

CAPITOL VOLKSSPORT CLUB

FEBRUARY 2021 NEWSLETTER

VOLUME 4, EDITION 1-2

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

On a gauge with extroversion on one end and introversion on the other, I am toward the introversion end. In the work place I was an "individual contributor" who was most productive working on my own; and sustained social engagements wear me out. I've always thought it would be nice to develop skills that would move my gauge a bit closer to extroversion. Drawing attention to myself by taking a leadership position, running a business meeting, speaking in front of a group, working effectively with others to get things done, guiding a group through change, and meeting new people are all things that don't come naturally. To be President of CVC was pushing the envelope for me. The past two and a half years has increased my knowledge of myself and my confidence. Being an eight year member of CVC has increased and sustained my fitness level, and your friendship has enhanced my life greatly. I've loved walking with you locally and travelling with you on the AVA circuit. Bill and I plan to continue doing the AVA circuit and we're hoping to see a bunch of you at the regional conference in Oregon in 2022. Since we'll be living in Florida, we are thinking of attending the US Freedom Walk Festival in Arlington, Virginia, October 15-17, 2021 (ava.org for details). If you've had your vaccination and feel like taking a trip in June, check out ava.org for details about the 22nd AVA Biennial Convention in Madison, WI, June 26 – July 3, 2021.

The AVA head office is settled into their new location. You can now mail in your distance, event, and AVA challenge books to AVA at their new address which is: **American Volkssport Association, 1008 South Alamo Street, San Antonio, TX 78210.**

In other good news, the 2021 stamps have (finally) been mailed to box tenders so you will soon be able to stamp your books with the current year's stamp. The *Start Point* this year doesn't list our events with correct information about the options for registration. The way to determine the options for registration for a walk is to check our website (capitolvolkssportclub.org) or use *Event Search* at ava.org. CVC hosts 23 YRE/Seasonal walks/bikes with varying options for registration.



STAY POSITIVE. STAY ACTIVE. STAY SAFE!

WE WELCOME OUR NEW MEMBERS!

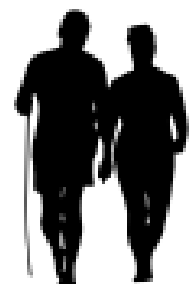
We **welcome** our newest members to our Club.

We look forward to meeting you on the trail!

Jeff and Ronda Sutton - Olympia, WA

Eric Lopotosky - Rochester, WA

Teresa Taylor - Tumwater, WA



We'll see you on the trail!



SUMMER 2020 COVID-19 CONTEST



This contest was sponsored by Northwest Regional Director Tom Baltes and Louise Baltes.

Congratulations to these participants
who accepted the challenge to get out walking and biking between July 1 and October 31.

Barbara Baker
Dick Baker
Joe Blazek
Lynn Blazek
Theresa Conner
Amy Crandall
Chase Davis
Pam Davis
Deb Driscoll
Linda Edwards
Pat Ellsberg
Diane Evans
Bev Havens
Sandy Hiles
Rosemarie Hirsch
Pat Jewett
Susan LeDeuc
Shirley Lindberg
David Madsen
Karen McGehee

Sherry Ogur
James Ohl
Jean Ohl
Janet Paige
Lisa Robertson
Neil Smith
Cheryl Snodgrass
Debbie Sparks
Jack Sparks
Steven Strachan
Susan Strachan
Bonnie Tucker
Sue-Lon Webert
Dan Webster
Debra Westcott
Jim Westcott
Leslie Winton
Carrie Witzel
Ethel Wood
James Younkins
Karen Younkins

These walkers completed a combined total of 2,637 walks!

First place finisher: **Jean Ohl** with 290 events.

Second place: **Janet Paige** with 218 events.

Third place: **Pat Jewett** with 150 events.

Karen Younkins won the drawing.



A MESSAGE FROM NORTHWEST REGIONAL DIRECTOR -TOM BALTES

Because of COVID restrictions in our four states, many of our nearly 400 year round events are currently only available online or through contact with the walk owners. The clubs in the Northwest region are diligently working to upload the majority of our walks to the Online Start Box for your convenience. Because it is an ongoing effort, we encourage traveling walkers to monitor the Event Sanction System (ESS) for the latest status of our walks to find the best way to register and enjoy our walks. When in doubt, contact our walk owners. Due to an inadvertent error, most of our Olympia WA Capitol Volkssport Club's walks are reflected in the Starting Point book as only OSB, while in fact they are available through the OSB and Physical Start Box (PSB). For these walks please consult the ESS for driving directions and PSB location. We are poised and ready to offer you incredible walking experiences across our region when travel and social engagement are once again the norm.

STAY POSITIVE. STAY ACTIVE. STAY SAFE!



Walking: Your steps to health

Exciting benefits of walking for heart health, including lower risk of heart attack and stroke

Extracted from Harvard Men's Health Watch

Published: August, 2009; Updated: July 18, 2018

Why should you start walking for heart health? Walking doesn't get the respect it deserves, either for its health benefits, its value for transportation, or its role in recreation!

Walking for heart health

Hundreds of medical studies show that regular exercise is good for health — very good, in fact. But many of these studies lump various forms of exercise together to investigate how the total amount of physical activity influences health. It's important research, but it doesn't necessarily prove that walking, in and of itself, is beneficial. In a report that included findings from multiple well done studies, researchers found that walking reduced the risk of cardiovascular events by 31% cut the risk of dying by 32%. These benefits were equally robust in men and women. Protection was evident even at distances of just 5½ miles per week and at a pace as casual as about 2 miles per hour. The people who walked longer distances, walked at a faster pace, or both enjoyed the greatest protection.

Benefits of walking for your health

The cardiovascular benefits of walking are biologically plausible; like other forms of regular moderate exercise, walking improves cardiac risk factors such as cholesterol, blood pressure, diabetes, obesity, vascular stiffness and inflammation, and mental stress. And if cardiac protection and a lower death rate are not enough to get you moving, consider that walking and other moderate exercise programs also help protect against dementia, peripheral artery disease, obesity, diabetes, depression, and colon cancer.

Walking the walk

Walking has it all. Simple and natural, it doesn't require any instruction or skill. It can be a very modest form of exercise or it can demand enough skill and intensity to be an Olympic sport. You can walk alone for solitude or with friends for companionship. You can walk indoors on a treadmill or outside in the city or country, at home or away. You can get all the benefits of moderate exercise with a very low risk of injury. And to boot, walking is inexpensive.

All things considered, Charles Dickens got it right: "Walk to be healthy, walk to be happy."

Ready, set, walk!



WHERE CAN YOU WALK? WHEN? Upcoming walks and events



We encourage **ALL** our members to get out and walk! Where can you walk you ask? **We have a great website which lists all our walks and bike rides.** For complete information as to where our weekly and year around walks are, when they start and directions to the start point - **check out our website: www.capitolvolkssportclub.org**

WALK TO LIVE! LIVE TO WALK! WALK WITH US!
OTHER GREAT WALKS COMING UP:

Pre-Super Bowl Walk

Saturday, February 6

Hosted by Columbia River Volkssport Club
Location: McMenamins Kennedy School (Parsons Room)
5736 NE 33rd Ave., Portland
Start Time 9:00 a.m. - Noon Finish Time: 3:00 p.m.
Walk Subject to Cancellation - Check with Ed Hainline, 360-921-1909 or Dick Baker, 360-991-8806 before attending.

Heart Breaker Walk

Saturday, February 13

Hosted by Columbia River Volkssport Club
Location: Good Samaritan Hospital Building 2 (Foyer)
1040 NW 22nd Avenue, Portland
Start Time 9:00 a.m. - Noon Finish Time: 3:00 p.m.
Walk Subject to Cancellation - Check with Pat Jewett, 503-453-6018 before attending.



Remember - A great way to find out about all the walks coming up in our region is by subscribing to [THE NORTHWEST PATHFINDER,**](#)**

Washington & Oregon's Premier Event Newsletter



*The Northwest Pathfinder is the official newsletter of the **Pathfinder Volkssport Club of the Northwest** published bimonthly with information about upcoming events in both Washington and Oregon. It contains a wealth of information about volkssporting including awards, credit, trail ratings, member clubs and their officers, and an event locator map.*

The newsletter is sent to all Active and Associate Members of the Pathfinder Volkssport Club of the Northwest. Annual membership dues are \$14.00

For more information or to subscribe to The Northwest Pathfinder, contact:

*The Northwest Pathfinder
4430 S. 263rd Street
Kent, WA 98032-7159*

or www.esva.online/nw-pathfinder-home-delivery/



Yearly Dues Notice for the Capitol Volkssport Club:

Our membership chairperson, Karen Younkins is accepting dues anytime! At this difficult time with Covid 19 concerns however, we would appreciate it if you could write a check to CVC rather than giving Karen Younkins cash. Thank you!



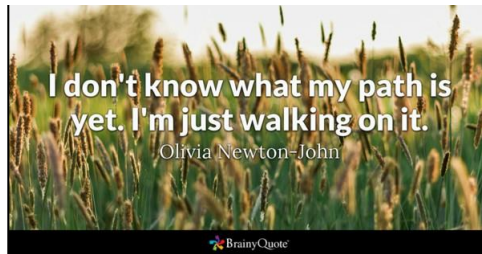
\$8.00 (individual) per year;
\$6:00 for 55+; \$12.00 for family.
As a club member our YRE walks are only \$2.00.
Non-Members pay \$3.00
**Dues are payable to our Membership Chairperson:
Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.**



THOUGHTS TO GET YOU THROUGH THE DAY



A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. **-Paul Dudley White**



December 10



As you know we are moving to Florida soon.
Therefore, I am recruiting a member who would like to take over publishing a newsletter for our club!
You don't have to publish a monthly newsletter. Bi-monthly or quarterly would be fine.
Graphics and previous newsletters included!
If you're interested, please let me know!
william.k.spaulding@gmail.com



Distance and events awards:

These Event and Distance awards were published by AVA in the December 2020 Issue of *The American Wanderer*.

Congratulations to our members for their achievements!

EVENT AWARDS

450 Events: Kris Colburn
2600 Events: Elizabeth Wittenberg

2100 Events: Bob Morrison
2900 Events: Nancy Wittenberg

DISTANCE AWARDS

7500 KM: Kris Colburn
22000 KM: Bob Morrison

16000 KM: Rosemarie Hirsch

BIKE AWARDS

7500 KM: Kris Colburn



Capitol Volkssport Club Officers and contact information:

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**Capitol Volkssport Club
C/O Holly Spaulding
4627 Timothy Street SE
Lacey, WA 98503**



Our Next Meeting:

**We will let you know when we can start meeting in person.
Stay connected through walking!**





A nice winter day walk at Pt. Defiance, Tacoma

Left: Ft. Steilacoom
December



Above: Dupont Historic - December

Right:
Centrallia
Fort Borst -
December



Right: Johnny on
the Olympia
Waterfront
December



Happy
Valentine's
Day

Right: Steilacoom
January



Left: Woodard Bay
December



Above Left & Right and
Below: Olympia Waterfront



Keep Walking! It's safe, healthy and the right thing to do!