



Capitol Volkssport Club

NEWSLETTER

May, 2014

CVC Membership Meeting

Tuesday, June 10, 2014 at Izzy's Restaurant, 3540 SE Pacific Ave. , Olympia;

Dinner & Social 5:30 PM; Program 6:30 PM;

Business Meeting 7:00 PM; Adjourn 8:00 PM

Officers for the 2014-2015 will be chosen in addition to other business.

Welcome new members



SUSAN HENNIE, THERESA M. DOWNEY, AND DALE RANCOUR

Welcome to our club and see you on the trail!



How to Walk Faster

Feel the need for speed? Walking faster can satisfy several goals.

1. Finish your walking workout faster at a set distance. If you walk the same route every time, you will be done sooner!
2. Get your heart rate up to the level for moderate-intensity exercise, so you will get the most health benefits and fitness boost from your walking workout.
3. Increase the calories burned during your walk by being able to walk a longer distance in the same time, or by increasing speed to the point you are burning more calories due to using more muscles (12 minute miles and under).

4. Finish walking races in better time and be able to outpace your walking friends and loved ones.

The following techniques borrow good posture, proper stride, powerful arm movement and other elements from racewalking. But they are not legal racewalking technique required for judged races, and don't include hip rotation.

Using these tips will help you walking faster and more efficiently, turning more of your exertion into forward speed.



NEWS FROM THE TRAIL...



Upcoming Walks - May 2014

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Thursday May 1	10:00 AM 76 Station and Store 100 Barksdale Ave N DuPont	DuPont Boyhood Memories Walk YRE 0193 10K with 5K option 1A	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 20 min. After registering at store drive to start point.
Monday May 5	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 May 6	5:30 PM Burfoot County Park 6927 Boston Harbor Road NE Olympia	Burfoot County Park and Boston Harbor Walk 10K 2C	N/A Please note: this is NOT a sanctioned walk.
Thursday May 8	10:00 AM Centralia Safeway 1129 Harrison Ave Centralia	<u>Centralia Historic Walk</u> YRE 0957 10K with 5K option 1B	9:30 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 30 min.
Monday May 12	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 May 13	6:00 PM Scatter Creek WA North Unit Parking Lot Case Road SE Rochester	<u>Grand Mound-Scatter Creek Wildlife Area Walk</u> 10K with 5K and 6K options 1B	5:30 PM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 20 min. A Discover Pass is needed for parking at the Wildlife Area. Call Jeanne at 360-790- 4600 if you will be driving directly to the walk. Please note: this is NOT a sanctioned walk in 2014.

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Thursday May 15	10:00 AM Safeway 1405 East Main St Puyallup	Puyallup Town Walk YRE 0242 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.
Monday May 19	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 May 20	6:00 PM Tumwater Safeway 520 Cleveland Ave Tumwater	<u>Tumwater Historic Parks Walk</u> YRE 1743 11K with shorter op- tions 2B	N/A
Thursday May 22	10:00 AM Lacey Safeway 6200 SE Pacific Lacey	<u>Lacey Historic Walk</u> YRE 0950 10K with 5K option 1B	N/A
Monday May 26	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 Park- ing Lot.
Tuesday May 27	6:00 PM Nisqually Wildlife Refuge Visitor Center Register before walk at Chev- ron Station 10246 Martin Way E Nisqually (I-5 Exit 114) then drive to start point.	<u>Nisqually Wildlife Area Walk</u> Seasonal Walk Y 0838 10K with 5K option 1B	N/A Register at Chevron Station then drive to NWR Visitor Center. No pets. \$3.00 park entrance fee, waived for hold- ers of Federal Golden passports or Federal duck stamps.
Thursday May 29	10:00 AM YMCA Tacoma Morgan Branch 1002 South Pearl St Tacoma	Tacoma - University of Puget Sound YRE 0850 10K/11K 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 35 min.

*** For Monday or Tuesday 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.

Portland Train Trip

It was just after 8 am on Wednesday, April 9, that Capitol Volkssport Club mem-



bers and friends started arriving at Centennial Station in Lacey for a train trip to Portland. As we waited and waited and waited for the train, the clouds gradually cleared away, the sun began to shine, and club members returned to their vehicles to deposit umbrellas and extra clothes. We also took care of business . . . signed the registration/waiver form, paid the necessary money, and got walk directions.

Finally the train arrived over half an hour late, and all twenty-three of us settled into our private car! Several of us remarked that our conductor looked exactly like the conductor in the *Polar Express* movie, and he was even named Tom. He did not, however, punch words into our tickets, sing, dance or serve hot chocolate. Yoko was the one who came prepared to serve us. She had a giant bag of fortune cookies to share, and almost all our fortunes promised good things ahead! Yoko was also the only one clever enough to pick up a walking map of Portland at the Lacey train station (more on that later). Speed along the track varied from time to time, as

we waited for on-coming trains, crawled due to a “non-functioning” signal light, and made various stops along the way. Our friends, Sam and Martha Korff, joined us in Kelso. While Julie Heath was out of our car, Ian informed us that this was Julie's birthday, so we surprised her with the “Happy Birthday” song as she re-entered the car.

We arrived in Portland about 1 pm and



started walking . . . at #21 on the direction sheet. We followed the directions (after a little fumbling around and going the wrong way) to #24, the Good Sam Medical Center, where those with books to stamp accomplished that task. Then with perseverance we found the same Huckle Berry Pub where we had lunch two years ago. This time, instead of eating upstairs, we ate outside and occupied all the tables on the terrace. There was so much sun, that some of us purposely chose places with sun umbrellas for shade. The food was as good as we remembered; and we didn't leave until 3 p.m.

We got back on the route, and began walking the 10K walk. We weren't very far into the walk, when we came to Powell's Book Store; and about ten walkers took a detour here. The rest of us continued on enjoying the sun, the beautiful flowers that were blooming, and each other's company. As we walked through Portland State University,

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Lesley recalled fond memories of her alma mater and noticed several changes. It was around #8 on our direction sheet that we became confused (and wished our directions had a map on the back); but Yoko saved the day with her map from the train station! Peter did a little interpreting, and “somehow” we got to Naito Parkway (and those walking for credit earned extra Ks for their K banks). After walking along Naito Parkway and

the return trip, but it was a nice kind of quiet. We'd had a wonderful day, in beautiful weather, with the best of friends!

Special thanks to Karen Younkins for putting this trip together for us!



exiting to the street past the Oregon Maritime Museum, we met up with Sam and Martha, who had been shopping. By now we were tired and just looking for a place to sit down and have a cup of coffee, a cold drink, or whatever . . . but everywhere seemed to be closed.

We returned to the train station and rested our weary bodies, quenched our thirst, weighed ourselves on the scales that made us at least 20 pounds lighter, and watched people. After a while, those who went to Powell's joined us, carrying their treasures. The train that took us home was almost on time, and we had our same conductor, Tom. (Still no singing, dancing or hot chocolate). The views of Mount Hood were fantastic as we left Oregon, and the sunset that evening was beautiful. Things were much quieter on





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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 55+; \$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

"If you are seeking creative ideas, go out walking. Angels whisper to a man when he goes for a walk."

~ Raymond Inmon ~

Newsletter deadline

Friday, May 30, 2014

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