

**Capitol Volkssport Club Newsletter  
February – March 2023**



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

Hello everyone,



This time of year with the cold, rainy days it can be hard to get motivated to get out and walk. I have been staying close to home and have challenged myself to walk 10 kilometer walks again. For me 5 kilometers to 10 kilometers just wasn't working, so I have been walking many 6 - 7 kilometer routes. I think I have memorized every street and know every dog who hangs around outside in my neighborhood!

CVC sponsors a very wide variety of walking opportunities. I encourage everyone to get out of the house and join us for our regular club walks.

I am looking forward to the Olympiad/IML walks in February in San Antonio, Texas. There are several club members signed up for this very special event, so if you plan to attend please find that CVC t-shirt, hat, or bag to wear and advertise our club! Volkswalkers will be coming from 39 states and 24 countries.

We have a couple exciting events coming up in March and April. The Westside Trails walk on March 25 will include Grass Lake Park, Ralph Monroe Trail, and McLane Trail and forest. Students from McLane Elementary have planted hundreds of daffodil bulbs, so we hope they will be blooming for our walk.

On April 29 we will sponsor an Earth Day walk which will leave from the Washington Association of Sheriffs and Police Chiefs office in Lacey.

On April 30 we will again have an opportunity to go on the Northwest Trek walk. You need to get discounted tickets before this event so watch for upcoming information on how to purchase these tickets. Watch this newsletter and the club website for up-dates on these events.



## Capitol Volkssport Club News



### **CVC Annual Gift Donation to Garfield Elementary in Olympia**

Here's the principal of Garfield Elementary School accepting a truck load of snacks and school supplies from CVC. If you look closely, you'll see that he also has a wagon of additional supplies from our members. He was so pleased, as he said, "That's just what we need!" Thanks to all for their generosity.

### **Westside Nature Trails Spring Walk Submitted by Cindy Extine**

Please join us as we welcome spring by walking the Olympia Westside Nature Trail on March 25. Registration is from 9-12 at Westwood Baptist Church, 333 Kaiser Rd. NW, Olympia. The 10K route passes through Grass Lake Park, Ralph Munro Trail and McLane School Forest where students have planted hundreds of daffodils. The hope is that they will be in full bloom along with other spring flowers! A 5K option is also available. Hope to see you there.



### **Capitol Volkssport Club Meetings**

#### **Join in your CVC monthly club meetings to**

- Find out the latest plans for walks and social events
- See presentations from club members about recent walking trips
- Meet club members and share walking experiences

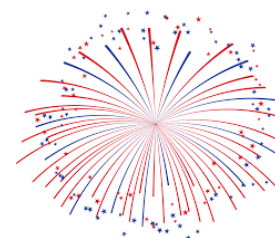
**When:** February 9, 2023 at 5:00 pm; March 9, 2023 at 5:00 pm

**Where:** Family Center of the Olympia-Lacey Church of God. The church is located at 5005 Lacey Blvd SE, on the southeast corner of the intersection of Lacey Blvd. and Ruddell Road.

### **Welcome New CVC Members!**

Jana Blazek  
Clair Bourgeois

Ulli Schluter  
Laurie Weidner





# More CVC Club News & Activities

## *UPCOMING CVC WALKS:*

Be sure to check the CVC Webpage ([www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)) for a complete listing of our upcoming club walks. Here are some upcoming walks to pique your interest:

**Every Monday, including February 6, 13, 20, 27 & March 6, 13, 20, 27** walks begin at Bayview Thriftway, 516, West 4<sup>th</sup> Ave., Olympia. Walks take you through the diverse neighborhoods of our capitol city. Registration is at 1:45 inside the store near the Deli. Walks begin at 2:00 pm.

**Every Thursday** the CVC offers group walks starting at 9:45 am. All walk destinations can be found at the CVC webpage, but here are a few interesting routes coming up in February and March.

**Thursday, February 2, 2023: Tacoma Parkland & PLU** takes you through the beautiful Pacific Lutheran University Campus and along the streets and through parks in the Parkland area.

**Thursday, March 2, 2023: Tumwater Historic Parks** leads you along the trails of three wonderful Tumwater parks as well as along some neighborhood streets.

**Thursday, March 16, 2023: Tacoma Point Defiance Park** takes you through Tacoma's gem of a park. Trails look out over Puget Sound and wander through impressive old-growth forest.

**Thursday, March 23, 2023: Chehalis Historic Walk** takes you past many buildings and homes on the National Register of Historic Places including the Northern Pacific Railway Depot and the oldest continuously lived in residence in the state of Washington.

**Thursday, March 30, 2023: Buckley Town & Trail Walk** takes you on great trails in the shadow of Mount Rainier and through the charming town of Buckley.



Downtown Buckley



Point Defiance Park



Historic Chehalis



# UPCOMING WALKING OPPORTUNITIES NEAR & FAR



**Valentine Walk in Orting, Saturday, February 11, 2023.** Start time: 9:00 am – 11:00 am. Finish by 2:00 pm. Distance 5K/10K. The route goes along the Puyallup River, and through the town of Orting. Not a group walk. For more information, see the [Meetup / South Sound Walkers Group](#).

## 2023 IVV Olympiad and IML Texas Trail Roundup Walk Festival San Antonio, TX USA FEBRUARY 19 – 26, 2023

See the AVA website for registration, event & hotel information:  
<https://ivvolympiad2023.org>



### St. Patrick's Day Walk in Seattle, Saturday, March 18, 2023.

Start time: 9:00 am – 11:00 am. Distance: 10K, rated 2A; 5K rated 1A.

**Event:** Celebrate the Irish and all immigrant groups on an early Spring walk through the High Point neighborhood. Enjoy sweeping Seattle views, beautiful planned-communities, the P-Patch, several parks, and the highest point in Seattle at Myrtle Reservoir Park. Wear green, if you fancy it.

**Start Location:** Neighborhood House, 6400 Sylvan Way SW, Seattle WA  
See the Emerald City Wanderers website for more information:

<http://www.emeraldcitywanderers.org>

### Northwest Hiking Weekend in Othello, Central Washington, April 21 -23, 2023

Hike and walk in the stunning Columbia National Wildlife Refuge.

**Start times:** 8:00 am – Noon, Friday & Saturday. Finish times: 5:00 pm, Friday & Saturday; 4:00 pm, Sunday.

**Event:** Three routes offered: Crab Creek & Frog Creek Trails; Goose Lake Plateau Trail; Chukar Lake Trail. Distances available, 10K, 5K, 3K; trail ratings from 1B, 2B, to 3C. Sturdy hiking footwear is recommended. See the website for more details:

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



Meet Northwest Treks' newest residents, orphan moose from Alaska: Atlas, Callisto and Luna.

### Lacey Earth Day Walks on April 29 -30, 2023

**April 29 walk in the Hawks Prairie neighborhood** through parks and past golf courses in Lacey, WA. **Start point:** WA Association of Sheriffs & Police Chiefs, 3060 Willamette Dr NE, Lacey, WA. Start time: 9:00 am – Noon; Finish time: 3:00 pm. 5K & 10 routes available.

**April 30 walk at Northwest Trek Wildlife Park near Eatonville** on paved paths through the Northwest Trek. See amazing animals in their natural habitat. Start time: 9:30 am – 1:00 pm, Finish time: 4:00 pm. 5K & 10K routes available. Pre-registration is required for a group discount entrance fee of \$15. Registration form is available at <https://capitolvolkssportclub.org>



# Planning Farther Ahead? More Walking Events Coming in 2023



## Anderson Island Summertime Walk, August 5, 2023

Save the date for the Capitol Volkssport event! Take the ferry to this little gem in the South Puget Sound, and walk on roads and/or on trails through parks. This walk is in development. Stay tuned for updates.

## Bend, Oregon - Salute to Central Oregon September 14 – 17, 2023

Sponsored by Columbia River Volkssport Club  
Visit the club's website closer to the date for more information: <https://www.walking4fun.org>



## WalkFest Vancouver 2023, September 22-24, 2023

Visit the beautiful port city of Vancouver, BC, Canada for an event featuring 10 sanctioned walks and an optional evening harbor cruise with onboard banquet. Visit the website for more information to start planning your visit:

<https://vancouverventurers.com/walkfest-vancouver-2023/>

## When Is the Midpoint of Winter?

Many people think the midpoint of winter is always Groundhog Day, but it varies. If you check the latest edition of the *Farmers' Almanac*, you'll see that it's February, 3, 2023 – the exact halfway point between the Winter Solstice and the Spring Equinox. Maybe it's a good time for a special walk.



## Capitol Volkssport Club Officers and contact information:

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**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:

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360-584-6446

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## CVC PHOTO GALLERY

95 walkers enjoyed the annual CVC Holiday Walk. Thanks to Sheila Morrison, Bonnie Tucker and Gayle Klostermeyer for organizing a fun event.





**CVC Members enjoyed the Christmas banquet at the Jacob Smith House in Lacey, once again.**



**Lots of fun winter walking memories with the CVC!**





**Happy New Year! Walkers enjoy the New Year's walks in West Seattle.**



**Keep on walking – rain or shine!**

