



(SUNDAY, NOV 3<sup>rd</sup>)

# CAPITOL VOLKSSPORT CLUB NOVEMBER 2019 NEWSLETTER

Volume 2, Edition 11

## President's Message



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

On the newsletter header, you will notice the new AVA logo developed by our public relations firm, Mass Media, LLC in conjunction with the AVA staff and Board of Directors. I like the new logo and was curious about the rationale behind the new design. I called Henry Rosales, AVA Executive Director, with my question. Here are his comments: "With the new logo, we were looking for something that would excite the next generation of walkers while also recognizing the legacy of the AVA. This logo, with its path around the mountains and energetic color, represents the future of America's Walking Club. The path also suggests the excitement of exploring new trails and paths - the joy of exploring new areas on foot. The mountains stylize the letters AVA as a reference to our history. The reference to our founding date also acknowledges our organization's significant history in a modern way. Finally, the prominent words on the logo - America's Walking Club - make our mission, encouraging fitness through walking, clear to those viewing the logo. This logo checks all the boxes. It is

respectful of our history and clearly representative of our future in a way that will resonate with the new walkers we want to inspire. Come walk with us. We are America's Walking Club."

Have you always wanted to hear the Rain Drums at Rattlesnake Lake? If you have, you can join a group doing the Historic North Bend and/or Rattlesnake Lake walk on Saturday, November 6. On Monday, November 11, (Veterans Day) before you go to the regularly scheduled Monday walk at 2:00 pm, consider starting your day at the Dash Point State Park Autumn Walk hosted by the Four-plus Foolhardy Folks. Registration starts at 9:00 am. Celebrate #OptOutside on November 29 by walking your favorite YRE or doing an #OptOutside guided walk with the Daffodil Valley Volkssport Club. The walk is on the Sumner Link Trail and the group starts walking at 10:00 am. Details about these and other fall walking opportunities are in this newsletter.

About 20 fearless walkers gathered to do an Oktoberfest Pub Crawl in downtown Olympia October 21. The rain pummeled us as we walked between stops and never let up. We were all soaked to the skin by the time we stopped for dinner at Well 80 Brewpub. I so appreciate the hearty comradery of my walking pals! I wouldn't make it through the winter months without you!

**WELCOME FALL! WE'LL SEE YOU ON THE TRAIL!**



## WHERE CAN YOU WALK? WHEN?

### Upcoming walks and events

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](http://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!**



**OUR HOLIDAY WALK IS COMING!  
SAVE THE DATE!  
SATURDAY, DECEMBER 7**

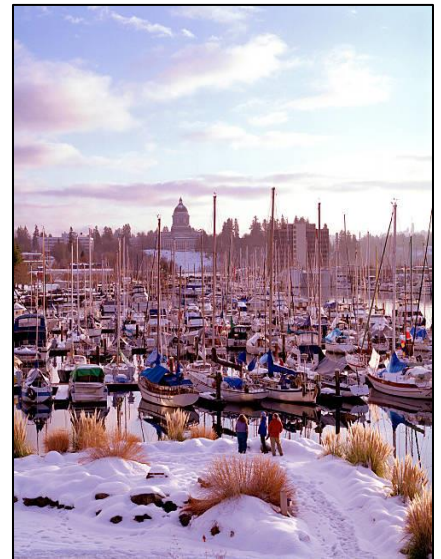
Enjoy Washington's capital city all dressed up for the holidays! Both the 5km and the 10km will stroll through the Olympia Farmer's Market, past downtown shops full of Christmas cheer and through the Capitol building to see the giant Christmas tree.

**New Start Point:** Olympia Community Center, 222 Columbia St NW, Olympia WA

**Start Time:** 10:00 am – 1:00 pm      **Finish Time:** 4:00 pm

**Trail:** 1B; Walks are mostly on sidewalks, except for a short uphill trail section. Not suitable for strollers.

**Award:** IVV credit is \$3.00. Free participants are welcome. All participants must sign the event registration waiver.



### **OTHER GREAT WALKS COMING UP:**

**Downtown Seattle Link Light Rail Walk      Saturday, November 2**

Location: Bartell Drugs  
400 South Jackson Street  
Seattle, WA

Start Time: 9:45 a.m. (More details at Meetup.com, South Sound Walkers)

## Historic N. Bend and/or Rattlesnake Lake Walk Saturday, November 6

Location: QFC

460 East North Bend Way

North Bend, WA

Start Time: 9:45 a.m. (More details at Meetup.com, South Sound Walkers)

## Dash Point State Park Autumn Walk

Monday, November 11

Hosted by the Four-Plus Foolhardy Folks

Location: Dash Point State Park

SR 509/SW Dash Point Road

Federal Way, WA

Start Time: 9:00 a.m. - 1:00 p.m.

## #OptOutside on the Sumner Link Trail Walk

Friday, November 29

Hosted by the Daffodil Valley Volkssport Club

Location: REI Sumner Distribution Center

1700 45<sup>th</sup> Street East

Sumner, WA

Start Time: **\*10:00 a.m.** **NOTE:** This is a guided walk. Allow time to register, use the porta-potty, and be ready to walk by 10:00 a.m.

## #OptOutside Rood Bridge Park Walk

Friday, November 29

Hosted by the Cedar Milers

Rood Bridge Park

4000 SE Rood Bridge Road

Hillsboro. OR

Start Time: **\*10:00 a.m.** **NOTE:** This is a guided walk. Allow time to register, use restrooms, and be ready to walk by 10:00 a.m.

## Sound Steppers Turkey Trot

Saturday, November 30

Hosted by the Soundsteppers Volkssport Club

\*Edmonds United Methodist Church

828 Caspers Street

Edmonds, WA

Start Time: 9:00 a.m. - Noon

Finish Time: 3:00 p.m.

\* **NOTE:** Remote start at Edmonds ferry terminal for walkers coming from Kingston

## Holidays in the Capitol City Walk

**SATURDAY, DECEMBER 7**

Hosted by our very own **Capitol Volkssport Club!**

The Olympia Center

222 Columbia Street NW

Olympia, WA

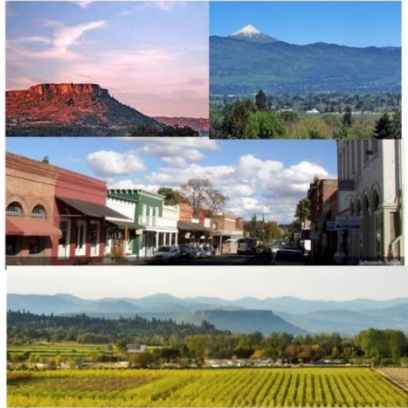
Start Time: 10:00 a.m. - 1:00 p.m.

Finish Time 4:00 p.m.



## SAVE THE DATE!

- Come join us at the **Rogue Valley Regional Walking Conference** in scenic Southern Oregon
- **June 25-June 28, 2020**
- Enjoy 6+ walks, a bike event & a swim event
- Wineries, Oregon Shakespeare Festival, River Rafting & more



Please check back for details & registration

## WALK OREGON

WALKING IN OREGON AND SW WASHINGTON

Oregon Trail State  
Volkssporting Association  
and the Rogue Valley  
Walkers Proudly present the

**NORTHWEST REGIONAL  
CONFERENCE IN  
MEDFORD, OREGON  
JUNE 25 - JUNE 28, 2020**

The Oregon Trail State Volkssporting Association and Rogue Valley Walkers proudly invite you to attend the 25-28 June 2020 Northwest Regional Conference in Medford, Oregon. This fun event will provide a daily featured walk in Ashland, Jacksonville, Medford, and Casey State Park. Also offered are 3 self-guided challenge hikes in the Rogue River Gorge, Grizzly Peak, and Mount Ashland Meadows, a peaceful bike along the Bear Creek Greenway and a swim. To enhance your experience, the Rogue River Walkers will have all 12 of their year round event directions and stamps available at the Inn throughout the conference. All sporting events are open to the public for a small \$3.00 participation fee. No dogs allowed in Ashland's Lithia Park. Wear hats, sunscreen and take water with you.

**Registration:** Pre-registration required by 31 May 2020. Pre-registered walkers will be able to check in after noon on Wed, 24 Jun 2020 in the lobby of the Inn at the Commons. All other registration will be 7:00-4:00 Thu-Sat, 7:00-noon Sun.

**(EDITOR NOTE: I have an electronic copy of the event registration form. If you would like a copy let me know at [william.k.spaulding@gmail.com](mailto:william.k.spaulding@gmail.com) )**

**Meet and Greet:** Thu, 25 Jun 2020, 4:30-6:00, light appetizers, and no host bar in The Meadows, Inn at the Commons.

**Training Workshops:** A series of specialized training sessions will be provided on Fri, 26 Jun 2020, 1:00-4:00 a short distance away in the RCC/SOU Higher Education Center, 101 S. Bartlett St, Medford.

**Banquet:** Sat, 27 Jun 2020, Social hour 5:00-6:00, Buffet at 6:00 in the Inn at the Commons Banquet Room and live entertainment.

**INN AT THE COMMONS:** 200 N. Riverside, Medford OR (541-779-5811). Ask for the Rogue Valley Regional Walking Conference Group registration rate. Limited number of rooms. Call soon!

### For additional information contact:

Tom Baltés, NW Regional Director, 505-298-1256  
Louise Dix, OTSVA President, 541-951-0667  
Ed Hainline, OTSVA Vice President, 360-921-1909  
Pat Jewett, OTSVA Publicity, 503-453-6018  
Jerri Wildfong, Rogue Valley Walkers, President, 541-852-2607





## COME WALK WITH US FOR FUN, FITNESS AND FRIENDSHIP!



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 \$14.00. For more information or to subscribe to the *The Northwest Pathfinder*, contact

The Northwest Pathfinder  
4430 S. 263<sup>rd</sup> Street  
Kent, WA 98032-7159

or [www.esva.online/nw-pathfinder-home-delivery/](http://www.esva.online/nw-pathfinder-home-delivery/)

## WANT NEWS FROM OUR NATIONAL ORGANIZATION? IT'S JUST A CLICK AWAY!

The *Checkpoint* is an electronic newsletter providing the club member with news from all the office representatives involved in our National Office. The newsletter is available Via Email to all club members who request it.

To receive an electronic copy of the Checkpoint, send your request to Hector at [hector@ava.org](mailto:hector@ava.org).

**Please note on the subject line: Request for Checkpoint.**



**Editor's Note:** *One thing that always amazes me is how our club members show up to walk every week regardless of how bad the weather is. That alone is a big motivator for me! In the fall I leave my rain pants, hats, gloves and scarves in the car - always ready in case of changing weather. While I like walking in sunny warm weather, I love the challenge of staying comfortable while walking in the worst of weather! I encourage ALL our club members to dress for the weather and get out there and WALK WITH US!*

*(Information for this article came from Prevention Magazine, Author: Sarah Robertson, November 3 2011)*

**Baby, it's great outside!** Walking in the winter offers you a refreshing change of pace, says Alan Mikesky, PhD, director of the human performance and biomechanics laboratory at Indiana University-Purdue University in Indianapolis. The invigorating cold air can clear your mind and reduce stress, which can be helpful for weight loss. Research shows that stress can



increase levels of cortisol, a hormone that may increase appetite and promote fat storage. Getting outside during daylight hours also increases levels of serotonin, a hormone that helps calm cravings. Even if you have to walk slower because of the weather, you may be burning more calories. And trudging through snow or walking into the wind takes more energy.

**Boldly into the cold** Leave that old college sweatshirt in your closet. Instead, treat yourself to something new and fleecy. High-tech synthetic fabrics make a big difference in comfort; they're worth the investment. You'll be much happier and more energized if you're warm and dry instead of sweaty and chilled. Cold weather requires some special preparation. Keep these tips in mind for winter walking:

- Dress for success. When you step outside, you should feel slightly chilled but not cold. During your walk, you want to feel warm, not hot and sweaty. That means you need to dress in layers so that you can take them off or put more on as needed. Start with an inner layer made of synthetic fabric such as CoolMax to wick sweat away so you stay dry;
- Next - a middle, or insulating, layer (or two) of light-weight fleece fabric such as Polartec to keep you warm;
- An outer layer of waterproof, breathable fabric such as Gore-Tex to buffer you from the elements and let sweat escape;

- Don't forget a hat, gloves, and sunscreen!
- Wear a scarf or mask loosely over your nose and mouth to prevent the sting of icy cold air when you inhale, (this is especially important if you have asthma or heart problems);
- Choose shoes with lugged soles for traction;
- Consider purchasing an inexpensive pair of ski or walking poles to help keep your balance. (The poles will also help you burn extra calories because your upper body is getting a workout too.)



**WE'LL SEE YOU ON THE TRAIL!**



**WANT TO ENJOY SOME GREAT FOOD, FUN AND FRIENDSHIP?  
MARK YOUR CALENDARS - OUR CLUB CHRISTMAS PARTY WILL BE TUESDAY, DECEMBER 10, 2019**

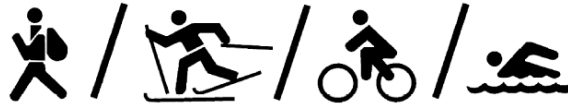
**MORE TO COME IN THE DECEMBER NEWSLETTER!**



**QUOTES OF THE DAY.....**

An early-morning walk is a blessing for the whole day. **-Henry David Thoreau**





## Capitol Volkssport Club Officers and contact information:

President:	Holly Spaulding	(253) 770-0691	E-mail: <a href="mailto:holly.spaulding88@gmail.com">holly.spaulding88@gmail.com</a>
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Secretary:	Linda Darkenwald	(360) 789-4486	E-mail: <a href="mailto:darkenwald@comcast.net">darkenwald@comcast.net</a>
Treasurer:	Ian Heath	(360) 264-4670	E-mail: <a href="mailto:ijheath@comcast.net">ijheath@comcast.net</a>
ESVA Rep:	Liz Morrison	(360) 748-3886	E-mail: <a href="mailto:morsun1@outlook.com">morsun1@outlook.com</a>
Membership:	Karen Younkins	(360) 357-9185	E-mail: <a href="mailto:jcyounkins@comcast.net">jcyounkins@comcast.net</a>
Sales & Information Chairperson:	(Vacant)		
	Holly Spaulding	(253) 770-0691	E-mail: <a href="mailto:holly.spaulding88@gmail.com">holly.spaulding88@gmail.com</a>
Newsletter:	Bill Spaulding	(253) 414-8224	E-mail: <a href="mailto:william.k.spaulding@gmail.com">william.k.spaulding@gmail.com</a>
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Meetup.com administrator and <i>Pathfinder</i> Editor:			
	Chase Davis	(360) 584-6446	E-mail: <a href="mailto:NWPathfinder@comcast.net">NWPathfinder@comcast.net</a>
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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](mailto:cvcnewsletter18@gmail.com)

**Send me pictures of our club members on walks! Thank you!**



**Our Next Meeting: NOVEMBER 12, 2019**



**Izzy's Pizza  
3540 Pacific Ave.**

**Social and Dinner: 5:30**

**Presentation: 6:30 - 7:00**

**Club Meeting: 7 - 8:00 p.m.**

From Carol Froelich:

*The Alps of Switzerland and France are a magnificent place to hike and walk. And the charming mountain towns offer interesting and fun places to relax in the evening. We'll share photos of our hikes beneath the iconic peaks of the Matterhorn, the Eiger, the Monch, the Jungfrau, and Mont Blanc on the trip organized by Walking Adventures International.*

*Photo: Mer de Glace, Chamonix, France*

**JOIN US!**

**CVC's Next Board Meeting:**

Our next board meeting will be held **January 6, 2020**

**TIME: 9:30 a.m.**

Lacey Fire Station #33

6500 Mullen Road SE

Olympia, WA 98513

**ALL MEMBERS WELCOME!**

(Coffee and snacks will be provided)



Westport WA  
October 10







Link Light Rail Walk  
Othello, Seattle  
October 12

Tenino Walk  
October 17



Oktoberfest Pub Crawl Walk  
October 21





Monday Walkers enjoying a Beautiful fall day in Olympia



Eatonville, WA  
October 24



Puyallup Walk  
October 31

