



Capitol Volkssport Club

NEWSLETTER

February, 2015

CVC membership meeting Feb 10th ...

The new year has started out well for our club. On New Year's Eve, several club members walked in Seattle then out for a Greek dinner. Lots of fun! Monday and Thursday walks continue to be popular with club members as well as picking up a few other interested walkers. Seabreeze is at the final planning stage with wonderful walks and a fabulous dinner planned.

Looking forward to February, our next membership meeting will be on February 10th, 5:30 at Izzy's Pizza. We will

have a presentation called 9,126 mile Mini adventure by Karen and Jim on their trip starting at 6:15 with a brief meeting afterward.

We will see you at the meeting and on the trail.

Happy Walking, Liz

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Welcome new members



Jeff & Karen Farmer, Kathleen Holmes and Pam Thomas

WELCOME TO OUR CLUB AND SEE YOU ON THE TRAIL!

Train, Tram, Trolley, Trail - March 12, 2015

The Capitol Volkssport Club is having another spectacular train trip to Portland on March 12, 2015. We will be departing from the Lacey/Olympia train station on the Amtrak Cascades 501 at 8:50 AM and will be arriving in Portland at 11:20 AM. Our return train will be Amtrak Cascades 508 leaving at 6:50 PM and arriving in Lacey at 8:42 PM. This year many of us will be going on a 4 T's walk - Train, Tram, Trolley, and Trail - which sounds quite exciting. *Our first stop on the walk will be at Providence Portland Medical Center where there are three other walk options available, including the route we took last year. Two are rated 1A and the other 1B.*

The two for one ticket is not being offered this year and the adult fare is \$40 round trip. We think that people can access a senior fare or an AAA fare, but are not positive about this. We suggest that you purchase your tickets ahead of time, bring water, snacks, and money for the trolley and tram.

We hope many of you will join us for this great trip.



NEWS FROM THE TRAIL...



Upcoming Walks - February 2015

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday February 2	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.
Thursday February 5	10:00 AM Chehalis Safeway 1100 S Market Blvd Chehalis	<u>Chehalis Historic Walk</u> YRE 1605 10K with 5K option 1A	9:30 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 30 min.
Monday February 9	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.
Thursday February 12	10:00 AM Lacey Safeway 6200 SE Pacific Lacey	<u>Lacey Historic Walk</u> YRE 0950 10K with 5K option 1B	N/A
Monday February 16	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.
Thursday February 19	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.

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Monday February 23	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.
Thursday February 26	10:00 AM Thrive Fitness 5401 Corporate Ctr Loop SE Lacey	<u>Southeast Lacey Walk</u> YRE 0586 10K with 5K option 1A	N/A

*** 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) 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.

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EVENT AND DISTANSTE AWARDS

EVENTS

DISTANCE



75

Holly Spaulding



1250

Susan Berry



1600

Carolyn Warhol



500 km

Holly & William Spaulding



6500 km

Jeanne Allan



1700

Elisabeth Wittenberg

4100

Roy Bauska



12000 km

Sheila Morrison



17000 km

Carolyn Warhol

CONGRATULATIONS AND KEEP WALKING!

Theler Wetlands walk is ready for spring

On a dark and foggy morning in January, the Morrissions ventured out to Belfair to check the condition of the trails and the directions for CVC's Theler Wetlands Walk. As the morning progressed, the fog lifted, the temperature climbed into the mid 40's and the sun was visible through the heavy grey cloud cover. It was near high tide and the salt marshes were wet while the fresh water estuaries were relatively dry, reflecting the absence of rain over the previous few days. The air was refreshing and the birds were plentiful.



Theler has made some improvements during the past year. New signs are easily readable and informative. The boardwalks have been cleaned and sanded.

Even in the middle of winter resident birds and geese are plentiful. We were able to capture a photo of this rather camera shy hawk just before it took flight.



This walk is so lovely and full of life that a day spent volkswalking the Theler Wetlands and the Pacific Salmon Center is truly rewarding. We plan to make an effort to do this walk every month or two on days that the club does not have scheduled walks. As the weather permits, we will plan walks just a day or two in advance. Anyone wishing to receive an email about our plans to walk should email us at Sheila.Morrison@comcast.net and we will keep you on a notification list.



What to Wear for Winter Walking How to keep walking in the cold

Walking for fitness outside in cold weather can be more comfortable if you prepare with the right clothing and gear. But there is more of a trick to it than just putting on what you think will be the warmest clothing. You will be moving, producing body heat and even sweat. You need to protect your skin from the cold and wet while still allowing enough breathability so you don't overheat and sweat doesn't make you clammy and chafed.

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What to Wear for Winter Walking..

Next to the skin: Your base layer should wick sweat away from your body to keep your skin dry. Cotton should not be used -- save your cotton t-shirts for other purposes. Good long underwear pieces are appropriate. Choose those made from fabrics such as Thermion, polypropylene, Thermax, Thinsulate, or silk.

Insulating layer: This layer will keep you warm, but you may not need it once you are warmed up. That's why it's smart to wear a vest or shirt as your insulating layer rather than wearing a jacket that is insulated. The insulating layer can be made of wool, polyester fleece, pile or down. You can vary this by t h e t e m p e r a t u r e .

Outer layer: A windproof and water resistant jacket will protect you from wind and light moisture. It should be worn loosely. If you expect rain, you should wear a waterproof jacket. Look for breathable jackets that will let your body moisture evaporate, but still keep out w i n d a n d r a i n .

Pants: If the weather is below freezing, you may want to wear long underwear bottoms or tights underneath another pair of pants. Cotton and denim should be avoided because if they get wet, the heavy wet fabric will stick to you and be very uncomfortable and could even lead to hypothermia. Choose running pants or running tights made of synthetics that wick moisture and will keep you more comfortable i n r a i n a n d s n o w .

A Change of Clothes: If your walking route is away from home, bring along a set of warm and dry clothes to slip into immediately after walking to keep from getting chilled by wet walking clothes.

Accessories

Hat: A hat is essential to keep your body heat

from escaping, as well as to shed rain. A polar fleece hat with ear covering is my ideal winter headgear when it is below freezing.

Ear band: For those whose ears get cold, ear bands and other ear warmers are the answer.

Top

Gloves or mittens: Mittens will keep your hands the warmest as the fingers work together to build up warmth. Look for windproof m i t t e n s .

Water bottle: You need water in winter as much as in summer, and drinking fountains may be turned off. Bring water along to stay h y d r a t e d .

Scarf, neck gaiter, ski mask: Having a scarf or similar item along to wrap around your neck when the wind turns brutal can save your w a l k i n g c o m f o r t .

Sunscreen and lip protector: The earth is closer to the sun in December through February. so you need to protect your skin. Lips and face can chap without protection.

Umbrella: These are known to prevent rain when carried along on your walk. Buy a very lightweight, collapsible umbrella to carry a l o n g .

Happy Feet

Waterproof shoes or boots: If your walking is wet or snowy, invest in a pair of waterproof walking or hiking shoes. Many shoe and boot companies have lightweight styles to keep you dry. Coating shoes with a water repellent fabric treatments is another option.

Traction: Don't wear slick-soled shoes if there will be wet or snowy pavement. For icy conditions, see Stabilicers, YakTrax or Ice Walker slip-on cleats.

Socks: Switch to heavier socks or wear two pairs for more insulation. Test your socks with your chosen shoes to make sure there is still room for your toes to wiggle.

(R e p r i n t e d f r o m
About.com)





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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

*"I am a slow walker, but I
never walk backwards".*

~ Abraham Lincoln ~

Newsletter deadline

Thursday, February 26, 2015

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