

CVC Meeting October 9th, 2012
Apollo's Pizza and Pub, 2010 Harrison Ave NW
6:00 PM for no host dinner, 7:00 PM membership meeting.
Pictures of Ann Spargo's trip to Australia

SEABREEZE WORKERS WALK
SATURDAY, OCTOBER 13, 2012

Please join us! To carpool, meet at 8:00 am at the Westside Top Foods parking lot near Pier One **or** meet at the Lions Club, 832 Ocean Shores Blvd. N.W., Ocean Shores, WA at 10 am. We will determine the walk schedule at that time. There are 6 walks with distances anywhere from 5k to 20k. Check online to see which walk you might like to do. It should be a fun day at the beach.

SEABREEZE DINNER TICKETS

On Saturday, Feb.16th, 2013, 6 PM, we will be having a delicious Italian Buffet during the Seabreeze Walking Festival at Ocean Shores. Tickets are now on sale, so please buy your ticket early to assure your place at the banquet. Dinner reservation forms are available on our website. The tickets are **\$20** which includes tax and gratuity (BYOB). You may purchase tickets at our CVC October 9th meeting or by sending your check made payable to "CVC" to:

Karen Younkins
 Capitol Volkssport Club
 711 Eastside St. NE
 Olympia, WA 98506

Your tickets will be available in the registration area at the Seabreeze Walking Festi-

EVENT AND DISTANCE AWARDS

EVENTS

DISTANCES



10



175



1000



1700



2000 km



8000 km



12000 km



30000 km

Ann Spargo Cindy Extine Susan Berry Susan Shields Cindy Extine Robert Morrison Susan Berry Bonita Tucker

Congratulations and keep walking!

NEWS FROM THE TRAIL...



CAPITOL VOLKSSPORT CLUB
THURSDAY MORNING WALKS
 October 2012

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, October 4	10 am Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Steilacoom Historic Town YRE 0635 Difficulty level 2B	9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 35 min
Thursday, October 11	10 am DuPont Store/76 Sta- tion 100 Barksdale Ave DuPont	Boyhood Memories YRE 0193 10K with 5K option Difficulty level 2A	9:30 am Martin Way Park 'n Ride At the back of the lot Drive time approx 20 min. After registering at DuPont Store drive to start point
Thursday, October 18	10 am Safeway Food and Drug 3215 Harrison Ave NW Olympia	Evergreen State College YRE 0657 10K Difficulty level 2C	10 am Meet at Safeway on Harrison to register then drive to The Evergreen State College for start point. Small parking fee at The Evergreen State Col- lege
Thursday, October 25	10 am Walgreen Drugs 12105 Pacific Ave Parkland	Parkland (PLU campus) YRE 1999 10K with 5K option Diffi- culty level 1A	9:30 am Martin Way Park 'n Ride at the back of the lot Drive time approx 25 min

For more information contact:
 Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

WELCOME NEW MEMBERS!

Donna Smith, Berschauer Dan & Phyllis, Sutton Steve and Sandy, Corwin Zoe,
 Curtis Kyle and Valerie Lange



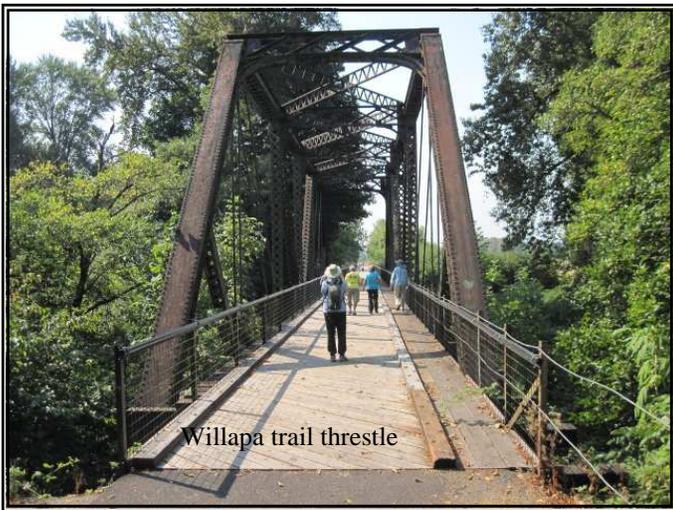
Welcome to our club and see you on the trail!

Willapa Trail – Another New YRE for 2013

On Monday, September 17, six members of the Capitol Volkssport Club slathered on the sunscreen and braved the over 80 degree weather to test a new walk developed by our own Bonnie Tucker. We met in Tumwater and drove to Exit 77, south of Chehalis where we did a few quick turns and ended up at the Willapa Trail trailhead. In 2013, walkers will stop to register at the Holiday Inn Express right by the freeway.

Almost immediately after entering the trail,

bales were basking in the sun . Some were already wrapped up in their giant “marshmallow” wrappers. At one point Bonnie pointed out where there is a view of Mount Rainier on a clear day. This was not a clear day! The entire trail is paved, so when you reach a main highway and gravel, you know it's time to turn around and retrace your steps. On the return trip, we saw people floating on inner tubes in the river and wished we were doing the same! This trail has future possibilities for being even longer than 10K, as there are plans to pave it all the way to Raymond. For a walk in the country change of pace,

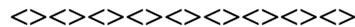


Willapa trail trestle



this is the trail to experience!

we crossed an old railroad trestle. Along the way, we crossed several more over the Newaukum and Chehalis rivers. The walk goes past a lot of farmland where hay



A FEW MORE PICTURES FROM ANDERSON ISLAND



Willapa farm





Capitol Volkssport Club
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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 clubs in the United States belong, is one of 54 countries, that make the International Peoples Sports Club (IVV). The AVA's network of 305 Walking clubs organize more than 3,000 walking events as well as occasional bikes, skis, and swims every year in most of our 50 states.

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 walks. 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

*"Our way is not soft grass, it's a mountain path with lots of rocks. But it goes upward, forward, toward the sun."
~ Ruth Westheimer ~*

Newsletter deadline
Tuesday, October 30 2012
 Anything that you want to include in the newsletter call Harry at (360)-432-23318 or mail to: H.J. Saukants, P.O. Box 2378, Shelton, WA 98584 or e-mail: hjsaukants@q.com