

**Next CVC Meeting Tuesday, April 9th, 2013**

**Seabreeze Walking Festival**

Seabreeze 2013 was a resounding success, according to 355 happy participants from around the Northwest. This was the culmina-



*Getting walkers started*

tion of a year's planning by the committee, composed of Bob on Sponsorship, Sheila in charge of Registration, Karen managing Dinner arrangements and Ticket Sales, Perki honchoing PR, and the Walking Committee of Susan, Jeanne, and Elizabeth Mooney planning the routes. Susan also took charge of the popular soup lunches. Sue Cook, as 2011 Chair, gave consulting service and advice to Bonnie, who

took the lead and provided admin support. Then there was a host of fabulous CVC volunteers, who helped greet people, staff the various stations, bake cookies, create signs and make sign posts, stuff goody bags, haul stuff (including garbage), and do whatever needed to be done. Thanks a million to all of you!! Our club made a great impression on our guests, welcoming them, showing friendliness and flexibility, and strengthening our reputation as a club that can be relied upon to present a quality event. YAY, CVC!!! (And didn't we have fun at our own no-host dinner at Alec's on Friday after set-up? How terrific to have Roberta join us, all the way from Missoula!)

Just a few numbers to dazzle you: 355 walkers/bikers completed 1165 events in three days! 120 of them enjoyed the delicious pasta buffet on Saturday night. 264 people walked for credit, and 91 were free walkers. Damon Point was the favorite walk, with 235 people walking it. A majority saw snowy owls for the first time, and many took wonderful pictures to prove it. Next most popular route was Bayside, which started at the Lions Club. 212 did that walk, 188 went to Moclips, and 187 did the Beach Walk out the back door.

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**WELCOME NEW MEMBERS!**

**Anne Mills, Jane Wilson, Alice Hart,  
Jim and Carol Nagan, Kirsten  
Mountjoy and Priscilla Hoback**

*Welcome to our club and see you  
on the trail!*

## NEWS FROM THE TRAIL...



## Upcoming Walks - March 2013

<b>Date</b>	<b>Time/Location</b>	<b>Event/Distance/ Rating</b>	<b>Carpooling Info ***</b>
Monday March 4	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday March 7	10:00 AM West Olympia Safe- way 3215 Harrison Ave NW Olympia	Olympia Evergreen State College Walk YRE 0657 10K 2C	10:00 AM Meet at Safeway to register, then drive to the Evergreen State College start point. Drive time approx 10 min. Small parking fee at the college.
Monday March 11	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday March 14	10:00 AM Centralia Safeway 1129 Harrison Ave Centralia	Centralia Historic Walk YRE 0957 10K with 5K option 1B	9:30 AM Meet at Starbucks at Trosper and Little- rock Road near Fred Meyer. Drive time approx 30 min.
Monday March 18	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
*** New Walk *** Thursday March 21	10:00 AM Guesthouse Inn and Suites 701 E Heron St Aberdeen	Hoquiam Town and Waterfront Walk YRE 0373 10K with 5K option 1B	9:00 AM Meet at Westside Top Foods near Pier 1 Imports. Drive time approx 1 hour.

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Monday March 25	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday March 28	10:00 AM YMCA Tacoma Morgan Branch 1002 South Pearl St Tacoma	Tacoma - University of Puget Sound YRE 0850 10K/11K 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 35 min.

\*\*\* If you plan to walk, but don't plan to carpool, please let Linda (360-943-8858, cell 360-481-7119, e-mail lpolzin@thurston.com) or

Sheila (360-923-5381) know you are walking, and the group will wait for you at the starting point.

\*\*\* If you are a rider in a carpool, please feel free to offer the driver gas money.

If you are the driver in a carpool, please feel free to accept or refuse gas money if it is offered.

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...Seabreeze Walking Festival

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Jeanne describing routes

172 drove to Roosevelt Beach and explored Seabrook, and 149 visited Griffiths-Friday State Park. Even 22 biked around Ocean Shores! Most of the events qualified for the special State Park Centennial Challenge, so this was a real draw for the weekend.

Heartfelt thanks once again to our great volunteers. You all really make me proud to be a part of CVC.

Bonnie Tucker



Helping Elizabeth spend her money



Ready for a night out

*More pictures from Seabreeze Walking Festival*



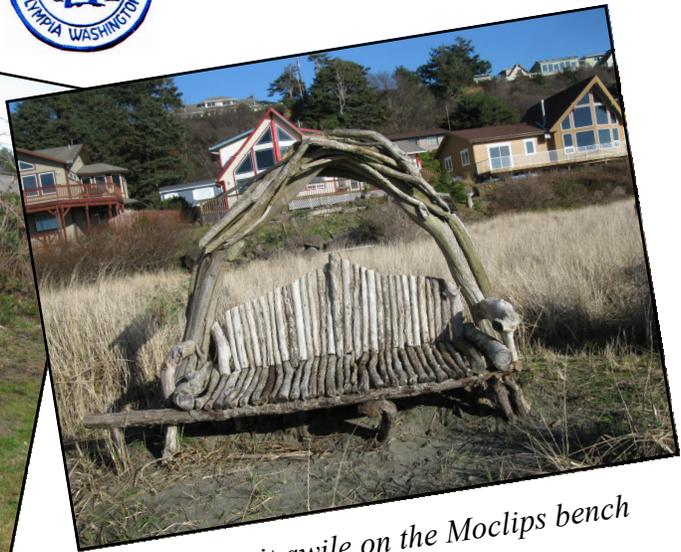
*Enjoying dinner with 120 of our best friends*



*Beachcomber's dream*



*Sweeping the trail*



*Come sit awile on the Moclips bench*





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Capitol Volkssport Club (CVC) of Olympia
Washington is a non profit organization
dedicated to promoting Public health, fun, rec-
reation, and fellowship through non-competitive
walking, biking, swimming or cross country ski-
ing 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 oc-
casional bikes, skis, and swims every year in
most of our 50 states.

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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. Mem-
bership 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

"The human body was designed to
walk, run or stop; it wasn't built for
coasting."
~ Cullen Hightower ~

Newsletter deadline
Thursday, March 28th, 2012
Anything that you want to include in the news-
letter 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