



Capitol Volkssport Club

NEWSLETTER

February, 2010

CVC Meeting - Tuesday, February 9

5:30 Board Meeting

6:00 No host dinner

7:00 Meeting

Apollo's Pizza and Pub

2010 Harrison Ave NW, Olympia

Come help plan for June 5-6 walk with Mended Hearts. Learn what was decided at the ESVA meeting. Make suggestions for where the August 19th walk could be.

Do you check the AVA and CVC web sites? There is lots of information to be found there. If you have pictures, Nancy Wittenburg would love to have them for the AVA web site.

See you Feb. 9th.

Walking Tips

There are many ways to get more walking into your day. Here are a few ideas:

- Park your car farther away than you can to get a few extra steps in.
- Take the stairs instead of the elevator.
- Go shopping with friends, but before you start, walk a time or two (or more) around the mall.
- If it's raining or too cold to walk outside, go inside to a mall. Many open early to accommodate walkers.
- Stuck in an airport with a long layover? Walk around the concourse a few times to get your heart rate up.
- Having trouble getting motivated to exercise every day? Find an exercise partner. It's harder to hit the snooze button if you know there's someone waiting for you.
- Instead of sitting down in front of the TV after dinner, go for a walk. Bring your family or friends if you can.
- Find activities to do with friends and family that involve physical activity. Take a hike or go to a park with the kids.



NEWS FROM THE TRAIL

Friday Morning Group Walks

Date	Walk	Contact Person	Start Time and Car Pool info	Credit?
Feb 5	Gig Harbor - Historic Waterfront	Sheila Morrison 360 923 5381 sheila.morrison@comcast.net	10:00 am at McDonald's Restaurant 5500 Olympic Dr #G, Gig Harbor OR to car pool meet at 9:00 am at Martin Way Park 'n Ride (in the lot farthest from the entrance)	yes
Feb 12	Olympia-Capitol Lake Walk (Olympia)	Sheila Morrison 360 923 5381 sheila.morrison@comcast.net	10:00 am at Bayview Thriftway Deli 516 W 4th Ave.	yes
Feb 19	University Place	Kathy Eagin 360 259 9279 eagink@gmail.com	10:00 am at Forza Coffee Company 4828 Suite D, Bridgeport Way West, University Place OR to car pool meet at 9:00 am at Martin Way Park 'n Ride (in the lot farthest from the entrance)	yes
Feb 26	Eatonville	Kathy Eagin 360 259 9279 eagink@gmail.com	10:00 am at Arrow Lumber & Hardware 388 Center St. E., Eatonville OR to car pool meet at 9:00 am at Amtrak Station 6600 Yelm Highway SE, Lacey	yes

EVENT AND DISTANCE AWARDS RECEIVED BY OUR CVC CLUB MEMBERS

EVENTS



Linda & Walter Curtis
Karen & David Purtee

DISTANCE



Linda & Walter Curtis

Congratulations and keep walking!

Can You Wear Running Shoes for Fitness Walking?

Are running shoes good for fitness walking? Shouldn't you wear walking shoes rather than running shoes for walking?

Answer: Not all running shoes are good for walking, but most shoes you see designated as walking shoes at the average shoe store are worse. Many walking shoe designs are designed for comfort or workplace use rather than fitness walking. They may be inflexible and heavy. Walkers need flex in the forefoot and do not need as much heavy cushioning as is found in comfort shoes or cushioned running shoes.

Running shoes are usually a better bet. Even when comparing fitness walking shoes with running shoes, the running shoe models incorporate more of the latest developments for cushioning, motion control, and support.

What to Look for in Running Shoes for Fitness Walking

- 1. Flexible** You should be able to bend and flex the shoe in the forefoot.
- 2. Low Heel** Some running shoes have higher heels to support runners who land on the ball of the foot.
- 3. No Flare** A true fitness walking shoe has a heel that is undercut, that angles in from the heel to the ground. Walkers land on the heel and do not need a built-up or flared heel. Many running shoes, and especially trail running shoes, have a flared heel for stability for runners who land on the arch or ball of their foot. The best you can look for is little or no flare.
- 4. Fit** To have your foot and gait assessed for whether you need motion control or stability shoes or can wear neutral lightweight trainers, visit the serious running shoe store in your area. The staff there will be able to recommend the best type of shoe for your walking needs.





Capitol Volkssport Club

P.O. Box 2778

Olympia WA 98507



CVC OFFICERS

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Publicity – Vacant

The Capitol Volkssport Club (CVC) of Olympia, Washington is a non profit organization dedicated to promoting public health, fun, recreation, and fellowship through non-competitive walking, biking, swimming or cross country skiing events. Membership is open to all. The American Volkssport Association (AVA), to which all Volkssporting clubs in the United States belong, is one of 44 countries that make the International Peoples Sports Club (IVV).

Yearly CVC dues are \$8.00 (individual) per year; \$6.00 for 62+; \$12.00 for family. Only \$2.00 charge for our club's YRE. Membership for returning/ongoing members is August. Send membership dues to : ***CVC , P.O. Box 2778***

Olympia WA 98507

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

Newsletter deadline

Saturday,

February 27, 2010.

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378,

Shelton, WA 98584, or E-mail: harisauk@peoplepc.com

