

Capitol Volkssport Club Newsletter

April - May 2023



President's Message Submitted by Karen Younkins Capitol Volkssport Club

Hello everyone,

The official day spring arrived was Monday, March 20, 2023. I love to see the change of seasons here in the northwest because we have nice weather that sneaks in between the raindrops. Many walkers from the northwest were lucky enough to attend the Olympiad/IVV Event in San Antonio, Texas, from Feb. 19-26. There were 340 International (23 countries) and 510 USA (42 states) preregistered walkers. We are all now part of the history of the AVA's first IVV Olympiad! This shows what the AVA can accomplish when we all work together as a National Organization! At the event many people were excited about heading over to Finland in two years for the next Olympiad.



We walked different routes every day in the historical area of San Antonio. One of my favorite walks was the Margarita and Taco Trail afternoon walk. We stopped at 11 different businesses and each one had a sample margarita, taco, churro, ice cream, cupcake, beer tasting, or other enticing item to share with us. Yumm! We didn't eat any dinner that evening because of the wonderful samples.

Were you able to enjoy the Westside Trails Walk sponsored by CVC on March 25? I am always amazed about how many of you CVC members step up to organize and work at our walks and events. Thanks so much for all your hard work!

On April 29 CVC will sponsor an Earth Day walk, and on April 30 we will again have an opportunity to go on the Northwest Trek walk. Please go to capitolvolkssportclub.org for specific information on reduced NW Trek tickets before April 12.

Yes, it's happening again! Victoria Pathfinders, in conjunction with the CVF Director for BC, will be hosting the ever-popular Spring Walks on Vancouver Island from May 3-8. Expect some old favorites, as well as some new walks.





Capitol Volkssport Club News

CVC Walks for National Walking Week, April 1-7, 2023

- **Monday, April 3, 2023;** 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 6, 2023;** Walking Winlock. Location: Cedar Village IGA, 206 Walnut St, Winlock, WA. Registration: 9:45 am; walk leaves at 10:00 am. Drive time from Olympia is approximately one hour.

CVC Tuesday Evening Walks Begin Tuesday, April 18, 2023!

- 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. Registration for walks: 5:45 pm; walks begin at 6:00 pm.
- Mark your calendars for these upcoming Tuesday night walks that are only scheduled once a year: **Tuesday, April 25 in South Tumwater; Tuesday, May 2 at Grand Mound Scatter Creek Wild Life Area; Tuesday, May 9 at Squaxin -Priest Point Park.**

Celebrate Spring with Our CVC 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>



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

Check out the [Capitol Volkssport Webpage](https://capitolvolkssportclub.org) for other upcoming CVC walking adventures including Tenino Town & Trail, Shelton, Hoquiam, Enumclaw and many others in April & May.

[www.capitolvolkssportclub.org](https://capitolvolkssportclub.org)

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: April 13, 2023 at 5:00 pm; May 11, 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 to our new CVC members!



Nancy Boulay
Terry Jackson



UPCOMING WALKING OPPORTUNITIES NEAR & FAR

National Walking Week

More Opportunities in the South Sound Area

For all the details, check us out at

www.Meetup.com/South-Sound-Walkers

Saturday, April 1, 2023; Tacoma Downtown Walk on day of Daffodil Parade; Registration time: 9:15 am – 12:00 pm.

Sunday, April 2, 2023; Seattle Washington Park Arboretum; Registration 9:00 am – 12:00 pm.

Tuesday, April 4, 2023; Olympia's Capitol Area; Registration 5:45 pm. Walk begins 6:00 pm.

Wednesday, April 5, 2023: Federal Way Ups and Downs; Registration at 9:45 am. Walk begins at 10:00 am.



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 through Sunday. 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>

Vancouver Island B.C. Walk the Island, May 3 – 8, 2023

Tentative schedule of walks includes: Kinsol Trestle; Westwood Lake; Qualicum; Ucluelet; Tofino; Little Qualicum Falls; Courtnay; Elk Falls; Comox; Parkside.

Suggested Hotels:

May 3, Ramada by Wyndham, Nanaimo, British Columbia

May 4 & 5, Port Alberni Best Western Plus, Port Alberni, BC

May 6 & 7, Best Western Westerly, Courtnay, BC

For more information & questions, contact Christine at

rickandchristine@shaw.ca



Kinsol Trestle

Planning Farther Ahead? More Walking Events Coming in 2023

Anderson Island Summertime Walk Saturday, August 5, 2023



Save the date for this Capitol Volkssport Event! Take the ferry to this little gem in the South Puget Sound. Two routes will be offered. Walk onto the ferry for 7K route which takes you on country roads with views of Puget Sound and Mount Rainier. The 11K route explores trails through two parks on the south end of the island with beaches, and views galore. For the 11K route, driving a car onto the island will be necessary. Stay tuned for updates.

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

Sponsored by Columbia River Volkssport Club, this grand event includes fourteen walks/hikes and one bike route. See some of Central Oregon's most beautiful sites: Benham Falls; Camp Sherman & the Metolius River; Green Lakes below the Three Sisters peaks and more. Visit the club's website 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/>



Attention Hikers! Join the Pacific Crest Trail Challenge sponsored by the Evergreen State Volkssport Association

The PCT is one of the most famous long-distance trails in the United States, extending from the northern start point at the U.S. – Canada border to the U.S.- Mexico border on the south end. The 2650-mile hike follows the Cascade and Sierra Mountain ranges through Washington, Oregon and California ascending and descending beautiful mountain passes along the way.

Nancy Wittenberg and ESVA have created a new challenge which includes twelve day hikes along the PCT. These are not necessarily 10K hikes, as the goal is to get to some interesting places. But they do vary in difficulty (2B to 4C) and length (5K to 26K). Be sure before setting out that you are prepared to hike safely by carrying the [10 Essentials](#) in you backpack. For more information, visit the [Pacific Crest Trail Association website](#). Check out these hikes by searching for Pacific Crest Trail on the [AVA Online Start Box](#).



PCT Naches Loop Trail

You can purchase the PCT Challenge Booklet anytime by sending \$10, your name, address and email address to: Nancy Wittenberg, 12626 129th St E, Puyallup, WA 98374.



Keep on Walking for your Health!

Lower dementia risk by walking more and faster, say Borja del Pozo Cruz, Phd. In an eight-year study, adults who walked 3,800 steps daily for almost three years had 25% lower risk for dementia...those who walked 9,800 steps per day had 50% lower risk. Walking faster is even better. People who walked 9,800 steps per day, including 30 minutes at 112 steps per minute (about 3 miles per hour), were 62% less likely to be diagnosed with dementia.

From the publication Bottom Line, Borja del Pozo Cruz, PhD, is associate professor in population health at University of Southern Denmark, Odense, and coauthor of a study of 78,340 adults reported in JAMA Neurology.

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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
Join and pay online!
www.esva.online/nw-pathfinder-home-delivery/



***Blossom by blossom, the spring begins”
-Algernon Charles Swinburne***



CVC PHOTO GALLERY

Local walkers enjoying the 18th IVV Olympiad in San Antonio, Texas



Walkers from all over Western Washington enjoyed the CVC Westside Nature Trails Spring Walk. Thanks to Cindy and Mike Extine and all the volunteers who made this a wonderful event.



Beautiful day for a walk at Point Defiance Park in Tacoma



Steilacoom walkers enjoyed blue skies and views.



Briggs Taproom provided a great spot to lunch after the Ward Lake Walk.

Nancy Wittenberg's many walking t-shirts made a beautiful birthday quilt; made by Liz Morrison, Vickie Klein.



Nisqually on a sunny afternoon.



Monday walkers enjoy the westside views.

Cherry blossoms are putting on a show at the Capitol in April.

