

CAPITOL VOLKSSPORT CLUB

JANUARY NEWSLETTER

VOLUME 3, EDITION 2

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

CVC started 2020 with a burst of energy and new members. Five new members joined in January – one of them paying for ten years of membership in advance! Fifty three walkers (eight CVC members) in our region joined the Northwest Regional Appalachian Trail Challenge Team to compete with nine other regions for the 2020 AVA Regional Traveling Trophy. (Please consider joining our team!) Wondering how you can enter a walking challenge on a trail that's a couple thousand miles from here? Marsha will tell you how later in the newsletter. Two CVC traditional events are in the works for 2020 as well as our scheduled Monday, Tuesday (spring and summer), and Thursday walks. I'm excited about the prospect of so much fun with friends this year!

Bill Spaulding, Chair of the Olympia Harbor Days Walk and the Where the Salmon Run Walk, is already working on these traditional events. What's a traditional event? Traditional events are scheduled walks available only on the date(s) of the event, unlike year around walks which are available anytime during the year. Traditional events last one to three days, include one or several walk/hike routes, and are usually on a weekend. Participants may start the event individually or in a group at any time during a specified time period and are allowed more than enough time to finish. The Olympia Harbor Days Walk will be Saturday, September 5. The Where the Salmon Run Walk will be Saturday, October 3. If either of these events peak your interest and you would enjoy working with Bill on them, please call, text, or email Bill. He's looking forward to working with you. If you know of a walk or hike route that would be interesting and fun to share with our community and other clubs, let's talk about it. We have plenty of room on our calendar for more traditional events this year.

Carol Froelich, the Holiday Walk chair for 2019, has prepared a "smart book" for whoever would like to be the Holiday Walk chair in 2020. It includes walk directions, maps, a timeline, permitting information, and helpful suggestions for the 2020 Holiday Walk (Thank you so much, Carol!). The start point is already chosen and there isn't a need to alter last year's route unless you want to. Please let me know if you would like to chair the 2020 Holiday Walk.

I have applied to receive referrals to our club from Element3 Health. Element3 Health is a network of clubs and activity groups that connects health plan members to the activities they love to do. The AVA and Element3 are finalizing the details of a partnership; but it sounds like participating clubs will receive referrals from health plans for potential members as well as a small payment for each referral that joins our club. As more details become available, I will share them with you.

Tim Miner, Chairman of the AVA Programs Committee, represents the AVA in discussions with the Department of Health and Human Services, Center for Disease Control and other federal agencies. As part of his efforts he's calling for 300 word "essays" from everyone that answers the question..."Why I walk." The essays will be a database of quotes for press releases. Please consider sharing how volkssporting has healed and maintained you physically, mentally, and/or emotionally. I know that many of you have made lifelong friends and found mates while walking. Please share your volkssporting experiences with Tim at thminer@aol.com.

HAVE A GREAT FEBRUARY! SEE YOU ON THE TRAIL!



WE WELCOME OUR NEW MEMBERS!



We welcome our newest members to our Club.

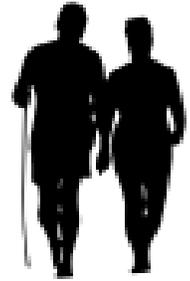
We look forward to meeting you on the trail!

Linnea and Chris Conant - Gig Harbor, WA

Katherine Ransom - Olympia, WA

Lyn Dillman - Olympia, WA

Diane Howell Evans - Seabeck, WA



We'll see you on the trail!



AVA Challenges – Walking the Appalachian Trail

Submitted by Marsha Mason, Print Media Chair, Capitol Volkssport Club

After the success of the "Walkin' Canada" Challenge in 2019, the AVA is offering a new challenge for 2020 – The Appalachian Trail from Georgia to Maine! The goal is to walk 2,013,000 steps between January 1 and December 31, 2020. So far 281 walkers have registered and started logging steps. The cost to participate is \$35 which includes a t-shirt if you complete the competition.

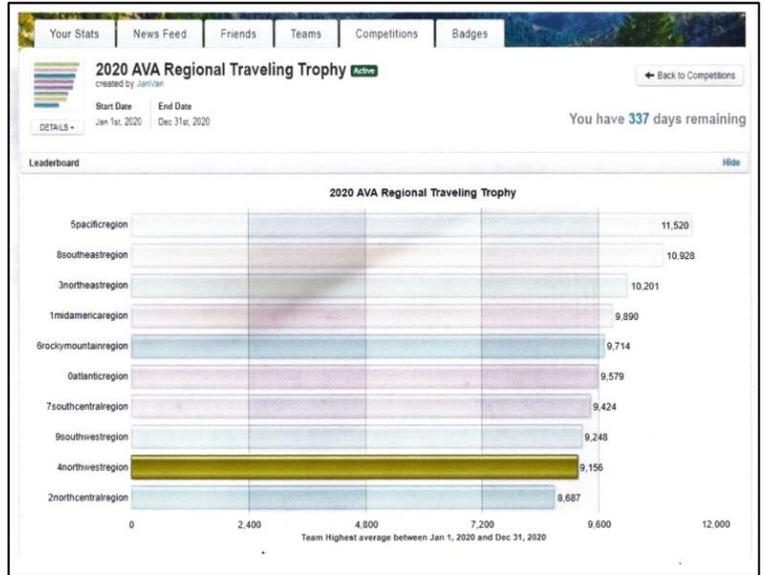
Begin signing up by going to cb.ava.org/Appalachian_Trail.php. At this site you can register and pay the \$35 event fee to participate in the challenge. The next business day, the AVA office staff will email instructions for setting up your Walker Tracker account. The AVA has customized Walker Tracker, a health and wellness portal used by many groups to create and administer on-line wellness programs. Walker Tracker provides an easy way for participants to track steps. Once your Walker Tracker account is ready for use, you can determine a method for counting steps and adding them to Walker Tracker. Options to count steps include FitBits or similar devices, phone apps, and pedometers. If you have questions about a specific step counting app, you can contact Jan at vop@ava.org. Count all the steps you take during the day, not just the steps you take on Volkssport walks. Even steps you take pushing the vacuum cleaner around or marching in place while you watch television count. After signing up for the AT Challenge, don't forget to add yourself to the 2020 AVA Regional Traveling Trophy Challenge. There is no cost or additional registration but your steps contribute to the regional challenge.

You can follow your virtual progress on an Appalachian Trail map as well as on the Leaderboard at ava.walkertracker.com, which also shows the number of steps participants nationwide have completed. Along the way you will encounter points of interest. These usually have a captioned picture of a scenic spot or landmark often with a little history of the place. You may also be awarded virtual pins or patches as you pass milestones.



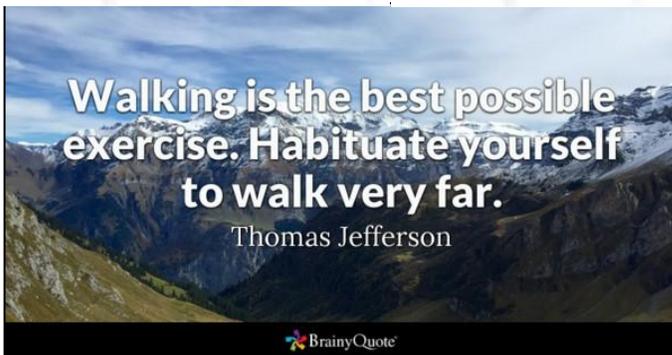
Registration opened December 1, 2019, but you can still sign up. If you started counting your steps on January 1, you would need to average about 5,516 steps a day to finish in 365 days. If you are getting a late start you will need to up that number a little bit. For instance, if you register mid-February, you would need to walk about 6,311 steps a day. The Capitol Volkssport Club is well represented with at least eight club members participating so far. **Join in the fun to stay fit and motivated to walk!**

The chart on the right shows the Northwest Region's standing in the regional competition.



Below are total steps by our club members as of Saturday, February 1, 2020

Bob4AVA (Bob Morrison)		542,655 Steps
blunose2 (Sheila Morrison)		510,985 Steps
newittenberg (Nancy Whittenberg)		383,134 Steps
Lizleigh (Liz Morrison)		326,019 Steps
MarshaA (Marsha Majors)		308,874 Steps
Jaws7973 (John Warhol)		303,178 Steps
caws179 (Carolyn Warhol)		295,448 Steps
hollygirl (Holly Spaulding)		256,426 Steps



WHERE CAN YOU WALK? WHEN?

Upcoming walks and events

We encourage **ALL** our members to get out and walk! Where can you walk you ask? **We have a great website which lists all our walks and bike rides.** For complete information as to where our weekly and year around walks are, when they start and directions to the start point

check out our website:

www.capitolvolkssportclub.org

Our website is also your link to many great regional events coming up!

OTHER GREAT WALKS COMING UP:

Heart Breaker Walk

Saturday, February 8

Hosted by the Columbia River Volkssport Club

Location: Good Samaritan Hospital
Building 2 (Foyer)

1040 NW 22nd Ave.

Portland, OR

Start Time: 9:00 a.m. - Noon

Leap Day on the Link Guided Walk

Saturday, February 29

Location: Link Trail Light Rail, Mt. Baker Station

2901 Rainier Avenue South

Seattle, WA

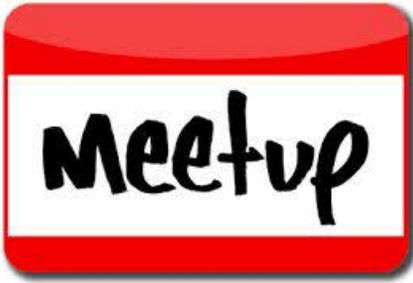
Start Time: 9:30 a.m. (This is a guided walk - allow time to register and be ready to walk by 9:30 a.m. Maps will be available for those who wish to walk at their own pace)



Our Monday walkers meet at 2 p.m. every week at the Bayview Thriftway, 516 4th Ave. West, Olympia
Walk routes vary each week and cover the downtown waterfront, west side hills, the Capitol campus, historical neighborhoods and much more!

JOIN US ON MONDAYS FOR A FUN TIME WHILE WALKING AND TALKING WITH FRIENDS!





Find a Group Walk near you!

Are you looking for a group to walk with on weekdays or weekends? Check out these Volkssport meet-up groups for their schedules. Local walking clubs are using Meetup to schedule group walks. Meetup is a website (Meetup.com) and it's also an app for your smart phone. You can find Meetup events that offer walks in your local region, or you can look further from home when you travel. That'll add some spice!

All Meetup web addresses start with www.meetup.com/...

Oregon

Portland and SW Washington: .../[Walking-Oregon-and-SW-Washington/](#)

Willamette Valley and Mid-Coast: .../[Willamette-Valley-and-Mid-Coast-Walkers/](#)

Medford area: .../[Rogue-Valley-Walkers-Meetup/](#)

Washington

Bellingham area: .../[NW-Tulip-Trekkers-Walking-Club/](#)

Des Moines/Burien/Normandy Park: .../[Des-Moines-Waterland-Walking-Group/](#)

Kent: .../[Kent-Outdoor-Fitness-Meetup-Group-Volkssport/](#)

North Puget Sound: .../[walkers-574/](#)

Olympic Peninsula: .../[meetup-group-xevTilbx/](#)

South Puget Sound: .../[South-Sound-Walkers/](#)

Spokane: .../[Spokane-walkers/](#)

So many opportunities to walk!



Remember - A great way to find out about all the walks coming up in our region is by subscribing to

THE NORTHWEST PATHFINDER,

Washington & Oregon's Premier Event Newsletter



The Northwest Pathfinder is the official newsletter of the **Pathfinder Volkssport Club of the Northwest** published bimonthly with information about upcoming events in both Washington and Oregon. It contains a wealth of information about volkssporting including awards, credit, trail ratings, member clubs and their officers, and an event locator map. The newsletter is sent to all Active and Associate Members of the Pathfinder Volkssport Club of the Northwest. Annual membership dues are \$14.00

For more information or to subscribe to *The Northwest Pathfinder*, contact

The Northwest Pathfinder
4430 S. 263rd Street
Kent, WA 98032-7159

or www.esva.online/nw-pathfinder-home-delivery/



**WANT NEWS FROM OUR NATIONAL ORGANIZATION?
IT'S JUST A CLICK AWAY!**

The *Checkpoint* is an electronic newsletter providing the club member with news from all the office representatives involved in our National Office. The newsletter is available Via Email to all club members who request it.

To receive an electronic copy of the Checkpoint, send your request to Hector at hector@ava.org.
Please note on the subject line: Request for Checkpoint.



Capitol Volkssport Club Officers and contact information:

President:	Holly Spaulding	(253) 770-0691	E-mail: holly.spaulding88@gmail.com
Vice-President:	Julie Heath	(360) 264-4670	E-mail: ijheath@comcast.net
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Treasurer:	Ian Heath	(360) 264-4670	E-mail: ijheath@comcast.net
ESVA Rep:	Liz Morrison	(360) 748-3886	E-mail: morsun1@outlook.com
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Meetup.com administrator and <i>Pathfinder</i> Editor:			
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**Capitol Volkssport Club
C/O Holly Spaulding
4627 Timothy Street SE
Lacey, WA 98503**



Yearly Dues for the Capitol Volkssport Club:

\$8.00 (individual) per year;

\$6:00 for 55+; \$12.00 for family.

As a club member our YRE walks are only \$2.00.

Non-Members pay \$3.00

Membership dues for returning members are due in July.



**Dues are payable to our Membership Chairperson:
Karen Younkins, 711 EastsideSt. NE, Olympia WA 98506.**





Our Next Meeting:
FEBRUARY 11, 2020

Izzy's Pizza
3540 Pacific Ave.

IRELAND!

Social and Dinner: 5:30
Presentation: 6:30
Club Meeting: 7:30 - 8:00 p.m.



Tom and Barb Malone will give a brief history tour of Ireland.



Karen and Jim Younkins will focus on Northern Ireland for this presentation. "During our three week road trip around Ireland Karen and I spent five days in Northern Ireland. The highlights of our travels through Northern Ireland include The Marble Arch Caves, Enniskillen, Derry, The Giants Causeway, The Antrim coast, and Belfast. Our pictures will include the beautiful countryside and the busy cities of Derry and Belfast."

Mike and Cindy Extine will talk about the highlight of their trip - an eight day and 160km loop hike around the Dingle Peninsula.



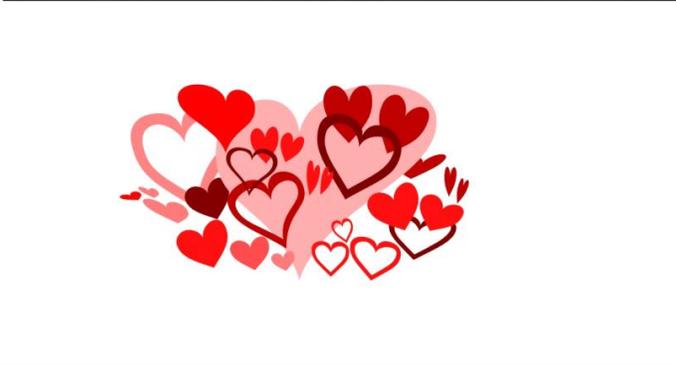
JOIN US FOR THIS GREAT PRESENTATION!



January 2 - Olympia West Side Hills Walk

Happy Valentine's Day

Below: January 9 - Tacoma Ruston Way



Left: January 16 - Chehalis



Mike and Cindy Extine in Ireland



January 16 - Chehalis



January 18 - Shelton



Left: January 23 - Gig Harbor



Right: January 30 - Dupont Historic

Happy February!

