



November, 2013

Capitol Volkssport Club Board Meeting

Tuesday, November 12th, 2013
at 5:30 PM
Apollo's Restaurant, 2302 Harrison Ave. NW,
Olympia, WA, (360) 754-7444

YOU WALK WRONG

It took 4 million years of evolution to perfect the human foot. But we're wrecking it with every step we take.



Adam Sternbergh

- Published Apr 21, 2008

This shoe and the stilettos and Adidas sneakers on the subsequent pages are trompel'oeil paintings applied directly to the feet. Nice as they look, you can't buy them. *Makeup by John Maurad and Jenai Chin.* (Photo: Tom Schierlitz)

Walking is easy. It's so easy that no one ever has to teach you how to do it. It's so easy, in fact, that we often pair it with other easy activities—talking, chewing gum—and suggest that if

you can't do both simultaneously, you're some sort of insensate clod. So you probably think you've got this walking thing pretty much nailed. As you stroll around the city, worrying about the economy, or the environment, or your next month's rent, you might assume that the one thing you don't need to worry about is the way in which you're strolling around the city.

Well, I'm afraid I have some bad news for you: You walk wrong.

Look, it's not your fault. It's your shoes. Shoes are bad. I don't just mean stiletto heels, or cowboy boots, or tottering espadrilles, or any of the other fairly obvious foot-torture devices into which we wincingly jam our feet. I mean all shoes. Shoes hurt your feet. They change how you walk. In fact, your feet—your poor, tender, abused, ignored, maligned, misunderstood feet—are getting trounced in a war that's been raging for roughly a thousand years: the battle of shoes versus feet.

... The researchers concluded that, prior to the invention of shoes, people had healthier feet. Among the modern subjects, the Zulu population, which often goes barefoot, had the healthiest feet while the Europeans—i.e., the habitual shoe-wearers—had the unhealthiest. One of the lead researchers, Dr. Bernhard Zipfel, when commenting on his findings, lamented that the American Podiatric Medical Association does not "actively encourage outdoor barefoot walking for healthy individuals. This flies in

(Continued on page 4

NEWS FROM THE TRAIL...



Upcoming Walks - November 2013

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday November 4	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bay- view Parking Lot.
Thursday November 7	10:00 AM 76 Station and Store 100 Barksdale Ave N DuPont	DuPont Boyhood Memories Walk YRE 0193 10K with 5K option 1A	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 20 min. After registering at store drive to start point.
Monday November 11	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bay- view Parking Lot.
Thursday November 14	10:00 AM West Olympia Safeway 3215 Harrison Ave NW Olympia	<u>Olympia Evergreen State College Walk</u> YRE 0657 10K 2C	10:00 AM Meet at Safeway to regis- ter, then drive to the Ev- ergreen State College start point. Drive time approx 10 min. Small parking fee at the college.
Monday November 18	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bay- view Parking Lot.

(Continued on page 3...)

(Continued from page 2)

Upcoming Walks — November,

Thursday November 21	10:00 AM Thrive Fitness 5401 Corporate Ctr Lp Lacey	<u>Southeast Lacey Walk</u> YRE 0586 10K with 5K option 1A	N/A
Monday November 25	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday November 28	*** No Walk ***	Happy Thanksgiving	*** No Walk ***

*** For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywa.net) to ask questions about the walks or make start point meeting arrangements.

*** For Thursday walks, please contact Linda (360-943-8858, cell 360-481-7119, e-mail lpolz@thurston.com) or

Sheila (360-923-5381) to ask questions about the walks or make start point meeting arrangements.

*** If you are a rider in a carpool, please feel free to offer the driver gas money.

If you are the driver in a carpool, please feel free to accept or refuse gas money if it is offered.

@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@

Just a reminder

Event: Lloyd Berry Memorial Christmas Walk.

Memorial Information: This walk commemorates longtime CVC member and pace-setter Lloyd Berry, who passed away April 15, 2013.

Sponsors and Dates: The Capitol Volkssport Club and the Double Tree by Hilton Hotel (formerly the Phoenix Inn) invites everyone to join them at the United Churches at the corner of Capitol Way and 11th Avenue SE on Saturday, December 7, 2013.

The next CVC General Membership meeting will be the CVC Christmas Potluck on December 10, 2013 at 6:00 PM.

The Potluck will be held at Susan Berry's home, 4806 - 26th Ave SE, Lacey

(Continued from page 1)

YOU WALK WRONG

the face of the increasing scientific evidence, including our study, that most of the commercially available footwear is not good for the feet.”

...“Natural gait is biomechanically impossible for any shoe-wearing person,” wrote Dr. William A. Rossi in a 1999 article in *Podiatry Management*. “It took 4 million years to develop our unique human foot and our consequent distinctive form of gait, a remarkable feat of bioengineering. Yet, in only a few thousand years, and with one carelessly designed instrument, our shoes, we have warped the pure anatomical form of human gait, obstructing its engineering efficiency, afflicting it with strains and stresses and denying it its natural grace of form and ease of movement head to foot.” In other words: Feet good. Shoes bad.

...I know what you’re thinking: *If shoes are so bad for me, what’s my alternative?*

Simple. Walk barefoot.

Okay, now I know what you’re thinking: *What’s my other alternative?*

...the idea of strolling idly through urban environments has only been fashionable, or even feasible, in Western society for about 200 years. Before that, cities had few real sidewalks, the streets were swimming in sewage, and walking as a form of locomotion was associated with poverty and the working class. “Only the upper classes, and especially women, could wear shoes that clearly defined an inability to walk very far,” writes Peter McNeil and Giorgio Riello in the essay “Walking the Streets of London and Paris: Shoes in the Enlightenment.” Walking was for peasants, who were “barefoot and pregnant”; the rich, or “well-heeled,” took carriages.

Of course, more recently we’ve become interested in shoes that are promoted as being comfortable, whether they’re cush-

ioned walking shoes or high-tech sneakers with pumps and torsion bars. Still, the basic philosophy—that shoes have to augment, or in some cases supersede, or in some cases flat-out ignore, the way your foot works naturally—has remained the same. We were not born with air bubbles in our soles, so Nike provided them for us.

Try this test: Take off your shoe, and put it on a tabletop. Chances are the toe tip on your shoes will bend slightly upward, so that it doesn’t touch the table’s surface. This is known as “toe spring,” and it’s a design feature built into nearly every shoe. Of course, your bare toes don’t curl upward; in fact, they’re built to grip the earth and help you balance. The purpose of toe spring, then, is to create a subtle rocker effect that allows your foot to roll into the next step. This is necessary because the shoe, by its nature, won’t allow your foot to work in the way it wants to. Normally your foot would roll very flexibly through each step, from the heel through the outside of your foot, then through the arch, before your toes give you a powerful propulsive push forward into the next step. But shoes aren’t designed to be very flexible. Sure, you can take a typical shoe in your hands and bend it in the middle, but that bend doesn’t fall where your foot wants to bend; in fact, if you bent your foot in that same place, your foot would snap in half. So to compensate for this lack of flexibility, shoes are built with toe springs to help rock you forward. You only need this help, of course, because you’re wearing shoes.

Admittedly, there’s something counter-intuitive about the idea that less padding on your foot equals less shock on your body. But that’s only if we continue to think of our feet as lifeless blocks of flesh that hold us upright. The sole of your foot has over 200,000 nerve endings in it, one of the highest concentrations anywhere in the body. Our feet are designed to act as earthward antennae, helping us balance and transmitting information to us about the ground we’re walking on.

(Continued on page 5)

(Continued from page 4)

YOU WALK WRONG

...“imagine a really big, insulated shoe on your foot, when you walk, you kind of stomp on your foot,” says Dr. Najia Shakoor, the studies’ lead researcher. “The way your foot hits the ground is very forceful. As opposed to a bare foot, where you have a really natural motion from your heel to your toe. We now think that’s associated with more shock absorption: the flexibility your foot provides, as well as a lack of a heel. Most shoes, even running shoes, have a fairly substantial heel built into them. And heels, we now know, can increase knee load.” Another factor, she points out, is that when your foot can feel the ground, it sends messages to the rest of your body. “Your body tells itself, *My foot just hit the ground, I’m about to start walking, so let’s activate all these mechanisms to keep my joints safe.* Your body’s natural neuromechanical-feedback mechanisms can work to protect the rest of your extremities. You have much more sensory input than when you’re insulated by a thick outsole.”

The same holds true with athletic shoes. In a 1997 study, researchers Steven Robbins and Edward Waked at McGill University in Montreal found that the more padding a running shoe has, the more force the runner hits the ground with: In effect, we instinctively plant our feet harder to cancel out the shock absorption of the padding. (The study found the same thing holds true when gymnasts land on soft mats—they actually *land harder.*) We do this, apparently, because we need to feel the ground in order to feel balanced. And barefoot, we can feel the ground—and we can naturally absorb the impact of each step with our bodies. “Whereas humans wearing shoes underestimate plantar loads,” the study concluded, “when barefoot they sense it precisely.”

... if you’re interested in learning about barefoot walking, or the “barefoot lifestyle,” as it’s sometimes called, there are lots of people out there who are interested in teaching you. Websites like barefooters.org, the official site of the

Society for Barefoot Living, will stridently explain that, for example, it is generally not illegal to drive barefoot, despite what you’ve heard. (This is true.) And that only a few state health departments forbid people from going barefoot in restaurants (also true), never mind all those signs that say no shirt, no shoes, no service, which are the handiwork of fascistic barefoot-haters.

Barefoot running has been a subject of interest for serious runners for decades, at least since Ethiopia’s Abebe Bikila ran the Olympic marathon in Rome in 1960 in bare feet—and won. But barefoot running is a difficult discipline that needs to be learned properly...

...There’s a more exaggerated version of this style of walking known as “fox-walking,” which is closer to tiptoeing and which has caught on with a small group of naturalists and barefoot hikers. Fox-walking involves landing on the outside of the ball of your foot, then slowly lowering the foot pad to feel for obstructions, then rolling through your toes and moving on. All of which is great, if you’re stalking prey with a handmade crossbow, or you’re an insane millionaire hunting humans as part of the Most Dangerous Game. As for walking in the city, fox-walking has no real practical application, in part because it’s incredibly frustrating to master and in part because you look like a lunatic.

...accept that barefoot-walking is beneficial, it’s hard to shake off 30 years of wrapping my feet in foam. So I put this question—if bare feet are natural, why do we need shoes to “protect” the foot?—to a podiatrist at the Hospital for Special Surgery, who explained, “People who rely on the ‘caveman mentality’ are not taking into consideration that the average life span of a caveman was a heck of a lot shorter than the life span of a person today. The caveman didn’t live past age 30. Epidemiologically speaking, it’s been estimated that, by age 40, about 80 percent of the population has some muscular-skeletal foot or ankle problem. By age 50 to 55, that number can go up to 90 or 95 percent.” Ninety-five percent of us will develop foot or ankle problems? Yeesh. Those are discouraging numbers—but wait.

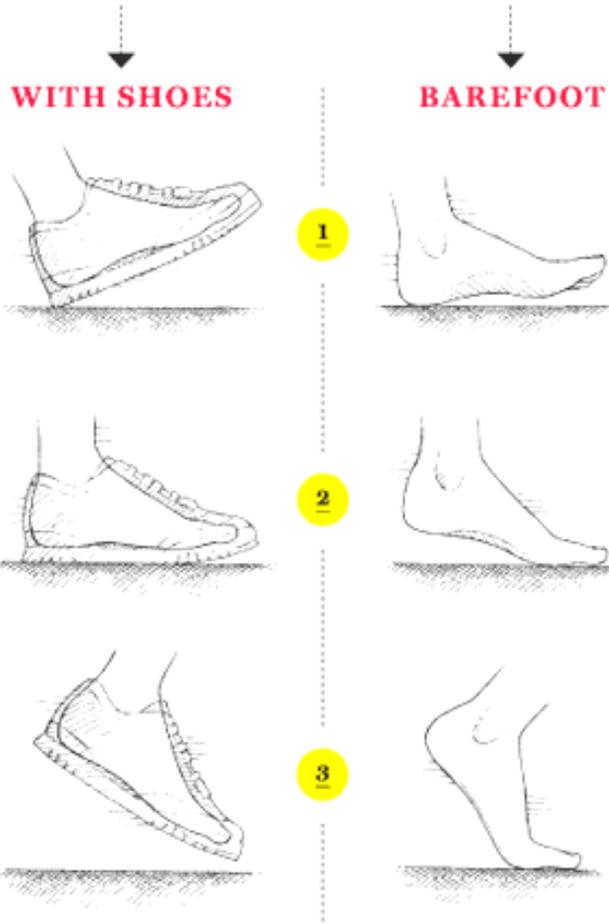
(Continued on page 6)

(Continued from page 5)

YOU WALK WRONG

MAKING STRIDES

Walking is like any physical activity: You can learn how to do it better. Here's a three-step guide to reactivate the machines at the end of your legs.



WITH SHOES

BAREFOOT

Padded heels encourage a hard landing—which New Yorkers exacerbate by walking with long, hurried strides.

Shorter strides allow you to land softly on your heel with your knees slightly bent—i.e., how you might walk on a beach.

A thick sole keeps your foot from rolling through the step. This flat-footed plodding is sometimes referred to as “cow-walking.”

A natural step rolls through the outside edge of the foot, before the ball lands—and spreads slightly—on the ground.

An inflexible shoe prevents your toes from fully pushing off—so your legs have to work to lift your feet up and down.

Your toes are designed to give you a powerful push forward—sending you striding smoothly into the next step.

Are we talking about 95 percent of the world population, or of North America? “Those are American figures,” he says. Which makes me think, *North Americans have the most advanced shoes in the world, yet 90 percent of us still develop problems?* We’ve long assumed this means we need better shoes. Maybe it means we don’t need shoes at all.

of it like any other physical activity: as something you can learn to do better. Don’t think of your feet as fleshy blocks to be bound up or noisy animals that need to be muzzled. (Oh, my barking dogs!) In one of the Rush Medical College knee-adduction experiments, barefoot walking yielded the lowest knee load, but a flat sneaker, like a pair of Pumas, also offered significantly less load than the overly padded walking shoes.

...What you can do, though, is stop taking walking for granted and start thinking

(Excerpts reprinted from NY Times Magazine, April 21, 2008; ED)



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



CVC OFFICERS

President — Bob Morrison, (360)-923-5381

E-mail: morrisonr@comcast.net

Co-Vice-P. — Liz Morrison, (360)-748-3886

E-mail: morsuns@yahoo.com

Julie Heath, (360)-264-4670

E-mail: ijheath@comcast.net

Secretary — Ann Spargo (360)-753-6812

E-mail: aspargo@comcast.net

Treasurer — Sheila Morrison (360) 923-5381

E-mail: sheila.morrison@comcast.net

ESVA Rep. — Bonnie Tucker (360) 491-4767

E-mail: bonniedale@comcast.net

Co-Membership Susan Berry, (360)-491-7266

E-mail: lsberry@comcast.net

Karen Younkins(360) 357-9185

E-mail: jcyounkins@comcast.net

News editor — Harry Saukants (360)-432-2318

E-mail: hjsaukants@q.com

Publicity — Perki Sweet (360) 459-8167

E-mail: pandpsweet@gmail.com

Webmaster — Peter Sweet (360) 459-8167

E-mail: olysweetp@yahoo.com



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 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 55+; \$12.00 for family. Only \$2:00 charge for our club's YRE walks. 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

*True enjoyment comes from activity
of the mind and exercise of the body,
the two are united.*

~ Alexander von Humboldt ~

Newsletter deadline

Friday, November 29, 2013

Anything that you want to include in the newsletter call Harry at (360)-432-23318 or mail to: H.J. Saukants, P.O. Box 2378, Shelton, WA 98584 or e-mail: hjsaukants@q.com