



## Capitol Volkssport Club Newsletter June-July 2023

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

Hello everyone,

I hope everyone was able to enjoy our brief taste of early summer. The weather has been perfect to get outdoors and enjoy the colorful spring flowers.

I would like to thank Ginny Miller for attending to the Secretarial duties for this last year. Unfortunately, she had to step down from this position, but we are lucky enough to have David Black come back as our secretary for the upcoming year.

Many of you are interested in special programs, so I would like to mention one that is coming up in 2024 called "Hungry for Music." This special program challenges walkers to find locations that have music performances. If you are interested send \$12 and requests for books to Nebraska Wander Freunde Trailblazers at PO Box 8147, Omaha, NE 68108. Fifty Cents will go to support "Hungry for Music." In the past 27 years "Hungry for Music" has provided 16,000 instruments to children in all 50 states and 32 countries. For more information contact Lori Anderson at [fromustoyou@zoho.com](mailto:fromustoyou@zoho.com).



I hope you have been able to get out and enjoy some of the wonderful walks and hikes offered near us. On May 13 I was lucky enough to hike the Mud Mountain Rim Trail presented by the Daffodil Valley Volkssport Club. The views of the White River and Mt. Rainier were spectacular that day.

Be sure to save the dates for the Vance Creek Railrider's Event on July 22, CVC's Anderson Island walk on Aug. 5, and our CVC picnic at Millersylvania Park on Aug. 10 (more details to follow).

Do you have any more ideas for CVC traditional events in 2024? Right now we have Wild and Woodsy in Washington on April 25-28, 2024, and our Holiday Walk on Dec. 14, 2024. Bring your ideas to our next CVC meeting to share with the group.

## Silver City Roundup

By Barb Malone



New Mexico provided great walking weather with no extremes of hot or cold. The event was sponsored by the Sun Country Striders of Las Cruces, New Mexico. Two members of the club manned the registration & finish table each day – April 12-16. We got acquainted with Eileen Roberts and Henrie Vargas who spent long days assisting us. Passing in and out of the hotel gave us many chances to swap stories and hear the latest walk updates.

Regional Director, Helen Hull, explained the program behind the New Mexico event during the meet and greet. Each year's event will be held in a different region of the state to eventually walk in all 33 counties. Books are available for sale and a patch showing the counties is available. This second year of the event will pick up 4 new counties.



The favorite walk this year seems to be the Gila Cliff Dwellings National Monument (Catron Co). After navigating the scenic but narrow and winding road through the Gila Forest the dwellings are spectacular. You walk around and through the structures up and down stairs and a ladder. You see corn cobs from the 1200's when the Mogollon culture occupied the site.



The variety of walks offered gave everyone a chance to enjoy being a part of the event. City walks included Silver City (Grant Co) named for the silver discovery of 1870. Currently there is a huge open pit mine for copper and massive tailing piles north of town. Our CVC group enjoyed the Mimbres pottery exhibit at the Western New Mexico University. The 2<sup>nd</sup> city is Deming (Luna County) with another great museum and a great little park.

State parks start with the unusual City of Rocks (Grant County) with geologic formations up to 40 feet tall. One trail goes completely around the rocks and then invites you to wander through them. Another option is to hike up Table Mountain for the views. Farther south is Rockhound State Park (Luna Co) in the Little Florida Mts. Walk on trails or go off trail and collect and take some souvenirs. Don't miss the visitor center and displays.



Tom Malone, City of Rocks

Continued on next page



Photos from Deming walk.



Closer to Silver City walk the Dragonfly Trail (Grant County) and see the 1,000-year-old petroglyphs. Nearby is historical Fort Bayard from 1866 that was garrisoned by Buffalo Soldiers, a National Cemetery and the Bataan Memorial from WWII. Within 10 miles is a great quiet hike in the Gila Wilderness on the Continental Divide. Just be careful not to let your wallet slip out of your pocket unless you feel like doing the 10K twice to go back and find it!

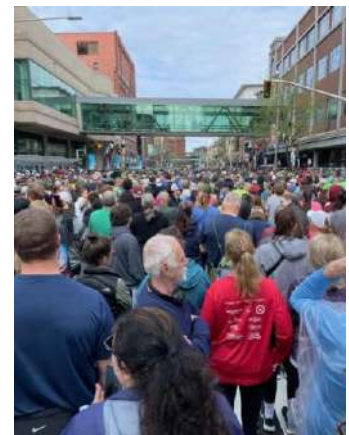
At Truth or Consequences (Sierra County) discover a historic town with original buildings on the Rio Grande in the Hot Springs Basin.

Unfortunately, the beautiful spring weather prevented anyone from walking the Catwalk Trail and Hot Springs (Catron County). The warm weather caused snow melt to flood the road in two places making it impossible to reach the site.

## Bloomsday May, 2023

by Liz Morrison

Bloomsday is an amazing event included in the circuits of U.S. major running events. It is held yearly in Spokane, WA attracting elite runners as well as runners/walkers of all abilities including wheelchair racers. Everything leading up to the race is such fun! I participate as a walker and enjoy the practice Volkssporting provides me. Even the drives over and back are great with stops on the East side for walks I do maybe once a year. The trade fair at the Convention Center is also a lot of fun. This year 30,000 signed up for the race with 25,882 crossing the finish line this year. My friend, Marie, and I are two of them! These pictures show the people waiting in front and behind us while waiting for the race to start. There also is a picture right before heading up Doomsday Hill plus one at the finish.



*"Everywhere is walking distance if you have the time."* Steven Wright



## Capitol Volkssport Club News

### **Vance Creek Railriders: Saturday, July 22, 2023**

Looking for a new CVC event? Save the date for this rail-riding adventure in nearby Shelton. Instead of walking, you join a group and pedal along a historic rail route. Tickets and registration information will be available soon on the CVC website. Check out the Vance Creek Railriders website for more information about this unique event: <https://vcrailriders.com/>



### **Anderson Island Walks: Saturday, August 5, 2023**

Take a summertime ferry ride to visit this nearby, south Puget Sound Island. The 7K route starts by walking on to the ferry in Steilacoom, then follows quiet country roads on Anderson Island 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 to Andy's Wildlife Park will be necessary.



Parking for the 7K is available at a pay lot directly behind the Anderson Island ferry terminal in Steilacoom. Ferry rates are all round trip and senior rates are available. Carpooling is recommended for the 11K to share the ferry expense. For Anderson Island ferry times and fare prices visit:

<https://www.piercecountywa.gov/1793/Ferry>

**Start time:** 8:45 – 12:15

**Start location:** Steilacoom Ferry Dock, 56 Union Ave, Steilacoom, WA



**Save the Date! You're Invited!**  
**Capitol Volkssport Club's Summer Picnic!**  
**Thursday, August 10, 2023**



**When:** Thursday, August 10<sup>th</sup> 2023: 3:15 - 9:00 p.m.

Walk registration will be on site. 10k walk registration at 3:15 pm, walk starts at 3:30 pm. 5K walk registration at 4:15 pm, walk starts at 4:30. Potluck dinner follows at 6:00 pm.

**Picnic Details:** WA State Parks Discover Pass Required for parking

**Where:** Millersylvania State Park, Kitchen #3, 12245 Tilley Rd. S. Olympia, WA



## Important Capitol Volkssport Walk Reminders

**Monday walk times** change to the summer schedule on Monday June 5, 2023. **Walks will begin at 10:00 am**, sign-in 9:45 am, at Bayview Thriftway Grocery, 516 Fourth Ave W, Olympia, WA

**Tuesday evening CVC walks** are underway! Walks begin at 6:00 pm, sign-in 5:45 pm. Check out the fun variety of evening walks at the CVC website: <https://capitolvolkssportclub.org/>

Be sure to check out the CVC website at the link above for the full schedule of upcoming walks. There are three great walks a week through September 26, 2023.

## 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:** June 8, 2023 at 5:00 pm; July 13, 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.

## UPCOMING WALKING OPPORTUNITIES NEAR & FAR

### Bainbridge Island – Fort Ward Walk, Saturday, June 10, 2023

Walk from Fort Ward on woody trails to enjoy the beautiful views at Port Blakely Park. The 10k will climb the hill to Port Blakely Cemetery before walking back to Fort Ward where the 7k and 10k route descend to the beach and explore historic sites. The 5k follows a less hilly route from Port Blakely to the finish. Visit the Interlaken Trailblazers website for more information:

<http://www.interlakentrailblazers.org/>



### Seattle 4<sup>th</sup> of July Walk, Tuesday, July 4, 2023

Celebrate the 4th with a morning walk on North Beacon Hill, enjoying spectacular views at the reservoir atop Jefferson Park, and a pleasant walk on sidewalks and paved trails on top of Beacon Hill. Start is outside of the Jefferson Community Center. Two routes: 5K and 10K, both rated 1B for easy terrain. Visit the Emerald City Wanderers webpage for more information:

<http://www.emeraldcitywanderers.org/>

### Puyallup Riverwalk Festival, Saturday, July 29, 2023

This walk celebrating Pierce County Trail Days, winds through neighborhoods and along the Riverwalk Trail where the Arts and Education Festival is happening. This walk is hosted by the Daffodil Valley Volkssport. Visit the South Sound Walkers Meetup page for more information: <https://www.meetup.com/South-Sound-Walkers/>



# Planning Farther Ahead? More Walking Events Coming in 2023

## 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/>



## In Memorium ....



Longtime member of the Capitol Volkssport Club, Harjis Saukants (left) passed after a slow decline on March 18, 2023, just days before his 98th birthday.

Harry came to our club in the 1990's from the Rose City Roamers in Portland. In recognition of his service, he received Lifetime Member status in August of 2015 (pictured above). For many years he produced our club newsletter until he retired from that position about six years ago. He was an avid hiker and outdoorsman.

Harry was born in Latvia in 1925 and was a refugee before he emigrated to the US. He attended the University of Minnesota and later relocated to Portland, OR and then Shelton, WA. He was very involved with the Latvian community in the area.

Many of us have fond memories of Harry.



**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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**Reminder:**

The CVC Challenge, **Animals of the Chinese Horoscope** ends soon – **July 31, 2023**. Be sure to turn in your completed booklet to Pam Greig-Davis, 6623 Rivera Court SE, Lacey, WA 98513



## Spring Capitol Volkssport Club Photos



CVC Walkers enjoyed the Seattle cherry blossoms at the University of Washington & the Washington Park Arboretum for National Walking Week. The walkers were invited to join Jim Dever for a closing shot on King 5 Evening Magazine!



Earth Day walkers in Lacey.



Sunny skies shine on Tenino walkers



Smiling walkers in Winlock



Othello event walkers appreciate the Eastern Washington landscapes.







After April showers, walkers enjoy blue skies & blooms around the capitol



Perfect weather for the Mud Mountain dam walk



Spanaway walkers discover that *“When you cross a bridge, you take a break from this world”* Mehmet Murat ildan



South sound walkers discover beautiful Vancouver Island



A lovely evening walk at Scatter Creek Prairie



Beautiful Tuesday evening in Squaxin Park





Hoquiam walkers take in views of Grays Harbor



Enumclaw walkers enjoyed a beautiful walk that included the Anderson Rhododendron Garden.

