



**The Capitol Volkssport Club
Welcomes you to
WILD & WOODESY in WASHINGTON
HERE A PARK, THERE A PARK**



Distances: 6K and 11K

Difficulty Ratings: 6K RATED 1A – A mostly-flat walk on sidewalks, paved paths, and road shoulders from Rainier Vista Community Park then visits neighborhoods to Wonderwood Park and back.

11K RATED 1B – Ventures further to the Chambers Lake Natural Area and returns via the Chehalis Western Trail, a former railbed converted to a multiuse trail.

Rainier Vista Community Park hosts soccer, baseball, tennis, volleyball, basketball and pickleball. Wonderwood Park is a natural woodland and was the first park in the City of Lacey. Locals like to hide painted rocks in Wonderwood Park. Chambers Lake Natural Area has ponds to process stormwater runoff. The Chehalis Western Railroad was owned by Weyerhaeuser and transported timber to Woodard Bay until 1993. The Walking With America's Veterans qualifier can be difficult to see due to a tree directly in front of the words on the building, so it's pointed out in the directions.

Pets are allowed on leash with owners responsible for cleanup. **Restrooms** are available at the start and 3K into the walk in Wonderwood Park.

Walk Registration

Registration takes place online using the AVA Online Start Box at my.ava.org. Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed.

Walk Completion and Walk Credit

Once you have physically completed the walk, please login to your Online Start Box account; click on the "My Start Box" tab; then the "Finish Table" tab; then click on "Go to Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate a stamped "virtual" insert card that you may print.

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Here a Park, There a Park

6K Rated 1A

Driving Directions: Southbound I-5 exit #109 turn right onto Martin Way E. Immediately move to the left two lanes. Left onto College St. SE. At the traffic circle, continue straight to stay on College St. SE. At the next traffic circle, take the 3rd exit (left) onto 45th Ave. SE. Turn right into the park.

Northbound I-5 exit #109. Left on Martin Way E. Left on College St. Continue as above.

Start point: Rainier Vista Community Park, 5475 45th Ave SE, Lacey, WA. Start at the side of the parking lot near the soccer field at the blue/green sign: LACEY PARK CULTURE & RECREATION. There are two such signs, use the one closest to 45th Ave.
Lat. 47.00575, Lng. -122.81191

Restrooms: Where the baseball fields meet.

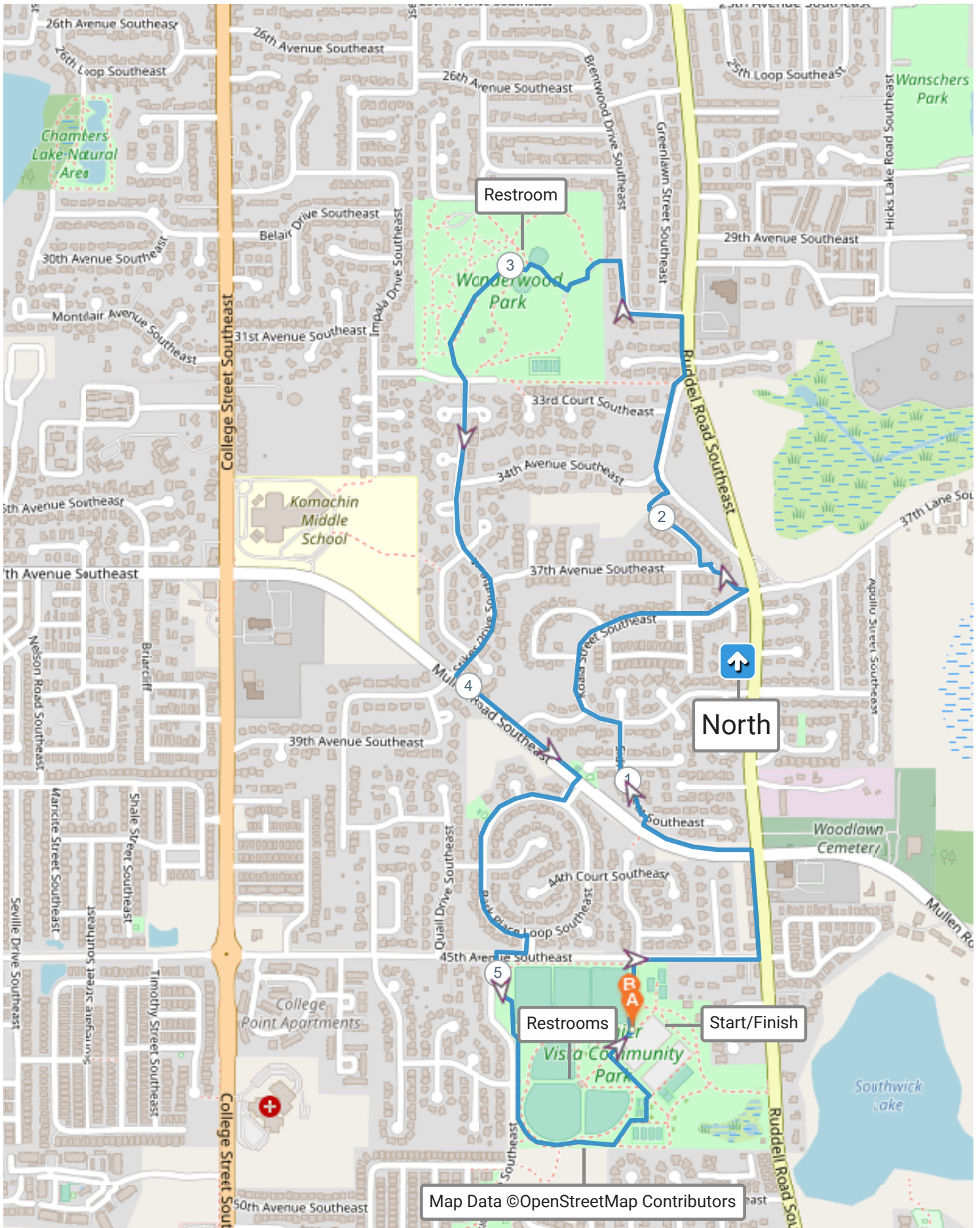


Event related assistance: Chase 360-584-6446

1. With your back to the sign, **STRAIGHT** on the sidewalk passing the soccer field toward the stop sign.
2. **RIGHT** on 45th Ave. to the stop sign.
3. **LEFT** on Ruddell Rd. to the traffic signal.
4. **CROSS and LEFT** on Mullen Rd.
5. At the Bike Lane sign on the street, **BEAR RIGHT** on a sidewalk that goes downhill and through a gap in the fence.
6. **LEFT** on Sidney St (unmarked).
7. Cross Craney Ct (**1K**) and **LEFT** on next street (unmarked 39th Ave)
8. **CONTINUE STRAIGHT** at the next cross street. This is now Koala St.
9. At the corner with a stop sign (Ruddell Rd), the building across Ruddell Rd is the American Legion state headquarters (**Walking with America's Veterans Challenge**).
10. **SHARP LEFT** on a curvy sidewalk uphill between trees (don't walk on Ruddell Rd).
11. At the first street, **RIGHT** around the circular end of 37th Ave.
12. **RIGHT** on Silver Maple Ct.
13. **RIGHT** on a curvy sidewalk at the end of Silver Maple Ct. (near the mailboxes). (**2K**)
14. **LEFT** on Ruddell Loop (unmarked).
15. **LEFT** on Ruddell Rd.
16. **LEFT** on Brentwood Dr (the second street).
The Brentwood Dr street sign can be difficult to see because it's covered by a tree.
17. **LEFT** on the first road (entrance to Wonderwood Park). Walk on the right side and on the asphalt sidewalk at the park gate.
18. **KEEP LEFT** at the first Y (Wonderwood Park sign).
19. Follow the sidewalk as it turns away from the road, goes along the parking lot and between the baseball fields to a **restroom** building. Be aware of the uneven concrete from tree roots.
20. **LEFT** at the Y to pass the restrooms.
21. **KEEP RIGHT** alongside the bathrooms and **CONTINUE STRAIGHT**.
22. **LEFT** at the T. (**3K**)
23. **BEAR LEFT** (toward the yellow gates) when the asphalt path makes a sharp right turn.
24. **CAREFULLY CROSS** the parking lot. Exit the park and walk on the Stikes Dr sidewalk.
25. **LEFT** on Mullen Rd (stop sign). (**4K**)
26. **RIGHT and CAREFULLY CROSS** Mullen Rd at the crosswalk just before Park Place Loop (which is only on the right side).
27. **BEAR LEFT then STRAIGHT** on Park Place Loop.
28. **RIGHT** at the T (also Park Place Loop).
29. **CROSS** 43rd Ct/Ave.
30. **RIGHT** at the next unmarked street (Park Place Loop) to exit this neighborhood.
31. **RIGHT** on 45th Ave for about half a block.
32. **LEFT** on Parkside Dr. (**5K**)
33. **LEFT** on the first paved path (not the sidewalk).
34. **RIGHT** on the next path.
35. **CONTINUE FORWARD** on this path as it follows Parkside Dr then curves left around the baseball field.
36. **LEFT** at the Y around the tennis courts.
37. **LEFT** on the next path (at the drinking fountain).
38. **LEFT** on next path. Return to start point.

Don't forget to log back into the OSB system to "finish/complete" your online registration

Here A Park, There A Park 6K



Here a Park, There a Park 11K Rated 1B

Driving Directions: Southbound I-5 exit #109 turn right onto Martin Way E. Immediately move to the left two lanes. Left onto College St. SE. At the traffic circle, continue straight to stay on College St. SE. At the next traffic circle, take the 3rd exit (left) onto 45th Ave. SE. Turn right into the park.

Northbound I-5 exit #109. Left on Martin Way E. Left on College St. Continue as above.

Start point: Rainier Vista Community Park, 5475 45th Ave SE, Lacey, WA. Start at the side of the parking lot near the soccer field at the blue/green sign: LACEY PARK CULTURE & RECREATION. There are two such signs, use the one closest to 45th Ave.

Lat. 47.00575, Lng. -122.81191

Restrooms: Where the baseball fields meet.



Event related assistance: Chase 360-584-6446

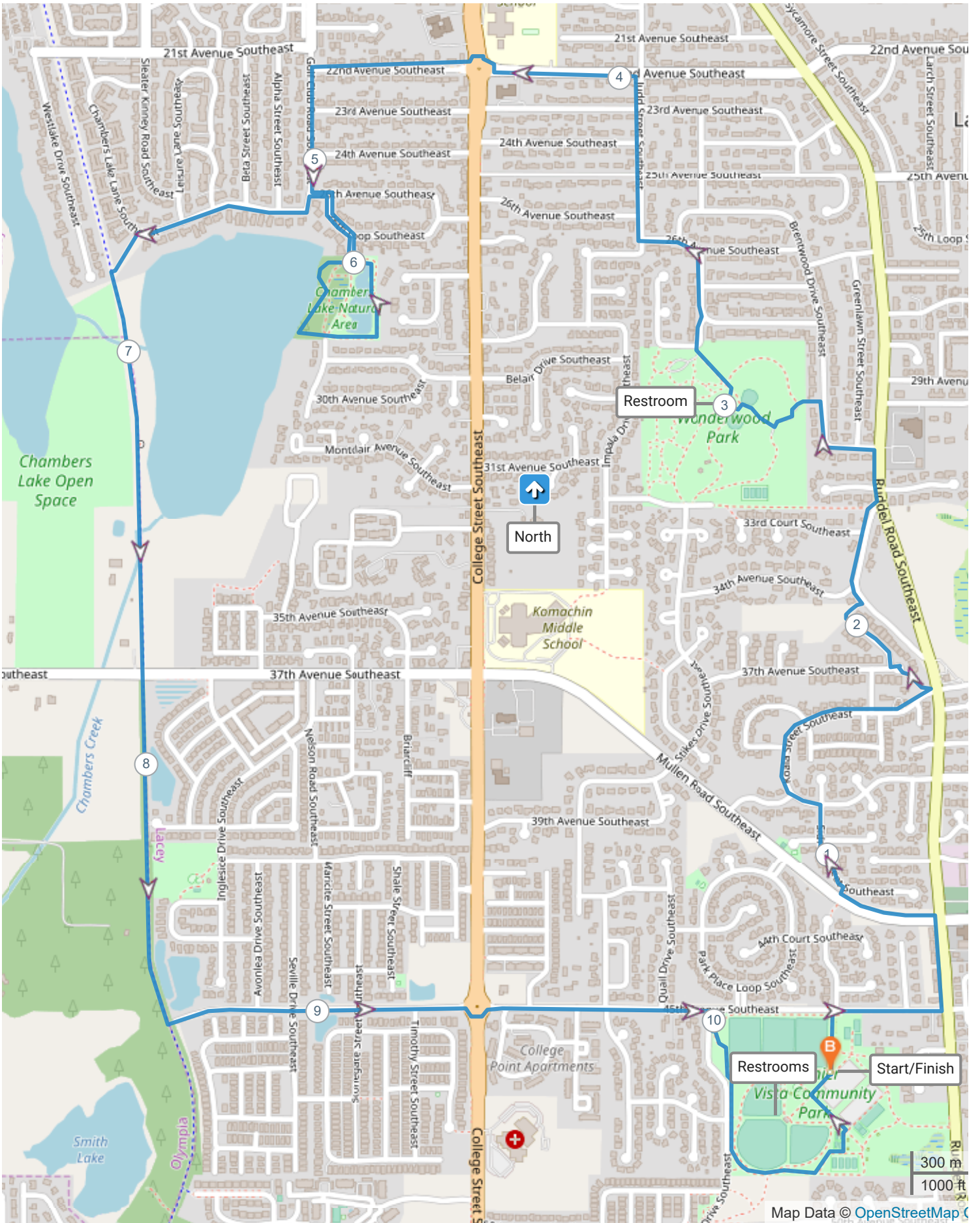
1. With your back to the sign, **STRAIGHT** on the sidewalk, passing the soccer field, toward the stop sign.
2. **RIGHT** on 45th Ave. to the stop sign.
3. **LEFT** on Ruddell Rd. to the traffic signal.
4. **CROSS and LEFT** on Mullen Rd.
5. At the Bike Lane sign on the street, **BEAR RIGHT** on a sidewalk that goes downhill and through a gap in the fence.
6. **LEFT** on Sidney St (unmarked).
7. Cross Craney Ct (**1K**) and **LEFT** on next street (unmarked 39th Ave)
8. **CONTINUE STRAIGHT** at the next cross street. This is now Koala St.
9. At the corner with a stop sign (Ruddell Rd), the building across Ruddell Rd is the American Legion state headquarters (**Walking with America's Veterans Challenge**).
10. **SHARP LEFT** on a curvy sidewalk uphill between trees (don't walk on Ruddell Rd).
11. At the first street, **RIGHT** around the circular end of 37th Ave.
12. **RIGHT** on Silver Maple Ct.
13. **RIGHT** on a curvy sidewalk at the end of Silver Maple Ct. (near the mailboxes). (**2K**)
14. **LEFT** on Ruddell Loop (unmarked).
15. **LEFT** on Ruddell Rd.
16. **LEFT** on Brentwood Dr (the second street). The Brentwood Dr street sign can be difficult to see because it's covered by a tree.
17. **LEFT** on the first road (entrance to Wonderwood Park). Walk on the right side and on the asphalt sidewalk at the park gate.
18. **KEEP LEFT** at the Wonderwood Park sign.
19. Follow the sidewalk as it turns away from the road, goes along the parking lot, and between the baseball fields to a **restroom** building.
20. **BEAR LEFT** to pass the restrooms.
21. **KEEP RIGHT** at the Y.
22. **RIGHT** at the T. (**3K**)
23. **KEEP LEFT** at the next three intersections.
24. **BEAR RIGHT** on the park exit road.
25. **CONTINUE STRAIGHT** on unmarked Sunset Dr. (cross street is Maple Hills Dr).
26. At the Y (28th Ave), **LEFT** on unmarked Sunset Dr. to the stop sign.
27. **LEFT** on 26th Ave.
28. **CROSS and RIGHT** on Judd St at the T.
29. **LEFT** on 22nd Ave (**4K**) to the roundabout.
30. **RIGHT** to cross 22nd Ave and then **BEAR LEFT** to the College St crosswalk.
31. **CAREFULLY CROSS** College St.
32. **CONTINUE** on 22nd Ave to its end.
33. **LEFT** on Golf Club Rd. (**5K**)
34. **LEFT** on 26th Ave.
35. **RIGHT** on 26th Loop.
36. **RIGHT** on Lakeside Dr.
37. **RIGHT** on bark trail.
38. **CROSS** asphalt path and **CONTINUE STRAIGHT** on gravel trail.
39. **LEFT** before yellow posts to stay in park.
40. **RIGHT** on asphalt path / Lakeside Dr. (**6K**)
41. **LEFT** at Y on 26th Loop (unmarked).
42. **LEFT** on 26th Ave.
43. **LEFT** on Golf Club Rd, which curves right to become Chambers Lake Dr.
44. Just before the gate in the road, **LEFT** on the sidewalk trail through the mini park.
45. **LEFT** on paved trail (unmarked Chehalis-Western Trail). (**7K**)

**Here a Park, There a Park
11K Rated 1B**

46. **CAREFULLY CROSS** 37th Ave and continue on the paved trail. **(8K)**
47. **LEFT** on the paved trail/street (unmarked 45th Ave trailhead).
48. **CAREFULLY CROSS** College St and continue on 45th Ave. **(9K)**
49. **CROSS and RIGHT** on Parkside Dr. **(10K)**
50. **LEFT** on the first paved path.
51. **IMMEDIATE RIGHT** at the intersection.
52. **CONTINUE FORWARD** on this path. It will eventually curve left behind the baseball field.
53. **LEFT** at the Y just before the tennis courts.
54. **LEFT** on the next path (drinking fountain).
55. **LEFT** on next path. **RIGHT** to return to start.

Don't forget to log back into the OSB system to "finish/complete" your online registration

Here A Park, There A Park 11K



ESVA/OTSV/AVA SPECIAL CHALLENGE PROGRAMS - 2026

For more information on ESVA go to: <http://www.esva.online/challenges/>

WALK NAME:		WALK NUMBER:		
Here a Park, There a Park		3767		
CURRENT ESVA SPECIAL PROGRAMS				
Please note the years [in brackets] that each challenge is active.				
39 COUNTIES - (ONGOING)	Thurston			
DISCOVER YOUR STATE AND NATIONAL PARKS [2026-2028]				
TELL ME A STORY [2025-2027]				
THAT'S ENTERTAINMENT [2024-2026]	CULTURAL	FAIRS, FESTIVALS, ARCADES	CRAFTS/HOBBIES	SPORTS VENUES
PREVIOUS ESVA SPECIAL PROGRAMS				
Patches for books received past the end date will be sent while supplies last. No refunds.				
FRONTLINE HEROES [2021-2023]	MEDICAL CENTERS	DELIVERY SERVICES	SUSTENANCE PROVIDERS	ESSENTIAL SERVICES
ON THE ROAD AGAIN [2022-2024]	ONLY APPLIES TO TRADITIONAL EVENTS			
STROLLING ALONG THE RIVERS [2023-2025]				
CURRENT OTSVA SPECIAL PROGRAMS				
For more information on OTSVA go to: https://www.otsva.org/challenges.html				
BUTTERFLY [2026-2028]				
PEACE POLES [2024-2026]				
CURRENT AVA SPECIAL PROGRAMS				
For more information on AVA go to: https://cb.ava.org/specprog.php				
Most programs allow the participants up to 12 months from the official end date to complete.				
50 STATES/51 CAPITALS	[ONGOING]	Washington		
A-Z (Walking the US A-Z)	[ONGOING]	Lacey		
A-MAZ-ING LABYRINTHS	[2024-2026]			
ANNIVERSARIES HURRAH	[ONLY 2026]	All AVA sanctioned events qualify for Anniversaries Hurrah.		
GRAIN ELEVATORS: MONARCHS OF THE PLAINS	[2025-2027]			
IVV-AMERICAS	[2022-NO END]	All AVA sanctioned events qualify for the IVV-America's Special Program.		
LIGHTHOUSES II	[2023-2025]			
PAR FOR THE COURSE	[2023-2025]			
RAILS TO TRAILS	[2022-2025]			
STEP TO THE BEAT	[2024-2026]			
WALKING WITH AMERICAN VETERANS	[2021-2027]	At instruction #9		
WALKING WITH THE WILD THINGS	[2025-2027]	6K Gnomes spotted when Stikes Dr crosses 38th Ct (look left)		