

June, 2013

CVC Meeting
 6:00 pm -Tuesday, June 11
 Cheers Bar & Grill
 5805 Lacey Blvd SE, Lacey

This is a no host dinner at a new place. It is by the Lacey post office

Come hear about the AVA Convention that has just been held. Sheila was our delegate and she will share what is new and what action was taken.

Help is needed for the McCleary Bear Festival Walk on Sunday, July 14. Be prepared to volunteer to help on that day. Help is needed for trail marking, registration, sales, finish and check point. It plans to be a fun day so don't miss out on the fun. It is a great opportunity to meet people and have a great time.

There is also election of CVC officers for 2013-2014. The following candidates have been nominated. Additional nominations can be made at the meeting. ESVA representative (Bonnie Tucker) is a 2 year term and is not up for election.

- President – Bob Morrison
- Vice-President – Julie Heath and Liz Morrison
- Secretary – Ann Spargo
- Treasurer – Sheila Morrison
- Membership – Susan Berry

Orders will be taken for Starting Point 2014. This is the book that lists all walks in the United States. The cost is \$20.00

Looking forward to seeing you at the meeting and having you be an active member of CVC. Without you and your help and ideas, CVC wouldn't be the great club it is.

See you Tuesday, June 11th.

Susan Berry

EVENT AND DISTANCE AWARDS

EVENTS

DISTANCE



50

Elizabeth Morrison



800

Robert Morrison



950

John Warhol



1350

Carolyn Warhol



500 km

Elizabeth Morrison

Congratulations and keep walking!

NEWS FROM THE TRAIL...

Upcoming walks — June 2013

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday June 3	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday June 4	6:00 PM Priest Point Park Rose Garden 2600 East Bay Drive Olympia	Within Priest Point Park Walk Option of YRE 0260 10K with 6K option 10K is 2C, 6K is 1C	N/A Stamp books before or after at Bayview Thriftway Deli (516 - 4th Ave W, Olympia).
Thursday June 6	10:00 AM Register at private residence 35806 - 1st Ave S Federal Way Walk Box on porch	Federal Way Southeast - Weyerhaeuser Walk YRE 1326 11K with 5K option 1A	9:00 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 45 min. At private residence park along 1st Ave S, or S 358th St, or in driveway if space permits.
Monday June 10	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Wednesday June 12	6:00 PM Thrive Fitness 5401 Corporate Cntr Lp Lacey	<u>Southeast Lacey Walk</u> YRE 0586 10K with 5K option 1A	N/A
Thursday June 13	10:00 AM Guesthouse Inn and Suites 701 E Heron St Aberdeen	<u>Aberdeen Lake Swano Walk</u> YRE 0656 12K with 5K option 2B	9:00 AM Meet at the Westside Top Foods parking lot near Pier 1 Imports. Drive time approx 1 hour. In Aberdeen, turn left onto Kansas St. at Burger King just before bridge to downtown.

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Upcoming Walks — June 2013

Monday June 17	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday June 18	6:00 PM West Olympia Safeway 3215 Harrison Ave NW Olympia	<u>Olympia Evergreen State College Walk</u> YRE 0657 10K 2C	6:00 PM Meet at Safeway to register, and then drive to the Evergreen State College start point. Drive time approx 10 min. Small parking fee at the college.
Thursday June 20	10:00 AM McDonald's Restaurant 5500 Olympic Dr Gig Harbor	Gig Harbor Historic Waterfront Walk YRE 1234 10K with 5K option 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 45 min. Toll southbound on Narrows Bridge.
Monday June 24	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday June 25	6:00 PM Tumwater Safeway 520 Cleveland Ave Tumwater	<u>Tumwater Historic Parks Walk</u> YRE 1743 11K 2B	N/A
Thursday June 27	10:00 AM Stafford Suites 15519 - 62nd St Ct E Sumner	Sumner - Main Street USA Walk YRE 0159 10K with 5K option 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 40 min.

*** For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywa.net) to ask questions about the walks or make start point meeting arrangements.

*** For Thursday walks, please contact Linda (360-943-8858, cell 360-481-7119, e-mail lpolzin@thurston.com) or Sheila (360-923-5381) to ask questions about the walks or make start point meeting arrangements.

*** If you are a rider in a carpool, please feel free to offer the driver gas money.

If you are the driver in a carpool, please feel free to accept or refuse gas money if it is offered.



Mythbusting the Walking Shoe Myths

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

The truth is out there. You may have some long cherished ideas about walking shoes, but what you think may well be wrong

1. Shoes Should Last Forever

Shoes do not last forever, they generally last only 500 miles before you have beat the stuffing out of them. If your shoes have leather uppers or you are gentle with the uppers, they may still look OK. You may not have worn through the tread. But they are dead. Adding a new insole might make them feel better, but they have lost whatever cushioning they had and their support elements may also be broken down. Now you have a recipe for injury and for tired feet as your feet and ankles will be taking more of a pounding with each step. The best habit is to have two pairs of walking shoes, alternating them. Start wearing the second pair 6 weeks after starting the first pair. You will then be able to feel when the first pair dies. Buying new shoes is much cheaper than seeing a doctor for a twisted ankle or for plantar fasciitis, or stopping your walking program.

2. Buying walking shoes the same size as your regular shoes.

Do your fingers swell when you walk? Guess what - your toes are swelling even more! Your walking shoes should be larger than your regular shoes, because your feet

swell up to a full shoe size when you walk for over half an hour. If your shoes aren't big enough, you can end up with black toenails, blisters, and foot pain from this swelling. Give up on shoe size shyness and get fitted correctly. You may find that your walking shoes are too big to wear around the office or home when you aren't walking. If so, save them for walking.

3. I can't buy bigger shoes, my feet slide forward in them anyway.

You need to lace your shoes correctly so your heel stays in the heel cup of the shoe while your toes have room to expand. This will also help prevent heel blisters. If you are getting black toenails despite having enough room in your shoes, or your heel isn't securely in the heel cup of the shoe, then learn to lace your shoes correctly.

4. I like to just wear my favorite comfy shoes for walking, I don't need athletic shoes.

I encourage you to start walking with whatever shoes you have on hand. But if you plan on walking for more than a half hour at a time, your feet will be happier in athletic shoes that support and cushion them correctly. Your feet flex with each step and need shoes that bend with them. Many of us overpronate and need a shoe that helps correct that motion so we aren't set up for injury. These are things best found in a good pair of running shoes or athletic walking shoes.

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Mythbusting..

5. Socks don't matter.

If you find yourself developing blisters or hot spots on your feet, the right socks can help prevent those. First, wear socks. Second, wear synthetic socks of acrylic, CoolMax, Ultimea, or other sports fabrics which wick away moisture from the foot. Don't wear cotton socks when walking for more than half an hour, as they retain sweat next to the foot, soften the skin and leave it more prone to blisters. Wear synthetic socks, lubricate your feet and/or use corn starch to keep them dry.

This is critically important if you have diabetes, you must not risk getting ulcers on your feet.

6. Wear two different brands/styles of shoes for walking and rotate them.

This myth is one that may be good advice. The theory is that it keeps your muscles from settling into one pattern with one shoe. But the opposing theory is - why is that a good thing? If you are training for speed or distance, it then just confuses your muscles without having a good training effect. I have a full "shoe wardrobe" and wear shoes depending on the conditions I'll encounter on my walking route for the day - wet, dry, trail, pavement. They generally are all from the same brand and the same shoe last style, but give a variety with their fit.

7. Boots are best for long walks.

Sarge thought so, but you were

carrying a 30 pound pack and might have to dive into a foxhole at any moment. Many European distance walkers wear boots. But if your long walk is on pavement, your feet will be happier if you wear shoes designed for marathon runners and walkers. You will need some cushioning, but not heavy cushioning. If you overpronate, you need motion control shoes especially when walking long distance. Visit one of the running shoe web sites such as Roadrunner Sports and select shoes that say they are good for longer distance.

8. My walking shoes are fine for hiking.

You will bust this myth yourself if you take a trail and discover how painful it is to have rocks and roots poking you through the soles of your shoes. Trail shoes or lightweight hiking boots protect your soles from these. Even gravel roads can be a painful experience with many walking or running shoes. Switch to trail shoes for those surfaces. Today's trail running shoes are lightweight, flexible, and protective.

(Reprinted from About.com, Ed.)

ATTENTION!

It's June again and time to renew your CVC membership. We have the best bargain in town.

\$8.00 per person; \$6.00 seniors (62+)

\$12.00 for families

Please pay at the June meeting or send your check to:

Capitol Volkssport Club

P.O. Box 2778

Olympia, WA 98507



Capitol Volkssport Club
P.O. Box 2778
Olympia WA 98507



CVC OFFICERS

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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 clubs in the United States belong, is one of 54 countries, that make the International Peoples Sports Club (IVV). The AVA's network of 305 Walking clubs organize more than 3,000 walking events as well as occasional bikes, skis, and swims every year in most of our 50 states.

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 walks. Membership for returning/ongoing members is July. 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

*" The human body was designed to walk, run or step; it wasn't built for coasting!
~ Cullen Hightower ~*

Newsletter deadline

Friday, June 28th, 2013

Anything that you want to include in the newsletter call Harry at (360)-432-23318 or mail to: H.J. Saukants, P.O. Box 2378, Shelton, WA 98584 or e-mail: hjsaukants@q.com