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Fall is here. Was anyone else excited when that big storm came through late last week and immediately the temperature and the humidity dropped? It's still early but tips of the tree leaves are starting to turn a little red, yellow, orange, etc.... But what we are really excited about is that come fall, American Sokol Washington D.C. starts to heat up. Just read on to see all of the great events we have planned for October and beyond.

As a reminder, for all in-person meetings, we will follow CDC and local guidelines. If you or any member of your party feels ill or has been exposed to Covid-19, please stay home and follow the appropriate guidelines.

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Membership Appreciation Picnic, October 16th

Walking Memorial, October 23rd (Rain day October 24th)

Winter Ski Trip, Hunter Mountain New York - December 26 - January 2

Ski Swap at Alpine Ski Shop in Sterling, VA October 16 & 17

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ONGOING

[Join Us and Make a Difference - Support Sokol Washington, D.C.](#)

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Thank you

MONTHLY MEMBERSHIP MEETING TUESDAY, OCTOBER 5, 8:00

PM

Please join us at our Monthly Membership Meeting, share ideas, and participate in planning future events. It is your opportunity to play a part in shaping the future of our unit and meet our newly elected board.

Please respond to sokol@sokolwashington.org if you would like to participate.

All members and non-members are welcome to join. We meet every 1st Tuesday of the month.

Little Falls Community Library

5501 Massachusetts Ave.

Bethesda, MD 20816

THANK YOU

American Sokol Organization for awarding us the **2021 Foundation Grant** to Revamp our American Sokol Washington DC Website and our newsletter. The grant will help us revamp content pages within www.sokolwashington.org and help us in producing the monthly newsletter. We are working on further updates on the site.

VOLUNTEERS NEEDED

We are looking for volunteers who are familiar with WordPress and willing to help us with the upkeep of our website, Facebook, or Instagram posts, plus writing newsletter articles.

Sokol provides an official confirmation letter upon request after one volunteers, which is suitable for community service hour requirements and also resumes and recommendation letters for colleges.

Contact sokol@sokolwashington.org

THANK YOU 2020/21 BOARD OF DIRECTORS

We have a debt of gratitude to give to all those who have served on the 2020/21 Board of Directors. As you are all aware starting in March 2020 our world changed drastically with Covid-19. However, Sokol Washington D.C. safely stayed active and held numerous events and often times lent a hand to those in need. Many thanks to the outgoing board and the volunteers that made 2020/21 perhaps the most successful year we have ever had.

MEET THE 2021/22 BOARD OF DIRECTORS



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HURRY AND REGISTER FOR Sokol Run



Registration deadline extended to **October 5th**

The length of the course is 5km. Kids race 600m.

[T-shirt orders](#) only via registration sites, no additional sales after the deadline.

RACE DATE: Sunday, October 24, check-in from 7:30 a.m.

Everyone will get a commemorative medal.

REGISTER at behrepublikyid.cz for the 5K race in Washington, DC

CONTACT: Dasa Merkova events@sokolwashington.org for additional information.

Individual Challenge is available. If you are not able to join us at the local park at this time contact Dasa for an individual race packet. You can also register for the race and obtain official registration as an individual challenge and run when and where you can. Local pickup is available. For others from out of town, contact Dasa at events@sokolwashington.org

Bring your own refillable water bottle, please.

Invite your friends.

WE RUN RAIN OR SHINE!

[REGISTER HERE](#)

ANNUAL KOZAK MEMORIAL

Bike Ride



WHEN: **Saturday, October 2nd** at 9 am, rain date October 3rd

CONTACT: mjarnik@gmail.com

WHERE: Start at the parking lot of intersection [W&OD trail and Ashburn Rd](#)

Riders can join different groups to ride to Purcellville and then back to Hamilton Community Park (VA) for a potluck picnic at Hamilton community park shelter 11 am -2 pm. We hope you can join us. The suggested donation is \$3/person. Will collect your potluck contribution at 8:45 am at the start (parking lot on intersection of W&OD trail and Ashburn Rd.), where is the beginning of all standard route choices (50km, 100km, 100mi, ask the organizer for directions and timing)

I would like to register for a bike ride. The number of people: Please, send me info about route options.

Family route choice (shortest option) -- Will be led by Miro Honzak. Please register for this option at mens.director@sokolwashington.org.

This group will meet at 9:45 am on **Saturday, October 2**, in Leesburg at the intersection of Harrison St. SE and the Washington and Old Dominion Trail (Google map link) and bike with to Hamilton Community Park, Hamilton, VA (13 km) or both ways (26 km).

8:45-9:00 am - Collection of food for a picnic at the Asnburn parking lot

9:45 - Collection of food at Leesburg (at Harrison st.)

11:00 am - 2:00 pm - Hamilton Park picnic

RAIN DAY: October 3

MEMBERSHIP APPRECIATION

Picnic



Traditionally, a weekend day in October is reserved for the Membership Appreciation Picnic.

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

Meet at Fletcher at House

WHEN: Saturday, October 16, 2021 12:00 - 5:00 pm (Rain date: October 17)

WHERE: [Fletcher Boat House](#)

CONTACT: events@sokolwashington.org

FAMILY-FRIENDLY

Walking Marathon

SATURDAY OCTOBER 23





Join us for this year's (19th) autumn geriatric marathon on Saturday, October 23. The route is, as usual, along the C&O canal of Violette's Lock (mile 22) to the west, 13 miles there and 13 miles back, for a total of 26.218 miles, 42.129 km.

It is an opportunity to walk freely and share personal stories with friends while enjoying the views of the free-flowing river shining in the autumn sun and gold leaves ringing down a lighted tunnel through a tree-lined alley. What could be more beautiful?

We ordered beautiful weather.

For those who prefer a shorter trail, there is an option of a half-marathon, from Violette's Lock there and back; or a one-way trip to White's Ferry.

Rain day is October 24, 2021

Who does not start will not finish!

WHEN: Saturday, October 23, 2021, meeting 8:50 am, start 9:00 am

WHERE: <https://www.canaltrust.org/pyv/lock-23-parking/>

CONTACT: kleinp@epilepsydc.com

RECAP

Camping, Canoeing/Kayaking & Hiking in the Shenandoah Mountains

Members and friends of ASW enjoyed the three-day Labor Day weekend enjoying camping, watersports and hiking in the Shenandoah Mountains. Over 30 participants canoed/kayaked for one or two days. About 25 people camped overnight for one, two, or three nights and all had a great time. The trip culminated with a Monday hike to a natural waterslide.

Be on the lookout for the late spring camping trip next year as well as our Members Weeklong Winter trip to Hunter Mountain New York already posted in this newsletter.



Jakub Kohlmayer-best player of the Volleyball Tournament in Hlubocany

This summer, Sokol members Radovan, Andrea, and Jakub Kohlmayer represented our Sokol unit in a volleyball tournament held in the Czech city of Hlubocany (in the South Moravian Region of the Czech Republic). Jakub Kohlmayer was awarded as the best player of the tournament.



WINTER SKI TRIP is back for 2021

Ski camp at Hunter Mountain

December 20, 2021 - January 2, 2022

For the week between **December 26, 2021, and January 2, 2022**, Sokol will organize a ski camp at Hunter Mountain. Hunter says it is "the closest big mountain close to NYC," making it the closest big mountain close to DC., some 340 miles and 5.5 hours from Washington, DC. Hunter's top is at 3,200 feet, similar to Burke's 3,300 feet; 100% of their trails have snowmaking and intriguing north-facing trails that promise challenging skiing.

If you are interested, contact us as soon as possible, with the subject line "*Winter ski camp*". The camp will take place only if a sufficient number of families confirm participation.

In the email, please include the name of each person; and the child's age.

A deposit (\$500-1,000 per family) is required by the **end of October** at the latest.

To guarantee safety, Sokol will require all participants older than 12 years to be fully vaccinated before the camp and provide proof of vaccination by December 1, 2021. Once at Hunter, we will follow and implement all valid anti-pandemic recommendations.

Contact: events@sokolwashington.org

Ski and Snowboard Swap

at Alpine [Ski Shop in Sterling, VA](#)



October 16th & 17th, 2021

Looking for a great deal on gently used ski & snowboard as well as all the accessories to hit the slopes. Or, perhaps you are looking to sell some quality equipment and upgrade to new. The Ski and Snowboard swap is a great way to buy and sell used equipment. Held in October, the "Swap" has been held at Alpine since 1976. Come down and find amazing deals on older merchandise.

No broken or damaged equipment.

No straight skis or skis with obsolete binding systems.

No step-in or click-in snowboard bindings or boots.

No Helmets (safety concerns)

No Goggles

WHERE: [Alpine Ski Shop • 21999 Shaw Rd, Sterling, VA 20164](#) 703-444-7844

CZECH EMBASSY

Bike Challenge



Embassy of the Czech Republic
Washington, DC

September 28 - October 28, 2021



The annual Czech Embassy Bike Challenge lets you bike anywhere in the US to participate from September 28 - October 28!

Event Details:

The Embassy of the Czech Republic invites you to its second annual Czech Embassy Bike Challenge. Cycle, compete and celebrate Czech Independence Day.

Cycle anytime during the challenge period from September 28 to October 28, 2021, in two categories:

- **Commuter:** Cycle at least once in the challenge period – to work, with family, friends, during the weekend – and record your ride! Best part? You can do it anywhere in the United States! Even one ride counts.
- **Challenger:** Cycle the 19.18 km long track from Georgetown to Great Falls (the same track as in 2020!), record your ride, and compare your time with others!

Time: Anytime from **September 28 to October 28, 2021**

Starting Point: for Commuters: Anywhere in the US; for Challengers: Cycle our Challenge track.

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](#))

[REGISTER HERE!](#)

Volleyball Tuesdays

9:00 - 10:15 PM



Pick-up volleyball has been a favorite weekly adult sports activity for our members and friends of both genders, varied ages, and skill levels for many years.

WHEN: Tuesday's at 9:00 - 10:15 PM October 5, 12, 19, 26 November 2, 9

WHERE: [Jackson Middle School](#)

Main Gym (Room 304)

[3020 Gallows Road Falls Church, VA 22042](#)

CONTACT: Radovan Kohlmaier sports@sokolwashington.org

With Sokol for life

Our new weekly program! Physical activities for kids of age 3 to 6



*"The world doesn't end outside the door;
we learn from animals to run, jump, climb, and more"*



of kids from 3-6 years. The first week, we pretended to be sailors and said around the park with paper sails. The second week, we played cars using paper plates as steering wheels and learned to stop on red and go on green. The last session had an animal theme. We were pretending to be giraffes, gorillas, mice, etc. While we play and act, we learn to keep the proper posture while running and jumping, to jump over obstacles, or to throw the ball. It is essential at this early stage to develop the right motoric movements and postures. We can't wait to see everybody next Tuesday for the next class.

WHEN: Tuesdays at 6 pm

WHERE: Carderock Park, MD

Contact: Veronika Clewner se.sokolem@sokolwashington.org

In addition to regular weekly Monday meetings, we will organize family trips suitable for this age group. Please register or follow our newsletter, website or social media for such events.



We are Back at Carderock School!

On September 24, we had our first school day. Spaces are limited, and we still follow some restrictions. **It's good to be back!** Michaela Kiss is back in the position of school director with a new helping hand Michaela Pazderova. We started with three classes of students and presentations with activities about St. Vaclav Wenceslas First, also called Saint Wenceslas, Czech Svatý Václav, prince of Bohemia, martyr, and patron saint of the Czech Republic. We plan to alternate gymnastic activities with cultural events and activities, so be ready next time for gymnastics. Do not forget appropriate clothing and shoes for a gym on Friday the 1st, 15th, and 29th! Covid restrictions are still observed.



Contact: Michaela Kiss shool@sokolwashington.org



THANK YOU ALL FOR YOUR SUPPORT
DURING THIS DIFFICULT TIME.
YOU HAVE BEEN A COMFORTING BLESSING
AND WE CANNOT ADEQUATELY
EXPRESS HOW MUCH WE APPRECIATE YOU

-The Family Of -
MONICA ROKUS

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Please support us every time you shop at **AmazonSmile**, at no cost to you. It 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. 0.5% from your shopping through Amazon Smile will go to support our American Sokol Washington, DC

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

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

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.



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 and Instagram

If you have a cultural, folk, educational or sporting/athletic event you would like to share with our members, please **CONTACT:** 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

- Individual Membership (adult/voting) \$40.00
- Two Adults Membership (both voting) \$75.00
- Family Membership I. (one adult voting / all children up to 26 years & one non-voting adult) \$50.00
- 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



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 educational, cultural, folk or sporting events and do not miss our MailChimp campaigns. Please make sure that our e-mail 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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