



July, 2013



CVC Annual Potluck -
Tuesday, August 13, 2013

**Will be held in the Rose Garden
at Priest Point Park
2600 E. Bay Drive NE, Olympia**



We will have a potluck (please bring a salad or dessert to share). We will start a 5k walk beginning at 5:30 PM with dinner at 6:30 PM. A brief meeting will follow dinner.



CVC Special Event



McCleary Bear Festival Walk - Sunday, July 14, 2013

This event features 6K, 10K, and 16K walks in connection with the McCleary Bear Festival, located in the town of McCleary about 20 miles west of Olympia. The walks go in and around McCleary, and also follow tree-covered trails through parts of the neighboring Port Blakely Tree Farm.

McCleary Bear Festival Walk. This event coincides with the last day of the McCleary Bear Festival.

Start/Finish Times: Walkers may begin walking any time between 9 a.m. and noon, and must be finished by 3:00 PM.

Driving Directions: I-5 Northbound and Southbound: Take Exit 104 (US 101, Ocean Beaches). Drive west on US 101 6 miles, then continue west on WA 8 (Ocean Beaches) about 14 miles. Exit onto WA 108 at McCleary and keep to the RIGHT. Turn LEFT onto North 8th St, then LEFT onto Simpson Ave W. Turn into the parking lot at 600 Simpson Ave W (between 6th St and 7th St).

Starting Point: Parking lot at 600 Simpson Ave W, McCleary, WA.

NEWS FROM THE TRAIL...



Upcoming Walks - July 2013

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday July 1	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 July 2	6:00 PM Millersylvania State Park Kitchen #3 12245 Tilley Rd S Olympia	Millersylvania State Park Special Event 10K with 5K option 1B Please note: this walk is not sanctioned, so AVA credit is not available.	5:30 PM Meet at Starbucks at Troser and Littlerock Road near Fred Meyer. Drive time approx 20 min. A Discover Pass is required for park entry. Let Jeanne know (360-790-4600) if you are driving directly.
Thursday July 4	*** No Walk ***	Happy Fourth of July	*** No Walk ***
Monday July 8	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 July 9	6:00 PM Thrive Fitness 5401 Corporate Ctr Lp Lacey	<u>Southeast Lacey Walk</u> YRE 0586 10K with 5K option 1A	N/A
Thursday July 11	10:00 AM Simpson Mill Parking Lot 600 Simpson Ave W McCleary	Worker's walk for McCleary Bear Festival AVA Sanction# 95797 2013 10K with 6K and 16K options 2B	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 minutes.

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Upcoming Walks — July 2013

Monday July 15	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 July 16	6:00 PM Nisqually Wildlife Refuge Visitor Center I-5 Exit 114 Nisqually	<u>Nisqually Wildlife Area Walk</u> Seasonal YRE 0838 10K with 5K option 1B	Stamp books before or after at Chevron Sta- tion, 10246 Martin Way E, Olympia. No pets. \$3.00 park entrance fee, waived for holders of Federal Golden passports or Federal duck stamps.
Thursday July 18	10:00 AM Walgreen Drugs 12105 Pacific Ave Parkland	Parkland (PLU Cam- pus) Walk YRE 1999 10K with 5K option 1A	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 25 min.
Monday July 22	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 July 23	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 July 25	10:00 AM Winlock IGA 206 East Walnut Street Winlock	Workout In Winlock Walk YRE 0791 10K 1A	9:00 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time appr 1hour.
Monday July 29	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 walkbox to park in Bayview Parking Lot.

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Tuesday July 30	6:00 PM South Bay Market 3425 Schinke Rd Olympia	<u>Woodard Bay Walk</u> YRE 1009 10K with 5K option 2B	Meet at South Bay Market, drive to Woodard Bay trail-head to walk woods loops and out to bay.
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*** 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.

Know When to Stop Walking

(Written by Wendy Bumgardner)

Why They Went to the Hospital with Heat Sickness Some people may have had almost no signs that they were sick before they became very sick or passed out. But most walkers should learn to recognize the early symptoms of heat sickness, dehydration and hyponatremia, from the training materials and signs at the walk.

Pride and Peer Pressure Can Make You Sick It is foolish pride or peer pressure that keeps walkers walking even knowing that they are getting sick. The crew said they begged for walkers who looked bad to stop and take a ride, but they wouldn't. Getting sick, they overwhelm local emergency rooms, making local officials deny permits for the event in coming years. Getting sick endangers the millions of dollars raised at each walk to fight breast cancer.

Heat Sickness Doesn't Mean You Didn't Do Everything Right trained well for the DC Avon 3-Day Walk. I was physically ready to walk 20 miles a day for three days. On Day Zero and Day One. I drank constantly with water and sports drink. I wore CoolMax clothing and a hat and sunscreen. But by 8 miles I was having heat sickness. Why? Because it was hot! As we age, we slowly lose our ability to regulate our body heat. Even the best-trained walker can get into heat sickness. In your training and in your events, train yourself to say "enough!" and stop before you get to see the inside of the ambulance and the fine decor of the local ER.

Friends Don't Let Friends Get Walk Till They're Sicken your training walks and at walking events, make a pact with your walking friends to tell each other when enough is enough. We are often shy about admitting that we are getting sick, we feel obligated to keep going while our walking partner is still going strong. Make it your duty to watch your partner, and he/she watch you, for signs of heat sickness. Nag each other to keep drinking water and sports drink. Insist on filling up your bottles at every stop. Check each other for signs of dehydration and heat sickness -ask about any nausea, light-headedness, or dizziness. Ask every 15 minutes on a hot day. On train-

ing walks, take a cell phone and have somebody available to pick you up if you need to stop. On an Breast Cancer 3-Day Walk or other event, listen to the event crew when they tell you that you look bad and need to stop. You are probably not thinking clearly at that point - listen and stop.

When you are walking a charity walk, you feel an obligation to go all of the miles so you can report back favorably to your sponsors. This makes some people keep going when they should stop. You owe it to your sponsors to finish every healthy step you can take, but none of them want you to injure yourself. They will feel horrible if you end up in the hospital. Take only healthy steps. I faced this at the DC Avon 3-Day Walk. At mile 16 on Day One, all walkers had the option of staying on the bus to camp or getting off and walking another 4.5 miles. The remaining route was on hot pavement with little shade. What would look worse in my story I was going to w r i t e ?

"I was determined to finish every step, but after a mile I felt woozy and awoke in an ambulance vomiting on the emergency personnel. I spent the night in the ER and was unable to walk on Day 2 or 3." Or what I did write:

"I was beginning to trip and misstep on the final hills. I could tell my face was dark purple. I tried giving the "thumbs up" signs to crew at Pit Stop 4 who asked if I was OK. On the air-conditioned bus a Crew member explained that we had the choice to remain on the bus to Camp. I swallowed my ego as I was the only person on the bus to take that option."

I then gave a good account of visiting the Medical Tent to get checked out, and recovering fully to enjoy every step of Day 2 and Day 3. Heat Sickness, Dehydration, Hypo-natremia Aren't Free Most medical insurance does not cover the cost of the ambulance ride, which will run from \$500 - \$1000. The cost of visiting the medical area of a walking event is free. The cost of a bus ride or cab ride home during a training walk is far cheaper than \$500.

Stop before you need the ambulance.



Capitol Volkssport Club
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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

*"We do not walk on our legs, but
on our will"*

~ Turkish Proverb ~

Newsletter deadline

Wednesday, July 31st, 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