



Capitol Volkssport Club

NEWSLETTER

August, 2016

Save the Date! You're Invited!

**Capitol Volkssport Club's
Summer Potluck!**

**There will be a guided 5K
Walk – (optional)!**



When: Tuesday, August 9th 2016; 4-7:30 p.m.

We will leave on the walk at 4:30 and eat dinner at 6:00

There may be a brief business meeting during the picnic

What to bring: It's potluck! Board Members will bring Main
Dishes. YOU bring salads, sides and deserts!

The Club will provide Coffee, Tea, Water, paper plates and utensils!

Where: Tumwater Falls Historical Park (Picnic Shelter)
802 Deschutes Way SW, Tumwater



A bit of history.....

The 1951 dream of a historic park around the Crosby House was realized in 1980 with the creation of Tumwater Historical Park near the City's historic district. Thanks to the flow of the Deschutes River into Capitol Lake, the once muddy tideland now has a rich collection of riverine plants and habitat. The 17 acre Historical Park offers picnic facilities, restrooms, children's play toys, river access, a Picnic Shelter and trails.

We hope to see you there!



Fun, Fitness, Friendship



NEWS FROM THE TRAIL...



Upcoming Walks - August 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday August 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.
Tuesday August 2	Register by 5:40 PM Walk leaves at 6:00 PM Tenino Market 669 Lincoln Ave E Tenino Leave Tenino Market by 5:50 PM 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 5:10 PM Drive time approx 30 min.
Thursday August 4	Register by 9:45 AM Walk leaves at 10:00 AM Harbor General Store 7804 Pioneer Way Gig Harbor	Gig Harbor Historic Water- front Walk YRE 1234 10K (2A) 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 45 min. Toll southbound on Narrows Bridge.
Monday August 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.

(Continued on page 3...)

(Continued from page 2)

Thursday August 11	Register by 9:45 AM Walk leaves at 10:00 AM Boathouse Marina and Tackle 5400 North Pearl St Tacoma	Tacoma Point Defiance Walk YRE 0366 10K 2B	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:00 AM Drive time approx 40 min.
Monday August 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.
Tuesday August 16	Register by 5:45 PM Walk leaves at 6:00 PM Bayview Thriftway Deli 516 - 4th Av W Olympia	Olympia Waterfronts YRE 0260 10K 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday August 18	Register by 9:45 AM Walk leaves at 10:00 AM Thrive Fitness 5401 Corporate Ctr Loop SE Lacey	Southeast Lacey Walk YRE 0586 10K with 5K option 1A	N/A
Monday August 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.
Tuesday August 23	Mt.Rainier National Park Start time TBA	Ohanopecosh Walk Details TBA	Carpooling TBA

(Continued on page 4...)

(Continued from page 3)

<p>Thursday August 25</p>	<p>GUIDED WALK 10:00 AM Millersylvania State Park - Kitchen #3 12245 Tilley Rd S Olympia</p>	<p>Millersylvania State Park Guided Walk 10K with 5K option 1C Groups at different paces will start and walk to- gether.</p>	<p>Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Be early - carpools leave at 9:15 AM Drive time approx 20 min. Allow time to register and be ready to start walk- ing at 10:00 AM This event coincides with the National Park Service Birthday, so a Discover Pass is NOT required.</p>
<p>Monday August 29</p>	<p>2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia</p>	<p>Olympia local walk start- ing at Bayview Varies 1A</p>	<p>N/A Pick up parking pass in walkbox to park in Bay- view Parking Lot.</p>
<p>Tuesday August 30</p>	<p>Register by 5:45 PM Walk leaves at 6:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia</p>	<p>Bayview to Priest Point Park Walk YRE 0260 10K 1A</p>	<p>N/A Pick up parking pass in walkbox to park in Bay- view Parking Lot.</p>

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 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.

*** 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



100

Cheryl Evans



350

Elizabeth Morrison



1300

Robert Morrison



1350

Sheila Morrison

DISTANCE



14000 km

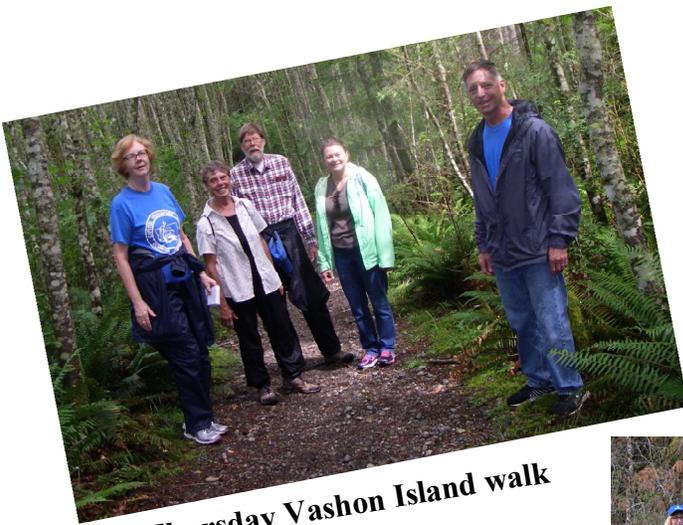
Robert Morrison



19000 km

Carolyn Warhol

Congratulations and keep walking!



Thursday Vashon Island walk



Tuesday evening Scatter Creek



Tuesday evening Millersylvania walk



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
- 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. — Holly Spaulding (253)-770-0691
E-mail: holly.spaulding@comcast.net
- Membership Karen Younkins(360) 357-9185
E-mail: jcyounkins@comcast.net
- Sales & Information Chairperson
Lesley Willardson (360)-359-8436
E-mail: heathfield@hotmail.com
- 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

It is exercise alone that supports the spirits, and keeps the mind vigor.
- Cicero -

Newsletter deadline
Wednesday, Aug 31, 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