



Capitol Volkssport Club

NEWSLETTER

April, 2014

CVC General Membership Meeting
Tuesday, April 8, 2014
at Izzy's Restaurant, 3540 SE Pacific Ave. , Olympia;
Dinner & Social 5:30 PM; Program 6:30 PM;
Business Meeting 7:00 PM; Adjourn 8:00 PM

Welcome new members



**JOAN BOILEAU, KAY HOPKES, ANNE SOLWICK
AND KIRSTEN MOUNTJOY**

Welcome to our club and see you on the trail!

EVENT AND DISTANCE AWARDS

EVENTS



125

Morrison Elizabeth



175

Extine Mike



950

Morrison Sheila



1150

Berry Susan



1450

Warhol Carolyn

DISTANCE



2000 km

Extine Mike

Congratulations and keep walking!



Train Trip Opportunities

April 9th many Capitol Volkssport Club members and friends are taking the train to Portland, Oregon, and will be participating in a 10 km walk (please refer to our February Newsletter). Two people are unable to use their vouchers and would really like to sell their tickets. If you want to get a reduced price ticket, please call 360-357-9185, and Karen Younkins will be happy to connect you with these people.

For those of you joining us please be at the Olympia/Lacey Amtrak Station around 8:20 AM. Remember to bring a snack because we will be walking with members of the Rose City Roamers for 3km before we eat lunch.

All Aboard,
Karen

Reserve Your Hotel Room for Seabreeze

Now

Since Valentine's Day 2015 occurs on Saturday of a long weekend (Presidents' Day), people are already reserving rooms for the holiday weekend, as Karen Younkins found, when she tried to make reservations. Many hotels are already full or almost so. Karen advises booking your room now, so you won't be left out. The following hotels still had rooms on March 25th: Ramada, Days Inn, Comfort Inn, Quality Inn, Canterbury Inn, Shiloh, and Quinalt Casino. This list is neither complete, nor does it contain recommendations. Advise you Google "Ocean Shores Motels" and start shopping. We don't want our folks left out in the cold. A local real estate woman confirmed that the same thing happened this year, as Valentine's Day was Friday of the long weekend.

NEWS FROM THE TRAIL...



Upcoming Walks - April 2014

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Thursday April 3	10:00 AM Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Steilacoom Historic Town Walk YRE 0635 10K with 5K option 2B	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 35 min.
Monday April 7	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday April 10	10:00 AM Bayview Thriftway Deli 516 - 4th Av W Olympia	<u>Olympia - Capitol Lake and South Capitol Neighborhood</u> YRE 0260 10K 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Monday April 14	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday April 15	5:30 PM South Bay Market 3425 Schinke Rd Olympia	<u>Woodard Bay Walk</u> YRE 1009 10K with 12K, 14K, and 16K options 1A (options vary)	N/A
Thursday April 17	10:00 AM Thrive Fitness 5401 Corporate Ctr Loop SE Lacey	<u>Southeast Lacey Walk</u> YRE 0586 10K with 5K option 1A	N/A
Monday April 21	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.

(Continued on page 3...)

(Continued from page 2)

Tuesday April 22	5:30 PM Thrive Fitness 5401 Corporate Cntr Loop SE Lacey	<u>Southeast Lacey Walk</u> YRE 0586 10K with 5K option 1A	N/A
Thursday April 24	10:00 AM Guesthouse Inn and Suites 701 E Heron St Aberdeen	<u>Aberdeen Town and Waterfront Walk</u> YRE 0656 12K with 5K option 2B	9:00 AM Meet at the Westside Top Foods parking lot near Pier 1 Imports. Drive time approx 1 hour. In Aberdeen, turn left onto Kansas St. at Burger King just before bridge to down- town.
Monday April 28	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday April 29	6:00 PM Priest Point Park Rose Garden 2600 East Bay Drive Olympia	Priest Point Park to Swantown and back Walk Option of YRE 0260 10K 1C	N/A Stamp books before or after at Bayview Thriftway Deli (516 - 4th Ave W, Olympia).

*** For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywa.net) to ask questions about the walks or make start point meeting arrangements.

*** For Thursday walks, please contact Linda (360-943-8858, cell 360-481-7119, e-mail lpolz@thurston.com) or

Sheila (360-923-5381) to ask questions about the walks or make start point meeting arrangements.

*** 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.



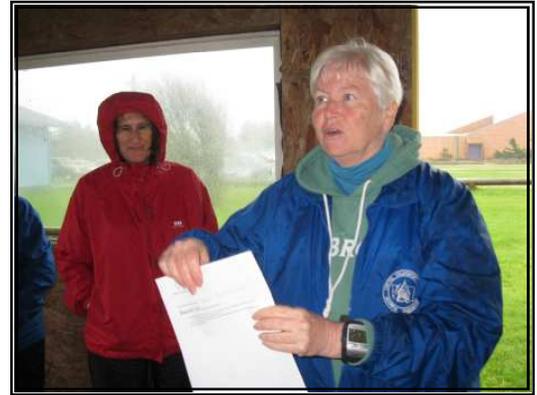
The Capitol Volkssport bench at the Olympia Farmers Market has been refinished and the brass plaque remembering Lloyd Berry has been installed.

Just Walkin' in the Rain

On March 16th twenty brave souls journeyed to Ocean Shores in the rain to scope out trails for Seabreeze 2015. We also wanted to check the feasibility of peddling surreys for 13 K, the minimum distance for an official AVA bike event. Unfortunately, the surrey rental shop was closed because of the weather. In spite of the rain, we had fun and accomplished some of our goals. And, yes, we can promise future trips to the beach.....



Gathering at the Lions Club for our instructions



Jeanne giving us our marching orders



Slogging through Oyehut



Ocean Shores beach at high tide



Reward for a job well done



Aah, such a good company, as we warmed up afterward

Come to the Rain Forest

Now is the time to mark your calendars for an unforgettable weekend at the Quinault Walking Festival, September 5-7. Capitol Volkssport Club is sponsoring this special event in the Quinault Rain Forest, located



Quinault Lodge

on the Olympic Peninsula at the southwest end of the Olympic National Park in Washington state.

Four walks are planned, and all will start at the ranger station at Lake Quinault. The walks of varying



Lake Quinault Ranger Station

lengths and difficulty highlight the natural diversity and breathtaking beauty of this temperate rain forest.

The Quinault Rain Forest Nature Trails Walk has 7K and 10K options and is rated 2B. This walk will take you through the "Valley of the Giants," home of the world's largest Sitka spruce tree and other record-holding trees of the hemlock, Douglas fir, and western red cedar varieties. Waterfalls and wildlife, including black-tail deer, Roosevelt elk and bald eagles are just some of the attractions.

The Kalaloch Beach and Nature Walk has 5K, 10K and 20K options and is rated 1C. Listen to the pounding surf of the Pacific while marveling at its magnificence. This is also a good place to watch for sea

birds and explore tide pools.

The Pony Bridge/Enchanted Valley Walk, rated 2B, is either 10K if you just go to Pony Bridge or 42K if you include Enchanted Valley. This 42K marathon will be offered on Saturday only and requires an early start in order to finish by dark.

The Mt. Colonel Bob Walk is for the overachievers



Colonel Bob Wilderness

ers in the group! It has 13K and 23K options and is rated 4C through 5D! Those intending to reach the summit (elevation 4492 ft.) need to allow five to seven hours of hiking time. The amazing vistas of the Olympics and Lake Quinault are the hikers' reward.

Sturdy hiking boots, hiking poles, a day pack with plenty of water and snacks, as well as a first aid kit and a friend are recommended items to bring to this event.



Nature trail

For more information about driving directions, lodging, challenges and start times, go to www.capitolvolkssportclub.org.



Capitol Volkssport Club
P.O. Box 2778
Olympia WA 98507



CVC OFFICERS

President — Bob Morrison, (360)-923-5381

E-mail: morrisonr@comcast.net

Co-Vice-P. — Liz Morrison, (360)-748-3886

E-mail: morsuns@yahoo.com

Julie Heath, (360)-264-4670

E-mail: ijheath@comcast.net

Secretary — Ann Spargo (360)-753-6812

E-mail: aspargo@comcast.net

Treasurer — Sheila Morrison (360) 923-5381

E-mail: sheila.morrison@comcast.net

ESVA Rep. — Bonnie Tucker (360) 491-4767

E-mail: bonniedale@comcast.net

Co-Membership Susan Berry, (360)-491-7266

E-mail: lsberry@comcast.net

Karen Younkins(360) 357-9185

E-mail: jcyounkins@comcast.net

News editor — Harry Saukants (360)-432-2318

E-mail: hjsaukants@q.com

Publicity — Perki Sweet (360) 459-8167

E-mail: pandpsweet@gmail.com

Webmaster — Peter Sweet (360) 459-8167

E-mail: olysweetp@yahoo.com



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 55+; \$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

There is nothing like walking to get the feel of a county. A fine landscape is like a piece of music; it must be taken at the right tempo. Even a bicycle goes too fast" ~ Paul Scott Mowrer ~

Newsletter deadline

Wednesday, April 30, 2014

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