

# Capitol Volkssport Club

## **NEWSLETTER**

February, 2016

#### CVC General Membership meeting will be

on Tuesday, February 9,, 2016 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

A no-host dinner begins at 5:30 PM, program at 6:15, followed by business meeting afterward.

January has been a full month. We said goodbye to our friend Susan. Many members attended her memorial then met at Pat and Gary's house in celebration of her dedication to our club and Volkssporting.

A few CVC members braved the cold weather New Year's Eve and Day in Seattle at the Emerald City Wanderers' annual walk in Seattle. We had a great dinner at a Greek restaurant on Alki after walking and enjoying the lights of Seattle. There have been several other interesting events this month. Be sure to share them at our next meeting. Speaking of interesting events, I am looking forward to heading up to Puyallup to walk the Nathan Chapman Trail on January 30. This walk is brought to us by Daffodil Valley Volkssport. I also am excited to head south for the Pre-

Super Bowl Walk Feb 6 in Portland. It is

a great walk put on by Columbia River Volkssport club.

Our January meeting had a full house. We had a wonderful speaker, Greg Klein, the owner of South Sound Running. I was amazed at all the interesting information he presented about shoes, socks, and happy feet. Our next meeting will be February 9 at Izzy's. We will be voting on a new ESVA representative and talking about future meetings and events. Our big future event, Seabreeze, is in the works. There is a Seabreeze committee meeting January 28 after our Thursday walk at Bill and Holly's house. Anyone interested in working on Seabreeze committees have been invited to join in the preparation. We will give updates at the February meeting.

Happy Walking!

Liz



Page 2 February, 2016

## NEWS FROM THE TRAIL...



### **Upcoming Walks - February 2016**

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday February 1	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk start- ing at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bay- view Parking Lot.
Thursday February 4	Register by 9:45 AM Walk leaves at 10:00 AM Holiday Inn and Suites 730 NW Liberty Place Chehalis After registering at hotel drive to start point. Limited parking at trail- head. Additional parking at nearby state park with Discover Pass.	Chehalis Willapa Trail YRE 0356 10K with 5K option 1A	Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer.  Be early - carpools leave at 9:15 AM  Drive time approx 30 min.
Monday February 8	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 11	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 15	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk start- ing at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bay- view Parking Lot.

Page 3 February, 2016

#### (Continued from page 2)

Thursday February 18	Register by 9:45 AM Walk leaves at 10:00 AM Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm	Yelm Town and Trail Walk YRE 1657 11K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 9:15 AM  Drive time approx 30 min.
Monday	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Bayview	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday February 25	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 Trosper and Littlerock Road near Fred Meyer.  Be early - carpools leave at 9:15 AM  Drive time approx 30 min.
Monday February 29	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Bayview	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.

<sup>\*\*\*</sup> 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.

If you are the driver in a carpool, please feel free to accept or refuse gas money if it is offered.



<sup>\*\*\*</sup> For Thursday walks, please contact Linda (360-943-8858, cell 360-481-7119, e-mail lpolzin@thurston.com) to ask questions about the walks or make start point meeting arrangements.

<sup>\*\*\*</sup> If you are a rider in a carpool, please feel free to offer the driver gas money.

### **EVENT AND DISTANCE AWARDS**

### **EVENTS**













Carol Froelich

Ginny Miller

850 Carolyn Thompson

Sheila Morrison

John Warhol

## **DISTANCE**







20000 km

Ginny Miller

Nancy Wittenberg

## Congratulations and keep walking!







Page 5 February, 2016



## Capitol Volkssport Club Olympia WA 98507



#### **CVC OFFICERS**

President — Liz Morrison, (360)-748-3886

E-mail: morsuns@yahoo.com

Co-Vice-P. Julie Heath, (360) 264-4670

E-mail: ijheath@comcast.net

Holly Spaulding, (253)-770-0691

E-mail: holly.spaulding@comcast.net Secretary — Barb Malone (360)-485-3693

E-mail: ravnliz08@yahoo.com

<u>Treasurer</u> — Sheila Morrison (360) 923-5381 E-mail: sheila.morrison@comcast.net

ESVA Rep. —

E-mail:

Membership Karen Younkins(360) 357-9185

E-mail: jcyounkins@comcast.net

News editor — Harry Saukants (360)-432-2318

E-mail: hjsaukants@q.com

Publicity — Perki Sweet (360) 459-8167

E-mail: pandpsweet@gmail.com <u>Webmaster</u> — Peter Sweet (360) 459-8167

E-mail: olysweetp@yahoo.com



#### 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.

\*\*\*\*\*

#### 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.

The human body was designed to walk, run or stop; it was not built for coasting.

- Cullen Hightower -

#### Newsletter deadline

Friday, February 26, 2016

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