



## Capitol Volkssport Club Newsletter

August/September 2024



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### Capitol Volkssport Club Meetings

Join us at our monthly (second  
Thursday of the month) CVC club  
meeting and learn about:

- the latest plans for walks and social events
- presentations from club members about their recent walking trips
- fellow club members and their walking experiences and achievements

#### When:

August 8<sup>th</sup>—at Picnic\*  
September 12<sup>th</sup>—5 PM

**Where:** Family Center of the  
Olympia-Lacey Church of God,  
5005 Lacey Blvd SE.

Church is located on the SE corner  
of Lacey Blvd and Ruddell Road.

\*see page 2

## President's Message

By Karen Younkins

Hello CVC members,

I hope you are enjoying this wonderful weather, are wearing sun hats and sunscreen, and are drinking lots of water!

As I think about the people in our club I realize how much it takes a village to organize and enjoy special events in our area. Here are a couple events I was able to attend.

Pam Greig Davis organized a train trip for the Western Washington clubs. On June 20 around twenty two people from CVC, the Evergreen Wanderers, and DVVA Volkssport Clubs hopped on the Amtrak train to Portland for an adventure with the Rose City Roamers. Burt Paynter, Dick Baker, and Ed Hainline met the train and led 6K and 10K groups around Portland. This trip was called the **5T Trip** for the train, trolley, tram, trail, and Tillicum Bridge.



One highlight on this trip for me was walking on the Willamette Greenway Trail along the Willamette River. I enjoyed peeking at the shops and restaurants. Then we crowded aboard the Tram and took the 5 minute, 500 vertical feet, 3,300 feet in distance ride up to part of Oregon Health and Science University's campus. The view from the observation area on top of the hill was spectacular.



*Continued on page 2*

*President's Message continued from page 1...*

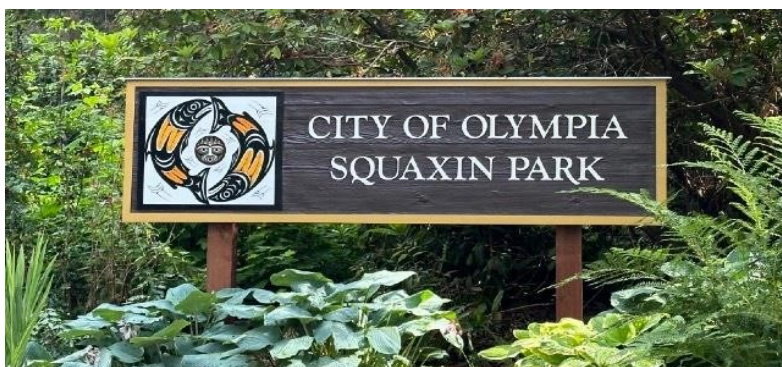
On July 10 many Rose City Roamers took the train from Portland to Centralia. Thanks go out to Bonnie Tucker who organized the Centralia walks starting from the train station instead of Safeway, the normal start point. After waiting an hour for the late train (not surprising) around 10 CVC members joined 29 Portland people for a 5K walk, led by David Black, or a 10K walk, led by Chase Davis. It was another hot day in Western Washington, but I think the Portland people enjoyed the historical homes and many interesting shops in downtown Centralia. Many of us went to the Berry Fields Cafe and enjoyed a delicious lunch.

On July 12 many CVC members enjoyed the Staircase Hike in the Olympic National Park led by Carol Froelich. I'm sure there will be a report about this hike later in this newsletter.

Whatever you do I hope you are walking your neighborhoods, regular CVC walks, other club walks, or even adventuring farther afield.

I look forward to seeing many of you at our August Picnic at Squaxin Park.

## Capitol Volkssport Club Summer Picnic Invitation



**August 8, 2024, 5 — 9 PM**  
**CVC members please come and enjoy each other's  
company in this wonderful park.**

Where: Squaxin Park (formerly Priest Point Park) Shelter #1 near the Rose Garden, 2600 East Bay Dr. NE, Olympia, WA.

Please carpool if possible.

4:15—register for 5k walk; 4:30—start for 5k walk

6:00—potluck dinner—The club will provide paper products, water, hot water for coffee and tea, and fried chicken. Members are asked to bring a potluck dish to share.

We will have a short business meeting.

No alcohol will be allowed due to the greater cost for rental and insurance.

Sheila Morrison asks that you pay your dues today—\$8 regular, \$6—people 55+, \$12—family. If paying cash, please put your name on an envelope.

## Upcoming CVC Walks:

Check the CVC Webpage ([www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)) for a complete listing of our upcoming club walks. These scheduled walks are a great way to walk with others, exercise, socialize, and maybe enjoy food and beverage before or after the walk— Fun, Fitness, Friendship and Food!

**Every Monday Walks** are scheduled: August 5, 12, 19, 26; September 2, 9, 16, 23, 30. Walks begin at Bayview Thriftway, 516 West 4th Ave, Olympia. The walks take you through the diverse neighborhoods of our capital city and the start time for the summer months is 10:00 am. Please sign in at 9:45 am to be ready to depart by 10:00 am. ***Summer schedule will continue through September 30, 2024.***

**Tuesday Evening Walks** are scheduled for August 6, 13, 20, 27; September 3, 10. Walks start with a 5:45 pm sign-in and a 6:00 pm departure. Meet at the specified start/finish location. *\*There are only six (6) Tuesday evening walks left in 2024 as the days start to get shorter and shorter with less daylight as we approach the Fall season.* For details on the these last 6 Tuesday evening walks refer to the CVC Webpage at ([www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)).

**Every Thursday Walks** are scheduled: August 1, 15, 22, 29; September 5, 12, 19, 26. Walks start with a 9:45 am sign-in and a 10:00 am departure. These walks highlight areas in the NW both near and far in distance. ***\*Please note there is no Thursday, August 8th, morning walk as that is the day of our CVC picnic!*** Check the CVC Webpage ([www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)) for more details on the Thursday morning walks.

### Reminder — 2024-2025 CVC Membership Dues



There are still a few of you that have not paid your dues. They can be mailed to me at any time or given to me in person at a walk, Club meeting or at the annual picnic in August. Dues become delinquent on September 30<sup>th</sup>.

Dues are as follows:

\$8 for members under 55

\$6 for members over 55

\$12 for a family membership

Mailing address: Sheila Morrison, 6634 Milano Ct SE, Olympia, WA 98513



### The NORTHWEST PATHFINDER—A Northwest Walking Guide and Newsletter

A great way to find out about all the walks coming up in our region is to subscribe to ***The Northwest Pathfinder***. The Pathfinder is a newsletter published bimonthly by the NW Pathfinder Club and sent to all active and associate members. It contains a wealth of information about upcoming events, both group walks and walks you can do on your own, in Washington, Oregon, Idaho and Alaska. It also includes information regarding trail ratings, challenges,

Meetup groups, member club listings and an event locator map. Annual membership dues are \$14. For more information or to subscribe to *The Northwest Pathfinder* contact:

Chase Davis

[NWPathfinder@comcast.net](mailto:NWPathfinder@comcast.net)

(360) 584-6446

Join and pay online!

[www.esva.online/nw-pathfinder-home-delivery](http://www.esva.online/nw-pathfinder-home-delivery)





## Capitol Volkssport Club Officers and Contact Information:

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>e-Mail</u>
President:	Karen Younkins	(360) 357-9185	jcyounkins@comcast.net
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Meetup.com Admin:	Chase Davis	(360) 584-6446	NWPathfinder@comcast.net

\* SS AC = South Sound Area Coordinator

## Back to the Beach Club Trip August 13—15, 2024

The Club's special walking event for family and friends is just around the corner! A few things to remember if you notified Liz and Bonnie by the deadline of June 30th of your intentions to attend the walks and no-host dinner .... but you are still finalizing details for the trip.

**Lodging:** Make your own arrangements, as there is no event motel. Ocean Shores has the greatest number of motels, but each of the towns on the North Beach has accommodations.



**Registration:** on-site registration at specified start points

**Cost:** \$3.00/walk

**Start Times:** Morning walks—meet at 9:30; group walk starts at 10:00

Afternoon walks—meet at 1:30; group walk starts at 2:00

All walks will have guided options for 5K and 10K. Hoquiam will only have a 5K guided walk but 10K directions will be available. **Leaders are needed for the 10K walks.** If you're interested in volunteering to lead one of these walks, please notify Liz or Bonnie.

### Schedule, Distances and Ratings:

Tuesday, August 13<sup>th</sup> AM—**Aberdeen Walk**, 5K/10K, Rating 1A

PM—**Ocean Shores Area Walk**, 5K/10K, Rating 1A / 1C

Late afternoon and evening—motel check-in and dinner on your own

Wednesday, August 14<sup>th</sup> AM—**Seabrook Walk**, 5K/10K, Rating 1A

PM—**Moclips Walk**, 5K/10K, Rating 1C

6:00 PM—No-host **dinner** at the Pizza Factory in Ocean Shores

Thursday, August 15<sup>th</sup> AM—**Ocean Shores Area Walk**, 5K/10K, Rating 1A / 1C

PM—**Hoquiam Walk**, 5K & 10K, Rating 1A



Watch your e-mail for an updated schedule and a listing of specific start points. For questions or comments, please contact Bonnie at:

360-628-9518

bonniedale@comcast.net.

## Upcoming Events: .....Near and Far

### **August 2-4, 2024: Northwest Hiking Weekend, Glacier, WA (near Mt. Baker).**

Three hikes around the Mt. Baker area are highlighted on the Four Plus Foolhardy Folks website. Chain Lakes is the highlight!!! Check out their website for complete details at: [Mt. Baker Trails](#)

### **August 14, 2024: Club's Back to the Beach Trip.**

Guided walks at Seabrook and Moclips. See page 4 for details.

**August 17, 2024: Gig Harbor—Cushman Trail.** The Daffodil Valley Volkssport Club & the Evergreen Wanderer are hosting a walk on the paved Cushman Trail with lovely views along the way as well as benches for a break. **Start Location:** Gig Harbor Civic Center, 3510 Grandview Street, Gig Harbor, WA . **Start Time:** 9:00 am—11:00 am. **Finish Time:** 2:00 pm. **Distances offered:** 5km/10km/15km/20km.

**August 23-25, 2024: Return to Wallace.** The Lilac City Volkssport Association is sponsoring 5 walks, 1 bike and 1 swim event over the Friday through Sunday weekend in Wallace, Idaho. **Start Location:** Wallace Inn, 100 Front Street, Wallace, ID. **Start Times:** 8:00 am—3:00 pm (Friday/Saturday); 8:00 am—NOON (Sunday). **Finish Times:** 7:00 pm (Friday/Saturday); 3:00 pm (Sunday). **Distances offered:** 4 walks 5km/10km; Pulaski Tunnel Trail 6km/11km; bike 25km; swim 300 meters. Map walks only so carry water and most include driving to the trail start point. Dinners scheduled for Friday and Saturday evenings and pre-registration required by August 20. See [Registration](#) form. For more walk information, check out the [Lilac City Volkssport](#) webpage.

**August 31: Seattle—Labor Day Weekend Walk.** Join the Emerald City Wanderers on a 5km/10km walk through the Ballard neighborhood with craftsman houses, condos, retail, restaurants, bars and craft breweries. Enjoy the Chittenden Locks and its' beautiful gardens and Shilshole Marina. **Start Location:** St. Alphonsus Parish, 1415 NW 58th, Seattle, WA. **Start Time:** 9:00 am—11:00 am. **Finish Time:** 2:00 pm.

**September 19-22, 2024—NW Regional Walkfest and Conference.** See page 6 for more information on the Walkfest events.

**October 11-13, 2024—Kelowna Wine Walks.** The Surrey Trekkers Volkssport Club has **CANCELLED** the Kelowna Wine Walks in Kelowna, British Columbia, due to circumstance outside their control. For those who pre-registered and paid fees for registration, walks and dinners, you will be receiving a full reimbursement check. For those who made hotel reservations at the Econo Lodge, 1070 Harvey Ave, Kelowna, under "Surrey Trekkers Volkssport Club", please contact them at 1.800.667.6133 to cancel your reservation.

**October 17-20, 2024—Shady Cove (Rogue River Valley), OR.** The Rogue Valley Walkers and the Columbia River Volkssport Club are sponsoring at least 5 walks/hikes over the 4 days. The Edgewater Inn, 7800 Rogue River Dr, Shady Cove, is the host hotel. 15 rooms have been reserved. Use the group code "CVC" to reserve a room. For more details, visit the club's webpage at: [Rogue Valley Walkers](#).

## NW Regional AVA Walking Festival and Conference

### Kicking around Kitsap!



The Clubs of the Washington Evergreen State Volkssport Association invite you to join us on Sept 19-24, 2024, to explore the beautiful Kitsap Peninsula and surrounding area. The Walkfest offers 8 walking events, 1 nearby biking event, as well as the AVA OSB sanctioned swim. There are plenty of swimming pools in the area as well as 7 YRE walks in the area.

Socials include Friday night at the My Girl Drive-In & Museum which includes a tour and Chicken Penne -Pasta buffet dinner in Kingston. The setting will have you reliving your Elvis and Rock 'n Roll days of the past. Saturday night is a pizza and salad buffet dinner at the Scout Hall in Silverdale.

The festival will be headquartered at the Boy Scout Hall, 9161 Washington Ave. NW, Silverdale WA. Start/Finish hours are Thursday, Sept 19<sup>th</sup>, 9 am – 4 pm; Friday and Saturday, Sept 20<sup>th</sup> – 21<sup>st</sup>, 8 am – 4 pm; and Sunday, Sept 22<sup>nd</sup>, 8 am – 3 pm. If you are walking on Sept 23-24, you must register for those walks by Sunday, Sept 22.

There is no central hotel but national hotel chains are available in Silverdale and Bremerton, as well as other nearby communities of Port Orchard and Poulsbo. There are also many Vrbo and Airbnb opportunities in the local area.

Featured walks in different areas of the Kitsap Peninsula are offered each day to minimize driving distances and daily group walks are also planned. You may register for each walk individually at the Scout Hall or for all the walks using the registration form attached below.

- Bainbridge Island – Battle Point Park (5k/1B) and Grand Forest (5k & 10k/3C). One 5k stays within Battle Point Park. The other 5k & 10k are on park and forest paths around Battle Point Park and onto the Forest to Sky trail to the Grand Forest.
- Bainbridge Island – Troll, Town and Trail (5k & 10k/2B). Explore the parks, trails and waterfront on Bainbridge Island.
- Hansville – Lighthouse (5k/1B & 11k/2B) and Greenway (5k/1C). Walk the tip of the Kitsap Peninsula on paths through the forested Greenway or along roads/paths near the shore to and from the Point No Point Lighthouse.
- Kingston – White Horse Trail (5k & 10k/2B). During weekdays, utilize complimentary public transit to walk the White Horse trail from the Indianola waterfront. An alternate 10k route utilizes the trail and park but does not require a bus ride. A 5k optional route goes to the Carpenter Lake Nature Preserve with a boardwalk trail out to the lake edge.
- Port Ludlow – McCormick Trail (5k/2B & 10k/3B). The 5k features the McCormick Loop and one hill. The 10k includes part of the Timberton Loop and the new trail in the Port Ludlow system named the

*Continued on Page 7*



*Kicking Around Kitsap continued from page 6...*

- McCormick RR Trail, which is a newly cleared section of an old railroad line used for logging. The McCormick section is flat and wooded and connects two other trails that make a loop. The trail may be muddy and there are several climbs on the 10k.
- Port Orchard – South Kitsap Regional Park (5k & 10k/2C). Both distances are on forest paths around the edge of the park and into the woods. The route includes a section of the Explorer Children's Trail. The 10k route continues into a neighborhood outside the park circling a golf course with a loop around Bill Bloomquist Rotary Park.
- Silverdale – Old Town (5k/1B; 10k/2B). Walk on sidewalks and urban trails within Silverdale seeing old and new along the way with many great views of Dyes Inlet.
- Suquamish (4k/1B) and Poulsbo (6k/2B). Walk in 2 Kitsap County towns. Suquamish is rich in Native American history while Poulsbo reflects the culture of Norwegian immigrants.

For the latest information see the brochure and registration form links below:

[Event Brochure](#)

[Event Registration Form](#)

## CVC Photo Gallery

Thank you to all the contributors: Jeanne Allan, Linda Darkenwald, Chase Davis, Carol Froelich, Ian and Julie Heath, Perki Sweet, Bonnie Tucker and Karen Younkins.



Proofing Pub Crawl Walk



Downtown Tacoma Walk—June 6, 2024



Nisqually State Park—June 8, 2024



Sunday afternoon on the Chehalis-Western Trail—June 9, 2024





Westside Walk from Bayview—June 10, 2024



New signage along the Olympia Waterfront for the Billy Frank Trail and the Paddle to Squaxin—June 24, 2024



Olympia Waterfront—June 24, 2024



Olympia Waterfront—June 24, 2024



Olympia Waterfront—June 24, 2024



Nisqually 5K Walkers—July 2, 2024





Nisqually 10K Walkers—July 2, 2024



Centralia "Sign Says It All"—July 10, 2024



Club welcoming Dick Baker and volkssporters from the Portland area—July 10, 2024.



Enjoying the Olympia Waterfront— July 11, 2024



Low Capital Lake with visible pilings seen on Capital walk— July 22, 2024



Commemorative brick at the Lacey Amtrak station showing CVC's contribution to the station's building fund—June 20, 2024