



# Capitol Volkssport Club

## NEWSLETTER

June, 2010

### CVC Meeting – Tuesday, June 8

5:30 Board Meeting 6:00 pm dinner, 7:00 pm Meeting  
Olympic Room, Panorama City  
1704 Sleater Kinney Road SE, Lacey

#### EVENT AND DISTANCE AWARDS RECEIVED BY OUR CVC MEMBERS EVENTS:



30

Linda Polzin



75

Walt & Linda Curtis



425

Sheila Morrison



850

Valda Lance

#### DISTANCE:



5000 km

Sheila Morrison

### New CVC shirts, etc.

Want a new CVC T-shirt or sweatshirt? Looking for a cool blue hat with our terrific CVC logo? How about a classy jacket or fleece vest that advertises CVC? We have picked out a few popular items from Budd Bay Embroidery that you may be interested in. Look for a folder with pictures and details at the Trail Days walk start/finish and at the June meeting. Of course, if you are really brave you may hunt through all 431 pages of the catalog to find that perfect item! If you are unable to attend these events please call Karen Younkings - 360-357-9185 - if you wish to place an order. We would like to have the order completed by June 11th. It will be possible to estimate of the cost of each item, but because we won't know the exact amount until our order is complete, payment will be collected when items are delivered.



# NEWS FROM THE TRAIL

## WEDNESDAY/THURSDAY NIGHT WALKS May - JUNE 2010

Temperature over 85? YRE 260. Meet at Priest Point Park for 7k Walk in Woods.

For more information contact:

Jeanne Allan at 790-4600 ([kokolo@olywa.net](mailto:kokolo@olywa.net))

Sheila Morrison at 923-5381 ([sheila.morrison@comcast.net](mailto:sheila.morrison@comcast.net))

Wednesday June 2	6:00 pm Tumwater Safeway	Tumwater YRE 1743	N/A
Thursday June 10	6:00 pm Bayview Thriftway	Olympia - Capitol Lake YRE 653	N/A
Wednesday June 16	6:00 pm Texaco Grocery 3210 Cooper Point	Olympia YRE 657 Olympia Westside	N/A
Thursday June 24	6:00 pm Bayview Thriftway	Olympia YRE 260 Priest Point - Marina	Go to Bayview to Stamp Books, then drive to Priest Point Park
Wednesday June 30	6:00 pm Mason Gen'l Bldg #1 901 Mt.View Dr.	Shelton 1605	5:30 Top Foods Parking Lot

## FRIDAY WALKS JULY 2010

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or [lpolzin@thurston.com](mailto:lpolzin@thurston.com)

IF YOU PLAN TO MEET WALKERS AT THE STARTING POINT, PLEASE CONTACT LINDA.  
CARPOOLERS MAY ARRIVE EARLY AT THE WALK SITE. IF NO ONE IS MEETING US AT  
THE STARTING POINT WE MAY START THE WALK PRIOR TO PUBLISHED START TIME.

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Friday July 2	9 am Safeway 6200 SE Pacific Lacey	Lacey YRE 950 Lacey Historic Walk 10K with 5K option 1+	N/A
Friday July 9	10 am Chevron Station 3025 Steilacoom Blvd Steilacoom	Steilacoom YRE 635 Historic Town Walk 10K with 5K option 2	9 am Martin Way Park 'n Ride At the back of the lot

## 10 Reasons to Walk Alone

By [Wendy Bumgardner](#), About.com Guide

What's so bad about walking alone? Here are reasons I sometimes enjoy walking alone.

- 1. Pace:** It's impossible to really go your own pace when walking with somebody else. Larry Longlegs or Suzy Shortlegs can be a pain to try to match pace with.
- 2. Getting together:** It is hard to find a partner who is ready to walk when you are. Maybe I prefer mornings or after work or lunchtime, but any willing partner has an opposite preference. It gets expensive posting classified ads looking not for love but for a walking partner.
- 3. Early, late, or never:** So you make a date to walk with a partner -- and he shows up late, or doesn't show up. Your schedule gets blown and you don't get in the walking you planned to do. Sally Stressedout always arrives 15 minutes late with some heartbreaking excuse, expecting sympathy, while you've been getting in your walking pacing the floor.
- 4. The need for speed:** I want to build speed, but my walking partners don't want to racewalk. Or it may be a downer day and my walking partners have turned into racehorses. Ruthie Roadrunner or Sam Slug leave you in the dust or hold you back.
- 5. Tough enough:** I want to do some hills but my walking partner whines the whole way up or down, dreads the next hill, etc. Or maybe it's me doing the whining because my planned easy walk has turned into an Everest expedition. Wind, rain, sun, bugs, hills, dust, gravel, traffic are part of the walking experience -- get over it.
- 6. Going the distance:** I want to build distance to prepare for a long event, but my partners never want to do more than 10K. Not a problem -- unless you've carpooled to where you plan to walk. Or the look they give you when you say you need to go another 5K and will do it alone.
- 7. Event choices:** I want to enter a charity walk but my partner thinks it is too expensive or too crowded. There is a great walking event held an hour away, but my walking partner has chores to do and just wants to walk the neighborhood....again.
- 8. Chatter:** Maybe I don't feel like talking, or like listening. It gets embarrassing if you "zone out" and then realize they are asking you for an opinion or advice on the tale you weren't really listening to. When doing a faster walk or hills, I usually don't feel like talking, I feel like breathing.
- 9. Misery doesn't always love company:** On long distance events or speed events, I don't want company, I am concentrating on my own form, my own endurance, my own needs. I don't need anybody else's misery intruding on my own.
- 10. Eat, drink, and restroom:** With a partner, deciding when and where to take a restroom break, drink, eat a snack or stop for a celebration meal on the way home becomes a matter of negotiation.





## Capitol Volkssport Club

P.O. Box 2778  
Olympia WA 98507



Page 4

### **CVC OFFICERS**

**President** – Susan Berry (360) 491-7266

e-mail: lsberry@pe0plepc.com

**Vice-President**—Susan Cook (360) 273-0390

e-mail: Sioux@olywa.net

**Secretary**– Leslie Willardson (360) 753-5596

e-mail: HeathField@hotmail

**Treasurer** – Sheila Morrison (360) 923-5381

e-mail: Sheila.morrison@comcast.net

**ESVA Rep.** – Bonnie Tucker (360) 491-4767

e-mail: bonniedale@comcast.net

**Membership**—Karen Younkins

(360) 357-9185

e-mail: jcyounkins@comcast.net

**Newsletter Editor** – Harry Saukants

(360) 432-2318

e-mail: harisauk@peoplepc.com

**Publicity** – Perki Sweet (360)-459-8167

E-mail: olysweetp@reachone.com

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

AVA Website: [www.AVA.org](http://www.AVA.org)

Evergreen State Volkssport Association: [www.ESVA.org](http://www.ESVA.org)

*Nothing in life is to be feared.*

*It is only to be understood!*

— *Marie Curie* —

### **Newsletter deadline**

**Wednesday, June 30, 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](mailto:harisauk@peoplepc.com)

