



January, 2012

Save the Date!!

Tuesday, January 10
Capitol Volkssport Club
Dinner meeting and Program

A no-host dinner begins at 6 pm at
Apollos Pasta and Pizza,
2302 Harrison Ave NW, Olympia



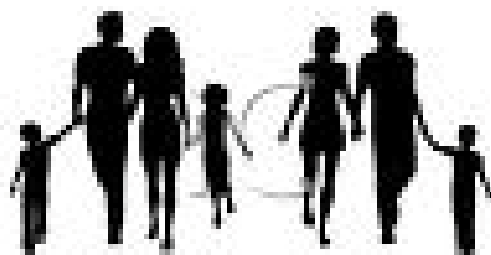
**At 7 pm we will have a brief meeting
and our own
Bob and Sheila Morrison
will talk and show pictures of their
recent walking adventures in
Greece and Turkey!**

Christmas Walk....

Many, many thanks to everyone who helped with the Christmas walk. There was a total of 248 walkers. 90 were free, 7 coupons, and 158 for credit. We received many comments about how nice the walk was and what a great event it is.

Special thanks to Bonnie and Linda for all their help and support. Without everyone working together, it couldn't happen.

Thanks everyone!





NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB THURSDAY MORNING WALKS

JANUARY 2012

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, January 5	10 am 76 station/store 100 Barksdale Ave N DuPont	Visions of the Old and New DuPont YRE 995 10K Difficulty level 1A Old Difficulty level 1	9:30 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 20 min.
Thursday, January 12	10 am Thrive Fitness 5401 Corporate Cntr Lp Lacey	Southeast Lacey Walk YRE 586 10K with 5K option Difficulty level 1B Old Difficulty level 1+	N/A
Thursday, January 19	10 am Safeway 1405 East Main St Puyallup	Puyallup YRE 242 10K with 5K option Difficulty level 1A Old 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, January 26	10 am South Bay Market 3425 Schincke Rd NE Olympia	Woodard Bay Trail YRE 1009 10K with 5K option Difficulty Level 1A Old Difficulty level 1	N/A

For more information contact:

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

SOMETHING INTERESTING!

WALKING DOES NOT STRENGTHEN YOUR MUSCLES.

The study was conducted at several leading Universities and the finding was that just walking, that is walking without weights, will not increase or strengthen your muscle at all! The article suggests that if you want to increase muscle strength and also increase bone strength you must add weights to your walking routine.

Wearing a weighted vest is the best way to do that because holding hand weights stresses your hand and wrist also plus it only works your arms while ignoring the rest of your body so , try wearing weight walking vest like the one made by nyk it is sleek so it never gets in the way of your arm movements as you walk.

And this is the way to improve muscle strength muscle tone and get strong bone. (Reprinted from About.com;Ed.)

Christmas Walk checkpoint...





Capitol Volkssport Club

P.O. Box 2778
Olympia WA 98507



CVC OFFICERS

PRESIDENT – Susan Berry (360-491-7266)

E-mail: lsberry@comcast.net

VICE-PRESIDENT— Jim Younkins (360) 357-9185

e-mail: jcyounkins@comcast.net

SECRETARY— Leslie Willardson (360) 753-5596

e-mail: HeathField@hotmail.com

TREASURER – Sheila Morrison (360) 923-5381

e-mail: Sheila.morrison@comcast.net

ESVA REP. – Bonnie Tucker (360) 491-4767

e-mail: bonniedale@comcast.net

MEMBERSHIP—Karen Younkins (360) 357-9185

e-mail: jcyounkins@comcast.net

NEWS EDITOR – Harry Saukants

(360) 432-2318

e-mail: hjsaukants@q.com

PUBLICITY – Perki Sweet (360)-459-8167

e-mail: pandpsweet@gmail.com

WEBMASTER — Peter Sweet (360) 459-8167

e-mail: ollysweetp@yahoo.com

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

...the journey is never what
we plan for; it's what happens
between the lines."
— Mary Morris —

Newsletter deadline

Tuesday, January 31 2012.

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: hjsaukants@q.com