



Capitol Volkssport Club

NEWSLETTER

August, 2010

Capitol Volkssport Club

Membership Meeting August 10, 2010

Chambers House (at Panorama City)

Board Meeting – 5:00 pm. No Host Dinner – 6:00 pm. Meeting – 7:00 pm

Evergreen State Volkssport Association

met on July 24th in Renton. The Pathfinder committee reminded everyone that each club gets 5 copies and 25 copies per event. Additional copies can be ordered. Nancy Wittenberg asked for information for the ESVA web site. ESVA is entering looking into a partnership with Foster Parents Association of WA. Clubs joining with Weight Watchers on a walk was also discussed. Landscape committee reminded clubs to include in directions the challenges on that walk. Ellensburg Club will disband on Dec. 31st. If you do the McCord walk, you will need to pre register with Global as there will be no one at the gate to admit you. Sam Korff reported that AVA will discuss remote starts. He can give a certificate of appreciation for the business at the walk start. New Business included the discussion of reducing the number of ESVA meeting per year. There was no motion made. The motion to put the Pathfinder on the web site was tabled and a committee was formed to study the implications. There will be a report at the next meeting. The 2012 Northwest Regional Conference will be in Washington. The state is looking for a club or group of clubs to plan this conference.

The Pathfinder list birthdays. If you would like to list someone or your birthday, send the information to The Pathfinder.

Susan Berry

THANKS! THANKS! THANKS!

I could fill the whole page with thanks and it wouldn't be enough. The flowers sit on the back porch where I can see them everyday. They are gorgeous. I especially thank everyone for the wonderful job they do. Someone always seems to step forward and takes on a challenge. As I talk to other clubs, I learn that CVC is doing great. We are increasing in membership and willing to take on challenges. It has been a pleasure to serve as your president these past two years. I leave the presidency, knowing the club is in good hands and look forward to the future.

Susan Berry





NEWS FROM THE TRAIL

AUGUST/SEPTEMBER 2010 FRIDAY WALKS

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

IF YOU PLAN TO MEET WALKERS AT THE STARTING POINT, PLEASE CONTACT LINDA. CAR-POOLERS MAY ARRIVE EARLY AT THE WALK SITE. IF NO ONE IS MEETING US AT THE STARTING POINT WE MAY START THE WALK PRIOR TO PUBLISHED START TIME.

Please check www.capitolvolkssportclub.org for any update or changes to these walks

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Friday August 6	10 am DuPont Store/76 Station, 100 Barksdale Ave DuPont	DuPont Boyhood Memories Walk Seasonal Y 193 10K 2+	9 am Martin Way Park 'n Ride At the back of the lot
Friday August 13	10 am Boathouse Marina and Tackle 5400 North Pearl Tacoma	Tacoma Pt. Defiance Park YRE 366 10K 2	9 am Martin Way Park 'n Ride At the back of the lot
Friday August 20	10 am Ohanapecosh Visitors Information Center, Ohanapecosh Campground Park in Day Use area)	Mt Rainier National Park—Ohanapecosh Seasonal Y 1405 10K 3	8 am *** time change Martin Way Park 'n Ride At the back of the lot Drive time about 2 hrs
Friday August 27	10am Safeway 1100 S Market Blvd Chehalis	Chehalis Historic YRE 1605 10K with 5K option 1+	9 am Martin Way Park 'n Ride At the back of the lot
Friday Sept 3	10 am Safeway Food & Drug 520 Cleveland Ave Tumwater	Tumwater Historic Parks YRE 1743 11K 2+	N./A
Friday Sept 10	10 am Bee Hive Restaurant 300 Main St Montesano	Lake Sylvia Seasonal Y 1216 12K with 5K option 2+	9 am Top Foods Parking Lot Near Pier 1

Volkssporters Participate in Senior Games

Sunshine, smiles, and yellow shirts were everywhere as almost 2,000 athletes, including 138 walkers, gathered at Tumwater High School on Saturday, July 24, to participate in the Washington State Senior Games track meet. For the first time, volkswalking was offered as an event! The Capitol



Volkssport Club hosted the volkswalks at the invitation of the Puget Sound Senior Games, sponsors of the Washington State Senior Games since 1997. All groups share a common mission to encourage more people to get off the couch and make exercise a year-round and fun habit. The 5K and 10K walks took in some of the more scenic and interesting sights in the Tumwater area and included AVA and ESVA challenges (fire stations, forests, mountains, statues, and fountains). All participants received a free Senior Games T-shirt, compliments of the Senior Games.

Walkers included people from many areas of the country as well as neighbors wanting to learn more about Volkssporting and the Senior Games. Some veteran Volkssporters stopped by on their way to the Northwest Regional Convention in Alaska. There were even children and dogs who enjoyed the walk. We hope to see them again at more volkswalks and at the Senior Games in 2011.

P e r k i S w e e t ,
Publicity, CVC

EVENT AWARDS RECEIVED BY OUR CVC MEMBERS



Ginny Miller



Robert Morrison



Sheila Morrison



Susan Berry



Lloyd Berry



Bonita Tucker

DISTANCE AWARDS



Robert Morrison



Nicholas Shields





Capitol Volkssport Club

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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 51 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 July. Send membership dues to : **CVC , P.O. Box 2778**

Olympia WA 98507

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

Laughter is the sun that
drives the winter from the
human face"

— Victor Hugo —



Newsletter deadline

Tuesday, August 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