

Capitol Volkssport Club Newsletter February 2024 President's Message Submitted by Karen Younkins, President Capitol Volkssport Club

The clubs in Washington State now have to pay the AVA \$2 per person at our walks including those guests we have walking with us. CVC is still charging our members \$2 per walk (at a deficit), with events (such as Wild and Woodsy in April) costing everyone \$3. Please be prepared to pay up to \$4 per walks sponsored by other clubs and OSB walks.

Alex Hutchinson, a columnist for the Outside Magazine, has written an article concerning the advantages of using trekking poles. I found this article very interesting and thought I'd share it. I am including some of his comments below.

Trekking poles elicit mixed feelings. Their boosters certainly love them, and not just in the backcountry. In Europe, they look at you kind of funny if you walk around *without* poles. There have actually been quite a few studies investigating the pros and cons of pole use, and they're summarized in a new review article by Ashley Hawke and Randall Jensen in *Wilderness & Environmental Medicine*. This isn't a meta-analysis that aggregates the results of a bunch of studies into one big dataset, because the studies all tackle slightly different questions in slightly different contexts. But bringing all the studies together in one place allows us to extract some common themes. Here are the highlights:



You Burn More Calories with Trekking Poles

This is a fairly consistent finding. By some estimates, it's about a 20 percent calorie bonus thanks to the added demands of using your upper body muscles. To the urban polers of the world, this is fantastic news: the pounds will melt away! You don't get the extra calorie burn just from carrying the poles with you. You have to actively drive them into the ground.

You Walk Faster and/or It Feels Easier

All six of the relevant studies in the review found that subjects tended to walk faster with poles. It's not because you're propelling yourself forward with arm power, though. Instead, the poles seem to enable people to adopt a more normal walking gait, with longer and quicker strides, particularly while carrying a pack or climbing a hill. That gait assistance is also why poles are helpful for people with Parkinson's and other movement disorders.

Interestingly, even though you're burning more calories in the process, the poles seem to reduce *perception* of effort while going uphill with a pack. That's significant, because some scientists argue that perceived effort is what really determines your pace and willingness to continue.

Article continues on next page...

You Take Some Load Off Your Joints and Muscles

When you're walking downhill (and to lesser extent on level ground), poles take some of the load off your joints. That means the forces and torques on your knees and ankles are smaller, which could be particularly beneficial if you've got joint problems like osteoarthritis, or if you are older or overweight. Poles also help you brake when you're descending, reducing the eccentric muscle contractions that damage your muscles and leave your legs sore the next day.



You Balance Better

So, in summary, you burn a little more energy with poles in exchange for better balance, less joint stress, faster speed, and less effort. The margins are mostly pretty small, and you have to weigh them against the intangibles, like having free hands. Then, as I discovered this summer, there's the possibility of leaning way forward and resting your forehead on your pole to temporarily take the load of an overstuffed pack off your shoulders and hips.

If you'd like to read the full article go on line to Outside at:
<https://www.outsideonline.com/health/trainingperformance/trekking-poles-research/>.

See you on the trail!,
Karen Younkins

Capitol Volkssport Club News

Wild & Woodsy Walking Event in Olympia, Washington April 25 – 28, 2024



This three-day event will include walks in the Olympic National Forest, Northwest Trek Wildlife Park, state and city parks, and local neighborhoods. A new event this year will be an Oly Pub Crawl on Thursday afternoon, April 25. The Procession of the Species parade and Olympia Art Walk also take place the same weekend, so there is lots to enjoy at this event! The event will also include a Meet & Greet and an event dinner at the Rivers Edge Restaurant in Tumwater. This dinner got rave reviews two years ago! A PDF Wild & Woodsy registration form can be found attached to the newsletter email. The Wild & Woodsy start point will again be at the Washington Association of Sheriffs & Police Chiefs, 3060 Willamette Dr NE, Suite 200, Lacey, WA 98516.

Visit the CVC website for all the details: [Wild & Woodsy Webpage](#)

Wild & Woodsy Volunteers Needed:

- *Registration
- *Finish Table
- *Sales and Walk Information
- *Cookie / snack donations for the event



When: April 25 -27, 2024; 2-hour shifts

Thursday: 12:00 pm to 5:00 pm

Friday: 8:00 am to 5:00 pm

Saturday: 8:00 am to 5:00 pm

Sign up at the February, March or April CVC general meetings, or Contact Pam Greig-Davis to volunteer: greigenterprises@msn.com
(360) 790-9733



Capitol Volkssport Club News



REMINDER: NEW CVC CHALLENGE FOR 2024: FLAGS



Important Details about the Flags in this Challenge: 16 entries required in four different "flag categories":

There will be two "required" entries per category (2 political/organization, 2 colleges, 2 professional sports, and 2 seasonal), and then the other eight entries can be in any category.

Challenge Starts: January 1, 2024

Challenge Ends: December 31, 2024

This Flags Challenge is free to CVC members. Request a free digital copy of the challenge book from CVC President Karen Younkins or Pam Greir.

Pam Greir Davis will be the POC for the challenge, and CVC members can send their completed books to her. CVC members can complete as many books as they want to do. Prizes will be awarded at the end of this challenge.

Pam Greir Davis:

greirenterprises@msn.com

6623 Riviera Ct SE, Lacey, WA 98513

Back to the Beach with CVC: August 13-15, 2024



CVC is planning a special walking event for friends and family next August 13-15, 2024. And yes, dogs are welcome. We will drive to Grays Harbor on Tuesday, August 13th, walk Aberdeen in the morning as a group, and move on to Ocean Shores for an afternoon walk. People will be on their own to check into their accommodations and find dinner.

Wednesday, August 14th will be a day spent on the North Beach, with group walks in Moclips and Seabrook. We will try to find a restaurant where we can dine together that evening. Closer to the date we will ask for a head count, in order to make the dinner reservation.

Thursday morning, August 15th, may feature one of the Ocean Shores YREs and then a walk of the Hoquiam YRE on our way home.

For more details about specific walks planned, lodging and meals, visit the CVC webpage: [Back to the Beach Event Page](#)



"A day at the beach is never lost time. When the warm grains of sand touch our hearts, we know we're in the right place." — Unknown





Joy Adams - In Memoriam

Beloved CVC member, Joy Adams, passed away suddenly on January 28, 2024 from bile duct cancer, an extremely aggressive form of liver cancer. Though her journey was cut short at 75 years, she packed those years with love for family and friends and a boundless enthusiasm for life. Just weeks ago, Joy was greeting CVC members with a big smile at the Christmas banquet in her Mrs. Santa costume. At the CVC Holiday Walk which she organized, she bustled around setting up, chatting with walkers and spreading the cheer in her typically "Joyful" manner. Joy loved walking, travel adventures, music and flowers. She was often heard saying that her CVC dues were "the best \$6 I ever spent." She delighted in photographing flowers on walks; many will recall Joy pausing to photograph flowers along the varied routes she enjoyed. Joy's family is planning a memorial service in her honor in the spring, and details will be shared with CVC members as they become available. CVC club members are also planning a spring flower walk in Joy's honor. More details to follow.



UPCOMING CVC WALKS:

Be sure to check the CVC Webpage (www.capitolvolkssportclub.org) for a complete listing of our upcoming club walks. Here are some upcoming walks to pique your interest:

Every Monday, including February 6, 13, 20, & 27; March 4, 11, 18, & 25 walks begin at Bayview Thriftway, 516, West 4th Ave., Olympia. Walks take you through the diverse neighborhoods of our capitol city. Registration is at 1:45 inside the store near the Deli. Walks begin at 2:00 pm.

Every Thursday the CVC offers group walks starting at 9:45 am. All walk destinations can be found at the CVC webpage, but here are a few interesting routes coming up in February & March.

Thursday, February 22, 2024: Tacoma Point Defiance Park takes you through Tacoma's gem of a park. Trails look out over Puget Sound and wander through impressive old-growth forest.

Thursday, February 29, 2024: Shelton Historic Walk will have you enjoying a beautiful wooded trail along a creek, historic landmarks, and a steep hill. Just the walk to enjoy your extra 2024 leap-year day.

Thursday, March 21, 2024: Historic Eatonville Walk strolls along the Bud Blancher Trail with views of the Mashel River & through Eatonville's historic downtown. If the skies are clear, Mt Rainier views are included.

Thursday, March 28, 2024: Chehalis Willapa Trail takes you along a paved trail with views of pastoral farm land, dairy cows and the Newaukum and Chehalis Rivers.



Longer Days Ahead!

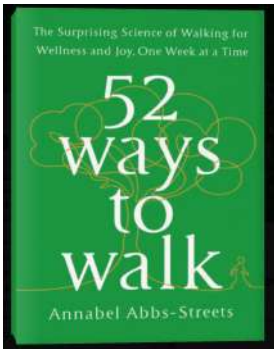
Spring is just around the corner. Check out the schedule for increasing daylight in Olympia, WA

February 1, 2024	Sunrise: 7:36 am	Sunset: 5:13 pm	Day length: 9:36
February 14, 2024	Sunrise: 7:18 am	Sunset: 5:33 pm	Day length: 10:15
February 29, 2024	Sunrise: 6:53 am	Sunset: 5:56 pm	Day length: 11:04

*****Daylight Savings Time begins on March 10, 2024*****

March 15, 2024	Sunrise: 7:23 am	Sunset: 7:18 pm	Day length: 11:55
March 30, 2024	Sunrise: 6:53 am	Sunset: 7:40 pm	Day length: 12:49

Walking Advice at the Library....



In the book, **52 ways to walk**, writer Annabel Streets discusses the science behind and benefits of one of the simplest forms of exercise: walking. Here a few of Streets' strolling tips. See her book (available at the Timberland Library) for more ideas to increase your enjoyment of walking.

Take a walk with a friend. Studies have shown that distances appear shorter and paths and hills less intimidating when you are joined by a buddy.

Try walking backwards (carefully). Research suggests that reverse stepping not only boosts memory, it can also realign the pelvis, reducing aches and pains in the spine.

Ditch the GPS on your phone and get better at mapping your own route. Experts believe an inability to map-read increases dementia risk by limiting navigational awareness.

UPCOMING WALKING OPPORTUNITIES NEAR & FAR



Saturday, March 23, 2024: Bradley Lake Park on Puyallup's South Hill
Route circles the Bradley Lake, goes through neighborhoods and Wildwood Park.
Start time: 9:00 am – 11:00 am. Must finish by 2:00 pm
5K & 10K routes; Routes rated 2C for some hill and uneven footing
Fee: \$4; Start location: 531 31st Ave SE, Puyallup, WA

Saturday, March 30, 2024: Easter on the Lake

Walk through the charming Madrona neighborhoods and alongside Lake Washington on sidewalks and groomed trails.

Start time: 9:00- 10:30 am. Books will be stamped at the start table

10K route rated 2A; 2 5K routes, one rated 2A, one rated 1A

See the [Emerald City Wanderers website](#) for directions & further information.



Thursday, May 9 – Saturday, May 11, 2024: Spring in Winthrop

Interlaken Trailblazers is hosting walks featuring the beauty of spring in Winthrop, WA
Hosted walks with in-person registration from May 9 – 11, 2024. Walks will be available in the Online Start Box from May 5 -20, 2024.

See the [Interlaken Trailblazers website](#) closer to the event for more information.

UPCOMING WALKING OPPORTUNITIES NEAR & FAR

Save the Date for these Walking Events in the Summer and Fall of 2024

June 20, 2024: Five T 's Train Trip to Portland, OR. Don't miss this fun CVC event! More details coming.

August 2 – 4, 2024: Northwest Hiking Weekend at Mt Baker. Check the [Four Plus Foolhardy Folks website](#) for details. The Chain Lakes hike is one of the most gorgeous hikes in the Northwest!

August 22 – 25, 2024: Wallace, Idaho Event. Visit the [Lilac City Volkssport webpage](#) closer to the event.

September 19 – 22, 2024: Northwest Regional Walkfest – Kicking Around Kitsap, Silverdale, WA. The event includes 8 walks & hikes, and socials to connect with friends. More info to follow.

October 11 – 13, 2024: Kelowna Wine Walks, Kelowna, British Columbia: Enjoy 4 walks, each passing at least 2 wineries. Social time and party time, included. For more information: [Surrey Trekkers](#)

October 17 – 20, 2024: Shady Cove in Southern Oregon. Join the Rogue Valley Walkers for beautiful walks and hikes in the Rogue River Valley. For more information: [Rough Valley Walkers.](#)

Capitol Volkssport Club Meetings

Join in your CVC monthly club meetings to

- Find out the latest plans for walks and social events
- See presentations from club members about recent walking trips
- Meet club members and share walking experiences

When: Thursday, February 8, 2024 & March 14, 2024

Where: Family Center of the Olympia-Lacey Church of God. The church is located at 5005 Lacey Blvd SE, on the southeast corner of the intersection of Lacey Blvd. and Ruddell Road.

At February's meeting Bob & Sheila Morrison will share their hiking experiences along the paths of southwest England.



Capitol Volkssport Club Officers and contact information:

President:	Karen Younkins	(360) 357-9185	E-mail: jcyounkins@comcast.net
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Secretary:	David Black	(919) 302-3175	E-mail: dblackarchitect@gmail.com
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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:

Chase Davis

NWPathfinder@comcast.net

360-584-6446

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CVC PHOTO GALLERY

CVC's annual Christmas walk brought walking friends from near & far



Rain or shine, CVC members found winter walking adventures.



Meet Toby. Monday walkers found this sweet pup wandering unattended in the South Capital neighborhood. His tag identified him as Toby, but the phone contact was in Texas and did not answer when called. He had lots of puppy energy and no fear of streets or cars. Not wanting him to be hit by a car, we converted a purse strap into a leash and took him through the neighborhood on our walk stopping anyone we saw to ask if they recognized the pup. Nobody seemed to know him, so we contacted Thurston County Animal Services. We could wait for an animal control officer to pick him up, maybe up to two hours. Or we could deliver our new friend to the Animal Services office. Delivery was determined to be the best choice, so Kent hurried back to Bayview for the car while we continued our walk with Toby. When Kent arrived by car, we loaded him in the back and transported this little bundle of energy to Animal Services. They quickly processed him and took him away. Though I hadn't planned on adopting a dog, neither Kent nor I could bear the thought of Toby languishing in a cage. Happily, Toby's family claimed him promptly. Submitted by Carol Froelich

No winter lasts forever; no spring skips its turn. -Hal Borland

CVC Christmas Party Cheer!

