



AMERICA'S WALKING
CLUB



CAPITOL VOLKSSPORT CLUB AUGUST - SEPTEMBER 2021 NEWSLETTER

The Capitol Volkssport Club walkers have been busy walking locally and nationally. But summer is not over! There are lots of fun and interesting walks coming up. Be sure to join in. In this issue you'll find information about lots of upcoming CVC activities, walks and news, plus upcoming walking events around our region.

Reminder: The CVC newsletter is published bi-monthly. The deadline for August-September newsletter submissions is **September 24, 2021**. Read on for more information about:

- The annual CVC Summer Picnic. Yes, it is back.
- Wild and Woodsy, our CVC local event coming in April of 2022
- Upcoming Walks and Events, both local and further abroad
- Monday Walks, an article by Lesley Willardson, with photos by Jeanne Allen



Save the Date! You're Invited!

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

**There will be an optional 5K Loop Walk
Walk – (optional)!**



When: **Tuesday, August 10th 2021: 4-9:00 p.m.**

Walk registration will be on site. We will leave on the walk at 4:30 and eat dinner at 6:00

Picnic Details: A Potluck dinner, now that COVID restrictions have been lifted. CVC provides chicken for the dinner, water, plates, napkins & eating utensils. Everyone else should bring whatever food they would like to add/share and drinks other than water.

Where: Priest Point Park, (Picnic Shelter #1), 2600 East Bay Dr. NE, Olympia

SAVE THE DATE - April 22 - 24, 2022



Friday, Saturday, and Sunday,
April 22 - 24, 2022

Friday Night - Meet and Greet
Saturday Night - Dinner

Sunday - Optional Northwest Trek Walk

Join us in the beautiful Puget Sound Region for this three day event. There will be walks in the mountains, forests, parks, and along the shores of Puget Sound. There are also bikes and many YREs that you might enjoy in the area, including city, country, beaches, and forests.

Capitol Volkssport Club

Check www.capitolvolkssportclub.org for updates.



Wild and Woodsy in Washington Updates

Planning for the big CVC event showcasing our beautiful area, Wild and Woodsy in Washington in April of 2022 is speeding along. The event flyers have been spread across the country including at the AVA convention in Wisconsin and many points in between by our traveling members.

Lots of great walks are planned and you are invited to help test some event walk routes on Friday mornings at 10:00 am in August and September. See the schedule below.

The Saturday evening dinner has been scheduled at the River's Edge Restaurant at the Tumwater Valley Golf Course. Dinner tickets will go on sale soon. A dinner registration form will be found on the CVC website.

Wild and Woodsy Friday Test Walks

Join in to test our event walks in August & September. All walks begin at 10:00 am

- Friday, August 13, 2021 – Here a Park, There a Park. Meet at 9:45 am at Rainier Vista parking lot near the playground.
- Friday, August 20, 2021 – Friendly Grove Park. Meet at 9:45 am in the Friendly Grove parking lot.
- Friday, August 27, 2021 – Lacey Neighborhood. Meet at 9:45 am 3060 Willamette Dr NE, Suite 200, Lacey, WA (This is the Wild and Woodsy event start point)
- Friday, September 10, 2021 – Staircase Rapids. Meet at 9:45 am at the Staircase Ranger Station, Forest Service Road 24, Hoodport, WA. An America the Beautiful park pass is required to enter the Olympic National Park. 5K & 11K walks available to test.
- Friday, September 24, 2021 – Big Creek Trail. Meet at 9:45 am at the Big Creek Campground & Trailhead, Forest Service Road 24, Hoodport, WA. An America the Beautiful pass or a Northwest Forest Pass is required to park in the Big Creek Campground, but free parking is available on the road just outside the campground. 7K & 11K walks available to test.

CVC Club Dues Renewal Time!

Yearly Dues Notice for the Capitol Volkssport Club:

Our membership chairperson, Karen Younkins is accepting dues anytime! Karen will be at the CVC Picnic and will accept dues there, or by mail. She would appreciate it if you could write a check to CVC rather than paying in cash. Thank you!



\$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

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



WE WELCOME OUR NEW CVC MEMBERS!

John and Melanie Peters
Sue Opp (returning member)
Sandi Severtsen
Kay Schrag



UPCOMING WALKING OPPORTUNITIES NEAR & FAR

Walk With Your Capitol Volkssport Club!

Check out our Capitol Volkssport Club Webpage at the link below for **ALL** of our scheduled club walks in August & September. Regular walks are scheduled Mondays, Tuesday evenings, and Thursdays. Link: [Capitol Volkssport Club](#)

Check out these fun, summer CVC Club Walks coming up:

Tacoma Narrows Bridge Walk on Thursday, August 12, 2021

Address: University Place Safeway, 3842 Bridgeport Way, Tacoma. **Registration:** 9:45 am. Walk leaves at 10:00 am. 6K, 10K & 12K options. Rated 2A

Port Gamble Historic Walk on Thursday, August 19, 2021

Address: RC Field Trailhead parking lot, marked by a small hiking trail sign (Lat: 47.8485N Long: 122.5874W). On right side of State Route 104 heading SOUTH, not west, from Port Gamble Village. **Registration:** 9:45 am. Walk leaves at 10:00 am. 11K & 6K options. Rated 2B



Vietnam Memorial Traveling Wall Walk Thursday, Friday & Saturday, August 5, 6, & 7, 2021

This walk in Enumclaw, Washington honors the service men and women who lost their lives in Vietnam. The Vietnam Memorial Traveling Wall will be in Enumclaw for all to view.



Start: Enumclaw Church of the Nazarene, 2501 Warner Ave, Enumclaw.

Time: 9:00 am to 10:00 am each day. Not a group walk.

Trail: Two 5K loops. Pets permitted only on Loop 1.

For more information: see the South Sound Walkers Meetup Group online

Port Ludlow on Saturday, August, 28, 2021

Port Ludlow is a seaside community with over 26 miles of beautiful trails. It's located between Hood Canal Bridge and Port Townsend.

START: The bridge Deck. 121 Marina View Drive, Port Ludlow, WA

TIME: 8 A.M. to 1 P.M.

FINISH: 4 P.M.

Rating: 5K is rated 1B, 10K is rated 3B

For more information: Four Plus Foolhardy Folks webpage

<https://fourplushikers.weebly.com/port-ludlow-2021.html>



Salute to Central Oregon – September 16 – 19, 2021

This 3-day event in beautiful Central Oregon offers 13 walks, 3 bikes, and 1 swimming option. Walks & Biking options include routes in Bend, Sunriver, LaPine, Redmond, Camp Sherman/Metolius, and Smith Rocks.

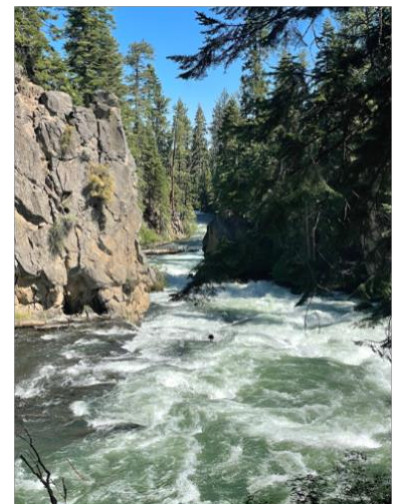
Walk Headquarters: Country Inn & Suites, 62065 SE 27th Street, Bend, OR 97701

Times: 8 AM to 4 PM Thursday, Friday and Saturday; 8 AM to 3 PM Sunday

Preregistration closes September 9, 2021

See the Columbia River Volkssport Club event page for lots more information:

<http://www.walking4fun.org/central-oregon-2021.html>



Save the Date!

Where the Salmon Run, Saturday, October 2, 2021

This CVC event includes the newly restored **Tumwater Falls Fish Hatchery**, Tumwater, WA. Check the Capitol Volkssport webpage for more information to follow.



AVA Silent Auction Update

The **CVC contribution to the AVA** Silent Auction brought in \$110. The gift basket full of Washington state goodies was purchased by Rosie from Albany, OR.

Capitol Volkssport Club Officers and contact information:

President:	position vacant		
Vice-President:	Julie Heath	(360) 264-4670	E-mail: ijheath@comcast.net
Secretary:	David Black	(919) 302-3175	E-mail: dblackarchitect@gmail.com
Treasurer:	Pamela Davis	(360) 790-9733	E-mail: greigenterprises@msn.com
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:	Sheila Morrison	(360) 888-9822	E-mail: sheila.morrison@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 Chair:	position vacant		





MONDAY WALKS June 24, 2021 By Lesley Willardson

As many of you know the Monday walks resumed in April. In June the time changed to 10 am to take advantage of the cooler time of day. In late September the time will resume at 2pm to take advantage of warmer daylight hours. The walks have been fairly well attended with groups between four and twelve walkers. In fact, last Monday there were more men than women walking, this was a first.

Jeanne has at least ten variations of walks starting from Bayview Thriftway. She constantly updates her walks to take in new and interesting sights. You will be amazed at the diversity of things to see and experience in the Olympia area.

One walk goes through the lovely Madison Hill Park, this walk has gorgeous views of Olympia, it is something of a workout as the hills are steep. The waterfront walk is flat and easy. It's a relaxing walk with pleasant views and lots of birds, usually there is a light breeze even on the hottest days. Now that the new trail at Tumwater Falls Park has reopened it's included in the Deschutes Parkway/Capitol neighborhood walk. This walk shows Olympia at its best.

In the spring we always take in the glorious blossom trees around the Capitol building, likewise in fall we include the stunning foliage of Maple Park Lane in the historic district. The Westside walk will get your heart pumping as it goes up steep hills and into picturesque canyons. On this walk there are tree-houses and mini libraries along with attractive gardens. An extra treat awaits you at Rotary Park, make sure you stand on the echo chamber! We must include Mission Creek Park on the Eastside. This walk has hills and hidden lanes. In spring it includes a must-see rhododendron garden that was deeded to the city after the owner died. This walk also goes past the San Francisco bakery. Sometimes we take in the courthouse hill and the surrounding area. Priest Point Park is another favorite walk.

Jeanne has also prepared special walks that take in murals. There is a Halloween walk that highlights the very best displays. She even has a walk to see the Christmas lights.

If you want to walk quickly that's fine and if you want to stop and smell the roses that's fine too. There are 5K and 10K variations. We are a low-key, welcoming group and we hope you will join us every Monday or just once in a while.

Note: a beautiful photo montage by Jeanne Allan to accompany this article can be found at the photo section for this newsletter.

If you told me I had twenty-four hours to live, I would spend it outside. I would walk around and admire the world in all its beauty and wonder.... I would spend it just walking around looking at the trees, the birds, the snowfall, and the skies. — Jack Turner

Capitol Volkssport Members at the American Volkssport Association Convention in & around Madison, Wisconsin



CVC members on June & July walks in our beautiful state...



Tenino Town & Trail



Tumwater Historic Parks

More walking adventures ...



Montesano Town & Lake: Grays Harbor County Courthouse & the Lake Sylvia Trail



Shelton Walk: the new bridge funded in part by CVC and Perki & Peter enjoying a new lunch spot.



Winlock



Around Olympia.... Woodard Bay, the Capitol, Bayview start point, & Eastside



The photos on the following four pages, taken by Jeanne Allan, illustrate the Olympia walks in Spring, Summer, Fall and Winter.



Capitol

Eastside



Eastside
Jim's Cedar Tree

you are a story
my heart wrote for me
a long time ago

Westside

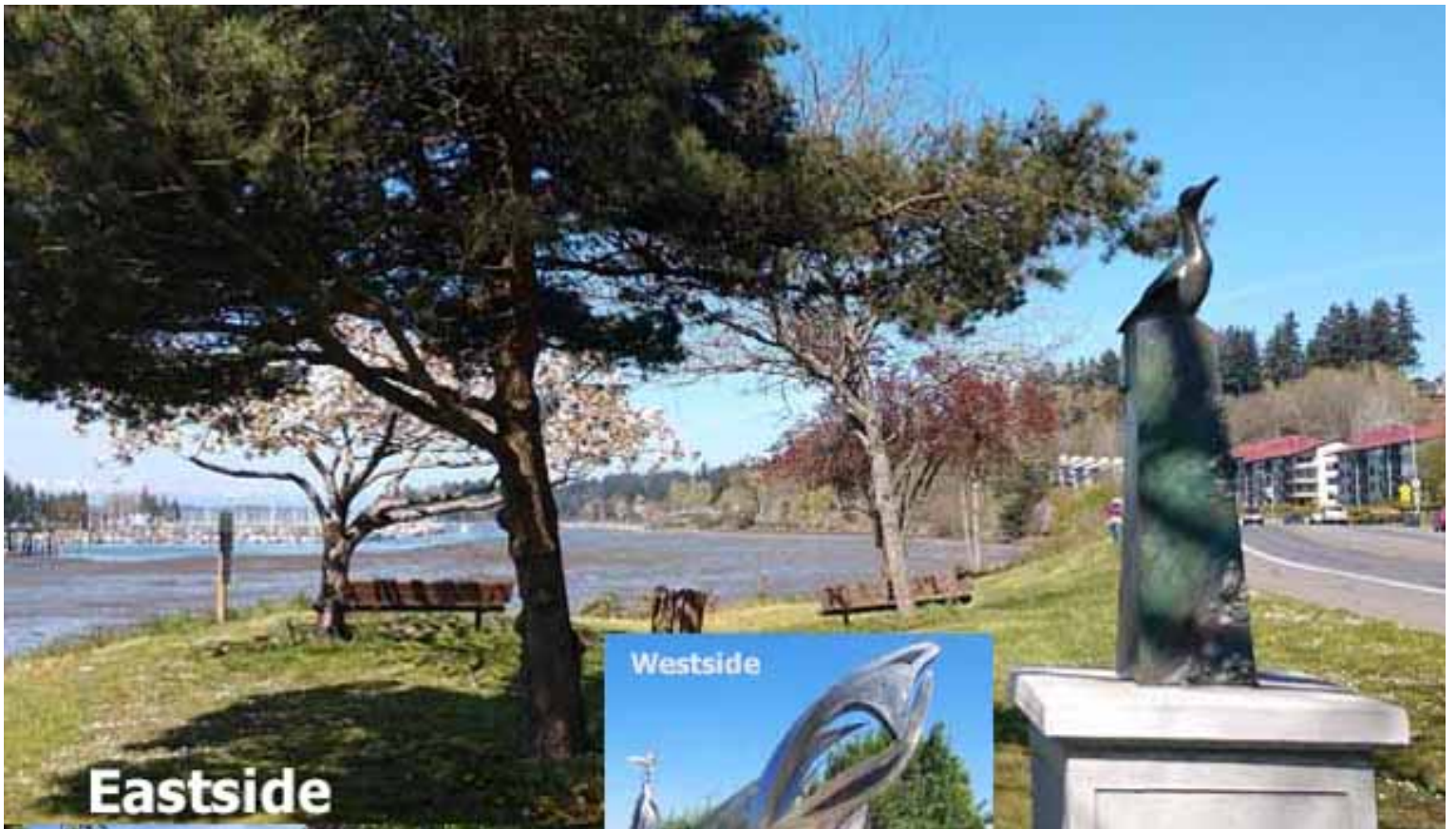


Downtown



4th Ave

FACEBOOK (CPT) CONR
PEO



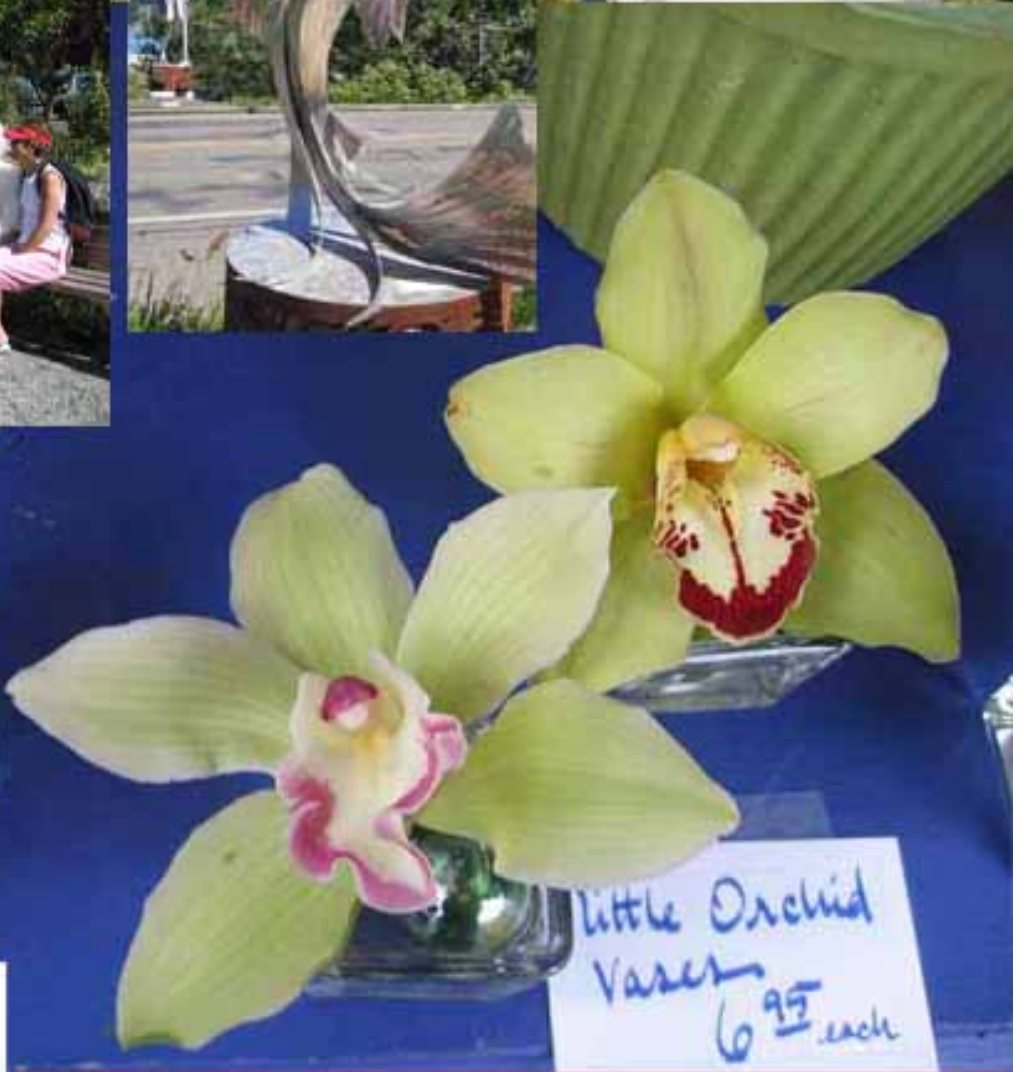
Eastside



Westside



North Waterfront



Downtown

little Orchid
Vases
6.95 each



Eastside



WATERFRONT SOUTH LOOP



4th Ave



North Waterfront



Westside



South Loop



Downtown