

NEWS FROM THE TRAIL...



Upcoming Walks - February 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday February 1	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 walkbox to park in Bayview Parking Lot.
Thursday February 4	Register by 9:45 AM Walk leaves at 10:00 AM Holiday Inn and Suites 730 NW Liberty Place Chehalis After registering at hotel drive to start point. Limited parking at trailhead. Additional parking at nearby state park with Discover Pass.	Chehalis Willapa Trail YRE 0356 10K with 5K option 1A	Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Be early - carpools leave at 9:15 AM Drive time approx 30 min.
Monday February 8	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 walkbox to park in Bayview Parking Lot.
Thursday February 11	Register by 9:45 AM Walk leaves at 10:00 AM Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Steilacoom Historic Town Walk YRE 0635 10K with 5K option 2B	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:15 AM Drive time approx 35 min.
Monday February 15	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 walkbox to park in Bayview Parking Lot.

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Thursday February 18	Register by 9:45 AM Walk leaves at 10:00 AM Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm	Yelm Town and Trail Walk YRE 1657 11K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:15 AM Drive time approx 30 min.
Monday February 22	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 walkbox to park in Bayview Parking Lot.
Thursday February 25	Register by 9:45 AM Walk leaves at 10:00 AM Centralia Safeway 1129 Harrison Ave Centralia	Centralia Historic Walk YRE 0957 10K with 5K option 1B	Meet at Starbucks at Trospen and Littlerock Road near Fred Meyer. Be early - carpools leave at 9:15 AM Drive time approx 30 min.
Monday February 29	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 walkbox to park in Bayview Parking Lot.

*** For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywalking.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) 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.



EVENT AND DISTANCE AWARDS

EVENTS



Carol Froelich



Ginny Miller



Carolyn Thompson



850



1250

Sheila Morrison



1350

John Warhol

DISTANCE



1500 km

Ginny Miller



20000 km

Nancy Wittenberg

Congratulations and keep walking!



Happy Wandering
All Over the World



Capitol Volkssport Club
Olympia WA 98507



CVC OFFICERS

- President — Liz Morrison, (360)-748-3886
E-mail: morsuns@yahoo.com
- Co-Vice-P. — Julie Heath, (360) 264-4670
E-mail: ijheath@comcast.net
Holly Spaulding, (253)-770-0691
E-mail: holly.spaulding@comcast.net
- Secretary — Barb Malone (360)-485-3693
E-mail: ravnliz08@yahoo.com
- Treasurer — Sheila Morrison (360) 923-5381
E-mail: sheila.morrison@comcast.net
- ESVA Rep. —
E-mail:
- Membership 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 a check made out to CVC, addressed to Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.



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 was not built for coasting.

- Cullen Hightower -

Newsletter deadline

Friday, February 26, 2016

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