

## WHAT IS VOLKSSPORTING?

**Volkssporting** (people's sport) has its origins in Germany and has become popular worldwide. This self-paced physical activity, predominately walking, is non-competitive and for all to enjoy.

**Routes** are developed by local clubs, and many participants track their accomplishments through event stamps kept in record books. This low-cost incentive program rewards personal accomplishment.

**Trails** are selected for scenic interest, historic points, and natural beauty. Volkssporting events are great family activities, and most routes are suitable for strollers. In many cases even the family dog can go along.

**Volkssporting** is a great way to learn about an area, get some enjoyable exercise, meet new people...and have fun!

## EVENTS

**Scheduled events** are usually held on weekends. Colored ribbons and arrows mark the way, and an ample walk window allows lots of time to start and finish the route.

**Year-round events** are available any day of the year and feature self-start registration at a local business. Maps and written directions are provided to guide your way on the route.

## WHY JOIN CAPITOL VOLKSSPORT CLUB?

- \$1 discount at each CVC sponsored Year-round event
- Find fellowship with other walkers
- Discover new walking areas
- Opportunity to develop and participate in new and interesting walking events
- Most of our walks are dog friendly
- Bimonthly newsletter
- Challenge and reward yourself
- Improve health and fitness
- Club walks, social times, and special presentations at meetings

## WANT TO KNOW MORE?

Check our website below for meeting times and location or contact our membership chair:

Sheila Morrison  
sheila.morrison@comcast.net  
(360) 888-9822

Visit our website at [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org) or check the Evergreen State Volkssport Association at [www.esva.online](http://www.esva.online) for current walk information for all walks in the area.

## MEMBERSHIP APPLICATION

- Individual \$8
- Family \$12
- Senior (55+) \$6

**Name (Please Print Clearly):**

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Street: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

**I am interested in contributing to the club in the following ways:**

- Trail Development
- Publicity
- Membership
- Club program/social events
- Web maintenance
- Support for CVC events

Please continue on back page

Updated 6/9/25

# **CAPITOL VOLKSSPORT CLUB**

*“Olympia’s Walking Club”*

**Come Walk With Us**

## **How did you hear about CVC?**

- Volkssport event
- Internet
- Friend
- Newspaper

## **Send with check to:**

Capitol Volkssport Club  
c/o Sheila Morrison  
6634 Milano Court SE  
Olympia, WA 98513



**Join in non-competitive  
walking and biking events**

**You choose the distance  
You choose the pace  
You are always the winner**

**Fun, Fitness, Friendship**

**Contact us at**

**[www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)**