



# Capitol Volkssport Club

## NEWSLETTER

February, 2017

*The next CVC General Membership meeting will be on Tuesday, February 14, 2017 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.*

A no-host dinner begins at 5:30 PM. A brief business meeting will follow. Bring your valentine, if desired, and come on out!

**Greetings!** I feel like the first month of 2017 zipped by quickly, but definitely full of adventures for our country and also for me.

I had the opportunity to go to Australia to visit and vacation with a high school friend living in Yass, NSW Australia. We had a wonderful time. We spent a week in Tasmania and two weeks wandering around Melbourne, Sydney, Canberra, and Yass. She is a non walker but I convinced her to do the Sydney IVV walk. She loved it, as did I, and has purchased a Fitbit so she can track her steps.

I am hoping to hear about all the walks everyone has been doing this past month at the meeting on February 14. Be sure to bring your Valentine for a dinner out complete with dessert! Many will be leaving for Ocean Shores shortly after the meeting to get Seabreeze organized. I have my fingers crossed for fantastic February weather. The forecast is predicting some rain and some sun. sounds good to me!

Happy Walking. Liz

**WELCOME NEW MEMBER**

*Schafer Elisabeth*



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

## NEWS FROM THE TRAIL...



## Upcoming Walks - February 2017

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday February 2	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 6	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 9	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 13	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 16	Register by 9:45 AM Walk leaves at 10:00 AM  Lacey Safeway 6200 SE Pacific Lacey	Lacey College and Park Walk YRE 0950 10K with 5K option 1B	N/A

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Monday February 20	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.
Thursday February 23	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	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 9:15 AM  Drive time approx 20 min.
Monday February 27	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.

\*\*\* 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 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.



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**EVENT AND DISTANCE AWARDS**

**EVENTS**



75

Colburn Kris



100

Colburn Kris



175

Paige Janet



200  
200

Paige Janet



225

Paige Janet



400

Morrison Elizabeth



1400

Morrison Robert



1900

Warhol Carolyn

**DISTANCE**



1000 km

Colburn Kris



15000 km

Morrison Robert



20000 km

Wittenberg Elisabeth

*Congratulations and keep walking!*





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.

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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**  
**Monday, February 27, 2017**  
 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