



# Capitol Volkssport Club

**NEWSLETTER**

*December, 2016*



November has been a busy walking month. I am enjoying the cooler weather, especially when I walk. We again have had an event close by every weekend. I am excited to be involved in walking in several cities in Washington and Oregon. I also find it a pleasure to share our sport with people who do not know about Volkssporting. I like sharing our club information as well as general Volkssport information with people who are interested in walking.

I am writing this before Thanksgiving so the turkey eating and walking have not yet occurred but I am thinking about our next big event happening in December. The Susan Berry Memorial Walk is waiting for us on December 10th. There are many people to thank starting with our hosts, The United Churches and The Double Tree by Hilton. Thank you to all who have signed up to work this event including our trail masters Perki and Peter, plus Julie, Holly, Linda and Sheila for being sure everything we need is ready for set up. We also thank everyone who is supplying cookies for our walkers and everyone who comes out to walk!

We also have time to celebrate with our annual potluck dinner. The Jacob Smith House is such a lovely venue. I also am happy we are helping our kids in Olympia with warm hats, socks, gloves, and scarves. Our dinner is on Tuesday December 13th, located at The Jacob Smith House, 4500 Intelco Loop SE, Lacey, 5-8pm. See you there!

Happy Walking Liz





**You're Invited!**  
**Capitol Volkssport Club's**  
**Christmas Potluck!**  
**"Save the Date"**



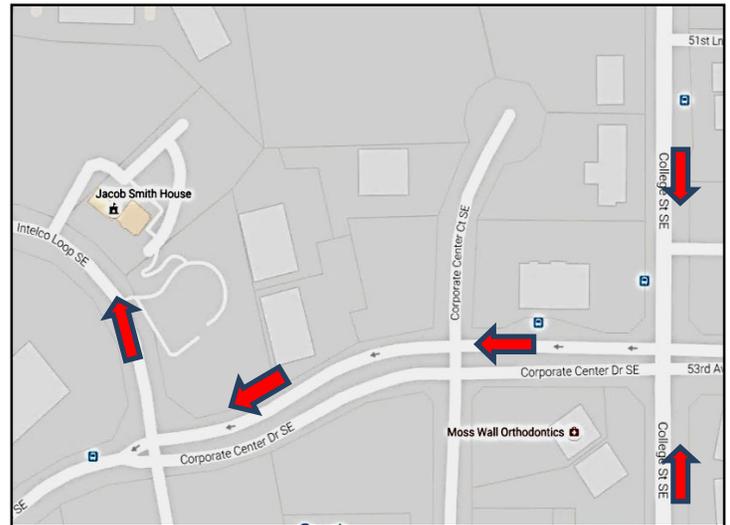
**When: Tuesday, December 13<sup>th</sup> 2016**  
**5-8:00 P.M. (We are setting up from 4-5)**

**Where: Jacob Smith House, 4500 Intelco Loop SE, Lacey**

**What to bring: It's potluck! Surprise us!**  
**(We would like a variety of dishes!)**

**Also - Bring your own Alcoholic Beverages!**  
**The Club will provide Coffee and Tea!**

**We are looking forward to seeing you there!**



**Fun, Fitness, Friendship**

**Happy Holidays**



## NEWS FROM THE TRAIL...



## Upcoming Walks - December 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday December 1	Register by 9:45 AM Walk leaves at 10:00 AM  Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Fort Steilacoom Walk YRE 1996 10K with 6K option 1B	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 9:15 AM  Drive time approx 25 min.
Monday December 5	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a>  Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday December 8  (Last opportunity before this walk has a rest in 2017)	Register by 9:45 AM Walk leaves at 10:00 AM  Chehalis Safeway 1100 S Market Blvd Chehalis	<a href="#">Chehalis Historic Walk</a> YRE 1605 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.
Saturday December 10	Register anytime between 3 p.m. and 6 p.m. and walkers must be finished by 9 p.m.  United Churches NE corner of Capitol Way and 11th Avenue SE Olympia	<a href="#">CVC Susan Berry Memorial Holiday Walk</a> 104552 10K 1A	N/A  Parking is available in the United Churches parking lot, in above-ground spaces not marked for agency use only in the Natural Resources Building parking lot across the street, and along local streets.
Monday December 12	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a>  Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday December 15	Register by 9:45 AM, then drive to start point Walk leaves at 10:00 AM from start point  76 Station and Store 100 Barksdale Ave N DuPont	DuPont Boyhood Memories Walk YRE 0193 10K 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 20 min.



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**Upcoming Walks continued...**

Monday December 19	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday December 22	Register by 9:45 AM Walk leaves at 10:00 AM  Bayview Thriftway Deli 516 - 4th Av W Olympia	Olympia Swantown YRE 0260 10K 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Monday December 26	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday December 29	Register by 9:45 AM Walk leaves at 10:00 AM  Lacey Safeway 6200 SE Pacific Lacey	<a href="#">Lacey Historic Walk</a> YRE 0950 10K with 5K option 1B	N/A

\*\*\* For Monday walks, please contact Jeanne (360-790-4600 or email [kokolo@olywalking.net](mailto: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 [lpolz@thurston.com](mailto:lpolz@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



10

Lehnert Pat



100

Froelich Carol



325

Sutton Tess



350

Sutton Tess



375

Sutton Tess



1400

Morrison Sheila

**3200 EV**

Tucker Bonita

DISTANCE



1000 km

Froelich Carol



3500 km

Sutton Tess

WELCOME NEW MEMBERS

Chuck Andrews and Jane Collins

*Welcome to our club and see You on the trail!*





Tumwater walk in September



Nisqually walk in September



Capitol Volkssport Club  
Olympia WA 98507



CVC OFFICERS

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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.

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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](http://www.capitolvolkssportclub.org)  
**AVA Website:** [www.AVA.org](http://www.AVA.org)  
**Evergreen State Volkssport Association:** [www.ESVA.org](http://www.ESVA.org)

Those who do not find time for exercise will have to find time for illness.  
— Earl of Derby —

**Newsletter deadline**  
**Friday, December 30, 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