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## Welcome back!

*And, we're OFF!!! Sokol Washington D.C. is off to a big start in October with two great race events for the competitive and those who just want to have an easy time. Additionally, we'll be hosting our Annual Membership Picnic and other great events. Plus, thanks to our partnership with the Embassy of the Czech Republic, our language school is back in action. See inside for information.*

*For all in-person events, we will follow the state and local guidelines for health and safety. However, you must make the best decision for you and your family. Please bring masks. The wearing of masks may not be mandatory according to state and local guidelines, but please bring one just in case and maintain social distance. Please, if you are not feeling well or have any cause for concern do not attend and seek medical care. In addition, please let us know that you are coming. It helps our planning and we can let you know if an event has to be cancelled at the last minute. Contacts for each event are listed in the event listing below.*

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### ONGOING

Make a Difference - Support Sokol Washington, D.C.

[American Sokol Library and Archival Museum](#)[Sokol Washington, D.C. Facebook](#)[Join American Sokol Washington D.C. and Become a Member](#)[Thank you](#)

## 14th ANNUAL KOZAK MEMORIAL CYCLE RIDE

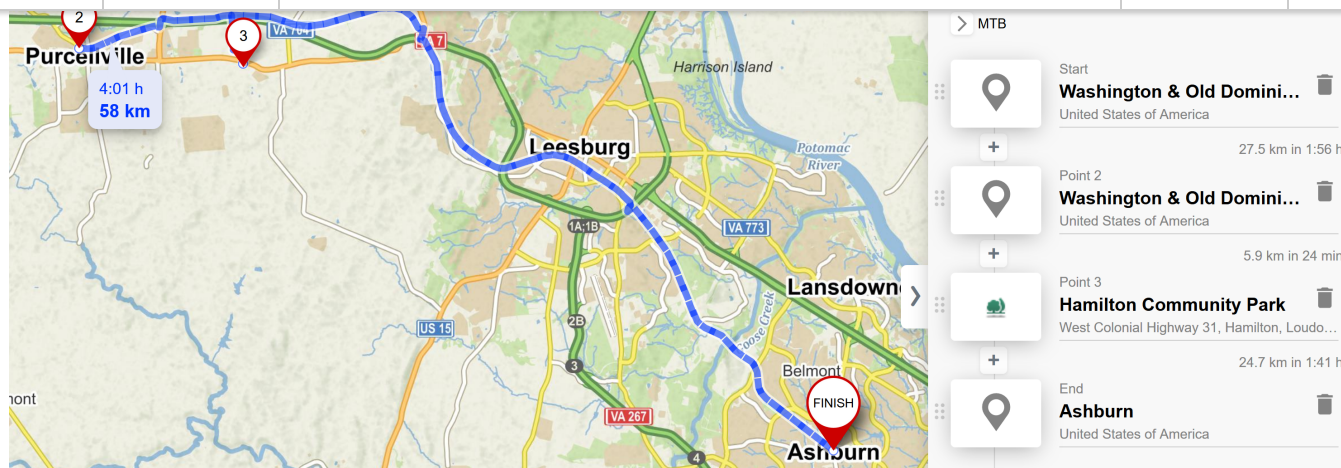
### Long and Short Route



In 2007, our Unit held the first of what has become an annual bike ride held in memory of our member, Brother Libor Kozák, who tragically lost his life while descending Mt. Everest. Libor was a great sports enthusiast; thus, this event fittingly honors his memory.

The bike ride leads through the beautiful landscapes of Northern Virginia and southern Maryland. Routes vary in length to accommodate bikers of all ages and abilities. As usual, we will do a potluck picnic at Hamilton Park, VA. We hope you can join us!



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Please register right away to Michal Jarnick at [mjarnick@gmail.com](mailto:mjarnick@gmail.com).

**Younger kids** or those interested in a shorter route will be led by the Director of Men (Miro Honzak). Instructions: Meet at 9:45 am on Saturday, Oct. 3, in Leesburg at the intersection of Harrison St. SE and the Washington and Old Dominion Trail ([Google map link](#)) and bike to Hamilton Community Park, Hamilton, VA (13 km) or both ways (26 km)

[Read it on Facebook](#)

**WHEN:** Saturday, October 3, 2020 (Rain date: October 4)

**WHERE: Route:** [Ashburn Rd. and Washington Old Dominion rail-to-trail](#)

The main start is on the intersection of Ashburn Rd. and Washington Old Dominion rail-to-trail at 9 am for 57km long bike ride. A few people will do 100km or miles.

**Kids/Shorter Route:** [Old Dominion rail-to-trail and other parts of Northern Virginia/Southern Maryland](#).

Youngest riders will start at Leesburg at the intersection of Harrison St. SE and the Washington and Old Dominion Trail for shorter options (26km or less total), and we all meet at Hamilton Community Park, VA for a short break and refreshment. Tune your bike and see you there!

## Czech Embassy Bike Challenge

Now through Wednesday, October 28



Cycle 19.18 km to mark Czech Independence Day and explore other great points of interest in DC. For all ages.

### About this Event

The Embassy of the Czech Republic invites you to join the first annual Czech Embassy Bike Challenge. Cycle 19.18 kilometers to mark Czech Independence Day, which was established in the year 1918 and explore other great points of interest associated with the Czech Republic and its history around Washington, DC. The Challenge is open to everyone, young or old, and full of sportsmanship or thirst to learn, during the race period between September 28 – October 28, 2020.

**EVENT DETAILS:****DATES:** September 28 – October 28, 2020**Start:** Chesapeake and Ohio Canal Towpath (gravel trail) in Georgetown under the Key Bridge ([map](#))**Finish:** Mile 13 Marker at the Great Falls on Chesapeake and Ohio Canal Towpath – before Lock 15 ([map](#))**OUTDOOR MOVIE NIGHT**

at the Embassy of the Czech Republic

**Thursday, October 8 at 6:30 pm**Hosted by the Czech Embassy in partnership with American Sokol  
Washington, DC (ASW)**Sokol Memorial Day Celebration and Film Screening****PROGRAM:**

- 6:30-7:00 pm - **Check-in, Beverages**
- 7:00-9:00 pm - **Welcome Remarks** and **Candle Lighting** in memory of Sokols who died in the resistance during WWII; and **Movie Screening**

**IMPORTANT** - Information and COVID-related Restrictions:

*This event is limited to the first 50 people, RSVP required; no walk-ins; registration fee refundable if the organizer is notified in advance; to enter, you must wear a mask.* No large bags are allowed. Small purses may be checked as you pass through security for entrance. RSVP confirmation and photo ID required. Guests may be subject to temperature checks.



- *Bring warm clothes and/or blankets, the program will be outdoors;*
- *Available drinks: hot beverages and water*
- **Rain date: October 15**

[Read it on Facebook](#)**REGISTRATION FEE:** \$5/ASW member, \$10/non-member**RSVP:** [eventbrite registration](#)**Where:** CZ Embassy, Spring of Freedom Street, Washington, DC**When:** [Thursday, October 8](#), 6:30 pmFor additional information contact [events@sokolwashington.org](mailto:events@sokolwashington.org).**SOKOL MEMORIAL DAY (Památný Den Sokolstva)****Thursday, October 8**

Each year the Czech Sokols commemorate October 8th as a reminder of the tragic events in the organization's history. On the night of October 7, 1941, the "Sokol Action" was launched by a Decree of Reinhard Heydrich, Reich Protector of Bohemia and Moravia. The Decree's orders were to arrest and subsequently deport Sokol representatives to concentration camps and to paralyze the organization's resistance activity. Hundreds of Sokol members were arrested, the organization was dissolved and its property was confiscated in the following days. As written in the Brno Daily:

*"According to the later testimony of Constantine von Neurath in the Nuremberg trial, Sokol was the most dangerous organization that the Nazis logically had to eliminate. The Nazi intervention against Sokol almost meant liquidation," said Michal Dolezel, deputy president of Sokol Brno.*



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members were executed during the Nazi totalitarian regime, and another 8,000 were imprisoned. "As Sokol was an integral part of Czech society, the attack by the Nazis was not only an attack on Sokol but on the very essence of Czech statehood and the principles of interwar democracy," Dolezel explained.

During 2018, the Civic Democratic Party proposed the inclusion of Sokol Memorial Day as an "Important Day" of the Czech Republic. In January of 2019, the Senate of the Czech Republic approved October 8th to be recognized as Sokol Memorial Day. President Milos Zeman signed the legislation making this the first official Sokol Memorial Day recognized by the entire Czech Republic.

On October 8, 2019, during the reverence gathering, Hana Mouckova, the president of COS remarked, "The Memorial Day of the Sokols is not dedicated solely to the victims of the struggle for regaining freedom and independence of the Czechoslovak state during the Nazi occupation and World War II. It is a tribute to all members of Sokol who gave their lives for freedom and democracy in the almost 160 year existence of our association."

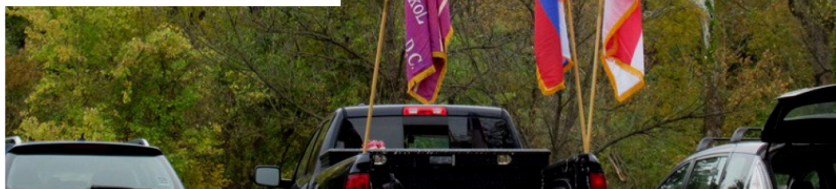
At the October 22, 2019, Executive Board meeting of the American Sokol, the motion was approved that American Sokol will observe Sokol Memorial Day. We share our roots with Czech Sokols and together we will always remember October 8th with Sokols around the world.



## Annual Membership Picnic



**SATURDAY, OCTOBER 17**



Sokol members and friends of all ages meet at Fletcher's Boat House on the C&O Canal in Washington DC to enjoy games, boat rides on the canal, and, of course, the yummy klobasy and other traditional delicacies – all complimentary.

Over the years, the Membership Appreciation Picnic has become one of our most enjoyable events.



[Read it on Facebook](#)

Please register by sending an email: [events@sokolwashington.org](mailto:events@sokolwashington.org)

**WHEN:** Saturday, October 17. 12:00PM - 5:00PM (Rain Date Sunday October 18)

**WHERE:** [Fletcher's Cove Boat House](#) 4940 Canal Road, NW, Washington, DC

**REGISTER/CONTACT:** [events@sokolwashington.org](mailto:events@sokolwashington.org)

## The Sokol 5K Run for the Republic! Wednesday, October 28. Registration open until Monday, October 5.

### SOKOLSKY BEH REPUBLIKY



One hundred and one years ago, Sokol members organized an anniversary run for the young Republic of Czechoslovakia (the year 1919). The organizers had a similar idea to the relaying of the Olympic torch, only instead of a flame, they were conveying greetings to the first president of the Republic, T. G. Masaryk. For the second year, Sokol organizations have rejuvenated this idea and are organizing runs in many locations. The American Sokol Washington D.C. would like you to join this event on Wednesday, October 28, 2020, at 5:30 pm.

**The registration deadline is October 5.** Register at [behrepublikyid.cz](http://behrepublikyid.cz) for the 5K race at Washington DC (in Czechia) or contact Dasa Merkova [events@sokolwashington.org](mailto:events@sokolwashington.org)

**Registration Fee:** \$10 adults, Free short race for kids (up to 15-year-olds), [tshirt](#) (optional \$16)

**WHEN:** Wednesday, October 28, 2020. 5:30 pm

**WHERE:** Meadowbrook Park



## Pediatric/Geriatric Marathon

October 31 (rain date November 1)



Sokol Washington members and friends meet everyr year on a pleasant October day to walk along the C&O Canal in our Pediatric/Geriatric Marathon. As the name suggests, it is an event for all ages and skill levels, and the walking distance is self-determined. We hope you can join us!

Meet at Violette's lock and walk towards Harper's Ferry and back, 42 km 195 m.

**Option for younger kids:** Split marathon mileage in your family or a group. Example: group of 10 people can each walk only 4. 2195 km!

**Meet at 8:50 am, start 9:00 am sharp.**

Along CO canal,

[Starting Point](#)

Violette's lock, we go towards Harper's Ferry and back, 42 km 195 m.

## 30 Day 10,000 Steps-A-Day Challenge



How far can 29 people walk, crawl, in-line skate, swim, run, hop in 30 days?

We made it across Slovakia, The Czech Republic and the continental United States. We covered 3,359 miles/5,406 kilometers from August 15 - September 13. We made it across all three countries with 83 km's to spare.

We'll do this fitness challenge again. Please join us and let's get across all of Europe and Asia, too. Heck, let's make it all around the globe. The only thing keeping us from doing it is YOU!!!!

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## Monthly Membership Meeting

**Wednesday, October 7, 8:00 pm**

The meeting will be available virtually through Zoom.

Please respond to [sokol@sokolwashington.org](mailto:sokol@sokolwashington.org) if you would like to participate. All members and non-members are welcome to join.

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## Meet the 2020/21 American Sokol Washington, D.C. Board of Directors



President

MILOS TOTTH





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## CZECH AND SLOVAK SOKOL SCHOOL 2020



The Czech and Slovak School had a great start to the school year at the Czech Embassy with all health safety measures in place. There are three classes; a grammar class, a conversation class and Kindergarten. There are 8 children in each class, which is the maximum allowed at this time. After the language class, children continue with art and yoga classes following Sokol's motto "*A sound mind in a sound body.*" In the month of September, we learned about Svatý Václav / St. Wenceslav - patron saint of the Czech nation, and we commemorated Czech Statehood Day, September 28th. After the long summer break, the children and the teachers are glad to be back and are enjoying all the activities.

For those who would like to join our kid's yoga classes from home, please contact Lucie Berankova [school@sokolwashington.org](mailto:school@sokolwashington.org), and she will send you the ZOOM link.

Kids yoga classes will be on October: 2, 16, and 30th at 8 pm

Due to Social Distancing and capacity regulations, all spots for Czech in-person learning for children have been filled. We regret the inconvenience, but due to Covid-19, our capacity is less than usual. If you are interested in getting your children on the waiting list for either Czech or Slovak language classes, please reach out to Lucie Berankova at [school@sokolwashington.org](mailto:school@sokolwashington.org)

As soon as we can safely open both our Czech and Slovak schools in full, we plan to do so. In the meantime, please follow this monthly newsletter and communications from Lucie and her team.

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### American Sokol Library and Archival Museum

Would you like to get rid of documents, photos, art, books, collections, merchandise, technical material and articles that are inherently valuable and significant to the Sokol movement, its founders, members, culture, philosophy, 150 years of history in America and 70 years of history in Washington, D.C. metropolitan area

**CONTACT:** [media@sokolwashington.org](mailto:media@sokolwashington.org)

### Make a Difference - Support Sokol Washington

Please give us your consideration when you are deciding on your donations.

All your contributions to the American Sokol Washington, D.C., a 501(c)(3) non-profit organization, are charitable tax-deductible contributions.

 **DONATE NOW**

**SUPPORT SOKOL**  
through a tax-deductible donation

### Shop with Amazon Smile, earn money for Sokol Washington

Please support us every time you shop at Amazon, at no cost to you. **AmazonSmile** is a simple and automatic way for you to support us! You only need to select (Search) American Sokol Washington, DC before you begin shopping on your first visit to AmazonSmile.

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*Your Smile will directly benefit all our activities and is greatly appreciated!*

### Sokol Washington, DC Facebook

Sokol Washington, D.C. offers additional ways for members to communicate and stay informed about additional events we may not include in our monthly newsletters.



Please check out American Sokol, Washington D.C. on Facebook: [See us here](#)

If you have a cultural, folk, educational or sporting/athletic event you would like to share with our members, please **CONTACT:** [media@sokolwashington.org](mailto:media@sokolwashington.org).

### Join Us and Become a Member

Thank you for your interest in becoming a member of Sokol Washington.

#### Benefits to our Unit

Your membership dues enable our Unit to continue our many programs – sports, outdoor, social, cultural and educational.

#### Benefit to You

Membership in our Unit has a number of benefits – discounts at all our social events; free participation in gymnastics for youth; and for adults, and free participation in pick-up volleyball.

#### SOKOL WASHINGTON MEMBERSHIP DUES



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- Family Membership I. (one adult voting / all children up to 26 years & one non-voting adult) \$30.00
- Family Membership II. (two adults voting / all children up to 26 years) \$80.00
- New Member/Reinstated One-time Administrative Fee waived

**CONTACT:** [membership@sokolwashington.org](mailto:membership@sokolwashington.org)



We would not be able to flourish as an organization without the constant help of our many volunteers. American Sokol. That's why it's important that all members and friends, at least from time to time, offer their contribution to help our Sokol Unit thrive. Our Unit can be only as good as our members' participation in its activities.



#### KEEP IN TOUCH

We value you as our audience! Stay engaged and informed about our oncoming an educational, cultural, folk or sporting events and do not miss our MailChimp campaigns. Please make sure that our e-mail [sokol@sokolwashington.org](mailto:sokol@sokolwashington.org) is included in your Contacts/Mailing list and does not end up in your Spam or Trash box

Washington, D.C. Chapter, is a 501(c)(3) a non-profit organization and all of its officers are volunteers.

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