

**CAPITOL VOLKSSPORT CLUB MEETING**

**May 10, 2011**

*Apollo's Pizza and Pub  
2010 Harrison Ave NW*

*There will either be no Board Meeting, or there will be an Online Board Meeting  
in the days before the Membership Meeting*

*6:00 PM No Host Dinner  
7:00 PM membership Meeting*

**Volkswalking "Off the Beaten Path" Marketing Video**

Many of you have requested use of the beautiful video prepared for AVA friends like Dick Baker, by Kaiser Permanente a large health care provider in the Northwest and Colorado area. The video is featured on *Every Body Walk* web site as *Volkswalking "Off the Beaten Path"*. The AVA webmaster and AVA Clubs have been granted permission to use this video found on *You Tube* at <http://www.youtube.com/watch?v=-hISCd4v-ng> as a marketing aide and opportunity for growth. Many familiar smiling faces are featured on this video, along with a positive message about our wonderful organization, and our AVA family. If you have general comments please direct them to [Linda@ava.org](mailto:Linda@ava.org) and I will forward them to the folks involved.

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**I Hate Flip-Flops**

Flip-flops fail your feet. Yes, they are comfy. You can just slide into them and, voila, ready for a quick trip to the supermarket. Or, as I saw recently, your wedding reception! But they are very poor footwear for walking any distance. A research study presented at the 2008 55th Annual Meeting of the American College of Sports Medicine(ACSM) in Indianapolis showed that flip flops give no support and alter your walking pattern in ways that can lead to foot and leg pain. "Flip-flops are not designed for prolonged use

or for walking long distances," said lead author Justin F. Shroyer in a press release. "They lack the support that a walking or running shoe provides. Flip-flops should only be worn casually and for shorter periods of time. They probably should also not be a primary footwear choice." Source: American College of Sports Medicine

**Flip-Flopping Isn't Walking:** As a walker, you strike the ground with your heel and roll through the step, finally pushing off with the toe. If you attempt to do that properly in flip-flops, you....can't. They would flip off your feet. Flip-flopping isn't proper walking. Instead, you are basically sliding, stomping, or shuffling. This is a problem of any shoe that lacks a heel cup or strap to keep the shoe on your foot when you are striking with your heel.

I've also received info on the FitFlop, a flip-flop specially designed to be unstable and therefore "work your gluteus" much like the MBT Swiss Masai shoes. As with other flip-flops, I don't see this as a good platform for exercise walking. But if you are itching to give them a try, Compare Prices. Maybe those who have popped to buy a pair will give us a mini-review in the Comments.

**What's a Good Walking Sandal?** A good walking sandal provides proper support for the foot throughout the heel strike, roll through, and toe off. This means it must keep the heel in the sandal and not allow the foot to slide too far forward as it rolls through, and must protect the toes during the toe-off. That's a big design challenge. Several companies produce trail sandals that aim to satisfy those who want a good walking sandal. As with any walking shoes, it will come down to personal choice and comfort. But if you think you can walk a 10K in your flip flops, look up foot health site for help afterwards.



# NEWS FROM THE TRAIL

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## CAPITOL VOLKSSPORT CLUB MAY 2011 THURSDAY MORNING WALKS

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, May 5	10 am Chevron Station 10246 Martin Way E Olympia	Seasonal Walk Y 0838 Nisqually Wildlife Seasonal 10K difficulty level 1 5K option	Carpool N/A No Pets Park entrance fee of \$3.00 per single or family. Holders of Golden Eagle, Golden Age, Golden Access Passport or Federal Duck Stamps are FREE
Thursday, May 12	10 am Walgreen Drugs 12105 Pacific Ave Parkland	YRE 1999 Parkland (PLU campus) 10K difficulty level 1 5k option Challenges: WA St Chal- lenges-clock tower, Post office, artwork, murals, mountain	Carpoolers meet at 9:30 am Martin Way Park 'n Ride At the back of the lot  Drive time approx 25 min
Thursday, May 19	10 am Safeway Food and Drug 520 Cleveland Tumwater	YRE 1743 Historic Parks 11K difficulty level 2+ State and Local Club Challenges: Thurston County, All Clubs, Forest, Valley, Post Office, Bakery	N/A
Thursday, May 26	10 am Spar Coffee Bar and Café 2123 North 30th St Tacoma	YRE 1263 Tacoma Water- front/Historic District 10K difficulty level 2 7K option WA St Challenge: ART: statues, murals, art galler- ies. LANDSCAPE- mountains. ALL CLUBS, TOWN: Bakery, Firehouse	Carpoolers meet at 9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 30 min

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or [lpolzin@thurston.com](mailto:lpolzin@thurston.com)

IF YOU PLAN TO MEET WALKERS AT THE STARTING POINT, PLEASE CONTACT LINDA.

Please check [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org) for any update or changes to these walks

## Volkssporting Victoria

Recently several CVC members traveled to Victoria for the Phoenix Festival, a walking event that grew out of the previous IML (International Marching League) Blossom Festival. What a fun time it was, reuniting with the friendly Canadians who came to Seabreeze. We saw friends from Washington and Oregon, as well as Alberta and Saskatchewan. There were even four Norwegians in attendance. Over 300

Trail; then we walked along the Westsong Walkway, looking across the Inner Harbor to Washington's Olympic Mountains in the distance. That evening we attended the official dinner at the Strathcona Hotel. Sunday's VABC President's Walk took us along the West Bay Walkway and Westsong Walkway into Victoria and back along the water. Sunday evening Sheila entertained us with dinner at their lovely waterfront time-share.

Sheila and Bob came early and stayed late, walking a couple guided year-rounds with the Canadians before the festival, and then walking some more afterwards. The intrepid Extines brought their bikes and commuted from the Strathcona Hotel everyday to the Archie Browning Recreation



**Cindy, Bonnie and Sheila**

of us walked, talked, and ate together from April 15-17.

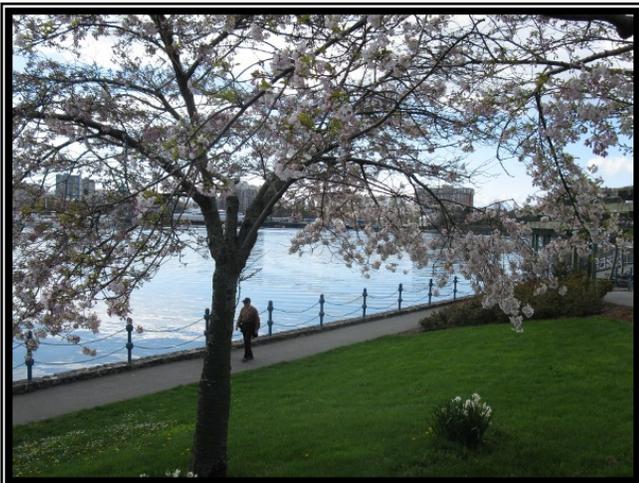
Mike and Cindy Extine, Bob and Sheila Morrison, and Bonnie Tucker enjoyed the three official events, plus walked additional year-round walks in the vicinity. Friday's Friendship Walk featured Esquimalt neighborhoods, parks, and waterfront views, followed by a festive Meet and Greet. Sheila won a coveted pair of official Canadian Winter Olympic mittens, and Bonnie won free lunch for two at a local restaurant. Saturday's walk went through Esquimalt Gorge Park, where we met Dale bicycling the Galloping Goose



**Morrison, Extines and Bonnie**

Center in Esquimalt, location of the festival. Bonnie walked in Port Angeles on the way over. Dale rode his bike on the Galloping Goose Trail a couple days. The weather was a bit chilly, but not rainy, and mostly sunny—just right for walking. As always, the quandary is which walks to do, as there are 30 beautiful year-rounds in the greater Victoria area. Of course, there are more, as you travel up island. Recommend you look at the Volkssport Association of BC website at [www.volkssportingbc.ca](http://www.volkssportingbc.ca) for some great vacation ideas, both on the island and the mainland. And stay tuned, as there should be another Phoenix in 2013.

**Bonnie Tucker**



**Path along Victoria waterfront**



**Dinner in Victoria**



## Capitol Volkssport Club

P.O. Box 2778  
Olympia WA 98507



### CVC OFFICERS

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**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 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 62+; \$12.00 for family. Only \$2.00 charge for our club's YRE. Membership for returning/ongoing members is July. 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)

*“Happiness often sneaks  
through a door you did’nt  
know you left open”*

*— John Barrymore —*

### **Newsletter deadline**

**Tuesday, May 31, 2011.**

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: [hjsaukants@q.com](mailto:hjsaukants@q.com)

