

**CVC Meeting February 12, 2013**  
**Apollo's Pizza and Pub, 2010 Harrison Ave NW**  
**6:00 PM for no host dinner, program will start at 7:00 PM with meeting to follow;**  
*Elizabeth Mooney will share the travel experience in New Zealand: all South Island, Milford Sound, Pancake Rocks, Glaciers - Rob Roy, Fox and Franz, Josef, The Chasm and Able*  
*Tasman and some post earthquake photos in Christchurch.*



**EVENT AND DISTANCE AWARDS**

**EVENTS**

**DISTANCES**



10

*Patricia Brower*



750

*Robert Morrison*



950

*William Stuart*



9000 km

*Sheila Morrison*



11000 KM

11000 km

*William Stuart*



1050

*Susan Berry*



1300

*Nicholas Shields*



2400

*Bonita Tucker*



***Congratulations and keep walking!***

## NEWS FROM THE TRAIL...



CAPITOL VOLKSSPORT CLUB  
THURSDAY MORNING WALKS

FEBRUARY 2013

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, February 7	Walk Leaves @ 10 am 1109 Yelm Ave (Hwy 507) Yelm	Yelm Town and Trail YRE 1657 10K with 5 K option Difficulty level 1A	<b>Leave @ 9:15 am</b> Martin Way Park 'n Ride At the back of the lot. Drive time approx 30 min
<b>NEW WALK</b>  Thursday, February 14	Leave @ 10 am Holiday Inn and Suites 730 NW Liberty Place Chehalis Drive to Start Point	Willapa Trail YRE 0356 10K with 5K option Difficulty level 1A	<b>Leave @ 9:30 am</b> Starbucks on the corner of Trosper and Littlerock Rd in Tumwater by Fred Meyer Drive time approx 30 min
Thursday, February 21	Walk Leaves @ 10 am DuPont Store/76 Sta- tion 100 Barksdale Ave DuPont	Boyhood Memories YRE 0193 10K with 5K option Difficulty level 1A	<b>Leave @ 9:30 am</b> Martin Way Park 'n Ride At the back of the lot Drive time approx 20 min.
Thursday, February 28	Walk Leaves @ 10 am Safeway 6200 SE Pacific Lacey	Lacey Historic YRE 0950 10K with 5K option Difficulty level 1B	N/A

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or [lpolzin@thurston.com](mailto:lpolzin@thurston.com)



## When Should I Replace My Walking Shoes?

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

**Question:** When Should I Replace My Walking Shoes?

Should you replace your walking shoes before they look like they've seen better days?

**Answer:** Once you find a comfortable pair of walking shoes that support your feet right, it is hard to part with them. But walking and running shoes have a limited life span. With each step, you are breaking down their cushioning and support. By 500 miles, most shoes are dead and need to be recycled or saved for non-exercise purposes.

### **The 500 Mile Limit = Replace Every 3 to 6 Months**

The typical athletic shoe is only built to last 350 to 500 miles. While walkers are not pounding their shoes as hard as runners, you are unlikely to still get good support and cushioning past 500 miles. Your weight is also a factor -- the more you weigh, the faster your shoes will wear out. If you are walking 30 minutes a day, or an average of 3 to 4 hours a week, replace your shoes every six months. If you are walking 60 minutes a day or an average of 7 hours a week, replace your shoes every three months.

### **Shoes Are Aging Before You Buy Them**

Athletic shoes are glued together. While in the warehouse and on the store shelf, they are already aging. The glue is drying out. The air pockets in the cushioning may be slowly dissipating. You will often find that shoes on sale are old models being discontinued. They may already be over a year old and may give you less wear before wearing out. To get the longest life from a shoe, buy the current model and question the shoe store staff about how long they have been in the store.

### **Shoe Care for Longer Shoe Life**

- **Save your walking shoes only for exercise walks:** Don't wear them all day; slip into them only for your exercise time. If you keep them on your feet, they get more wear and they have longer exposure to foot

moisture and bacteria, which will break them down faster.

- **Air out your shoes between uses:** Store your walking shoes where they are exposed to air so they can dry out fully between uses. A gym bag isn't the best place to let them breathe.
- **If you wash them, air dry:** I do not wash my walking shoes, but if you do you should use gentle soap and cold water so you don't destroy the glue. Always air dry them rather than throwing them in a dryer. Avoid heat, as this will contribute to faster breakdown of the glue.
- **Replacing the insoles:** If you prefer a custom insole, replace it each time you replace your shoes. Changing the insole is not a substitute for replacing the shoe. Cushioning insoles don't provide the same cushioning and support that the shoe itself provides. Once the shoe is broken down, you can't remedy that with an insole.

### **How to Know Your Shoes are Dead - Rotate Your Shoes**

The best way to discover your shoes have died is to rotate your walking shoes. Start wearing a pair of walking shoes, and alternate them with a new pair of walking shoes after 1 to 2 months. When the older pair begins to break down, you will sense the difference between the newer and older pair. If you walk one or more times daily, alternating shoes allows each pair to fully dry out between uses. Take advantage of "buy one get one free" offers from shoe retailers. Buy two pairs at a time to save on gas if you are driving to a local running store, or to save on postage if you are ordering online.

### **Signs Your Shoes are Dead**

Most people wait till their shoes look bad before replacing them. By that time they have been toast for many months. These signs of long dead shoes should prompt you to replace them immediately: (Reprinted from About.com; Ed.)



Capitol Volkssport Club  
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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.

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**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 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](http://www.capitolvolkssportclub.org)  
**AVA Website:** [www.AVA.org](http://www.AVA.org)  
**Evergreen State Volkssport Association:** [www.ESVA.org](http://www.ESVA.org)

*"It is not down in any map;  
True places never are."  
- Herman Melville -*

**Newsletter deadline**

**Tuesday, February 28, 2013**

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