



Capitol Volkssport Club

NEWSLETTER

March, 2014

Capitol Volkssport Club March Meeting

Special “Not To Be Missed” Presentation

[Camino de Santiago Pilgrimage | The Way of St. James](#)

At our March meeting, club members Cindy and Mike Extine will show photos and discuss their 44 day trek across Spain to Santiago de Compostela.

Following the presentation, club members Holly and Bill Spaulding will share information they have gathered about the Camino and tell you about a group of our members who plan to walk the Camino in 2015.

When: Tuesday, March 11, 2014

Where: [Izzy's Classic Buffet-Olympia](#)
3540 Pacific Ave SE, Olympia · (360) 456-0314

Agenda: 5:30-6:30PM Social & Dinner (no host)

6:30-8:00 Presentation and Discussions

THE
Spirit
OF WALKING

NEWS FROM THE TRAIL...



Upcoming Walks - March 2014

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday March 3	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday March 6	10:00 AM West Olympia Safe- way 3215 Harrison Ave NW Olympia	<u>Olympia Evergreen State College Walk</u> YRE 0657 10K 2C	10:00 AM Meet at Safeway to register, then drive to the Evergreen State College start point. Drive time approx 10 min. Small parking fee at the college.
Monday March 10	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday March 13	10:00 AM Safeway 1405 East Main St Puyallup	Puyallup River Walk YRE 0915 10K with 5K option 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 45 min.
Monday March 17	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday March 20	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.

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Monday March 24	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday March 27	10:00 AM Chehalis Safeway 1100 S Market Blvd Chehalis	<u>Chehalis Historic Walk</u> YRE 1605 10K with 5K option 1A	9:30 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 30 min.
Monday March 31	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.

*** For Monday 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) or

Sheila (360-923-5381) 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.

What Not to Wear Walking - Bad Walking Gear

By Wendy Bumgardner, About.com Guide

Beyond fashion, you need function and comfort in your walking clothing and gear. Avoid these mistakes in your walking gear and clothing.

1. Cotton Socks

Cotton socks are a bad choice for walking. They hold sweat next to the skin, which allows blisters to form more quickly. Your walking socks should be made of a sweat-wicking fabric. They should be anatomically designed, rather than tube socks, so they stay in place at toe and heel. The right walking socks can help

prevent blisters.

2. Denim Jeans

Denim is a bad walking choice. In hot weather, it is heavy and hot and holds sweat next to your skin. In wet weather, it soaks up rain like a sponge. If you end up wet from either sweat or rain, you may soon be chafed on your thighs and crotch. Instead, choose walking pants made from a sweat-wicking fabric.

3. Naked Head and Shoulders

Men or women, cover your head and shoulders. A walk of an hour or more will give you lots of sun exposure on your head, shoulders, neck, back and cleavage. I never leave

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home without a hat, as the top of my head easily burns. You can also easily overheat in hot weather or cool too fast in cold weather, if your head is bare. This is why I simply don't understand wearing a visor instead of a hat. For your shoulders, even if you wear a good sunscreen, wearing a skin-baring tank top provides too much sun exposure. It all adds up over the years to age your skin and raise your risk of skin cancer. It's best to wear short sleeves. Your skin will thank you.

4. Too Much Clothing

I have a couple of walking buddies who I have to undress when we meet up for winter walks. They are wearing five to six layers of clothing and end up shedding two or three within the first half hour. If you are warm when you start walking, you will soon be too hot. Start off feeling slightly cool. As hikers know, you need only three layers (not counting your bra). The first layer is a shirt of sweat-wicking fabric. The second layer is an insulating layer of performance fleece, wool or down. The third layer is a windproof jacket, which may also be waterproof. Unless you are walking in subfreezing temperatures, this is all you need. Add a hat, gloves or scarf for extra comfort.

5. All Black After Dark

Dressing like a ninja and walking after dark is an unsafe fashion choice. Cars and bikes aren't expecting you to be crossing streets. Give them at least a chance of seeing you. Choose your after-dark clothing to have lighter colors and reflective stripes. Or, for pity's sake, wear a reflective safety vest. For myself, I love my Glo Glov gloves — they are easy to take along, and I can stop traffic or even direct aircraft with them.

6. Camo

Even in daytime, if you are walking alongside a road, you need to be highly visible to approaching cars. Wearing drab colors or even camouflage (unless you are in a military unit) is dangerous. You do not want to blend into the scenery. Choose your walking outfit to include at least one item in a bright color that can be seen from front and back. A safety vest is a great solution. Learn to practice safe walking etiquette. If you must walk on the road or in the bike lane, walk on the left side of the road facing traffic, single file. Thinking that cars will see you in time to

brake on a blind corner may be dead wrong — literally.

7. Weights

Just keep on walking past any infomercial telling you that heavy shoes, ankle weights, hand weights or a weighted vest is just what you need to pump up your walking. Every medical expert I've consulted in 12 years has said to avoid these during fitness walking. Weights on your hands or feet are unnatural and are likely to cause strain. Extra weight on your torso probably won't hurt, but I'd rather you go faster or farther to burn more calories. Save the weights to do a simple strength workout for a few minutes before or after the walk, when you can do it with proper posture and form.

8. Giant Backpacks

Do you really need to pack along a week's water, food and clothing for an hour-long fitness walk? Doubtful. While you may want a few essentials, try to carry them in a hip pack or well-designed small backpack. I prefer a small hydration pack, so I can drink while I walk and still have a place for small essentials.

9. Mountaineering Boots

Heavy boots may last through forced marches, but they weren't meant for fitness walking. Save the heavy hiking boots for the situation they were designed for — to support a hiker with a heavy backpack on rough trails. Fitness walkers need flexible soles to move with their feet as they roll through a step. Backpacking boots have heavy, inflexible soles. Heavy weight on your feet set you up for muscle strain. For rough trails without a heavy backpack, I prefer trail running shoes that have a trail-gripping sole while still being flexible and much lighter in weight than hiking boots.

10. Flip-Flops

Flip-flops weren't made for fitness walking. They provide no support, and they don't allow you to push off with each step. In effect, you are shuffling rather than walking. Save them for summer fun that doesn't involve walking any distance. If you love the feel of air on your toes, invest in a pair of well-designed hiking sandals instead.



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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

Friday, March 28, 2014

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