



# Capitol Volkssport Club Newsletter

August 2025/September 2025



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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 14th —6 PM at the CVC Annual Picnic  
September 11th —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.

## President’s Message

By Karen Younkins

Hello everyone,

Our annual picnic is coming up soon on Thursday, August 14. I hope you will all wear CVC hats, shirts, and name tags if you have them. Look for the invitation in this newsletter.

Our vice presidents, Cheryl and Larry Bush, are in charge of the picnic, so please contact them if you have any questions. The Traveling Guided Walks will be \$2 for CVC members and \$3 for everyone else. I would like to thank the team of picnic volunteers who will be setting up and cleaning up. Thanks also go to Julie Heath who is leading the 10K and Ginny Miller who is leading the 5K. We may have a short meeting, but the financial report will be presented at the September meeting.

Please note that the Holiday Party will be on **Thursday, December 4**, at the Jacob Smith House.

The club has voted to do the Wild and Woodsy event again next year. Pam Greig, the board members, and the box tenders have discussed various ideas to spark new interest and change up the event.

We will continue with some of the same walks, have possibly a couple new walks, and the dinner on Saturday. Pam is excited about having a salad and pizza “Meet and Greet” at the Washington Association of Sheriffs and Police Chiefs.

One of our walks will be in celebration of AVA’s 50th Anniversary. Keep watch and we will let you know what else is new.

Last month I enjoyed walk with DVVA in the quiet town of Raymond, WA. Jim loves the history of the Pacific NW, so he shared that Raymond used to be a bustling town with 5 mills.



We walked by the train station which is now the Carriage Museum.

*President’s Message continued on page 2...*



I hope you are enjoying our beautiful summer here in Washington, Finland, or wherever you travel.

See you when we get back from down under.

Karen

### Capitol Volkssport Club Officers and Contact Information:

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\* SS AC = South Sound Area Coordinator

## Other Walking Links

[South Sound Walkers Meetup](https://www.meetup.com/south-sound-walkers) (https://www.meetup.com/south-sound-walkers)

[Evergreen State Volkssport Association](http://www.esva.online) (ESVA) (www.esva.online)

[Oregon Trails State Volkssport Association](https://www.otsva.org/) (OTSVA) (https://www.otsva.org/)

[American Volkssport Association](http://www.ava.org) (AVA) (www.ava.org)

[International People's Sports Federation](https://ivv-web.org/) (IVV) (https://ivv-web.org/)

[Canadian Volkssport Federation](https://walks.ca/) (CVF) (https://walks.ca/)

[IVV Americas & Oceania](https://www.ivv-ao.org/) (IVV-AO) (https://www.ivv-ao.org/)

[International Marching League](https://imlwalking.org/index.php?page=home.html) (IML) (https://imlwalking.org/index.php?page=home.html)

[U.S. Freedom Walks Festival IML](#)   [Texas Trail Roundup IML](#)  
[La Marche Maple Leaf March Ottawa Canada IML](#)

**\*\*PLEASE NOTE\*\***

The August 1, 2025 Staircase Walk, previously announced, has been cancelled due to the closure of the access road into Staircase by the U.S. Forest Service.

## Upcoming CVC Weekly Group 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 (*our neighbors to the North also add Fermented Fruits!*)

**Every Monday Walks** are scheduled: August 4, 11, 18, and 25; September 1, 8, 15, 22, and 29. Walks begin at Bayview Thriftway, 516 West 4th Ave, Olympia. The walks take you through the diverse neighborhoods of our capital city. **New Start Time for summer walking period!** Please sign in by 9:45 am to be ready to depart by 10:00 am. Please contact Jeanne (360-790-4600 or e-mail [kokolo@olywalking.net](mailto:kokolo@olywalking.net)) to ask questions about the walks or make start point meeting arrangements.

**Twice a Month Tuesday Evening Walks** are scheduled: August 5 and 19 (TGW); September 2 (TGW). The evening walks will discontinue after the last one on September 2 due to the decreasing daylight. Please sign in by 5:45 pm to be ready to depart at 6:00 pm. The August walks will be 10k or 5k but the September 2 walk will be 5k only due to decreasing daylight. These walks highlight areas in the NW both near and far in distance. Check the CVC Webpage ([www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)) for more details on the Tuesday evening walks as some start locally and others are traveling guided walks.

**Every Thursday Walks** are scheduled: August 7 (TGW), 21, and 28; September 4 (TGW), 11, 18, and 25. Please sign in by 9:45 am to be ready to depart at 10:00 am. These walks highlight areas in the NW both near and far in distance. Check the CVC Webpage ([www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)) for more details on the Thursday morning walks. Please contact Barb (360-485-3693 or e-mail [ravnliz08@yahoo.com](mailto:ravnliz08@yahoo.com)) to ask questions about the walks or make start point meeting arrangements.

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

**August 2, 2025—Steilacoom—Farrell's Marsh.** The Evergreen Wanderers are hosting a walk starting at the Community Center. Walk from town to Farrell's Marsh and back along different streets. **Start/Finish Location:** Community Center, 2301 Worthington St, Steilacoom WA. **Start Table Open:** 8:00 am—11:30 am. **Distances Offered:** 5k (1B)/10k (2B).

**August 9, 2025—Federal Way Link Light Rail Station.** Sea-Tac club is offering a route that includes the new Federal Way Light Rail station, Steel Lake Park, Town Square Park, BPA Trail, and Celebration Park. **Start/Finish Location:** Light Rail Station, 31621-23rd Ave S, Federal Way WA. (Park in Transit Center Garage) **Start Table Open:** 9:00 am—10:30 am. **Distances Offered:** 5k/10k (1B).

**August 30, 2025—Labor Day Weekend Walk.** Emerald City Wanderers will be hosting their annual holiday walk. **Start Location:** St Alphonsus Family Center Seattle, Playground/Parking Lot, 57th St, Seattle WA. **Start Time:** 9:00 am—11:00 am. **Finish Time:** 2:00 pm. **Distances Offered:** 5k/10k (1A).

Column continued on page 4

*Upcoming Events continued...*

**September 6, 2025— Purdy WA.** DVVA is hosting a walk starting at Gateway Park that explores the dirt trails of the adjacent 360 Park located at the north end of Key Peninsula. Both parks have been improved since the club walked them 10+ years ago. **Start Location:** Gateway Park, 10405 WA-302 NW, Gig Harbor WA. **Start Table Open:** 9:00 am—11:00 am. **Distances Offered:** 5k (2B) / 10k (3C).

**September 20, 2025—Wandering in the Watershed (Redmond).** The FS Family Wanderers are hosting a walk on gravel or dirt trails through mossy woods and along streams and ponds in a multi-use popular park. **Start Location:** Redmond Watershed Preserve, 21760 NE Novelty Hill Rd, Redmond WA. Club’s agreement with Redmond Parks is walkers will **NOT, NOT, NOT** use the unpaved parking lot! Parking is limited. Carpooling is encouraged. **Start Table Open:** 9:00 am—11:00 am. **Distances Offered:** 5k/10k (2B).

**September 27, 2025—Wilkeson WA (Traveling Guided Walk).** DVVA is hosting a route on a dirt trail that follows the Foothills Rails-to-Trails system out-and-back to the Carbonado Cemetery and passes the egg & bacon skateboard park. **Start Location:** Wilkeson Eagles 1409, 534 Church St, Wilkeson WA. **Start Table Open:** 9:30 am—11:00 am. **Distances Offered:** 5k/10k (2B).



### **CVC Members Recognized by AVA for Outstanding Performance**

*By Bonnie Tucker*



Hats off and kudos to the following CVC members who received awards at the recent AVA Conference in Las Cruces:

**Nancy Wittenberg** was inducted into the AVA Hall of Fame for her four years as President/Chair Person of AVA, Vice President of AVA, Northwest Regional Director, and for numerous leadership positions on the local level.

**Carolyn Warhol** received the Distinguished Achievement Award for over 35 years of promoting volkssporting at the regional and local level.

Meritorious Service Awards went to:

**Chase Davis** for his contributions as AVA and ESVA Treasurer and his work with the Pathfinder.

**Diane Evans** for her long-term commitment to AVA volkssporting programs and for her service as ESVA Secretary.

**Cheryl Patterson** for her enthusiasm and promotion of all things volkssport.

Commendable Service Awards for a significant amount of service to AVA went to:

**Carol Froelich**

**Pam Greig-Davis**

**Sandi Severtsen**

We are so proud of you! You represent our club so well!



## REMINDER OF 2025-26 CLUB DUES

As of this date (July 12, 2025), there are 37 of you who have not renewed your membership! You have until September 30<sup>th</sup> before you will no longer receive this great newsletter. Renewals can be mailed to me at any time or Ginny Miller will collect them in my absence at the annual picnic in August.

Dues are as follows:  
\$8 for members under 55      \$6 for members over 55      \$12 for a family membership

Sheila Morrison  
6634 Milano Ct SE  
Olympia, WA 98513



### AVA 50 Years Trivia Quiz—Do You Know the Answers?

1. Where was the first volksmarch held in the United States?
2. What year was the first volksmarch held?
3. Who was the “founding father” of volkssporting in the United States?
4. What name did the founding father decide to call the U.S. governing volkssport body?
5. Which 5 U.S. states, with member clubs and events, fulfilled IVV’s requirement for granting the U.S. volkssporting organizations full membership in the IVV?
6. Where was the first swim held in the United States?
7. What was the name of the first charter tour group from Europe to the United States to attend the 3rd sanctioned volksmarch event in the USA in 1978?
8. Where and when was the first national convention of volkssporters in the USA?
9. What were some of the outcomes of the first national convention?
10. When was the first issue of *The American Wanderer* published?
11. Who was elected President at the first national convention of volkssporters in the USA?
12. How many regions were created at the first national convention and what were their names?
13. Where and when was the first IVV sanctioned cross-country ski event held?
14. What were the names of the two famous people that attended the 1979 Texas walkfest in Fredericksburg?
15. Beginning in 1980, TAW’s masthead showed 5 events but later in the year one event was deleted. Which event was deleted?

Answers: 1) Fredericksburg TX; 2) 1976; 3) Rev Kenn Knopp; 4) IPS-USA; 5) TX, OH, KY, CA, FL; 6) Dayton OH; 7) Amerika  
 Flug; 8) Dayton OH; 9) ratify a constitution, elect national officers, consider a name change, fulfill requirements to become a  
 member nation of the IVV; 10) January 1978; 11) David Toth, M.D.; 12) 4 - NW, SW, NE, SE; 13) 2/2/1980 Fraser CO; 14) Lady  
 Bird Johnson and Lynda Johnson Robb; 15) jogging/running



**Save the Date: August 14, 2025**

## Capitol Volkssport Club Annual Club Picnic

Millersylvania State Park  
12245 Tilley Road SW, Olympia, WA

Follow the signs for day use, then **Kitchen #3**.  
Remember, a Washington State Discover Pass or a \$10 day use pass is required for parking.

10K walk - registration at 3:15, start at 3:30

5K walk - registration at 4:15, start at 4:30

Dinner at 6 PM.

**Please bring a potluck dish to share.** Chicken, bottled water, and paper products will be provided by CVC.



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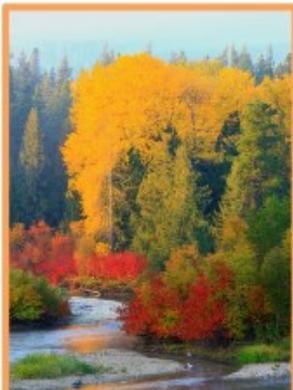
**SAVE THE DATE**



**"Autumn Walks in Leavenworth and Beyond"  
Oct 2-5, 2025 (Walks sanctioned till Oct 8)**

**Hosted by: Interlaken Trailblazers and  
Central WA Sunstriders Volkssport Clubs.**

**Come join us for the walks, hikes and fun!**



**Headquarters for this event will be at the Lake Wenatchee Recreation Clubhouse, about 9 miles west of Leavenworth.**

- **4 feature walks and bike: Wellington/Iron Goat Trail, Lake Wenatchee State Park, Lake Wenatchee trails, Leavenworth Ski Hill and Town + Bike. 10 nearby YR/SYR walks**
- **Socials at hall.**

**Link to register for lodging in the area:**

**<https://leavenworth.org/lodging-landing/>**



## CVC Photo Gallery



June started with a bang for me. I was driving my truck down a country road when a rock banged into my window. Sad. It was bad enough to require a new windshield. I made an appointment with the Novus office I go to close to the Willapa Chehalis Trailhead. I left my truck in good hands and headed to the trail. I passed the Veteran's Museum and the Steam Train lot on the way to the trail. The walk was lovely. Everything is so green and the Newaukum River looks cool and inviting. There were a lot of people walking, running, and riding bikes. I saw a large nest (eagle, maybe?) a bunny and a lot of birds. I also had a close encounter with the Steam Train. It was out and about with a load of passengers enjoying a fun ride with great views.

Come on down to Chehalis. We have a couple great walks and you can also take a really fun ride on the Steam Train while you are here!

<https://www.ci.chehalis.wa.us/visitors/page/steam-train>

*Liz Morrison*



Contributors: Julie and Ian Heath



Westlake Walkers 7/17/25



Tower Bridge



Thames River,  
Parliament  
and Big Ben