



Capitol Volkssport Club Newsletter

June/July 2026

“Olympia’s Walking Club”

Come Walk with Us



Newsletter Contents

- President’s Message – Page 1-2
- AVA 50th Anniversary – Page 2
- Club Picnic – Page 3
- Officers – Page 4
- Upcoming CVC Walks – Page 4-5
- Near and Far – Page 5-6
- Other Walking Links – Page 6
- Multi-day – Page 6
- NW Conference – Page 8-9
- CVC Photo Gallery – Page 10-11



Club Meeting Schedule

The CVC general membership meets on the second Thursday of each month at 5:00 PM in the Family Center of the Olympia-Lacey Church of God. The church is located at 5005 Lacey Blvd SE, on the southeast corner of the intersection of Lacey Blvd and Ruddell Road. The wearing of masks is optional.

Upcoming General Membership Meeting Dates:

July 9, 2026

Future Meetings - TBD

PHOTOS, ARTICLES FOR AUG/
SEPT NEWSLETTER DUE: **JULY 25,**
2026.

SEND TO NEW E-MAIL:
DEVANSCVC@YAHOO.COM

President’s Message

By: Jim and Karen Younkins

On May 14 CVC had election of Club Officers. The full slate of candidates were accepted by unanimous acclimation. Congratulations go to Chase Davis (President), Larry and Cheryl Bush (co-Vice Presidents), David Black (Secretary), Pam Greig Davis (Treasurer), Sheila Morrison (Membership Chair), Bonnie Tucker (South Sound Area Coordinator for ESVA), and Mary Clem (ESVA Representative). As I leave the presidency, I know the club is in good hands with these hardworking people.

I would like to thank people who have diligently worked for the good of our club. If your name isn’t on this list I apologize for forgetting someone important.

1. Cheryl and Larry Bush for sanctioning our walks, getting supplies to people who are hosting our traveling guided walks.
2. Pam Greig Davis for heading up our Holiday Walk for last year and this year, also for heading up Wild and Woodsy three magnificent times, plus keeping good track of our money as our Treasurer.
3. Mary Clem for doing an excellent job as Secretary and now our ESVA Representative.
4. David Black for doing an excellent job as ESVA Representative and now our Secretary.
5. Sheila Morrison for Membership Chair keeping track of all of our dues and email lists.
6. Barb Malone for scheduling our weekly Thursday walks.
7. Bonnie Tucker for keeping me on track while being our South Sound Area Coordinator.
8. Peter Sweet for heading up our website for the past 15 years, and Perki and Peter Sweet for acquiring the Family Center of the Olympia-Lacey Church of God for free for our meetings (coffee included).

President’s message continued – Page 2

**Upcoming AVA 50th
Anniversary
Signature Events**

June 6-7, 2026

“Crazy Horse and Outlaw Ranch”
Black Hills, SD

June 19-21, 2026

“Mid-America Region Conferenc”
Illinois and Indiana

July 24-25, 2026

*“50 Works of Art for 50
Years of Walking”*
San Francisco, CA

July 28 – Aug 1, 2026

“Rocky Mountain Rendezvous”
Colorado Springs & Front Range
Area, CO

August 28-29, 2026

“AVA 50th Pre-Cruise Walks”
Boston, MA

September 7, 2026

“Annual Mackinac Bridge Walk”
Mackinaw City, MI

September 24-27, 2026

*“Walking in the Footsteps of
Lewis & Clark”*
Astoria, OR

October 16-18, 2026

“Annual FreedomWalk Festival”
Arlington, VA

October 29-November 1, 2026

“Halloween Klicks on Route 66”
Kansas, Missouri and Oklahoma



For more
details on
each event,

plus Nov-Dec events, visit the AVA
Website: [50th Anniversary – AVA](#)

Presidents Message continued....

9. Julie Heath, Chase Davis, and Carol Froelich for leading walks at Wild and Woodsy.

10. Steve and Sue Strachan for providing our headquarters for free for our Wild and Woodsy run and enthusiastically working at the event each year.

11. Liz Morrison for heading up our nominating committee, working on our bylaws, creating directions for our Holiday walks.

12. Jeanne Allan for keeping our Monday walks on track.

13. Susan Hennie and Gayle Klostermeyer for heading up our picnic this summer.

14. Diane Evans for creating such wonderful CVC newsletters.

15. Nancy Wittenberg for working with Pam Greig Davis on our Holiday Walk in 2025.

On June 27 we will have a Saturday morning group walk in Bellevue hosted by Mary Clem. Registration will be at 10:15 AM and the Start Time will be 10:30 due to the



distance we have to travel. The course is on asphalt trails and gravel paths through the Lake Hills Greenbelt, Robinswood Park, and quiet residential areas. Check Meet Up for specific details.

Whether you are one of the people above or someone who supports CVC by walking on weekly walks, special walks, or just walking in your neighborhood, you are greatly appreciated!!

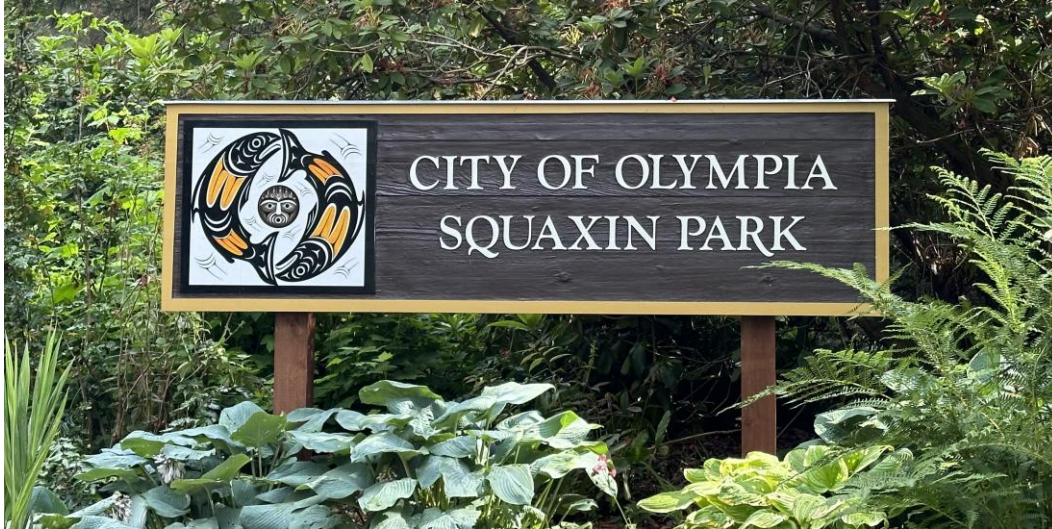
Signing off! Karen and Jim

*Karen,
Thank you for your
leadership over the years!
See you on the trail...*



SAVE THE DATE

Capitol Volkssport Club Summer Picnic Invitation



August 20, 2026 4 - 8 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.

4:00 - register for 6K scenic level walk

4:15 - start for 6K scenic level 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.

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

Contact people - Sue Hennie - sahennie@comcast.net

Gayle Klostermeyer - glK98133@aol.com

Capitol Volkssport Club Officers and Contact Information

<i>Position</i>	<i>Name</i>	<i>Phone</i>	<i>e-Mail</i>
President:	Karen Younkins	(360) 357-9185	jcyounkins@comcast.net
Co Vice-Presidents:	Larry & Cheryl Bush	(303) 548-0788	bikecb@aol.com
Secretary:	Mary Clem	(912) 248-5868	maryleonaclem@gmail.com
Treasurer:	Pamela Davis	(360) 790-9733	greigenterprises@msn.com
ESVA Rep:	David Black	(919) 302-3175	dblackarchitect@gmail.com
ESVA SS AC*	Bonnie Tucker	(360) 628-9518	bonniedale@comcast.net
Membership:	Sheila Morrison	(360) 888-9822	sheila.morrison@comcast.net
Sales & Information:	Sheila Morrison	(360) 888-9822	sheila.morrison@comcast.net
Newsletter:	Diane Howell Evans	(360) 900-8681	devanscvc@yahoo.com (NEW)
Webmaster:	Peter Sweet	(360) 556-1604	olysweetp@yahoo.com
Meetup.com Admin:	Chase Davis	(360) 584-6446	GX7QR2@comcast.net

* SS AC = South Sound Area Coordinator

Upcoming CVC Weekly Group Walks

Check the CVC Webpage (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: June 1, 8, 15, 22, and 29; July 6, 13, 20, and 27. 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 non-winter walking period!** Please sign in by 9:45 am to be ready to depart at 10:00 am. *Remember to pick up parking pass in walkbox to park in Bayview Parking Lot. Please contact Jeanne (360-790-4600 or e-mail her at kokolo@olywalking.net) to ask questions about the walks or make start point meeting arrangements.

Every Thursday Walks are scheduled: June 4, 11, 18, and 25; July 2, 9, 16, 23, and 30. 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 distance wise. Please contact Barb (360-485-3693 or e-mail her at ravnliz08@yahoo.com) to ask questions about the walks or make start point meeting plans.

Twice Monthly Tuesday Night Walks are scheduled: June 2 and 16; July 7 and 21. Please sign in by 5:45 pm to be ready to depart at 6:00 pm.

CVC Monthly TGW Schedule

July 2, 2026—Aberdeen WA—Waterfront, Town and Hilltop Walk. Walk the town where Kurt Cobain spent early years. Choose from multiple distances and a variety of sights: a peaceful walk along multiple city parks and the Grays Harbor waterfront; through town with outstanding murals and quirky artwork; moderate stair and hill climbs to see old "timber baron" homes, then on up for breath-taking views of Grays Harbor from hill-tops, with the possibility of a glimpse of Mt. Rainier on a clear day. Descend down to various levels of the city via several sets of "secret stairs". **Start/Finish Location:** Walmart Parking Lot, 909 E Wishkah St, Aberdeen. **Start Table**

Open: 9:45 am. Walk begins at 10:00 am. **Distances Offered:** 5k/7k (1A); 10k (3B). **Important Event Information:** The only walks possible for strollers or wheelchairs are the 5k and 7k walks. Pets are allowed. Restrooms are at the start point and in various locations en route. **POC:** David Black (919)302-3175 or dblackarchitect@gmail.com.

CVC Special Event

Bellevue/Lakehills Group Walk, June 27th, 10:30 AM

Mary Clem will lead a walk in the Lakehills area of Bellevue on Saturday, June 27th. We will walk at 10:30 to give us a bit more time to do the trek north, so registration, which will be provided onsite by the Interlaken Trailblazers Club, will take place at 10:15. The start point is at the Bellevue Demonstration Garden parking lot at 15500 SE 16th St. in Bellevue. There is a good-sized parking lot, and restrooms. We will have a 5 km route, and a 10 km route. These walks are mostly through greenbelts on nicely groomed trails, and include the Larson Lake Blueberry farm, Phantom Lake Park (5k) and Weona Park (10k.) The walks are rated 1B by the Interlaken club, though the 10K will have a couple of diversions from the sanctioned 10K and will include some short but steep ups and downs in a wooded setting. There are many choices for lunch in the area, but a favorite of Mary's from her old neighborhood is at the Crossroads Mall just up the avenue from the start point.

Upcoming Events:

....Near and Far (information taken from AVA.org event list)

June 6, 2026—Federal Way WA. The Sea-Tac Volkssports Club is hosting a **GW** walk that includes Steel Lake Park, Commons Park and trail. **Start/Finish Location:** Federal Way Commons Station, 11111 S 320th St, Federal Way.

Start Table Open: 9:00 am – 11:00 am. **Distances Offered:** 5k/11k (1B). **Important Event Information:** 11k will also visit Celebration Park. Look for S/F in Marlene's parking lot on the far north side of the lot by the light rail.

June 6, 2026 – Loon Lake WA. The Lilac City Volkssport Association is hosting a **TGW** event in conjunction with the annual Loonsday event. **Start/Finish Location:** Historic School House, 4000 Colville Rd, Loon Lake WA. **Start Table Open:** 8:30 am – 9:00 am. **Distances Offered:** 8k (1B). **Important Event Information:** As you walk around the community of Loon Lake there will be an ample supply of yard sales to visit. ******There is a \$10.00 entry fee payable to the Loonsday Association. Information can be found on their website: www.loonsday.com

June 13, 2026 – Everett WA. The Sound Steppers Volkssport Club is hosting a walk starting in Everett Forest Park and heading down a trail through neighborhoods to Howarth Park and then down a circular stairway to the beach where you join the Pigeon Creek Trail and return to the start. **Start/Finish Location:** Everett Forest Park, 802 Mukilteo Blvd, Everett WA. **Start Table Open:** 9:00 am – 10:30 am. **Distances Offered:** 4k (1A) / 10k (2B). **Important Event Information:** Plenty of parking. Start table will be at the picnic table next to the first parking lot. Even though there is a low tide, the beach farther out by the water, is muddy and soft, and the club does not recommend walking on it. Also, the walk crosses Pigeon Creek and is accessible with the help of boards and rocks. Walking sticks recommended for crossing the creek.

Near and Far continued on Page 5

Near and Far continued....

June 20, 2026—Salem OR—Club’s 40th Anniversary Walk. The Willamette Wanderers are celebrating their 40th anniversary. Copies of the original walk map with historical notes will be available which will show how Salem looked 40 years ago. **Start/ Finish Location:** Salem Saturday Market, 865 Marion St NE, between Summer and Winter Streets, Salem. **Start Table Open:** 9:00 – 11:00 am; finish by 2:00 pm. **Distances Offered:** 5k/10k (1A). **Important Event Information:** Use Salem Saturday Market entrance on Winter near Union. Continue straight for Booth #14 on right near entrance. Look for walk signs.

July 4, 2026—Seattle WA—Independence Day Walk. The Emerald City Wanderers are hosting a walk in parks and green space in Tukwila and through the lovely Japanese Garden at the Sea-Tac Community Center. **Start/Finish Location:** SEATAC Community Center, 13735 24th Ave S, SeaTac. **Start/Finish Hours:** Start 9:00 am – 10:00 am. **Distances Offered:** 5k/10k (1A). **Important Event Information:** Alternate start at Tukwila Light Rail Station.

July 4, 2026—Vancouver WA—July 4th Stroll thru History. The Vancouver USA Volkssporters are hosting a walk on Independence Day at the site of the oldest military fort in the Old Oregon Territory. Esther Short Park is the oldest public park in WA. Explore Historic Ft Vancouver and Historic Uptown. **Start/Finish Location:** Esther Short Park on Columbia Street side between 6th and 8th Streets, on the right side. **Start Table Open:** 8:00 am – 11:00 am. **Distances Offered:** 5k/10k (1A). **Important Event Information:** Park in parking spots on streets around and near Esther Short Park. Alternately, use the Park & Go Lot at the corner of 6th & Columbia (reasonable fee).

July 11, 2026—Puyallup WA—Come Celebrate 40 Years of Walking. The Daffodil Valley Volkssport Association is hosting a FREE walk in honor of their 40th Anniversary. Come and enjoy! **Start/Finish Location:** Clark’s Creek Park, 1800 12th Ave SW, Puyallup. **Start Table Open:** 8:00 am – 11:00 am. **Distances Offered:** 6k (1A) / 10k (2B). **Important Event Information:** No participation fees will be charged. Park in Clark’s Creek South Park parking lot.

July 22, 2026—Portland OR—Peninsula Park Rose Garden. The Rose City Roamers are hosting a **TGW** starting and walking through the Peninsula Park Rose Gardens and continuing through older but nice neighborhoods to Arbor Lodge Park and Columbia Park. **Start/Finish Location:** Peninsula Park Rose Garden (SE Corner), Kerby Avenue & Ainsworth St, Portland OR. **Start Table Open:** 9:30 am – 9:55 am. **Distances Offered:** 5k/10k (1A). **Important Event Information:** Park on street near the end of the park.



NW Multiple-day Events: *Traditional events & group walks of YREs so be sure and check the club’s web page or our RD/DRD monthly Newsletter for event details.*

Date	Type	Club Host	Event Name	Location
7/ 24-26	4W	Olympic Peninsula Explorers	Island Hopping Wkend	Anacortes WA (Anacortes Tommy Thompson Trail, Friday Harbor, Guemes Island, and Anacortes Downtown and Waterways)
9/ 24-27	6W	OTSVA	NW Reg Conference	Astoria OR

Other Walking Links

WA Meetup Groups:

[North Puget Sound](http://www.meetup.com/walkers-574) (http://www.meetup.com/walkers-574)

[South Puget Sound](http://www.meetup.com/south-sound-walkers) (http://www.meetup.com/south-sound-walkers)

[NW WA, Olympic Peninsula, Kitsap Peninsula](https://www.meetup.com/nw-washington-and-olympic-and-kitsap-peninsula-walkers) (*private group)

(https://www.meetup.com/nw-washington-and-olympic-and-kitsap-peninsula-walkers)

OR Meetup Groups:

[Portland and SW Washington](http://www.meetup.com/Walking-Oregon-and-SW-Washington)

(http://www.meetup.com/Walking-Oregon-and-SW-Washington)

[Willamette Valley and Mid-Coast Walkers](http://www.meetup.com/Willamette-Valley-and-Mid-Coast-Walkers)

(http://www.meetup.com/Willamette-Valley-and-Mid-Coast-Walkers)

NW State Volkssport Associations:

[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/)

National and International Associations:

[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 Organizations:

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

[Texas Trail Roundup](https://texasrailroundup.org) (February) (https://texasrailroundup.org)

[Maple Leaf March](https://marchemapleleafmarch.ca/) (October) (https://marchemapleleafmarch.ca/)

[US FreedomWalks Festival](https://www.usfreedomwalk.org/) (October) (https://www.usfreedomwalk.org/)

Upcoming Traditional Events by Region (by week, by month or by year):

<https://my.ava.org/regional-te-list.php?time=month&rsel=NW>

**Private Group – you must specifically join the group in order to receive notifications of upcoming walks.*

SAVE THE DATE

AVA 24TH BIENNIAL CONVENTION 2027 - SPRINGFIELD MO

June 28 - July 1

Pre-convention walks June 26-28

Post-convention walks and activities July 2-4

Astoria, Oregon
September 24-27, 2026
"Walking in the
Footsteps of Lewis and
Clark"
OTSVA hosted event



Astoria-Megler Bridge

SAVE THE DATE - 9/24-27/2026



The Astoria Column



*Columbia River
Maritime Museum*



*Wreckage of the Peter
Iredale-Hammond*

Flavel House

Northwest Region Walkfest "Walking in the Footsteps of Lewis and Clark"

Enjoy six new events in and around the seaside town of Astoria, Oregon. Come join us as we walk, hike, and bike this beautiful Northwest area where the mighty Columbia River meets the Pacific Ocean. There will be a social on Friday and a dinner on Saturday for you to connect with walking friends, old and new. Come explore with us!

MAKE YOUR RESERVATIONS NOW at Holiday Inn Express and Suites Astoria
204 West Marine Drive, Astoria, Oregon 97103

GROUP LINK: [Holiday Inn Astoria](#)
Or call at 888-898-6222 and mention Group code WCG

Northwest Region Walkfest “Walking in the Footsteps of Lewis and Clark”

In 2026 the AVA will be celebrating its’ 50th Anniversary. The AVA main web page has info on the 17 walk events being held across the US to celebrate this event. These walking events are open to anyone to join for a day or the entire length of the multi-day walkfest. The NW Region will be hosting a 50th Anniversary event, 'Walking in the Footsteps of Lewis and Clark' in Astoria OR. Located at the mouth of the Columbia River at the Pacific Ocean, Astoria is Oregon’s oldest city and the first permanent U.S. settlement west of the Rockies. In conjunction with the NW Regional Conference, the Oregon Trails State Volkssport Association will feature daily walks and social events.

Lodging: Holiday Inn Express and Suites, 204 W Marine Drive Astoria, OR 97103

Phone: 888-898-6222. When making reservations, please mention the group code **WCG**.

Note: We have a limited number of rooms reserved for this event. Rooms are either 1 king bed or 2 queen beds for \$199 per night. The reservation includes breakfast at the hotel. There are other lodging options available in Astoria and other small communities nearby.

Suomi Hall Registration/Pre-Registration Center

Address: 244 W Marine Drive Astoria, OR 97103

Registration/pre-registration Hours:

Thursday, September 24 through Saturday, September 26 - 8:00AM - 4:00PM

Sunday, September 27 - 8:00AM- 12:00PM

Friday, September 25 - *Meet and Greet* (pizza and salad) – estimated from 5:30-8:00 PM.

Saturday, September 26 - *Banquet Dinner* - 5:30PM -8:30 or 9:00PM. We will have an MC.

NOTE: These times may change as we get more information.

Tee Shirts:

There are short sleeve and long sleeve tee shirts with the logo shown below for the event: You'll be able to order them when you register. **Registration will open in May 2026.**



Note: Check Facebook and the Oregon Trails State Volkssport Association’s website for future updates. Thanks.



CVC Photo Gallery

Contributors: Ian and Julie Heath



Easter Walk 04/04/26



Prairie Line Trail, Yelm 04/09/26



Tacoma Downtown 04/16/26



Tacoma vs Ruston-Pt Defiance Park 4/11/26



Wild & Woodsy-Nisqually Wildlife Refuge 04/26/26



Eatonville 04/30/26



Flaming Geyser State Park 05/16/26



Scatter Creek WA 05/19/26



Hoquiam Walk 05/21/26