



CAPITOL VOLKSSPORT CLUB

JANUARY NEWSLETTER

VOLUME 3, EDITION 1

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

AVA Mission Statement: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness and friendship for all ages and abilities.

To fulfill our mission we must keep the national organization and our local club functioning. This requires income. Participant fees are one way the AVA generates income. Without our national organization, our Volkssport adventures would be limited to our local walks. Without the AVA network of walking and hiking opportunities, I doubt that I would have ever spent an entire day exploring the historic and beautiful Presidio in San Francisco or walked across the Golden Gate Bridge. I wouldn't have hiked up to see the Crazy Horse Monument in South Dakota or walked through two calderas in Hawaii. The new registration sheet we begin using this week will make our fee structure clearer for potential new members.

Although the registration sheet encourages participants to pay, paying is not a requirement.

There's something else we need to do to fulfill our mission. We cannot discourage potential or existing participants from walking if they aren't able to pay. To do so would defeat our mission and diminish the welcoming and friendly culture of our club.

A few participants may want to walk a couple of times as guests without donating before deciding to join the club. Some participants may not be able to pay. These options are ok and our registration sheet allows for both of them. We are so much more than just a walking club, and I think the vast majority of guests and members will be paid participants supporting our local and national organization.

Good luck with your fitness goals in 2020! I hope to see you on the trail!



Montgomery Street Barracks, Presidio 2019



Thank you to all our club members who attended our 2019 Christmas party on December 10.

It was a great time with great food and great company!



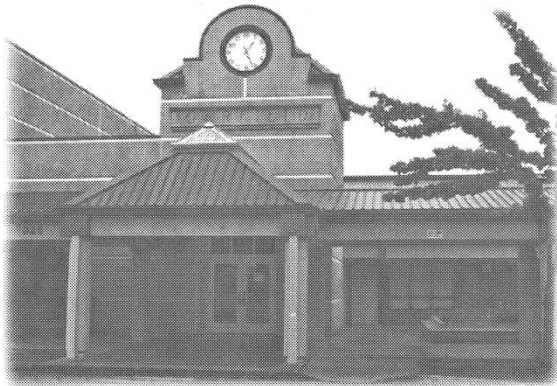
Happy New Year!

Thank you to all our members who contributed to the Garfield School at our Christmas party!

Your generosity is appreciated!



Garfield Elementary School



OLYMPIA, WASHINGTON

Thank you for donating Food to our students! -Cassy
Thanks for supporting our kids! -Dorinda
Many thanks to your generosity! This is needed & appreciated so much!!
Thank you so much!
& Ms. Leonard
Thank you for supporting students at our school! It is so appreciated!
Jasani!!
Thank you so much for the snacks for our students! They will appreciate this alot!
Debbie
Adam

Volkssport Club Members,
On behalf of the Garfield Community,
Thank you for your generous donation!
Thanks so much!
Katie Hoffman
Yum! Thanks so much!
Michelle Spohn
We love Snacks!!
Thank You!!
Mrs. Hicks & Kinders
Thank you so much!
Andrea K-Spect
Many thanks!
We appreciate you!
Brendon
Steve

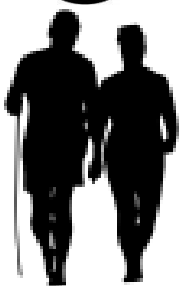


WE WELCOME OUR NEW MEMBERS!

We welcome our newest member to our Club.
We look forward to meeting you on the trail!
Susan Phillips - Lacey, WA



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

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

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



TEXAS TRAIL ROUNDUP
3-Day International
WALKFEST
San Antonio, Texas, February 21-23, 2020



Registration opens 1 August 2019
texastrailroundup.org

The Texas Trail Roundup 3-Day International Walkfest!

Three days of glorious walking, from the dense urban core of the 7th largest city in the USA to nearby quiet trails that will make you think you have drifted back 300 years in time!



San Antonio Walking Event Joins Elite International Group

International Marching League (IML) officials in Blankenberge, Belgium, announced that the Texas Trail Roundup, an annual three-day walking event in San Antonio, officially joined the elite international group of 28 countries with similar walking events, promising to attract hundreds of international visitors to San Antonio.



The next Texas Trail Roundup will take place Feb. 21-23, 2020 at the Holiday Inn Downtown, 318 W. Cesar Chavez Blvd.

Walk routes include downtown, the Riverwalk, Museum Reach, the Pearl and Brackenridge Park, and the World Heritage Missions. Route distances will range from five kilometers up to a full marathon (42 km) and two half marathons (21 km). The date is timed to coincide with the last weekend of the annual award-winning San Antonio Livestock Show and Rodeo.

This event is organized by a local walking club, the Texas Trail Roundup, and supported by other local clubs including the Randolph Roadrunners, Texas Wanderers, Selma Pathfinders, Lonestar Walkers, and the Texas Volkssport Association. All of these clubs are affiliated with the American Volkssport Association, also called AVA: America's Walking Club, which is based in Universal City. Walks held by these clubs are eligible for credit with the International Federation of Popular Sports (IVV). Members carry passport-like books and stamp them at walks in any of over 40 countries that belong to this federation. There are thousands of AVA walks that can be found in the United States, listed at www.ava.org.

In this announcement from the 2019 IML General Meeting in Belgium, the Texas Trail Roundup joined an exclusive group known as the IML Walking Association. The TTR will be among 29 events certified by the IML, which has 28 member nations. Only one other U.S. event is currently certified: the USA Freedom Walk Festival in October in Arlington, VA.

"We worked hard over the last three years to join this international group. Many thanks to the hundreds of folks who worked and walked our event. Hope to see all of you walking with us." said Susan Medlin, one of the main organizers of the TTR since its inception. She is also the Southwest Regional Director, serving the AVA clubs in Texas and New Mexico.

To become an IML event, TTR had to run for three years and pass high standards for route marking and checkpoints. It had to follow a specific scheduling format and include the half marathon events. In its pre-IML phase, the TTR has been a success, attracting hundreds of walkers from around Texas and the United States.

For more information, contact: Susan Medlin, AVA: America's Walking Club, 1001 Pat Booker Road, Suite 101, Universal City, TX 78148, 210-325-3523, sueammed@aol.com

LODGING:

All events for the 2020 Texas Trail Roundup start at the event hotel, the **Holiday Inn – San Antonio Downtown**, located at 318 West César E. Chávez Blvd, San Antonio, Texas 78204.

REGISTRATION: We were able to reserve 100 rooms. Book your room at the hotel by calling **1-800-972-3480** or locally 1-210-225-3211. Ask for the group rate for the Texas Trail Roundup: **use the code TTR.**

Our special rate is **\$140.42 for a room with one standard king bed** or **\$152.22 for a room with two queen beds**. This per night price includes all taxes and fees and is valid for reservations made by close of business 31 January 2020.

This group rate is also available three days before and after the event. The rate includes free parking for guests in the hotel lot. Other walkers can park on nearby streets and lots. Only service pets are allowed in the hotel. This rate does not include breakfast. Check In: 4PM Check Out: 11AM.

MORE ROOMS / NEW HOTELS NOW AVAILABLE

We now have rooms at **two additional hotels**. The rates are the same as for the holiday Inn: **\$140.42 for a room with one standard king bed** or **\$152.22 for a room with two queen beds**. For either of these hotels, use the booking code **TTRTTRA**. **Both are just across the street from the event hotel, and include breakfast and free parking.**

Fairfield Inn & Suites by Marriott San Antonio Market Square, 620 S. Santa Rosa, San Antonio, Texas 78204 Phone: +1 844-289-505

Residence Inn San Antonio Downtown/Market Square, 628 S. Santa Rosa, San Antonio, Texas 78204 Phone: +1 210-231-6000

[Online Advanced Registration](#)

You will be able to register for all of the walks on site, but registering in advance will save you time and give you more walking and exploring time. If you are walking the 21k walk on Saturday, early registration gives you preference on bus time. If you order shirts in advance you will ensure we have your size.

Once the music act for Friday night's Rodeo is announced, tickets may sell out, so it is best to order in advance.

Also check out the other wonderful products that we have available.

You can register for the walk at the event. See you on the trail!



OTHER GREAT WALKS COMING UP:

Pre-Super Bowl Walk

Saturday, February 1

Hosted by the Columbia River Volkssport Club
Location: McMenamins Kennedy School (Parsons Room)
5736 NE 33rd Ave.
Portland, OR
Start Time: 9:00 a.m. - Noon

Heart Breaker Walk

Saturday, February 8

Hosted by the Columbia River Volkssport Club
Location: Good Samaritan Hospital
Building 2 (Foyer)
1040 NW 22nd Ave.
Portland, OR
Start Time: 9:00 a.m. - Noon

Leap Day on the Link Guided Walk

Saturday, February 29

Location: Link Trail Light Rail, Mt. Baker Station
2901 Rainier Avenue South
Seattle, WA
Start Time: 9:30 a.m.

(This is a guided walk - allow time to register and be ready to walk by 9:30 a.m. Maps will be available for those who wish to walk at their own pace)



VIRTUAL ONLINE PROGRAM FOR 2020: The Appalachian Trail!

We hope you're ready for adventure!

Take on the Great Appalachian Trail from Georgia to Maine and get fit along the way! Originally conceived by forester Benton 1922, this trail stretches 2,200 miles of forest and wildlands, which we will



accomplish **virtually** by averaging 5,500 steps a day. Don't worry, we'll pass through a few towns along the way for breaks.

The AT Challenge begins 1/1/2020, \$35.00 per person, includes T-Shirt.



Go to
http://ava.org/Appalachian_Trail.php to Register with AVA, then further instructions will be emailed to you.

Tell your friends, family, and Club Members. The Regional Traveling Trophy Challenge will also begin 1/1/2020.

Hope to see you on the AT!



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/

So many opportunities to walk!



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. 263rd Street

Kent, WA 98032-7159

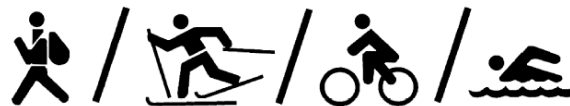
or www.esva.online/nw-pathfinder-home-delivery/

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.

Please note on the subject line: Request for Checkpoint.



Capitol Volkssport Club Officers and contact information:

President:	Holly Spaulding	(253) 770-0691	E-mail: holly.spaulding88@gmail.com
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.spaulding88@gmail.com
Newsletter:	Bill Spaulding	(253) 414-8224	E-mail: william.k.spaulding@gmail.com
Webmaster:	Peter Sweet	(360) 459-8167	E-mail: olysweetp@yahoo.com

Meetup.com administrator and *Pathfinder* 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



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.



Our Next Meeting:

JANUARY 14, 2020



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

Social and Dinner: 5:30

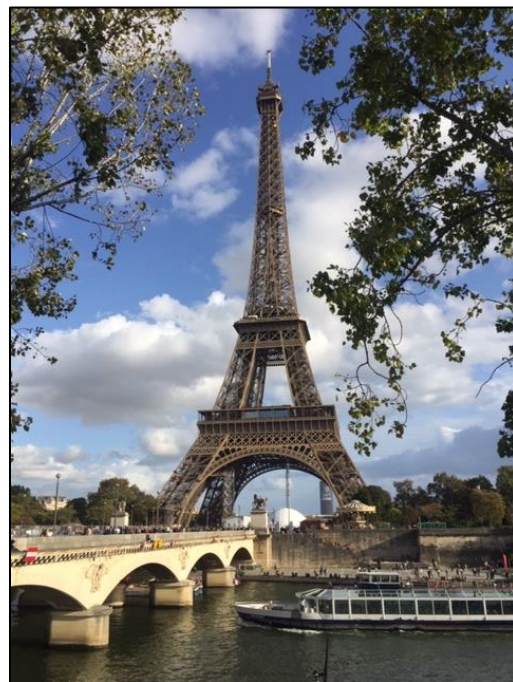
Presentation: 6:30

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



Bob and Sheila Morrison will show pictures of their trip to France and talk about participating in the 16th IVV Olympiad in Province, France.

Left: AVA President David Bonewitz with USA walkers participating in the Olympiad.



JOIN US!

CVC's Next Board Meeting:

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)



Congratulations to our 2019 Christmas Holiday Walk Committee:

Carol Froelich, Gayle Klostermeyer, Sue Hennie

for a wonderful Holiday Walk on December 7!

And - to all those club members who volunteered to work on this event and to all those who made the delicious cookies!





Above: December - Proofing Centrailia YRE



Above: December - Olympia Capitol Walk



Above: Congratulations to Cindy Extine For completing her Centurion Walk Book!



Above Right: December - Aberdeen Evening Christmas Lights Walk

