



Capitol Volkssport Club

NEWSLETTER

May, 2016

**The next CVC General Membership meeting will be on Tuesday,
May 10, 2016 at
Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.**

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April weather started out so warm and beautiful! The rain that followed has not been too excessive, either. I think spring lawn mowing is here for sure.

Walking weather has been perfect. This month we have again had many members joining in on weekly walks. Linda has done a great job of sending us to a variety of places on Thursdays and Jeanne's variety of town walks are always welcome. Additionally, there have been several weekend events in April. I had the opportunity to visit the Hulda Klager festival on a walk in Woodland. The lilacs smelled divine and the weather was perfect for walking. When this month's news letter is published there will have been the Tacoma Water Flume Walk as well as two different events in Vancouver, and May walks are coming! I love this time of year.

We have some important business coming up in May. The resolution sent out on April 19 about our first year voting for two year officer terms needs to be voted on. We also should have a report from the nominating committee who will be running for offices in June. Bob has sent out information for ordering CVC apparel and will be ready to take orders at the meeting. Don't forget about The Big Give on May 3 . We can access the the Big Give starting at 10 pm on May 2 . Our donations will help the AVA continue in the future.

Peter has several upcoming festivals listed on our web page. I am looking forward to attending several. It is not too early to make reservations for lodging at any of the listed events. We are still planning on the Girl Scout Walk on May 22 . I hope you keep your calendar open for that date. We will need a lot of volunteers to help set up and walk with the girls. There will be a lot of activity in the next couple of weeks to be sure this walk is a success. There are several May events coming up including Bloomsday in Spokane,a fun run/walk in Federal Way, a walk in Darrington remembering Oso, JBLM Armed Forces Day, and Walk to Cure Arthritis.

Our next meeting is May 10th at Izzy's. See you there!

Happy Walking,
Liz



NEWS FROM THE TRAIL...



Upcoming Walks - May 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday May 2	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.
Tuesday May 3	Register by 5:45 PM Walk leaves at 6:00 PM Dairy Queen parking lot 6350 Capitol Blvd SE Tumwater	South Tumwater Walk N/A 10K 1B	N/A Park in a no-tow zone.
Thursday May 5	Register by 9:45 AM Walk leaves at 10:00 AM Safeway Food and Drug 2411 N Proctor St Tacoma	Proctor District - University of Puget Sound YRE 0816 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:00 AM Drive time approx 35 min.
Monday May 9	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 May 12	Register by 9:40 AM Walk leaves at 10:00 AM Shell Station 2802 Auburn Way S Auburn Leave Shell Station at 9:50 AM to drive to start point.	White River Trail and Parks YRE 1451 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 8:45 AM Drive time approx 50 min.

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Monday May 16	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.
Tuesday May 17	Register by 5:45 PM Walk leaves at 6:00 PM 76 Station and Store 100 Barksdale Ave N DuPont	Visions of the Old and New DuPont Walk YRE 0995 10K 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 5:15 PM Drive time approx 20 min.
Thursday May 19	Register by 9:40 AM Walk leaves at 10:00 AM Tenino Market 669 Lincoln Ave E Tenino Leave Tenino Market by 9:50 to drive to City of Tenino Park Sign 300 West Park Ave Tenino	Tenino Town and Trail Walk YRE 0678 10K (rated 2C) with 5K option (rated 1A)	Meet at Starbucks at Trospen and Littlerock Road near Fred Meyer. Be early - carpools leave at 9:10 AM Drive time approx 30 min.
Monday May 23	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.
Tuesday May 24	Register by 5:45 PM Walk leaves at 6:00 PM Thrive Fitness 5401 Corporate Ctr Loop SE Lacey	Southeast Lacey Walk YRE 0586 10K with 5K option 1A South Chehalis Western Trail option (aka "States" walk)	N/A

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Thursday May 26	Register by 9:45 AM Walk leaves at 10:00 AM Arrow Lumber and Hardware 388 Center St E Eatonville	Eatonville Walk YRE 0104 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 8:45 AM Drive time approx 1 hour.
Monday May 30	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 Bay- view Parking Lot.
Tuesday May 31	Register by 5:45 PM Walk leaves at 6:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia Capitol Downtown Walk YRE 0653 10K with 5K option 1B	N/A Pick up parking pass in walkbox to park in Bay- view 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 Tuesday walks, please contact Peter or Perki (360-459-8167, e-mail pandpsweet@gmail.com)

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.





Capitol Volkssport Club
Olympia WA 98507



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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 a check made out to CVC, addressed to Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.



<p>CVC Website: www.capitolvolkssportclub.org</p> <p>AVA Website: www.AVA.org</p> <p>Evergreen State Volkssport Association: www.ESVA.org</p>
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It is exercise alone that supports the spirits, and keeps the mind I vigor.
— Cicero —

<p>Newsletter deadline</p> <p>Tuesday, May 31, 2016</p> <p>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</p>
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