport YRE
September 20th



Nisqually YRE,
September 27th