



Capitol Volkssport Club

NEWSLETTER

April, 2015

GENERAL MEMBERSHIP MEETING AT IZZY'S, APRIL 14TH, 2015

Happy Spring! It is so nice to experience the longer days and shorter nights. More time to walk! It has been a great walking winter, so mild and a lot of sunshine. Sunshine was the word of the day for the group who traveled to Portland for the 4T walk. The train to Portland picked up volkssporters in Tacoma, Olympia, and Longview. The report of the day was of beautiful views, warm weather, and good friends. We also have had many joining in on Monday and Thursday walks.

Looking on to April, our general **membership meeting will be at Izzy's on April 14th**. We will have a special treat hearing about Bob and Sheila's trip to Portugal. As I write this, many members are on the road. Keep us posted, we love to hear and see pictures of all the adventures!

We also need to take an important vote at the April meeting. We need to cast our vote on joining the IVV. You can read a pro/con article by AVA president Dennis Michele in the TAW plus the Feb/March/April Checkpoints and on the AVA web site. We will have a discussion at the meeting and can ask Bob and Nancy questions. We will be mailed a ballot May 1 and Barb and I will mark the club's decision, sign it, and mail it right back.

The last April thought turns toward Canada and the Phoenix Walking Festival in Victoria. There is still time to sign up plus find a place to stay. It is so much fun and I even love the ferry ride!

The national convention is also

quickly approaching. If you are interested in volunteering to help out at convention, be sure to sign up online at the AVA web page under volunteer tab. Bonnie, Sheila, Bob, and I will be there. I will go as our club's delegate with Sheila as the alternate and Bonnie will go as a teller, counting votes. The walks sound fabulous! I can hardly wait to get down there.

See you on the Trail! Liz

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Registration Coming Soon!
National Walking Summit at:
walkingsumit@americawalks.org

Walking can improve our health, reduce our healthcare costs, provide equal transportation access for everyone, clean our environment, improve the economic viability of our downtowns, and more. However, safe, walkable environments do not just happen they are made by hard work and coordinated commitment. The National Walking Summit is the premier opportunity for national organizations, companies, agencies, and local partners to convene to share best practices and stories, increase the visibility of these key issues, build support among federal agencies, and create momentum for the work ahead.



NEWS FROM THE TRAIL...



Upcoming Walks - April 2015

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Thursday April 2	10:00 AM West Olympia Safeway 3215 Harrison Ave NW Olympia	Olympia Evergreen State College Walk YRE 0657 10K 2C	10:00 AM Meet at Safeway to register, then drive to the Evergreen State Col- lege start point. Drive time approx 10 min. Small parking fee at the college.
Monday April 6	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday April 9	10:00 AM Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Fort Steilacoom Walk YRE 1996 10K with 6K option 1B	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 25 min.
Monday April 13	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday April 16	10:00 AM Walgreen Drugs 12105 Pacific Ave Parkland	Parkland (PLU Campus) 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 April 20	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.

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Thursday April 23	10:00 AM Centralia Safeway 1129 Harrison Ave Centralia	Centralia Historic Walk YRE 0957 10K with 5K option 1B	9:30 AM Meet at Starbucks at Trosper and Litterock Road near Fred Meyer. Drive time approx 30 min.
Monday April 27	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday April 30	10:00 AM Guesthouse Inn and Suites 701 E Heron St Aberdeen	Aberdeen Town and Waterfront Walk 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.

*** 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.

EVENT AND DISTANCE AWARDS

EVENTS

DISTANCE



30

Carol Froelich



75



100



125



150

Patricia Brower



1000 km

Patricia Brower



1500 km

Patricia Brower



200

Liz Norrison



1050

Robert Morrison



1100

Sheila Morrison



1200

John Warhol



12000 km

Robert Morrison



14000 km

John Warhol

Congratulations and keep walking!

Drink Right or Else - Dangers for Distance Walkers
Dehydration and Hyponatremia are Both Dangers for Walkers

Reprinted from About.com Guide

Keeping enough fluids and salts in your body during a long distance walking event such as a marathon, a 20-miler, or a half-marathon is crucial to finishing feeling good. Getting hydration right can prevent spending time in the medical tent getting an IV or a scary trip to the emergency room. Don't end your race with a ride in the sag wagon or an ambulance - learn to drink right.

Dehydration

The basic rule of thumb is to start a walk having had 16 oz. of water (a pint or half liter), and then replenishing with a cup of water every 15-20 minutes. That is about a water bottle-full an hour, about a half liter or pint. End your walk with a big glass of water. That may prevent dehydration - losing too much fluid from your body. Guidelines changed in 2003 to tell distance walkers and runners to drink as soon as thirsty.

Signs of dehydration: *Dry mouth, fatigue, dizziness, stomach ache, back pain, headache, irritability, decreased urination.*

Hyponatremia (loss of sodium or body salt)

Sweating removes both water and salts - electrolytes - from your body as you walk. Depending on the humidity, you may not notice how much you are sweating. For walks of over an hour, replenishing your electrolytes with sports drink is also important to prevent hyponatremia. It is recommended to drink 1 bottle of sports drink for every 2 bottles of water. Eating salty snacks such as pretzels during long walks is another source of salt. Some races just give you those little fast food salt packets to sprinkle on your tongue along with water. Guidelines as of 2003 emphasize not overdoing it on plain water, as some walkers drink more than the recommended water amount and flush out their body

salts, ending up sick with hyponatremia. Do not overdrink at the end of you walk, either. Be sure to have salty snacks or sports drink after your walk.

Signs of hyponatremia: *nausea, headache, cramps, confusion, slurred speech, bloating and [swollen hands](#).*

Getting Hydration Right

Weigh yourself immediately before and immediately after a long walk. If you are getting dehydrated, your weight will drop from the loss of water. If you are losing body salt and drinking too much plain water without salt, you will gain weight. Keep records of what and how much you drank, sweat level, salt, etc. and adjust so you are not gaining or losing during the walk.

Carrying It

How do you carry along sports drink on a long training walk where you won't have any support? Assuming you have a source of water, buy the powdered sports drink mix and mix it with your water. It adds little weight and could keep you out of the emergency room.

If the event or race provides water stops with sports drink and water, it is still essential to carry your own water and sports drink. You may become thirsty between water stops, and if you don't drink when thirsty, you are putting yourself in danger. Even well-run events may run out of cups, sports drink or water at the water stop you were relying upon. Faster and slower walkers may come upon stops not yet set up or already closed. Wise walkers always carry their own water and sports drink, just in case.

Deadly Quotes

Anne Thimm heard plenty of excuses for not drinking enough water and sports drink at the Avon Breast Cancer 3-Day Walk. At 20 miles a day for three days in hot weather, those excuses could put you in the hospital.





Capitol Volkssport Club
Olympia WA 98507



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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

"In every walk with nature one receives far more than he seeks."

~ John Muir ~

Newsletter deadline

Thursday, April 30, 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