



# REGIONAL AVA NEWS AND INFORMATION

SHARON MOATS (RD) AND ED HAINLINE (DRD)

#2 September 8, 2021

Greetings on this wonderful early fall day. Hope everyone gets in some walking these cooler days!

The first item I would like to bring to your attention is the upcoming AVA "Big Give", our annual fundraiser. Currently 1/3 of our annual budget relies on this means of supporting our operations. Be sure to add it to your club agenda for discussion on how you might be able to support your Volkssport Association. Club and individual giving are encouraged. The actual "Big Give" day is September 23 which includes possible matching opportunities. You may mail your check to headquarters until October 31 to be included in this year's fund drive. Full info here: <https://www.thebiggivesa.org/organizations/american-volkssport-association-inc>  
Let's make the NW Region a big contributor to keep this fun activity going! More information will be forthcoming to clubs.

Thanks to all the clubs for getting their 2022 YR sanctions complete. I have attached a list of the walks that will not be available next year so you may want to walk them in the next months. Some will be returning later as there is so much construction currently going on that it creates unsafe walking conditions. So far there are 9 new walk routes sanctions and more in the pipeline. Thanks to all the clubs for working hard to add to our choices of places to walk!

I want to bring to your attention a Sanctioned Event walk that is too late for NWPathfinder Publication. On Tuesday, Oct 5, Four-Plus-Foolhardy Folks are planning a walk in Tukwila beginning at the Community Center. *This event was designed as a Memorial Walk honoring long-term walking enthusiast Mary Mantzarinis (passed away in February of 2021), who was a member of the Four-Plus Foolhardy Folks Volkssporting club, founding member of the Tuesday Trekkers and attended many activities at the Tukwila Community Center, as well as regularly walking Coulon Park in Renton. The walk will begin immediately following a tree-planting and bench dedication which takes place on the plaza on the south side of the Community Center.* (Start time is being verified) [https://clubs.ava.org/gen3/data/event\\_details.asp?eventid=119049](https://clubs.ava.org/gen3/data/event_details.asp?eventid=119049)

Two of our WA State Clubs are closing. Third Planet Volkstours (Dorman's club) is closing but the walks are being transferred to other clubs for 2022. Dorman is still active in other clubs and loves to design those patches. The All-Weather Walkers Club is joining with the neighbor club Vancouver USA. Most current members are members of both clubs. All 2022 YR Events will transfer to Vancouver USA.

For those traveling to Bend Oregon for the "SALUTE TO CENTRAL OREGON", the volunteer opportunities have just become available. Lots of good time slots to choose from:

<https://www.signupgenius.com/go/20f084fa4a823a2fa7-salute>

We have many upcoming multi-day events for you to enjoy in the NW Region:

- April 23-25, 2022, Wild and Woodsy in Lacey, WA. (Brochure and Registration attached)
- May 27-29, 2022, 2022 Canadian Volkssport Federation Convention in Penticton, BC, Canada  
The Canadian Volkssport Federation's Festival Committee would like to announce that the registration for our Canadian Festival being held in Penticton, (in beautiful) British Columbia, on May 27, 28, 29, 2022 is now open. We are very much looking forward to seeing all our Canadian and American walking friends in Penticton BC. It has been way too long. We will have full buses of attendees coming from Edmonton,

Alberta; Vancouver, British Columbia; and course Tater Tours will be attending also. We hope to see you here in Penticton and then again in Ashland, OR. I hope you will be our cheerleader to all the walking enthusiasts you know.

Please use the link in this sentence for information regarding Penticton, British Columbia, the festival and for the [registration form](#) to save your spot.

We look forward to Welcoming YOU.

Thanks

2022 Canadian Festival Committee

- June 16-19, 2022, Ashland, OR NW Regional Conference. Full information and registration here: <https://www.walking4fun.org/nw-region-conf-2022.html>

Hope to see many of you in Bend Oregon next week and on the walking trails in our NW Region.

Sharon Moats

NW RD

Ed Hainline

NW DRD

YR #	Title	Type	State		
Y0806	Portland Columbia River Bike Cruise	YRB	OR		
Y1714	Portland Eastbank Esplanade to Downtown	YRW	OR		
Y2413	Seattle Light -Rail SoDo Station	YRW	WA		
Y0814	Seattle - Capitol Hill Ghost Walk	YRW	WA		
Y0993	Yakima - Chesterley Park/Canal Path and Resid	YRW	WA		
Y2577	Crater Lake	SYRW	OR	Closes 9/30/2021	
Y2246	Tualatin Ibach Park	YRW	OR		
Y2662	Portland- Council Crest	YRW	OR		
Y1708	Portland - NE -Hollywood-Lloyd Center	YRW	OR		
Y0297	Portland - NW Parks	YRW	OR		
Y2593	Bellingham - Chanterelle Trail	YRW	WA		
Y2396	Talent City	YRW	OR		
Y1190	Silverdale-Old Town/Waterfront	YRW	WA		
Y2647	Maple Valley- Henry's Ridge Open Area	YRW	WA		
Y1525	South Central Federal Way Celebration Park	YRW	WA		

## NW Trek Wildlife Park Event

SN: **120452**

Distance: 5K, 10K Rated: 2A; Medium for wheelchairs and strollers, no pets.

Walk through the Northwest Trek Wildlife Park on paved trails and view the amazing animals.

**NW Trek Wildlife Park Event is on April 24 only**

**Tentative hours: 9:30 - 3 PM.** Look for updated hours at the Start Point. We suggest registering for this walk on Saturday or earlier.

## Meet & Greet: Friday, April 22

The River's Edge Restaurant  
4611 Tumwater Valley Dr. SE  
Tumwater, WA 98501

Snacks and no host full bar.  
**Open from 6:00 until 10:00**

## Event Dinner Buffet: Saturday, April 23

The River's Edge Restaurant  
4611 Tumwater Valley Dr. SE  
Tumwater, WA 98501

Choice of four entrees and no host full bar.  
**Doors open at 6 PM. Dinner is served at 6:30.**

**Be sure to check our website for detailed information and updates.**

[www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)

## Capitol Volkssport Club



## Olympia, WA

Friday, Saturday, and Sunday,  
**April 22 - 24, 2022**

**Friday Night - Meet and Greet**  
**Saturday Night - Dinner Buffet**  
**Sunday - Optional Northwest Trek Walk**

Join us in the beautiful Puget Sound Region for this three day event. There will be walks in The Olympic National Forest, state and city parks, and local neighborhoods. There are also bikes and many YREs that you might enjoy in the area, including city, country, beaches, and forests.

## Event Starting Point:

Washington Association of Sheriffs & Police Chiefs  
3060 Willamette Dr. NE  
Suite 200  
Lacey, WA 98516

## Hours:

Friday, April 22 - Noon - 5 PM  
Saturday, April 23 - 8 AM - 5 PM  
Sunday, April 24 - 8 AM - 5 PM

All of our event walks/hikes and YREs will be offered on the  
Online Start Box.

The Online Start Box is open April 18- 29. If you register for a  
walk/hike with the Online Start Box you **DO NOT** register at  
the physical start point or on the mail in registration form.

### The 9 walks for this event include:

#### Staircase Hike

SN: **119271** - Y2893

Distance: 5K, 10K - Rated 2C; Not suitable for wheelchairs and strollers.

**Staircase Rapids:** This route follows the swift moving water of the North Fork Skokomish River as it thunders over a series of boulder-strewn cascades, and during the spring run-off the route is especially impressive. The surrounding old-growth forest provides a beautiful backdrop to this captivating hike.

A National Park, or America the Beautiful Pass is required for parking.

#### Big Creek Hike

SN: **1192373** - Y2892

Distance: 7K - Rated 2C, 10K - Rated 3C; Not suitable for wheelchairs or strollers.

**Big Creek:** The Big Creek trail follows a winding route around the Big Creek drainage and up the lower slopes of Mount Elinor with an elevation gain of 900 ft for the 7K route or 1700 ft for the 10K route. The forested trail crosses cascading streams on sturdy bridges under the canopy of the Olympic National Forest.

A National Park or Forest Pass is required for parking.

#### Mima Falls Hike

SN: **120270** - Y2951

Distance: 7K, 10K - Rated 2C; Not suitable for wheelchairs or strollers.

**Mima Falls:** The Mima Falls Hike is located in the Capitol State Forest which is a beautiful recreation destination just a short drive from Olympia. This trail takes you through some lush forest and past verdant wet-lands to Mima Falls which are best viewed in spring when the creek is rushing over the small but lovely waterfall.

Washington State Discover Pass required for parking.

#### Millersylvania State Park

SN: **119275** - Y 2891

Distance: 5K, 10K, - Rated 1C

Walk through the forest and campground of Millersylvania State Park through wetlands and old growth forest on trails, gravel roads, and boardwalks.

A Washington State Discover Pass is required for parking.

#### Five Friendly Parks

SN: **119269** - Y 2895

Distance: 5K, 11K - Rated 1B; Not suitable for wheelchairs or strollers.

Starts at Friendly Grove Park and goes through shaded neighborhoods and gardens through a total of five Olympia Parks.

#### Here a Park, There a Park

SN: **119268** - Y2896

Distance: 6K, 11K - Rated 1B; Medium for wheelchairs and strollers.

Starts at Rainier Vista Park and goes to Wonderwood Park. Walk through peaceful neighborhoods and through two other Lacey Parks.

#### Priest Point Park

SN: **118899**, Y2921

Distance: 5K - Rated 1B, 10K - Rated 3B  
Not suitable for wheelchairs or strollers.

Walk in the woods and ferns of Priest Point Park. Views of Budd Inlet and the Capitol Building. Two 5K loops, one is fairly level, the other has several steep hills and steps.

#### Hawks Prairie Neighborhood Walk

SN: **119270**, Y2894

Distance: 5K - Rated 1A, 5K - Rated 1C, 10K - Rated 1C  
5K - 1A route suitable for wheelchairs and strollers.

Tour the Hawks Prairie area from the event start point through impressive neighborhoods, woods, and golf courses.

**Capitol Volkssport Club**  
**Wild and Woodsy in Washington**  
**Friday, April 22, 2022 through Sunday, April 24, 2022**

Please complete both sides of this form by typing or writing on it. **One person per form.**

Descriptions of walks and dinner menu are available at [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Zip/Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please note: Saturday night dinner reservations are limited to the FIRST 120 people to register and send payment. Registration form must be mailed by March 31, 2022.**

**You can purchase as many Northwest Trek tickets as you would like at this reduced price of \$15. Admission to the wildlife park is normally \$25 at the gate and \$22 online. You can bring guests at this reduced group rate, however, each participant will need to fill out a separate registration and waiver form.**

**Please put an "X" next to all of the activities you are registering for at this time.**

Activity:		Cost:	Amount:
X	Registration for Wild and Woodsy in WA	No charge	No charge
	Friday Night Meet-and-Greet Appetizers provided and a no-host bar	\$10	
	Saturday Night Dinner Buffet <b>Please choose ONE of the following entrees:</b>	\$35	
	<input type="checkbox"/> Miso Glazed Grilled Salmon		
	<input type="checkbox"/> Marinated Flank Steak w/ Mushroom Demi Glaze		
	<input type="checkbox"/> Pan-Seared Rosemary Chicken w/ Cream Sauce		
	<input type="checkbox"/> Vegetable Pasta Cavatappi (Vegetarian option)		
	Sunday Group Walk at Northwest Trek (5K and 10K both 2A)	\$18 (\$15 entry + \$3 walk credit)	
	-or- Northwest Trek Ticket (no walk credit)	\$15	
	<b>TOTAL FOR EVENT:</b>		

**For registration, please make checks (in US Funds) payable to: Capitol Volkssport Club**  
**Mail to: Pam Greig-Davis, 6623 Riviera Ct. SE, Lacey, WA 98513**  
**ALL SALES ARE FINAL AND NON-REFUNDABLE**

**Registration for walks will be available 4/18/22 – 4/29/22 using the Online Start Box (OSB) at [my.ava.org](http://my.ava.org). Registration also available at the event (PSB) – 4/22/22 – 4/24/22**

Please use **either** the Online Start Box (OSB) **or** in-person event registration (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.



**Capitol Volkssport Club  
Wild and Woodsy in Washington  
Friday, April 22, 2022 through Sunday, April 24, 2022**

Please complete both sides of this form. **One person per form.**

**Amateur Athletic Waiver and Release of Liability**

In consideration of being allowed to participate in any way in American Volkssport Association (AVA) volkssporting programs and related events and activities, the undersigned:

1. Agrees that before or during my or my minor child's participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the volkssporting program and the related events and activities of such conditions and refuse to participate;
2. Acknowledges and fully understands that each participant will be engaging in activities that could involve risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from my own or my minor child's actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known or not reasonably foreseeable at this time;
3. Assumes all the foregoing risks and accepts personal responsibility for the damages following injury, permanent disability or death;
4. Releases, waives, discharges and promises not to sue AVA, its affiliated clubs, their respective administrators, directors, agents, volunteers or employees, other participants, sponsoring agencies, sponsors, and advertisers, and if applicable, owners and lessors of premises used to conduct the event from demands, losses or damages on account of injury, including serious injury, permanent disability, or death, or damage to property, caused or alleged to be caused in whole or in part by the negligence of any such person or organization, or otherwise.
5. Members, please be aware that when you share photos, via digital image or otherwise, with AVA, such photos or images become the property of AVA and AVA, its legal representatives and assigns, retain the right and permission to publish any such photo or image in any written or electronic publication, including Checkpoint or TAW, on social media, websites or in audiovisual presentations, promotional literature, advertising or in any similar method.

The undersigned has read the above waiver and release, understands that I have given up substantial rights by signing it and sign it voluntarily. I further understand that if I place my name on the form upon which this waiver and release is printed, that I voluntarily agree that I understand that I have given up substantial rights.

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Signature

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Date

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Printed Name