



# Capitol Volkssport Club NEWSLETTER

May, 2010

## CVC Meeting – Tuesday, May 11

5:00 Board Meeting  
6:00 pm dinner, 7:00 pm Meeting  
Olympic Room, Panorama City  
1704 Sleater Kinney Road SE, Lacey

## Friday Morning Walks

For further information contact:  
Susan Berry 491-7266

Date	Event	Meeting /Car Pool Information
May 14	Tacoma 366 Pt. Defiance Park	Meet at Martin Way Park & Ride at 9:00
May 21	Steilacoom 1996 Fort Steilacoom	Meet at Martin Way Park & Rice at 9:00
May 28	DuPont 995	Meet at Martin Way Park & Ride at 9:00
June 4	Tacoma 0042 Tacoma Narrows Bridge	Meet at Martin Way Park & Ride at 9:00
June 11	Tumwater	Meet at Tumwater Safeway at 9:00

Few pictures from Puyallup walk 2010, March 19



Start point at Bradley Park



Bradley Park Lake



Reflections—Bradley Park Lake



NEWS FROM THE TRAIL

WEDNESDAY/THURSDAY NIGHT WALKS May - JUNE 2010

Temperature over 85? YRE 260. Meet at Priest Point Park for 7k Walk in Woods.

For more information contact:

Jeanne Allan at 790-4600 (kokolo@olywa.net)

Sheila Morrison at 923-5381 (sheila.morrison@comcast.net)

Wednesday May 5	6:00 pm Curves 19810 Old Hwy 99 SW. Off Exit 88	Grand Mound North Unit YRE 945	5:30 at Starbucks on the corner of Trosper and Little Rock Rd in Tumwater by Fred Meyers.
Thursday May 13	6:00 pm Bayview Thriftway	Olympia Downtown YRE 653	N/A
Wednesday May 19	6:00 pm Lord's Gym 111 Tumwater Blvd	SoTumwater YRE 878	N/A
Thursday May 27	6:00 pm Thrive 5401 Corporate Cntr Lp	Lacey YRE 586 Chehalis-Western Trail	N/A
Wednesday June 2	6:00 pm Tumwater Safeway	Tumwater YRE 1743	N/A
Thursday June 10	6:00 pm Bayview Thriftway	Olympia - Capitol Lake YRE 653	N/A
Wednesday June 16	6:00 pm Texaco Grocery 3210 Cooper Point	Olympia YRE 657 Olympia Westside	N/A
Thursday June 24	6:00 pm Bayview Thriftway	Olympia YRE 260 Priest Point - Marina	Go to Bayview to Stamp Books, then drive to Priest Point Park
Wednesday June 30	6:00 pm Mason Gen'l Bldg #1 901 Mt.View Dr.	Shelton 1605	5:30 Top Foods Parking Lot



## Question: How Do I Find Out What Kind of Walking Shoe to Buy?

If you don't live in driving distance of a serious athletic shoe store, how do you know which type of walking or running shoes to buy to match your foot type? How do you know if you overpronate, have high arches, etc.?

**Answer: Your Shoe Wear Pattern Says a Lot** Look at how you have worn down your old shoes. This can tell a shoe fit expert whether you overpronate, have a neutral gait, or underpronate (supinate). That determines whether you need a motion control shoe, a neutral shoe or a stability shoe. Bring your old shoes with you when shopping for new shoes.

**Pronation and Supination:** Our explanation of how to detect whether you overpronate or supinate. **Pronation:** Excessive wear on the inner side of your running shoes. Your shoes will tilt inward if you place them on a flat surface. **Supination:** Shoes wear on the entire outside edge, with the side of the shoe becoming overstretched.

**Find the Serious Running Shoe Store in Your Area** The first and best answer is to find a serious running shoe store where they will do the work right - watch you walk or run, look at the wear pattern on your current shoes, and determine what type of shoe you need. Use the list of [Specialty Running Stores](#) from Runnersworld.com. These stores have staff who are experts in fitting athletic shoes and generally have a generous return policy with the aim to get you into the right shoes and make you a lifelong customer.

**Pedorthists** If there is no specialty running store in striking distance, look for a pedorthist or podiatrist. The Foot Solutions chain aims to fit problem feet and use computerized diagnostics to do it. The analysis is free, and you will learn about pronation, arch support, etc.  
[Foot Solutions](#)

**Online Shoe Fitting Help** If there is no store or expert near you, you can use online tools to help determine what kind of shoe is best for you.

### More pictures from Puyallup walk





# Capitol Volkssport Club

P.O. Box 2778

Olympia WA 98507



## CVC OFFICERS

**President** – Susan Berry (360) 491-7266

e-mail: lsberry@pe0plepc.com

**Vice-President**—Susan Cook (360) 273-0390

e-mail: Sioux@olywa.net

**Secretary**– Leslie Willardson (360) 753-5596

e-mail: HeathField@hotmail

**Treasurer** – Sheila Morrison (360) 923-5381

e-mail: Sheila.morrison@comcast.net

**ESVA Rep.** – Bonnie Tucker (360) 491-4767

e-mail: bonniedale@comcast.net

**Membership**—Karen Younkins

(360) 357-9185

e-mail: jcyounkins@comcast.net

**Newsletter Editor** – Harry Saukants

(360) 432-2318

e-mail: harisauk@peoplepc.com

**Publicity** – Perki Sweet (360)-459-8167

E-mail: olysweetp@reachone.com

**The 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 Volkssporting clubs in the United States belong, is one of 44 countries that make the International Peoples Sports Club (IVV).

**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. Membership for returning/ongoing members is August. 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)

## Newsletter deadline

**Sunday, May 30, 2010.**

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378,

Shelton, WA 98584, or E-mail: [harisauk@peoplepc.com](mailto:harisauk@peoplepc.com)

