

June 2011

CAPITOL VOLKSSPORT CLUB MEETING

June 14, 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*

Hello Walkers,

It's hard to believe but it's true. A year has passed since you paid your **CAPITOL VOLKSSPORT CLUB Membership dues**. Don't miss out, renew today!

Life's getting crazy so I'm thinking, now more than ever, we need the enjoyment we get from walking together and enjoying the great outdoors to help get us through these trying times.

CVC dues are still only \$8.00 - individual; \$12.00 - family; and \$6.00 - seniors 62 years +. What a bargain!

Please send a check to the address below or renew at our June 14th meeting.

Capitol Volkssport Club
P.O. Box 2778
Olympia, WA 98507

Your membership gal,
Karen Younkins

More health benefits from walking

Walking is one of the simplest and easiest ways to get exercise you need in order to be healthy — and almost anyone can do it. Walking can strengthen bones, tune up cardiovascular system, and clear a cluttered mind. This uncomplicated but important activity continues to attract researchers, reports the March 2011 issue of the Harvard Health Letter. Here are some recent findings:

Walking speed and health. Later in life, walking becomes as much an indicator of health as promoter of it. After age 65, how fast you walk may predict how long you have to live. Walking, or gait, has long been recognized as a proxy for overall health and has been measured in many studies. Researchers have found a remarkable consistent association between faster walking speed and longer life.

Benefits of hiking poles. Using hiking poles can increase the cardiovascular workload of walk because you work your arms as well as your legs. Hiking poles help keep a hiker more upright while walking and help with stability. Using poles is also associated with a reduced risk of ankle fracture. One study found that hikers who used poles reported less muscle soreness and recovered faster than those without poles. (Reprinted from The American Wanderer, June/July 2011 issue, Ed.)





NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB JUNE 2011 THURSDAY MORNING WALKS

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, June 2	10 am Bee Hive Restaurant 300 Main St. Montesano	Lake Sylvia Seasonal Walk Y 1216 12K difficulty level 2+ 5K option State and Local Club Challenges: Grays Harbor County, All Clubs, Post Office, Clock Tower, Forest	9:15 am Top Foods Parking lot near Pier 1 Drive time approx 40 min.
Thursday, June 9	10 am McDonalds Restaurant 5500 Olympic Dr Gig Harbor	Gig Harbor YRE 1234 10K difficulty level 2 5K option State and Local Club Challenges: All Clubs, Art: gallery, statues. Landscape: mountains. Town: fire-house	9:15 am Martin Way Park and Ride at back of lot Drive time approx 45 min.
Thursday, June 16	10 am Arrow Lumber and Hardware 388 Center St E Eatonville	Eatonville YRE 0104 10K difficulty level 1+ 5K option State and Local Club Challenges: Murals, Statues, Fountains, Mountains, Fire Station	9 am Martin Way Park and Ride at back of lot Drive time approx 1 hr
Thursday, June 23	10 am Winlock IGA Winlock	Winlock YRE 0791 10K difficulty level 2+	9 am Fred Meyer Parking Lot near Starbucks Drive time approx 1 hr
Thursday, June 30	Arrow Hardware and Lumber 201 Calistoga Orting, WA	Orting YRE 0920 10K difficulty level 1 5K option State and Local Club Challenges: Murals, Mountains, Valley, Farmland, Fire Stations, Post Office	9 am Martin Way Park and Ride at back of lot Drive time approx 1 hr

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

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

Please check www.capitolvolkssportclub.org for any update or changes to these walks

EVENT AND DISTANCE AWARDS RECEIVED BY OUR CVC MEMBERS

EVENTS



75

Linda Polzin
Jim Younkins
Karen Younkins



100

Karen Younkins



125

Karen Younkins



525

Sheila Morrison



950

Lloyd Berry



2100

Bonita Tucker

DISTANCES



2000 km

Jim Younkins



6000 km

Robert Morrison
Karen Younkins



6500 km

Sheila Morrison

Congratulations and keep walking!



Walkers at Grand Mound/Scatter Creek Thursday Morning Walk, April 21,2011



Walkers at the New Nisqually Wildlife Refuge Thursday Morning Walk, May 5, 2011



Capitol Volkssport Club

P.O. Box 2778
Olympia WA 98507



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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

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

"All truly great thoughts are conceived by walking!"

— Friedrich Nietzsche —



Newsletter deadline

Thursday, June 30, 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