



# Capitol Volkssport Club

## NEWSLETTER

March, 2010

### CVC Meeting - Tuesday, March 9

6:00 PM Dinner, 7:00 PM Meeting

At Panorama City,

1704 Sleater Kinney Road SE, Lacey, WA 98503, (Phone 360-456-0186)

### Top 10 Walks in the USA of 2009

By [Wendy Bumgardner](#), About.com Guide



#### **1. Silver Falls, Oregon**

The clear winner for 2009 is this classic Northwest hike in a canyon with nine waterfalls, including three that you can walk behind. You get the full flavor of the Northwest with tall timber. This walk is only open mid-April through mid-November. Wear trail shoes or boots, and bring a hiking stick, as the trail can be narrow and slippery. [Sanction Y0171]

#### **2. Great Allegheny Passage, Ohiopyle State Park, Pennsylvania**

Nominator Skip Magee says, "This is a little known but spectacular walk along the Youghiogheny river in Pennsylvania's Laurel Highlands. A wild river, spectacular views from two bridges, and waterfalls are featured on the laurel lined trail. This walk is just up the road from the [Frank Lloyd Wright Fallingwater Estate](#), a great place to visit and have lunch after a beautiful morning walking in [Ohiopyle State Park](#). Truly a day to remember!" Other voters agreed. It is a seasonal walk open April through December. [Sanction Y1259]

#### **3. Jenny Lake, Grand Teton National Park, Wyoming**

This is an "extreme" walk at high altitude -- 7000 feet above sea level. You can arrive via a boat ride across Jenny Lake to the trail by Hidden Lake up to Cascade Canyon. The trail is more challenging to Inspiration Point, and after that is a gentle climb to Cascade Canyon. Hikers often see marmots, pika and moose. Due to the remote location, the club will send a map of the trail. [Sanction YR1128]

#### **4. Colorado Springs Garden of the Gods, Colorado**

The Garden of the Gods walk near Colorado Springs, Colorado takes you into a stunning natural area of fantasy rock formations. It is a frequent finalist for the top 10 walks. The start is at the Garden of the Gods Trading Post, 324 Beckers Lane. The 11 kilometer (7 mile) trail is rated moderate on trails and roads and is at an altitude of 6412 ft. [Sanction YR0464] **Continued on page 3.**



## Friday Morning Group Walks

| <i><b>Date</b></i> | <i><b>Walk</b></i>   | <i><b>Contact Person</b></i> | <i><b>Start Time and Car Pool</b></i>   |
|--------------------|----------------------|------------------------------|---|
| Mar. 5             | Tumwater             | Kathy Eagin<br>360-259-9297  | 10:00 am at Tumwater Safeway<br>520 Cleveland Ave.  |
| Mar. 12            | Steilacoom           | Kathy Eagin<br>360-259-9297  | 10:am at Chevron Station<br>3025 Steilacoom Blvd<br>9:00 am at Martin Way Park'n Ride<br>(in lot farthest from entrance)                      |
| Mar 19             | Tacoma<br>Waterfront | Kathy Eagin<br>360-259-9297  | 10:00 am at Spar Coffee Café<br>2123 N 30 <sup>th</sup> , Tacoma<br>9:00 am at Martin Way Park'n Ride<br>the lot farthest from the entrance   |
| Mar26              | Puyallup             | Kathy Eagin<br>360-259-9297  | 10:am at Safeway Store<br>1405 Main Street, Puyallup<br>9:00 am at Martin Way Park'n Ride<br>the lot farthest from the entrance               |
| April 5            | Shelton              | Susan Berry<br>360-491-7266  | 10:00 am at Mason Hospital<br>Bldg. 1, Employees Entrance<br>Shelton<br>9:00 am Car pool Top Food Parking<br>Westside, farthest from Top Food |
| April 10           | Chehalis             | Susan Berry<br>360-491-7266  | 10:am at Safeway<br>1100 S Market Blvd, Chehalis<br>9:00 am at Star Bucks on Littlerock<br>Rd (across from Fred Meyer)                        |
| April 19           | Lacey                | Susan Berry<br>360-491-7266  | 10:00 am at Thrive<br>5401 Corporate Center Loop SE   |



Continued from page 1

## Top 10 Walks in the USA of 2009

By [Wendy Bumgardner](#), About.com Guide

### **5. Biltmore Estate, Asheville, North Carolina**

Had enough woodsy walks? Come see one of the great estates, strolling the grounds and touring the mansion built by George Vanderbilt, the Biltmore Estate. The admission price is steep at \$50/\$55. But our walkers say it was worth it. It is an easy walk. [Sanction Y1222]

### **6. Truckee River Trail, Reno, Nevada**

This is one of my favorite strolls. It is a wonderful walk along a pleasant river, with all of the thrills of downtown Reno at the National Automobile Museum start/finish. On a sunny day, you can watch everyone playing in the river park with kayaking and body surfing in the rapids. [Sanction 0023]

### **7. Celebration, Florida**

Disney built Celebration as an ideal town, with designs and ideas from yesterday, today and tomorrow. The walk instructions explain the unique architecture. The town and the route change every year, each time bringing new discoveries. [Sanction Y1345]

### **8. German Village, Columbus, Ohio**

Walk a bit of Germany in the USA. This walk is mainly in historic German Village with a side trip around the State Capitol building. Soak up the Bavarian ambiance of Planks Bier Garten, Hausfrau Haven, the original Max & Ermas, King Gambrinus in the Brewery District, Soldiers' Wall of Letters, Schmidt's Sausage Haus, Schiller Park and many lovely German residences. [Sanction YO1230].

### **9. Bryce Canyon National Park, Utah**

This stunning walk is open April through October. The 11 kilometers combine the Queens Garden Trail, the Wall Street Trail, and the Peekaboo Loop. It is "all views, all the time" as you hike through the hoodoos and rock formations. Make sure your camera has a fully charged battery and lots of memory space! The walk is rated most difficult due to hills and altitude. It is at 8000 feet altitude, and weather can be extremely hot or extremely cold. Registration for this walk is 90 minutes away in Cedar City, Utah -- or you can register ahead of time with the club. [Sanction Y1626]

### **10. Sacramento, California**

Enjoy this walk through historic Old Sacramento, including the State Capitol, Sutter's Fort and the old Governors House. [Sanction Y0003]





## Capitol Volkssport Club

P.O. Box 2778  
Olympia WA 98507



Page 4

### **CVC OFFICERS**

**President** – Susan Berry (360) 491-7266

e-mail: lsberry@pe0plepc.com

**Vice-President**—Susan Cook (360) 273-0390

e-mail: Sioux@olywa.net

**Secretary**– Leslie Willardson (360) 753-5596

e-mail: HeathField@hotmail

**Treasurer** – Sheila Morrison (360) 923-5381

e-mail: Sheila.morrison@comcast.net

**ESVA Rep.** – Bonnie Tucker (360) 491-4767

e-mail: bonniedale@comcast.net

**Membership**—Karen Younkins

(360) 357-9185

e-mail: jcyounkins@comcast.net

**Newsletter Editor** – Harry Saukants

(360) 432-2318

e-mail: harisauk@peoplepc.com

**Publicity** – Vacant

**The Capitol Volkssport Club (CVC)** of Olympia, Washington is a non profit organization dedicated to promoting public health, fun, recreation, and fellowship through non-competitive walking, biking, swimming or cross country skiing events. Membership is open to all. The American Volkssport Association (AVA), to which all Volkssporting clubs in the United States belong, is one of 44 countries that make the International Peoples Sports Club (IVV).

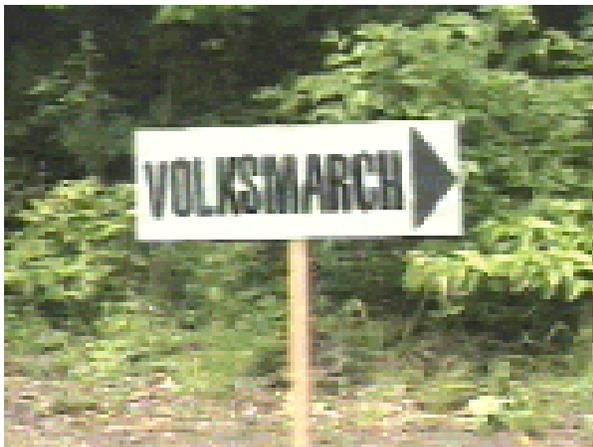
**Yearly CVC dues are** \$8.00 (individual) per year; \$6.00 for 62+; \$12.00 for family. Only \$2.00 charge for our club's YRE. Membership for returning/ongoing members is August. Send membership dues to : ***CVC , P.O. Box 2778***

***Olympia WA 98507***

CVC Website: [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)

AVA Website: [www.AVA.org](http://www.AVA.org)

Evergreen State Volkssport Association: [www.ESVA.org](http://www.ESVA.org)



### **Newsletter deadline**

**Wednesday,**

**March 31, 2010.**

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378,

Shelton, WA 98584, or E-mail: [harisauk@peoplepc.com](mailto:harisauk@peoplepc.com)