



Capitol Volkssport Club

NEWSLETTER

July, 2010



It's our Capitol Volkssport Club Picnic!!

When: Tuesday, July 13, 2010

Where: Burfoot County Park

4:00 – Sizzling Summer Worker Walk

6:00 – Dinner!

7:00 – Mini-Meeting

Tumwater Historical Park was not available so we have the same shelter at Burfoot that we had last year. The Club will provide chicken and assorted beverages. Your mission...should you choose to accept it...is to bring a salad or a dessert **AND...**an idea! What one thing would you like our club to accomplish during the coming year?

Hope to see YOU there!



ATTENTION!

If you have ordered any clothing from Budd Bay Embroidery, please, bring your checkbook to the picnic on July 13th. The items are all ready to everyone.

Nurture new walkers

Imagine a new walker's first impression or our sport, Volkssporting, when they are faced with our terminology, acronyms and rules, such as the following:

AVA is part of IVV with sanctioned YRSs, Seasonal and traditional events, and award and distance record books in various colors for various levels. Traditional events and special events. Bike record books, and record of achievement passbooks with AVA registration numbers. Clubs and club memberships. POCs, and associate membership on four levels with membership numbers. Then you have plus signs on half of the YRE stamps. New walkers are also faced with learning about walk boxes, start cards, inset cards, A and B awards, checkpoints, credit only, start numbers and TAW.

Wouldn't you have many questions? (Continued on page 3)



NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB

JULY and AUGUST 2010 FRIDAY WALKS

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

IF YOU PLAN TO MEET WALKERS AT THE STARTING POINT, PLEASE CONTACT LINDA. CARPOOLERS MAY ARRIVE EARLY AT THE WALK SITE. IF NO ONE IS MEETING US AT THE STARTING POINT WE MAY START THE WALK PRIOR TO PUBLISHED START TIME.

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Friday July 9	10 am, Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Historic Town Walk Steilacoom YRE 635 10K with 5K option 2	9 am Martin Way Park 'n Ride At the back of the lot
Friday July 16	10 am, Safeway 1405 East Main St Puyallup	Puyallup YRE 242 10K with 5K option 1	9 am Martin Way Park 'n Ride At the back of the lot
Friday July 23	10 am, Safeway 1129 Harrison Ave Centralia	Centralia Historic YRE 957 10K with 5K option 1	9 am at Starbucks on the corner of Trosper and Little Rock Rd in Tumwater by Fred Meyer
Friday July 30	10 am, Forza Coffee Co 4828 Bridgeport Way W Ste. D. University Place	University Place YRE 367 10k with 12K option 2	9 am Martin Way Park 'n Ride At the back of the lot
Friday August 6	10 am DuPont Store/76 Station 100 Barksdale Ave DuPont	DuPont Boyhood Memories Walk Seasonal Y 193 10K 2+	9 am Martin Way Park 'n Ride At the back of the lot

Before You Buy or Make Energy Snacks

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

Energy Gels

Energy gels provide a carbohydrate blast designed especially for those on endurance events such as marathons. If you walk fast and breathe hard, a gel pack is safer than chewing/choking. Energy gels must be taken with water. New brands aim at being natural or being less cloyingly sweet than the original brands.

Energy Bars

Energy bars have a mix of carbohydrate, protein, and fat. They are convenient for a snack when on a long walk, especially as a meal replacement. Most rely on either peanuts or soy for protein, with the soy ones targeted to women. The "outdoor" types generally are not chocolate covered and hold up better in your pack. Some of the original types really gave your jaws a workout to chew. Nutrition bars are intended as meal replacements, providing vitamins and minerals and often having more calories and protein.

Energy and Sports Drinks

Water is not enough on a long walk. Sports drinks with sugar and salt better replace both water and body salt when walking for more than an hour, to prevent dehydration and hyponatremia (low salt). Steer clear of those with fancy additives and herbs, which do you no good on the walk, and look for those with proper salt and carbohydrate replacement. You can make your own sports drink cheaply. One type of drink isn't recommended for exercise hydration - the popular high-caffeine energy drinks in small cans. They provide too much caffeine and not enough water.

Fruit Snacks

Take along fruit for the truly all-natural carbohydrate burst. Bananas are an excellent source of potassium. Apples, small oranges, and raisins are great packable snacks. Be sure to dispose of peels and cores appropriately - in the trash, not just tossed in the bushes. The drawback - high fiber in apples and raisins may get you, er, moving. Some may have stomach upset from various fruit.

Trail Mix and Gorp

Trail mix is the original energy bar, with less melting. You can mix it up yourself or buy it in bulk or packaged. Generally it contains nuts for protein, raisins or other dried fruit for carbohydrates, and often chocolate or carob for taste. It has salt to replace electrolytes. Use portion control, as trail mix is often high in fat and calories - about 140 calories and 9 grams of fat per oz.

(continued from page 1)**new walkers**

People new to Volkssporting need the clubs to help them understand how the award system works and explain and sell the award books. When people are clear about basics, they become more enthusiastic and are more likely to be repeat walkers. Repeat walkers keep the clubs an AVA growing. **Nurture new walkers so they will want to come back!**





Capitol Volkssport Club

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The 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 Volkssporting clubs in the United States belong, is one of 51 countries that make the International Peoples Sports Club (IVV).

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. 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

*Travelers, there is no path,
paths are made by walking.*

— *Antonio Machado* —



Newsletter deadline

Friday, July 30, 2010.

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378, Shelton, WA 98584, or

E-mail: harisauk@peoplepc.com