



Capitol Volkssport Club Newsletter April - May 2022

President's Message
Submitted by Karen Younkins,
President, Capitol Volkssport Club



Welcome to Spring!! With the warming weather and longer days, it's nice to get out and enjoy the Spring blooms. Jim is busy taking pictures of the area for a slide show at the Wild & Woodsy Event. We spent a morning at Priest Point Park last week enjoying the cold and crisp weather. Millersylvania State Park will be our next photoshoot.

With over 100 members, Capitol Volkssport Club is a thriving, growing club. We strongly encourage everyone who is able to get involved and take an active part in club activities. There are many ways to volunteer time and talents, such as running for club office, helping with walking events, being a start box tender, etc. No experience is necessary, just a willingness to be involved. Volunteering is a rewarding way to become more connected with other club members and promote volkssporting.

If you know people who like to walk we hope you will invite them to our Wild and Woodsy event. The Hawks Prairie Neighborhood walk (starting from our start point) is a 5K, 1A walk which is almost entirely on pavement with very small hills. For people who like challenges we have hikes which include the Big Creek Hike and Mima Falls Hike. Or you could choose to do a couple of our year round walks.

The Wild and Woodsy in Washington participant fee is \$3 per walk which includes IVV credit. There are many event related costs such as sanctioning fees for each walk, American Volkssport Association fees of \$1.25 per person per walk, supplies, and printing of directions. \$3 is quite a bargain - less than a cup of coffee or a drink!! Thanks for your support.

Many members are excited about meeting in person for our monthly membership meetings. Peter and Perki Sweet have contacted their church, the Olympia Lacey Church of God, and the church has approved the use of the Family Center for the rest of the year. We will be meeting at 5005 Lacey Boulevard SE, Lacey, WA, 98503 at 5:00 pm on the second Thursday of each month starting April 14, 2022.

Hopefully we'll see you soon on the trail.



Capitol Volkssport Club News

Please Join Us for the Wild & Woodsy Walking Event in Olympia, Washington April 22 -24, 2022



April is finally here! Time to celebrate longer days and warmer temperatures! And time to participate in our Capitol Volkssport 3-Day event: **Wild & Woodsy, from Friday, April 22 through Sunday, April 24.** The Wild & Woodsy event committee has been hard at work planning new walks and hikes for you to enjoy. You can come to the lovely event center to sign up for walks and pick up maps & instructions or use the Online Start Box to sign up digitally. **The event center is located near Hawks Prairie in Lacey at the Washington Association of Sheriffs & Police Chiefs, 3060 Willamette Dr. NE, Suite 200, Lacey, WA.** It will be open Friday, April 22 from 12:00 pm – 5:00 pm; Saturday, April 23 from 8:00 am – 5:00 pm; and Sunday, April 24 from 8:00 am – 5:00 pm. Registration for the Meet & Greet, the Event dinner and the NW Trek Wildlife Park event is now closed, but plenty of walking adventures and Volkssport friends still await you at this event.

There is one update to our advertised Wild & Woody schedule. The **Staircase Rapids Hike** in the Olympic National Park advertised for Wild & Woodsy is currently closed to hiking as of March 19, 2022. There are over 100 trees down on the trail, and there is still some snow on the trail, also. For those folks hoping to do a group hike to Staircase Rapids Trail on Saturday, April 23, we may have to change the group hike to Mima Falls Loop in the Capitol Forest. The Mima Falls Loop hike would begin at 8:30 a.m. We will continue to monitor the status of the Staircase Rapids Trail and make a final decision the week of April 11, 2022. An update on the Staircase Rapids Trail will be posted on the Capitol Volkssport Club website by April 15, and at the Wild & Woodsy event center during the Wild & Woodsy event.

Capitol Volkssport Club In-person Meetings to Resume!!!

The in-person meetings will take place at the Olympia-Lacey Church of God Family Center, 5005 Lacey Boulevard SE, Lacey, WA, 98503 at 5:00 PM. Dates for monthly meetings are listed below. The church is at the SE corner of the intersection of Lacey Blvd and Ruddell Road, although the best access is from either the south or from Ruddell Road rather than Lacey Blvd.

Capitol Volkssport Club 2022 meeting dates:

- Thursday, April 14
- Thursday, May 12
- Thursday, June 9
- Thursday, July 14
- (August meeting is a picnic at Priest Point Park)
- Thursday, September 8
- Thursday, October 13
- Thursday, November 10
- Thursday, December 8 (Christmas Party – maybe elsewhere)





Capitol Volkssport Club News - continued



Wild & Woodsy Volunteers Needed:

*Greeters * Start Table
*Registration * Finish Table
on Saturday, April 23, & Sunday April 24. Two-hour shifts available from 8:00 am to 5:00 pm

Donate snacks for the Wild & Woodsy walkers! Donations may include homemade or store-bought cookies, muffins, sweet bread, apples, oranges or bananas. As per the Thurston County Health Department, individual cookies or other items do not have to be individually bagged. But, an ingredient list of the donated item should be included.

Please email Karen Younkins to let her know what you will be donating: jcyounkins@comcast.net

You can drop off snack donations at the event center Friday morning or Saturday morning (April 22 & 23). The Wild & Woodsy event center is located at the Washington Association of Sheriffs & Police Chiefs, 3060 Willamette Dr. NE, Suite 200, Lacey, WA 98516

Holiday Walk Help Wanted!!

Capitol Volkssport Club is looking for a volunteer to act as trail master for the **2022 Holiday Walk to be held on Saturday, December 10**. The Harbor House has been reserved from 9 a.m. until 3 p.m. as the start/finish point for this event. The plan is that the walk start times will be between 10 a.m. and noon; and walkers must be finished by 3 p.m.

If you're wondering what the duties of the trail master are, here's a list.

- Design the walk. It must be 10K, but can also have 5K or other options.
- Write directions for the walk.
- Get your friends to walk the walk with you and proof read your directions.
- Print the finalized directions.
- If the walk goes through the capitol grounds, obtain a free permit from the Dept. of Enterprise Services. This can be done online.
- Recruit volunteers to help set up directional signs and run the registration, start and finish tables the day of the event.
- Plan a workers' walk (usually the day before the event).
- Decide whether or not to mark the trails. If so, recruit volunteers to do this.
- Decide whether or not to serve refreshments. If so, arrange for them.
- Advertise the walk in the Pathfinder (be aware of deadlines).
- Decide whether or not to charge a set amount for the walk or to allow free walkers.
- Just prior to the event, get needed supplies from the storage unit and cash boxes from the club treasurer.
- After the event, put supplies back in storage unit and give money and cash boxes back to the treasurer.
- Turn in expense report (printing costs, refreshments, misc. supplies) to the treasurer.

If you and a couple friends would like to do this together; or if this sounds like something you would like to do, please let Karen Younkins, our club president know. If you would like to do this with the help of someone who has done it previously, also let Karen know. We are looking forward to getting new people involved in our club.



Capitol Volkssport Club Walks

CVC Walks for National Walking Week, April 1-7, 2022

- **Monday, April 4, 2022;** Downtown Olympia Walk. Location: Bayview Thriftway Deli, 516 4th Ave W, Olympia. Registration time: 1:45 pm; Walk leaves at 2:00 pm.
- **Thursday, April 7, 2022;** Shelton Historic Walk. Location: Shelton Fred Meyer, 301 E Wallace Kneeland Blvd, Shelton, WA. Registration time: 9:45 am; Walk leaves at 10:00 am.

CVC Tuesday Evening Walks Begin Tuesday, April 19, 2022!

The walks will be 10K or 5K through roughly the end of August, after which time they will be 5K only due to decreasing daylight. The start points for these walks can be found on the CVC website.

Check out the [Capitol Volkssport Webpage](#) for other upcoming CVC walking adventures in Ocean Shores, Port Gamble, Winlock and many others in April & May.

www.capitolvolkssportclub.org

Important Update on the Olympia – Evergreen State College Walk

There is no longer free parking at Evergreen State College. Please look for a kiosk in the parking lot to pay, if there is no one in the ticket booth to collect payment. Some walkers recently received \$25 tickets!



National Walking Week Opportunities in the South Sound Area

For all the details, check us out at

www.Meetup.com/South-Sound-Walkers

- **Saturday, April 2, 2022;** Lakeland Hills of Auburn. Registration time: 9:00 am to Noon Start Window
- **Sunday, April 3, 2022;** Proctor Neighborhood in Tacoma; Group Walk Start time: 1:45 pm
- **Monday, April 4, 2022;** Puyallup Riverwalk; Group Walk at 9:15 am
- **Tuesday, April 5, 2022;** Auburn White River Trail; Group Walk at 9:45 am
- **Wednesday, April 6, 2022;** Olympia Woodard Bay; Group Walk at 9:45 am



For Other National Walking Week Opportunities around Washington State see a list at the end of this newsletter.



WE WELCOME OUR NEW CVC MEMBER!

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



Pat Vernon

Willapa Hills Walk - Final Chapter for 2021



Going west from Pe Ell the trail narrowed and looked less travelled. Indeed, we only met one person walking a dog. Pe Ell is an attractive well kept little town. Sue told me about a co-worker who lived in Pe Ell and drove to Olympia every day to work. When asked why she did this she replied, "Because this is God's country and when I retire I'm never leaving." Now she won't have to as along with a local shop there is a Dollar General, a restaurant, a bar and a gas station as well as a good-sized school.

The next week's walk was the prettiest of all. The trail wove through a canyon made by a creek. It was actually close to the road but all you could hear was the gurgling of the creek. There were a few farmhouses on the other side of the river but no bridge. We saw a chair positioned on the rocks, perhaps someone's fishing spot or just a place to sit and enjoy nature.

On our last walk of the year we finally saw a mile marker. Mile 27. We met a lady on a horse, and the horse refused to cross a bridge over a creek. The lady asked if we would walk in front of the horse as he might follow. Fortunately, he did follow us. If she was planning to return the same way, she might have had a problem as we saw nobody else that day. We stopped to admire a tiny church just off the trail. Perhaps it was built for the original settlers to the area.



After the walk we drove a few miles to see where we could start up again in the spring. We did find an access two miles on where there were a lot of bones, hopefully belonging to a deer, and a brand new set of suspenders.

For a walk on the wild side, we highly recommend this trail. Stay tuned for the next installment when we walk from mile 28 to mile 56 and back.

Lesley Willardson, Sue Cook and Nora

Walking is the favorite sport of the good and wise.
A. L. Rowse

FUTURE EVENTS

PLAN AHEAD FOR THESE WALKING ADVENTURES NEAR & FAR

Samish Island: Saturday, April 9, 2022

This event offers beautiful views of Padilla Bay, Anacortes, San Juan Islands, Samish Bay and Mount Baker. Walk on paved county roads and mowed grass trails with loops that begin and end at the church.

Start Location: Community of Christ Church
11507 Scott Road
Bow, Washington 98232

Start Time: 9:00 a.m. to 11:30 a.m. **Finish Time:** 4:00 p.m.

For more information: <https://fourplushikers.weebly.com>



Canadian Volkssport Federation Festival

Penticton, British Columbia, Canada, May 27-29, 2022

Five spectacular walks are scheduled, showcasing the beautiful area in and around Penticton. No COVID Testing is required to enter Canada at this time, just proof of vaccination. Visit the CVF website for updated information and registration: <http://walks.ca/cvf-fcv-2022-festival/>

Northwest Regional Conference in Ashland, Oregon, June 16-19, 2022

Travel to southern Oregon for walking adventures, hiking, biking and swimming in June of 2022. The event is hosted by the Oregon Trail State Volkssporting Association and Rogue Valley Walkers. A variety of walks and challenge hikes will be offered as well as a swim. Visit the event website for more information and registration:

<https://www.walking4fun.org/nw-region-conf-2022.html>



Northwest Hiking Weekend in Port Ludlow, WA: August 19-21, 2022

One walk will be an all-new route on Port Ludlow's extensive trail system including wooded trails around Teal Lake and (on the 10K route) the Port Ludlow golf course and DNR trails. There will be 2 other routes offered in the same area during the 3-day weekend, and there is also a YRE route in Port Ludlow available. For more information visit:

<https://fourplushikers.weebly.com/nw-hiking-weekend.html>

Winthrop & Cascade Loop Multi-day Event

Hosted by the Interlaken Trailblazers

September 30 – October 2, 2022

Hikes & Walks: Rainy Pass/Maple Pass, Blue Lake, Mazama, Winthrop town walk & more

Check the Interlaken Trailblazers website for updates:

<http://www.interlakentrailblazers.org>





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 Northwest Pathfinder, contact:

The Northwest Pathfinder
4430 S. 263rd Street
Kent, WA 98032-7159

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



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SAVE THE DATE
18th IVV Olympiad and IML Texas Trail Roundup



2023
18th OLYMPIAD
SAN ANTONIO, TEXAS USA

February 19-23, 2023/IVV Olympiad
February 24-26, 2023/IML Texas Trail Roundup

Seven glorious days of walking, biking and swimming including the world-famous Riverwalk and World Heritage missions. Then, enjoy a uniquely American experience at the award winning San Antonio Stock & Rodeo Show!

IVVOlympiad2023.org

Fun on the trail with Capitol Volkssport members...

Lunches out after the Thursday CVC walks are finally back! The Casa Mia lunch on March 12, 2020 was the last for a couple of COVID years. March 10, 2022 after the Tenino walk, Don Juan's Mexican Restaurant was a happy reunion!



Linda D. & Christy S. enjoyed the Orting Valentine's Day walk with friends.



Monday walkers at the giant Dan Evans tree near the capitol. The sequoia tree dates back to around 1889 when Washington became a state.



Thursday walkers venture from Tenino to a new Eatonville route which includes a trail along the Little Mashel River.



Ian jogs to catch the group along the Bob Bammert Trial in Eatonville.

A large group of Monday walkers enjoyed warm spring weather along the waterfront walk in Olympia. The Capitol Volkssport bench offers respite along the route should a walker need a rest.



Cherry trees blooming on the Washington state capitol campus and at the University of Washington attracted lots of walkers.



Jeanne A. enjoys the University of Washington gardens on a spring day.



Walking assistance for ducks at Drumheller Fountain on the UW campus.



April 1-7, 2022, National Walking Week Events in NW Region

Area 1: Eastern Area Events for National Walking Week:

Area 2: Central Washington Sun Striders Nat'l Walking Week Events.

Walkers can sign in and walk by themselves with directions/maps. Group walks will be led by a club member. Contact POC for particulars if interested in the group walks. joemblazek1@gmail.com

April 1: Suncadia Resort Trails. Start time 10 am.

April 2: Yakima Greenway River Trail and Arboretum. Start time 10 am.

April 3: Historic Downtown Yakima. Start time 10 am.

April 4: Vantage Palouse to Cascades St Pk Beverly Bridge walk across the Columbia River. Start time 11 am. Discover Pass required. Bridge scheduled to open to rec use this spring. Check with POC for opening date.

April 5: South Cle Elum town and Palouse to Cascades St Pk Rail Trail. Start time 10 am. Discover Pass required.

April 6: Cle Elum and Coal Mine Rail Trail. Start time 10 am.

April 7: Ellensburg downtown and CWU campus. Start time 8 am.

Area 3: North West Area Events for National Walking Week:

Meetup: <https://www.meetup.com/walkers-574/>

Meetup: <https://www.meetup.com/NW-Tulip-Trekkers-Walking-Club/events/>

Meetup: <https://www.meetup.com/meetup-group-xevTilbx/>

April 2: Sound Steppers – Lynnwood, Pine Ridge Park, Register 9:00-10:00

April 2: NW Tulip Trekkers – Semiahmoo. Blain WA Register 9:45-10:00

Area 4: Central Puget Sound Events for National Walking Week:

Meetup: <https://www.meetup.com/walkers-574/>

Walks registration is 9:45, walking at 10:00 unless noted otherwise.

April 1: Interlaken Trailblazers - City of Sammamish YR3058. Sammamish YMCA

April 2: Sound Steppers – Lynnwood, Pine Ridge Park, Register 9:00-10:00

April 3 – ITVC – Sultan – Explore Sultan Register 12:30-1:00. Walk at 1:00.

April 4 - ?

April 5 - ?

April 6 – Emerald City Wanderers – Meet at Gasworks Park, more info coming

April 7 – FS Family Wanderers – Top of Queen Ann. Register at 9:30-10:00.

Area 5: South Puget Sound Events for National Walking Week:

Meetup: <https://www.meetup.com/South-Sound-Walkers/>

Walks will start at 9:45 unless noted otherwise.

April 1: Check Meetup groups for walk or head out to do a favorite YR walk

April 2: Daffodil Valley Volkssport Association -Lakeland Hills of Auburn, Traditional Event – see Sanction or NW Pathfinder Start: 9:00-Noon.

April 3: Evergreen Wanderers: Proctor Neighborhood Group Walk at 1:45pm

April 4: DVVA – Puyallup Riverwalk Group walk at 9:15.

Capitol Volkssport – Olympia Local City Walk 1:45pm

April 5: Over the Hill Club – Auburn White River Trail Group Walk at 9:45am

April 6: DVVA – Olympia Woodard Bay, 9:45am

April 7: CVC – Shelton Historic Walk, 9:45am

Area 6 and Oregon: SW Washington and Oregon Events for National Walking Week

Meetup: <https://www.meetup.com/Walking-Oregon-and-SW-Washington/>

All year-round walks will be at 10 am, while you'll want to consult the sanctions for the TGWs and traditional event for start times.

April 1: CRVC -West Linn - Historic Willamette YRE (Y2041)

Willamette Coffee House 2120 8th Ct West Linn, OR 97068

April 2: VUSAV - Vancouver - Murals Walk TE (1375)

Columbian Parking Lot at 701 W 8th St, Vancouver, WA 98660

April 3: Cedar Milers - Webfoot Wanderings TGW (1403)

Tualatin Hills Athletic Center at 15707 SW Walker Rd, Beaverton, OR 97006

April 4: VUSAV - Battle Ground YRE (Y0398)

Safeway Store at 904 W Main St, Battle Ground WA 98001

April 5: East County Windwalkers - Salish Ponds YRE (Y1489)

Wood Village Fred Meyer, 22855 NE Park Ln

April 6: Rose City Roamers - Oregon City TGW (1176)

Pioneer Community Center at 615 5th St, Oregon City

April 7: Valley Volkswalkers - Graham Oaks YRE (Y0755)

Safeway at 8255 SW Wilsonville Rd, Wilsonville, OR 97070