



Capitol Volkssport Club

NEWSLETTER

November, 2015

CVC General Membership meeting will be

on Tuesday, November 10, 2015 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

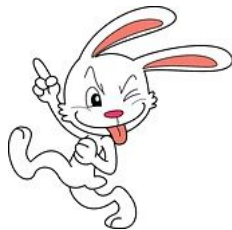
A no-host dinner begins at 5:30 PM, program at 6:15, followed by a brief business meeting afterward.

I can hardly believe October is over! Only two more months until 2016. We had so many fun opportunities to walk this month in addition to our wonderful Monday and Thursday walks. Some special ones were the Friendship walk with the Kitsap club and the Seattle Ghost Walk brought to us by our Monday group. They both lived up to the Volkssport motto of Fun, Fitness, and Friendship. A few of us attended the Great Columbia Crossing. We had perfect weather and it was so much fun. I recommend it for next year. Several members accepted Perki's invitation to try out our new Tenino walk. It is a lovely walk and we had a fabulous lunch after the walk. Coming up in November is Big Finn Hill Park walk in Kirkland on the 7th. It goes through Bastyr University and St Edward State Park. Also the Turkey Trot in Edmonds on the 28th, a great opportunity to walk off some of that delicious Thanksgiving dinner! Our next meeting is on November 10, at Izzy's Pizza. Be sure to put it on your calendar. We will have the sign up sheet for the Holiday Potluck available for those who have not yet decided what to bring. We also will be talking about the Holiday Walk held on December 5th. Sign up sheets for volunteers to man the tables and bring cookies will be passed around. This is such a wonderful event plus walkers appreciate the goodies and smiling CVC faces they see at the Start/Finish and Check Point. Happy Walking! Liz



Welcome new members

Larry Clark, Donna Irish, Judy Emerick, Jack and Janie Daray, Sandy Fabry and Joyce Allen



Welcome to our club and see you on the trail!

NEWS FROM THE TRAIL...



Upcoming Walks - November 2015

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday November 2	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday November 5	10:00 AM South Bay Market 3425 Schinke Rd Olympia	Woodard Bay Walk YRE 1009 10K with 12K, 14K, and 16K options 1A (options vary)	N/A
Monday November 9	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday November 12	10:00 AM Centralia Safeway 1129 Harrison Ave Centralia	Centralia Historic Walk YRE 0957 10K with 5K option 1B	9:30 AM Meet at Starbucks at Trospen and Little-rock Road near Fred Meyer. Drive time approx 30 min.
Monday November 16	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday November 19	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.

(Continued on page 3...)

A Brief History of Walking

What's the history of walking as a sport or physical challenge -- beyond just getting around on two feet? Let's take a tour of the milestones walkers have achieved through the ages.

4 million years BC or thereabouts (subject to scientific and philosophical debate): [Australopithecus afarensis](#) begins the fad of two-legged walking, the defining trait of family *Hominidae*. Two-legged walking frees up the hands to use for making tools, [tying shoes](#), etc.

8,000 - 10,000 years BB (before Birkenstocks): North American natives [make and wear sandals](#). Sling backs and slip-ons are the most popular styles.

100 AD: [Emperor Hadrian](#) tours his whole empire on foot, marching 21 miles a day in full armor. The Romans define a mile, with [1000 military paces \(a pace is two steps\) equal to a mile](#).

1140: Pilgrimages on the [Camino de Santiago](#) had become so popular that the world's first travel guide, the *Codex Calixtinus* is published.

1589: Sir Robert Carey walks 300 miles from London to Berwick on a wager.

1600's: King Charles II of England [racewalked](#) from Whitehall to [Hampton Court](#). The distance is about a [half marathon](#), over 13 miles, very impressive!

1762: John Hague walked 100 miles in 23 hours, 15 minutes, the first [Centurion walk](#).

1801 - 1803: Johann Gottfried Seume walks from Germany to Sicily and back, then from Germany to Russia, Finland and Sweden 1805-1807. He is known for the quote, "[Woe to the land where they sing no more](#)." Which country would that be?

1809: Captain Robert Barclay walks 1000 miles in 1000 hours.

1864: Black Forest Wanderverein formed in Germany - now world's oldest surviving [walking club](#).

1860-1903: The Pedestrian Age - walking is the leading sport in Europe and America. Big money comes to walking as long distance walkers earn more per race than today's basketball players, the equivalent of 100 years of salary of the day.

1861: Edward Payson Weston's, "the father of modern pedestrianism" has his first major walk. It occurred because he bet that President Lincoln would lose the 1860 election. Upon Lincoln's win and Weston's loss, Weston walked from Boston to the inauguration in Washington DC.

1867: Weston walks from Portland, Maine to Chicago, Illinois (1326 miles) in 25 days, earning \$10,000, the equivalent of a million dollars today.

1874: Weston walks 500 miles in six consecutive days. Daniel O'Leary breaks his record and becomes "Champion Pedestrian of the World." From these competitions, the Astley Belt Races are developed.

1877: Mary Marshall walks 50 miles in 12 hours.

1879: Charles Rowell earns \$50,000 in two 6-day Astley Belt Races.

1879: First women's 6-day race is won by Bertha Von Berg, with a distance of 372 miles and \$1000 purse.

1906: [Athens Olympics](#) (Interim Games) 1500m Walk Olympic record set by George Bonhag, USA 7:12:6, 3000m Walk won by Gyorgy Sztantics, Hungary 15:13.2.

1908: London Olympics: 3500m Walk, 10 Miles Walk, added 20K and 50K racewalks.

1909: The [Nijmegen Vierdaagse](#) (Four-Days Walk) is hosted for the first time.

1911: First US racewalk held on Coney Island.

1964: The modern athletic shoe company is born as Phil Knight and his trusty waffle iron found Blue Ribbon Sports, which will become [Nike, Inc](#). They will continue to ignore their biggest customer category, walkers, for the rest of history.

1968: [IVV - International Federation of Popular Sports](#), is formed to promote non-competitive walking events. [Volksmarch](#) walking begins.

1969: Neil Armstrong and Buzz Aldrin [walk on the moon](#). "That's one small step for (a) man, one giant leap for mankind."

1970: First March of Dimes is held in Columbus, Ohio. This is one of the first [charity walks](#), which would become ubiquitous.

1976: First sanctioned [volksmarch](#) in USA, Fredericksburg, Texas.

1984: [Walking Wendy goes on her first volksmarch](#), Forest Grove, Oregon.

1987: [International Marching League](#) is formed. This organization promotes the top multi-day walking event in each member country.

1990's: Walking is the most popular form of exercise in the USA, with 65 million regular walkers. It beats all other forms of sport and exercise by over 100% Athletic shoe companies respond by gearing advertising to runners and professional sports. No respect for walkers.

1997: Walking site debuts at Mining Company and is one of its top 25 sites throughout the year.

1998: The first [three-day walk for breast cancer](#) is held. These walks become very popular and raise millions of dollars for breast cancer charities over the next 17 years.

1999: Mining Company becomes About.com. Walking Wendy [walks her first marathon](#), joining the throngs of run/walkers and pure walkers who stole marathons away from the realm of elite runners.

1999/2000: Millennium Walks and World Walking Day Walks held worldwide. Computer systems fail to crash and life goes on.

2000: Poland's Robert Korzeniowski sweeps the men's 20K and men's 50K walk in the Sydney Olympic Games. There is much controversy as [competitors are disqualified in the last mile](#) before the finish, some not notified of disqualification until after finishing.

2001: Thousands of walkers participate in the [Walk of Life 10-Week Program](#) on Walking.about.com

2004: [Polly Letofsky](#) becomes first American woman to walk around the world.

2011: Movie [The Way](#) with Martin Sheen and Emilio Estevez ignites more interest in walking the Camino de Santiago.

2014: Walking Wendy shares [10 things she learned in 30 years of walking](#).

(Reprinted from About.com Walking)



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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 a check made out to CVC, addressed to Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.



CVC Website: www.capitolvolkssportclub.org
AVA Website: www.AVA.org
Evergreen State Volkssport Association: www.ESVA.org

The human body was designed to walk, run or stop; it was not built for coasting.
— Cullen Hightower —

Newsletter deadline
 Saturday, November 28 , 2015
 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