



Capitol Volkssport Club

NEWSLETTER

July, 2014



CVC Annual Potluck

at Tumwater Historical Park - Tuesday, August 12, 2014

We will have a **summer potluck** (please bring a main dish, salad, or dessert to share). Club will provide water, paper plates and utensils. Potluck is planned to start about 5:30 PM. The potluck will be preceded by a 5K walk at 4:00 PM, for those so inclined. It is possible that a short business meeting may occur during the potluck.

Lake Quinault Workers Walk/s,

Kalaloch Beach and Nature Walk (5K, 10K, and possibly a 20K Option) - **10:30 a.m. Sat. July 12.** Meet at the Kalaloch Lodge, located at 157151 Highway 101, north of Lake Quinault. I suspect many will be carpooling from West Olympia. I know that the driving time from W. Oly to Aberdeen is 45 minutes, and MapQuest says it is about 72 miles from Aberdeen to Kalaloch with a driving time of 1 hr 15 minutes, which gives you a 2 hr trip depending on traffic. After lunch, I'm thinking of possibly doing the Quinault Rainforest Nature Trails (7 and 10K). Let me know if you will be coming ... we look forward to seeing you!!

Thanks ~ Mert (Home, 360-533-4352; Cell, 360-593-2126) and Norm.

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NOTICE

Due to a remodeling project the Tumwater Safeway management has required that we remove our two-drawer file cabinet walk box. We now have a hand held walk box that is located in the customer service area. It is on the floor between two cabinets and is hard to find and/or get to. The manager has assured me that the customer service staff will be informed that it is there. Because the box is no longer secure walkers will have to put money into one of the pre-addressed envelopes provided and put it in the mail. There is a post office in the store.

NEWS FROM THE TRAIL...



Upcoming Walks - July 2014

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Tuesday July 1	5:30 PM Belfair Safeway 23961 NE State Route 3 Belfair After registering drive to start point.	<u>Theher Wetlands and Pacific Salmon Center Walk</u> YRE 0189 10K with 5K option 1B	5:30 PM Meet at Westside Top Foods near Pier 1 Im- ports. Drive time approx 1 hour.
Thursday July 3	10:00 AM Tumwater Safeway 520 Cleveland Ave Tumwater	<u>Tumwater Historic Parks Walk</u> YRE 174311K with shorter options 2B	N/A
Monday July 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.
Tuesday July 8	6:00 PM Priest Point Park Rose Garden 2600 East Bay Drive Olympia	Within Priest Point Park Walk Option of YRE 0260 10K with 6K option 10K is 2C, 6K is 1C	N/A Stamp books before or after at Bayview Thriftway Deli (516 - 4th Ave W, Olympia).
Thursday July 10	10:00 AM Boathouse Marina and Tackle 5400 North Pearl St Tacoma	Tacoma Point Defiance Walk YRE 0366 10K 2B	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 40 min.
Saturday July 12	6:00 PM Nisqually Wildlife Refuge Visitor Center Register before walk at Chevron Station 10246 Martin Way E Nisqually (I-5 Exit 114) then drive to start point.	<u>Nisqually Wildlife Area Special Very High Tide Walk</u> Seasonal Walk Y 0838 10K with 5K option 1B	N/A Register at Chevron Station then drive to NWR Visitor Center. No pets. \$3.00 park entrance fee, waived for hold- ers of Federal Golden passports or Federal duck stamps.

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Monday July 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 July 15	6:00 PM Millersylvania State Park 12245 Tilley Rd S Olympia	Millersylvania State Park Walk 10K with 5K option 1B	5:30 PM Meet at Star- bucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 20 min. Call Jeanne at 360- 790-4600 if you will be driving directly to the walk. A Discover Pass is required for park en- try. Please note: this is NOT a sanctioned walk in 2014.
Thursday July 17	10:00 AM Nisqually Wildlife Refuge Visitor Center Register before walk at Chevron Station 10246 Martin Way E Nisqually (I-5 Exit 114) then drive to start point.	<u>Nisqually Wildlife Area Walk</u> Seasonal Walk Y 0838 10K with 5K option 1B	N/A Register at Chevron Station then drive to NWR Visitor Center. No pets. \$3.00 park entrance fee, waived for hold- ers of Federal Golden passports or Federal duck stamps.
Monday July 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 Park- ing Lot.
Tuesday July 22	6:00 PM West Olympia Safe- way 3215 Harrison Ave NW Olympia	<u>Olympia Evergreen State College Walk</u> YRE 0657 10K 2C	5:30 PM 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.

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			Call Jeanne at 360-790-4600 if you will be driving directly to the walk.
Thursday July 24	Ferry leaves 9:00 AM Pierce County Ferry Dock 56 - Union Ave Steilacoom Bring a lunch with you.	<u>Anderson Island walk</u> YRE Y0999 10K with 12K option 2A Park at the ferry dock for a 10K walk and pay a parking fee, or park free 1K away for a 12K walk. Directions to 12K parking in Steilacoom: left on Martin, left at Water, right on Champion, left at 1st. Free parking is on right.	8:00 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 20 min. Ferry fare is \$5.15 (\$2.55 seniors) for foot passengers. Purchase tickets at the ferry dock or online here . Register at the ferry dock.
Monday July 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 July 29	6:00 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 July 31	10:00 AM Arrow Lumber and Hardware 388 Center St E Eatonville	Eatonville Walk YRE 0104 10K with 5K option 1A	9:00 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 1 hour.

*** For Monday or Tuesday 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 lpolzin@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.



Capitol Volkssport Club
 P.O. Box 2778
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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 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

"...The journey is never what we plan for; it's what happens between the lines."

~ *Mary Morris* ~

Newsletter deadline

Thursday, July 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