



March, 2011

**CAPITOL VOLKSSPORT CLUB MEETING
MARCH 8, 2011**

*Apollo's Pizza and Pub
2010 Harrison Ave NW*

*There will either be no Board Meeting, or there will be an Online Board Meeting
in the days before the Membership Meeting*

*6:00 PM No Host Dinner
7:00 PM membership Meeting*

**Recovery Drinks and Foods after
a Workout**

What Should You Eat and Drink to Replenish Your Muscles?

After a long walk or an intense workout, your muscles have expended their available energy stores and need carbohydrates and protein to help them replenish and rebuild. Even if you are walking only to burn off calories, if you have put in a long session of endurance walking of two hours or more you should have a recovery drink or snack.

How Much Carbohydrate and Protein are Needed for Recovery Drinks and Foods?

A review of the research says that one gram of carbohydrates per kilogram of body weight per hour is needed for recovery. For a 150-pound person, that is 68 grams of carbohydrates, or what you would find in two Snickers bars or in 36 ounces of original Gatorade. That is a lot of sugar to take in. Adding protein in a 1:4 ratio allows the body to use the carbohydrates better, so if you don't want to take in that much sugar, the sugar you do take in will be used more effectively to rebuild energy stores in the muscles. That would be 17 grams of protein for a 150 pound person. Many recovery drinks and bars are formulated with the 1:4 ratio. The protein, or amino acids, in some recovery drinks and bars is also used to rebuild and repair muscles.

Recovery Drinks

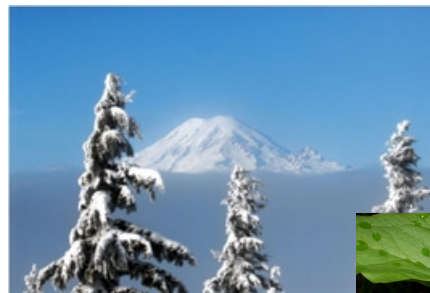
Lowfat chocolate milk and recovery drinks such as

Accelerade and Endurox provide carbohydrate and protein in a ratio of 4:1. Studies have shown that this combination can boost performance and reduce free radicals and muscle damage, versus those sports drinks that only replace carbohydrates and electrolytes, such as original Gatorade.

Recovery drinks also help restore water to the body after a workout. It is important to replenish the fluids lost through sweat. Endurance walkers should drink immediately after a long walking workout and continue drinking as they feel thirst.

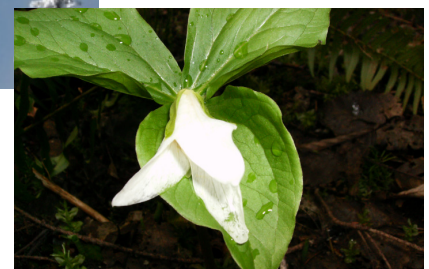
Recovery Foods and Snacks

Recovery snacks with a 4:1 ratio of carbohydrate-to-protein can be used in place of recovery drinks, so long as water is replenished too. Many energy bars containing protein are marketed as recovery snacks. Alternatives using regular foods would be a bagel with peanut butter or lowfat cheese. (Reprinted from About.com ED.)



Mt. Rainier

Isn't spring yet?





NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB
THURSDAY WALKS
MARCH 2011

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, March 3	10 am Safeway 1405 East Main St Puyallup	Puyallup YRE 242 10K with 5K option Difficulty level 1	9:15 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 35 to 45 min.
Thursday, March 10	10 am Forza Coffee Co 4828 Bridgeport Way W Ste. D. University Place	University Place YRE 367 10k with 12K option Difficulty level 2	9:15 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 40 min.
Thursday, March 17	10am Safeway 1100 S Market Blvd Chehalis	Chehalis Historic YRE 1605 10K with 5K option Difficulty level 1+	9:15 am Starbucks on the corner of Trospen and Little Rock Rd in Tumwater by Fred Meyer. Drive time approx 35 min.
Thursday, March 24	10 am Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Historic Town Walk Steilacoom YRE 635 10K with 5K option Difficulty level 2	9:15 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 35 min.
Thursday, March 31	10 am Guesthouse Inn & Suites 701 E Heron St Aberdeen	Aberdeen Rail Trail YRE 656 11K with 5K option Difficulty level 2	9 am Top Foods Parking Lot Near Pier 1 Drive time approx 1 hr.

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.

Please check www.capitolvolkssportclub.org for any update or changes to these walks



Seabreeze Walkers Enjoy Sunshine

Capitol Volkssport Club held its second biennial Seabreeze walking event over



Presidents' Day weekend. More than 260 walking enthusiasts came from across Oregon, Washington and British Columbia to enjoy nearly 700 walks varying in length from five to twenty kilometers and one bicycle tour of 26 kilometers along the beaches at Ocean Shores, Protection Island, Moclips and Griffiths-Priddy Ocean State Park. The



intrepid walkers who most often endure rain, wind and snow during this



February event were treated to blue skies, sparkling ocean waves, and



**striking views of the snow-white Olympic Mountains this year.
Bob Morrison**



Top 10 Walks in the USA of 2010

By Wendy Bumgardner, (Reprinted from About.com Guide)

1. St. Mary's City, Maryland

This walk is a newcomer to our top ten list. It explores Historic St. Mary's City, an 800-acre outdoor living history museum and the site of Maryland's first capital. Half of the walk is through the woods and on natural paths along the St. Mary's River. See the reconstructed State House of 1676, archaeological excavations and the Godiah Spray Tobacco Plantation. At the waterfront, there is a replica of the square-rigged Maryland Dove, which (along with the Ark), brought the first settlers and supplies from England. The walk is only open April 1 through October 31. [Sanction Y 1 6 2 0]
2 0 1 1 Walk Details
Walks Sponsored by the Freestate Happy Wanderers

2. Point Lobos, Carmel, California

This walk has been on the top ten list often in the past 10 years. The natural trail around the Point Lobos Reserve offers breathtaking views of Carmel Bay and the Big Sur coastline. You can spot frolicking sea otters, scuba divers, and -- in season -- gray whales spouting. However, be warned that almost every green shrub, sprout and hedge in the park is, in fact, poison oak. If you are sensitive, I suggest using a poison oak blocking lotion before the walk and a good scrub with a poison oak scrub afterward. [Sanction Y0445]
Walk Details 2 0 1 1
Walks Sponsored the South Bay Striders

3. Silver Falls, Oregon

This classic Northwest hike is in a canyon with nine waterfalls, including three that you can walk behind. You get the full flavor of the Northwest with tall timber, lush fern and the sparkling stream that creates the waterfalls. This walk is only open mid-April through mid-November. Wear trail shoes or boots, and bring a hiking stick, as the trail can be narrow and slippery. [Sanction Y0171]
Walk Details 2 0 1 1
Walks Sponsored by the Silverton Walkabouts

4. Mt. Rainier National Park, Washington -

Skyline Trail

Take a hike in Paradise, or rather, around Paradise Inn at the 7000 foot level of the tallest mountain in the Cascades Range. It is an extreme walk, rated difficult, wear hiking shoes and carry water. Your camera is bound to run out of either film or memory as you take in the glaciers and wildflowers. This walk is only open July 1 through September 30 and you must mail in your registration in advance to receive the map and directions. [Sanction Y0835]
Walk Details
Walks Sponsored by the Four-Plus Foolhardy Folks

5. San Antonio, Texas - Riverwalk

This route is simply fun, and you'll have earned your burrito and margarita by the end of it. The route meanders along Paseo del Rio or Riverwalk, through the King William District, La Villita, HemisFair Park, Institute of Texan Cultures and Menger Hotel. Walkers also pass the San Antonio war memorials and through Mission San Antonio De Valero, better known as "The Alamo." [Sanction Y0055]
Walk Details 2 0 1 1
Walks Sponsored by the Texas Wanderers

6. Annapolis, Maryland Walk

This walk is packed with history and history in the making. It includes the State House, the Governor's house, the US Naval Academy, historic downtown Annapolis and its dock area. I remember it as one of the best walks in the area. Bring a photo ID to enter the State House and Naval Academy. [Sanction Y R 0 2 6 4]
Walk Details 2 0 1 1
Walks Sponsored by the Annapolis Amblers

7. Grand Canyon, Arizona

The grandest walk in the continental United States takes you along the south rim of the Grand Canyon, through Grand Canyon Village. There is an alternate trail to Yavapai Point for more breathtaking views. Lowlanders should take it easy -- the elevation is 7,000 feet, although the route itself is fairly level. Registration for volkssport credit is in Flagstaff.[Sanction Y1376] To forgo credit, see the maps at NPS Grand Canyon Day Hiking Page.
(Continued on Page 5)

(Continued from Page 4) Top 10 Walks in the USA of 2010

10. Chicago, Illinois - Lakefront

Get the full flavor of the Chicago Lakefront with this great walk that starts at the Chicago Cultural Center. This trail takes you to the Chicago Loop, Northwestern University, Museum of Natural History, Shedd Aquarium, Buckingham Fountain, Navy Pier, Museum of Contemporary Art, along Michigan Avenue's Magnificent Mile and along beautiful Lake Michigan. [Sanction Y0783]
Walk Details 2011
Walks Sponsored by the Windy City Wanderers

How to Walk These Walks

Register at each walk's start point during open hours. Take the map and directions provided, and enjoy the walks at your own pace.

How to Find Walking Friends

Walking can be a solo journey, but finding a walking companion or club can keep it interesting and keep you motivated.

On days when it is cold, rainy, windy, hot, muggy or days when it is hard to make yourself go out the door, having a companion who you can't let down makes a big difference.

Finding the right companion and the right kind of companionship is the key. We'll go through each type with tips and tools on how to find walking friends.



How to Find a Walking Companion

What you want: Somebody to walk with on a regular basis.

Benefits

- Motivates you to walk by being accountable to another person.
- Can set joint schedule and goals.
- Companionship while walking
- More security while walking.

Where to Find

- Recruit spouse, family member, or a present friend. This is a very good option. It assures that you already have something in common with the companion. Talking and walking can enhance the existing relationship, spending more time with someone you already care about.
- Join a walking club or mall walkers to find potential partners. If your family and friends are resistant to walking, go to where people are.

[Walking Clubs Meet others in your area and join walking, hiking, or jogging clubs!www.WalkStyles.com](http://www.WalkStyles.com)

Get your Tails on the Trails

If your “best friend” walks with you on your Volksmarches, AVA wants to hear from you. Many walkers bring their family pet along for exercise, and camaraderie on the trail. Tell us about your K9 walking partner. The best stories will be selected by AVA staff for the future issues of the TAW and the writer will receive a prize. Rules: Your dog must be a regular participant with you on your Volksmarches. The story should be no more than 500 words; include the dog’s name, owner’s name and address and club. You should submit a photo of your dog with the story. The photo should be high resolution, about 200 dpi and 500k-1mb size. Send to AVA, attn: Tails and Trails, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148 or candy@ava.org. (Reprinted from “The American Wanderer”, February/March 2011, Ed.)





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 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. 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

“Nothing in life is to be feared. It is only to be understood.”

—MARIE CURIE—



Newsletter deadline

Thursday, March 31, 2011.

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