



CAPITOL VOLKSSPORT CLUB AUGUST 2019 NEWSLETTER

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

Thank you to the clubs in our region for making the most of the last two months of our beautiful Northwest weather by working hard to put on several hiking, walking and biking events in Washington, Oregon, and Idaho. What a great way to round out your summer.

I hope to see many of you in the Bellingham area for the Northwest Hiking Weekend August 2-4. We will be hiking at Fragrance Lake and Rock Trail; Cedar Lake Trail to Raptor Ridge Viewpoint; and Oyster Dome. There is detailed information about the hikes in the current *Pathfinder* and <https://fourplushikers.weebly.com/northwest-hiking-weekend.html>. The scenic hikes are in a section of the Cascade Mountain Range that turns west to the sea called the Chuckanut Mountains.

Later in August take a road trip to Wallace, Idaho, for a weekend in Idaho's Silver Valley. August 23-25 the Lilac City Volkssport Association will sponsor four walks and a bike ride through historic and quaint Wallace, historic Kellogg, and along the remote Trail of the Coeur d'Alenes. For those of you who read *The Big Burn* (by Timothy Egan), the Pulaski Tunnel Trail will be of special interest. For detailed information check *The Pathfinder* or go to <http://www.lilaccityvolks.com/wallace-weekend.html>.

Rest up a couple of weeks and then hit the road again to Bend, Oregon, for the Salute to Central Oregon event September 12-15. Hiking, biking, walking, rafting, and swimming activities will be offered. City walks will be in Redmond, Bend, and Sunriver; and hikes at Tumalo Falls, Green Lakes, Eagle Rock, and along the Metolius and Deschutes Rivers. For details check *The Pathfinder* September/October issue or go to <http://www.walking4fun.org/central-oregon.html>. Please note that the host hotel has changed and is no longer the Shilo Inn. The Shilo Inn did a blanket cancellation of all reservations and is up for auction September 6. If you had reservations there, you will need to make other lodging arrangements. The Comfort Inn & Suites in Bend has a group rate for walkers (541) 617-9696.

When you're done with your exploration of central Oregon, head to Winthrop, Washington, for the ESVA Walkers Roundup. Before you get to Winthrop though there a few stops you're going to want to make on the way. Check out <http://esva.online/news/sept-16-19-2019-walks-from-bend-to-winthrop/>. There you will find driving directions and the schedule for group walks between Bend and Winthrop. Break up the drive with these invigorating walks. If you are traveling over the North Cascades (Hwy 20) September 19, there will be registration available at Washington Pass Overlook for the Rainy Pass event and the Mazama Walk and bike.

The ESVA Walkers Roundup in Winthrop is September 20 – 22 and will include seven walks/hikes and a bike event with three distances. Check the September/October issue of *The Pathfinder* or go to <http://www.esva.online/> for detailed information.

Whew! Had enough options for exploring and playing in the sunshine? Well, I've got another one for you. The Capitol Volkssport Club board has heard your requests for a train trip to Portland. It is tentatively scheduled for **Thursday, September 26**. We will do a newly developed 5T (train, trolley, trail, tram, Tillicum Bridge) walk. More details are forthcoming!

We'll see you on the trail!



AWA
AMERICA'S
WALKING CLUB



WELCOME OUR NEW MEMBERS!

We **welcome** our newest members to our Club.
We look forward to meeting you on the trail!

JILL EDWARDS – Olympia, WA
KATHLEEN GUEST – Olympia, WA
CONNIE BUCOVE – Olympia, WA



Save the Date! You're Invited!

**Capitol Volkssport Club's
Summer Potluck!**

There will be three guided
walks available to choose from –

two 5k and one 2k

When: Tuesday, August 13th 2019; 4-7:30 p.m.

Walkers will leave on the walk at 4:30. We'll eat dinner at 6:00.

There will be a brief business meeting during the picnic.

We will have a final discussion on club names and vote for the name we like best.

What to bring: It's potluck! Board Members will bring Main Dishes. YOU bring salads, sides and desserts!

The Club will provide coffee, tea, water, paper plates and utensils!

Where: Priest Point Park (Picnic Shelter #1)
2222 East Bay Drive NE, Olympia, WA 98506

AWA
AMERICA'S WALKING
CLUB

We hope to see you there!





HELLO AUGUST!

WHERE CAN YOU WALK? BIKE? WHEN?

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



WALLACE WEEKEND (AND KELLOGG TOO)! AUGUST 23-25 2019:



PLAN AHEAD FOR THIS VOLKSSPORT FILLED WEEKEND IN IDAHO'S SILVER VALLEY. THREE TRADITIONAL WALKS PLUS THE YEAR AROUND EVENTS ON THE TRAIL OF THE COEUR D' ALENES WILL BE AVAILABLE DURING THE WEEKEND.

For more information check out the Lilac City Volkssport Association website:

<http://www.lilaccityvolks.com/home.html>



THE COLUMBIA RIVER VOLKSSPORT CLUB

Salute to Central Oregon: Rivers, Mountains, and More

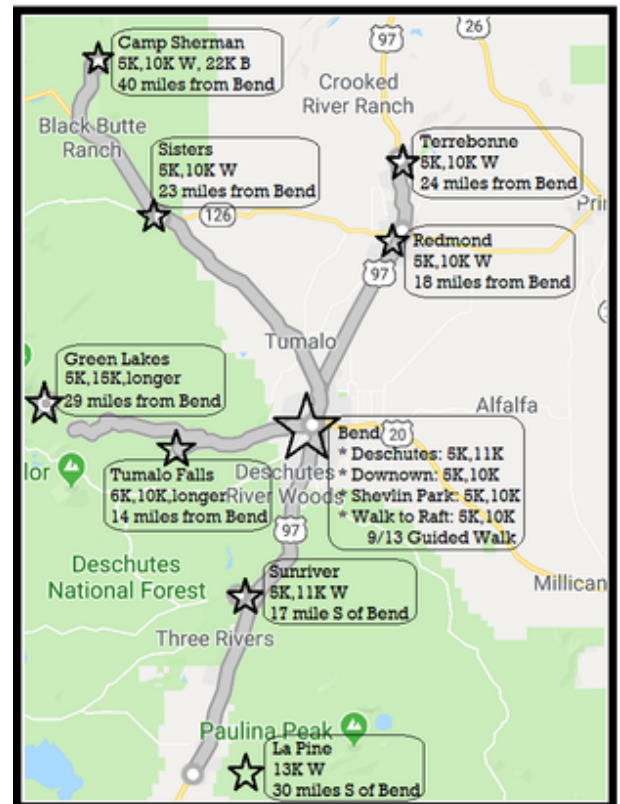
September 12-15, 2019

CRVC is again presenting an amazing Oregon venue. Sunny skies, shimmering rivers, snow-kissed mountains, alpine lakes and sagebrush plains serve as the backdrop for our four days of walking, hiking, biking and swimming. Headquartered in Bend, OR.

12 Walks, 2 Bikes and a swim!

* Events in Bend, Sunriver, Sisters, and Redmond.

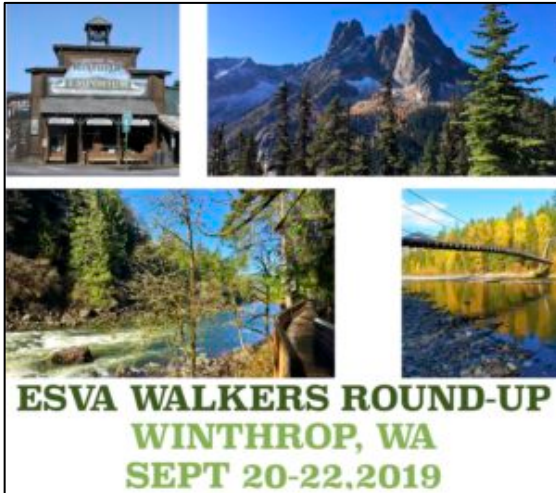
* City walks in Redmond, Bend, and Sunriver (1A)



Hikes to Tumalo Falls, Green Lakes, Paulina Lake, Eagle Rock, and along the Metolius and Deschutes Rivers (1B, 2B, 3C)

CHECK OUT THEIR WEBSITE AT:

<http://www.walking4fun.org/central-oregon.html>



DON'T MISS THIS ONE!

ESVA Walkers Round-up is coming!

September 20 - 22, 2019

Find out all about this great event!

Visit www.esva.online for more information!



Yellowknife 2020 Convention!

Registration is now open!

The Canadian Volkssport Federation is excited to announce that our 2020 Convention and AGM will be held in Yellowknife, Northwest Territories, June 12-14, 2020.

Many of you are planning on the 2020 Convention in Yellowknife, NWT. Here's some good info from David Cattrall, Chair, YK2020

Hi everyone. This email is targeted at those who have already registered for the Yellowknife 2020 Convention, to whet your appetite for the delights that await you, and particularly for those who are thinking of going but haven't actually registered yet. To the latter group my advice is register now and book a hotel room because the Convention is getting very close to being sold out and there are two more groups making plans to go. If you have put your name on a waiting list for a bus tour you can still go ahead and register for the Convention. If a cancellation comes through and you get on a bus then your Convention registration fee will be deducted from your bus tour fee. On the other hand if your plans change and you are unable to go you can always cancel your registration and hotel room at no cost. If however you wait then it's quite possible that you would not be able to attend the Meet and Greet or the Banquet.

Several members of the Convention organizing committee and the bus tour organizers recently drove the bus tour route, checking out the hotels, walks and other arrangements. Then, in Yellowknife, 9 of us checked out the two hotels, all the walks, met representatives of local government and other groups and we were blown away! Everything was great! The hotels are top notch, the walks are varied, interesting and attractive, the weather was perfect for walking (it was dry and warm except for one 30 minute downpour), the bugs were not a problem – except for a walk at midnight when the mosquitos were pretty frisky under the midnight sun!

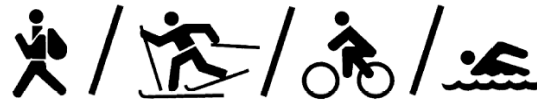
Yellowknife itself is an attractive city with many points of interest and you'll see them all from the walks. The people that we met were all extremely welcoming and helpful. With their help, the organizing committee is working hard to give you a real taste of the North. The scenery, the history, local music and art, food and beer (there's an excellent local craft brewery), walking under the Midnight Sun, and a lot of surprises.

So, lots to look forward to. Lots of reasons to register if you are still thinking about it!

David Cattrall

Chair, YK2020 Organizing Committee

**Registration is now open. Go to [YK2020](#) for more information.
Watch your email and this website for updates as details develop.**



Remember: Check our website - capitolvolkssportclub.org

YOUR link to ALL our Monday, Tuesday and Thursday scheduled walks as well as the many great regional events coming up!

OTHER GREAT WALKS IN AUGUST:

| | | |
|-------------------------|---|---|
| August 7 th | Moulton Falls Guided Walk | Vancouver USA Volkssporters Battle Ground, WA |
| August 10 th | Walk the Parks of Fife | Daffodil Valley Volkssport Club Fife, WA |
| August 10 th | Corvallis 30 th Anniversary Walk | Corvallis Cruisers Corvallis, OR |
| August 14 th | The Grotto Guided Walk | Rose City Roamers Portland, OR |
| August 17 th | Squirrel Fest | Longview Border Crossers Longview, WA |
| August 18 th | Hudson's Bay Days Walk | The Over-the-Hill Gang Dupont, WA |
| August 21 st | Burnt Bridge and Ellen Davis Trail | Vancouver USA Volkssporters Vancouver, WA |
| August 24 th | Rainier Beach Link Rail Station | Link Light Rail Walk Vegetable Bin & Polynesian Deli 8825 Martin Luther King Jr. Way S. |
| August 28 th | Starvation Creek Falls Guided Walk | Rose City Roamers Viento State Park, OR |
| August 30 th | Olympia Harbor Days Walkabout | Capitol Volkssport Club Olympia, WA |

You can find all the information about these walks and more in YOUR Pathfinder magazine.

Not a subscriber?

Join and pay online!

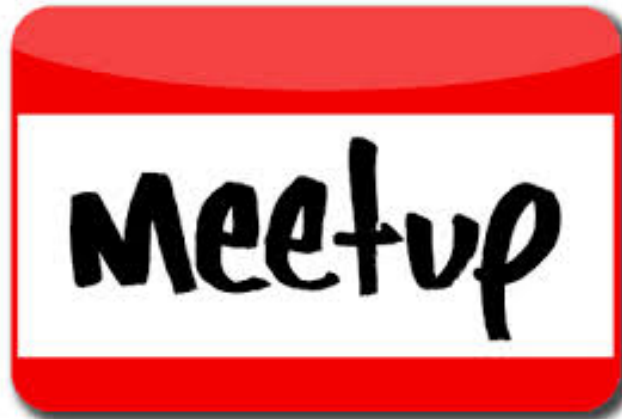
www.esva.online/nw-pathfinder-home-delivery

Want more information? Remember: Check our website -

www.capitolvolkssportclub.org



Find a Group Walk near you



Are you looking for a group to walk with on weekdays or weekends?

Check out these Volkssport meet-up groups for their schedules. Local walking clubs are using Meetup to schedule group walks. Meetup is a website (Meetup.com) and it's also an app for your smart phone. You can find Meetup events that offer walks in your local region, or you can look further from home when you travel. That'll add some spice!

All Meetup web addresses start with **www.meetup.com/...**

Oregon

Portland and SW Washington: **.../Walking-Oregon-and-SW-Washington/**

Willamette Valley and Mid-Coast: **.../Willamette-Valley-and-Mid-Coast-Walkers/**

Medford area: **.../Rogue-Valley-Walkers-Meetup/**

Washington

Bellingham area: **.../NW-Tulip-Trekkers-Walking-Club/**

Des Moines/Burien/Normandy Park: **.../Des-Moines-Waterland-Walking-Group/**

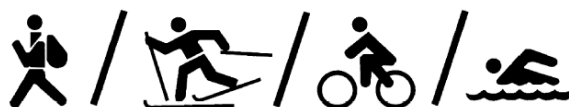
Kent: **.../Kent-Outdoor-Fitness-Meetup-Group-Volkssport/**

North Puget Sound: **.../walkers-574/**

Olympic Peninsula: **.../meetup-group-xevTilbx/**

South Puget Sound: **.../South-Sound-Walkers/**

Spokane: **.../Spokane-walkers/**



Capitol Volkssport Club Officers and contact information:

| | | | |
|--|------------------|----------------|---------------------------------------|
| President: | Holly Spaulding | (253) 770-0691 | E-mail: holly.spaulding@comcast.net |
| Vice-President: | Julie Heath | (360) 264-4670 | E-mail: ijheath@comcast.net |
| Secretary: | Linda Darkenwald | (360) 789-4486 | E-mail: darkenwald@comcast.net |
| Treasurer: | Ian Heath | (360) 264-4670 | E-mail: ijheath@comcast.net |
| ESVA Rep: | Liz Morrison | (360) 748-3886 | E-mail: morsun1@outlook.com |
| Membership: | Karen Younkins | (360) 357-9185 | E-mail: jcyounkins@comcast.net |
| Sales & Information Chairperson: | (Vacant) | | |
| | Holly Spaulding | (253) 770-0691 | E-mail: holly.spaulding@comcast.net |
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| Meetup.com administrator and <i>Pathfinder</i> Editor: | | | |
| | Chase Davis | (360) 584-6446 | E-mail: NWPPathfinder@comcast.net |
| Print Media Liaison: | Marsha Majors | (425) 422-6835 | E-mail: mamajors13@yahoo.com |

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



WE WANT YOU!

Everyone! Did you forget???

Yes! June was the time to pay your membership dues! However it's not too late!

Karen will be at the **August Picnic, August 13th** and will be happy to collect your membership dues then!

You are **always welcome** to mail your club membership dues, (see below for all the details!)

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 EastsideSt. NE, Olympia WA 98506.



Our Next Meeting:

AT THE CLUB PICNIC!

JOIN US!

CVC's Next Board Meeting:

Our Board meeting will be in October.

We will post the date, location and time in the September's Newsletter

All members welcome!





Wednesday July 17th
 Centralia, WA
 Walking with Portland and
 Vancouver Clubs!
 71 Walkers!

Monday Walkers!
 Tuesday, July 2nd



Aberdeen
 Thursday, July 18th



Port Gamble
 Thursday
 July 11th





Priest Point Park
Tuesday
July 16th

Beacon Hill
Link Light Rail Walk
Saturday
July 20th



Nisqually Preserve
Tuesday
July 23rd

