

Capitol Volkssport Club

NEWSLETTER

August, 2014

August Picnic

It is picnic time again!

Our August meeting will be our potluck picnic. This year it will be held August 12th at Tumwater Historical Park.



We will meet at the Historical Park Shelter at 5:30 P.M. for dinner. Water, plate, cups, silverware, and napkins will be supplied by the club. The board members will bring main dishes. Please bring a side or dessert to the picnic.

There will be a 5K walk before dinner starting at the shelter at 4:00 P.M. Come walk with us and enjoy a summer

Welcome New Members



Ellen Matheny, Dottie Breaux, Tess Sutton, Anne Martelle, Rich and Joy Martin and Winston Whitney

Welcome to our club and see you on the trail!









<u>Important notice</u>

Once again it is time to pay your yearly Capitol Volkssport Club dues. We still have bargain prices!

\$8 for an individual

\$6 for anyone 55+ years old

\$12 per family

We are phasing out our PO Box, so please send your check to:

Capitol Volkssport Club

Karen Younkins

711 Eastside St. NE

Olympia, WA 98506

If you're joining us for our picnic in August, you may pay your dues at that time.

Sincerely, Karen Younkins Page 2 August, 2014

NEWS FROM THE TRAIL...



Upcoming Walks - August 2014

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Sunday August 3	10:30 AM Ocean Shores Lions Club 832 Ocean Shores Blvd. NW Ocean Shores	Seabreeze 2015 workers walk and surrey ride Varies 1A/1C	9:00 AM Meet at Westside Haggen Foods near Pier 1 Imports. Drive time approx 1 hour 30 minutes.
Monday August 4	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday August 5	6:00 PM Bayview Thriftway Deli 516 - 4th Av W Olympia	Olympia - West Side YRE 0260 10K with 5K option 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday August 7	10:00 AM Belfair Safeway 23961 NE State Route 3 Belfair After registering drive to start point.	Theler Wetlands and Pacific Salmon Center Walk YRE 0189 10K with 5K option 1B	9:00 AM Meet at Westside Haggen Foods near Pier 1 Imports. Drive time approx 1 hour.
Monday August 11	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday August 12	5:30 PM Bayview Thriftway Deli 516 - 4th Av W Olympia	Olympia - Capitol Lake and Tumwater Historic Park option YRE 0260 variation 10K 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday August 14	10:00 AM Spar Coffee Bar and Cafe 2123 North 30th St Tacoma	Tacoma Downtown YRE 1262 11K 2A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 min.

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Monday August 18	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday August 19	5:30 PM Lacey Safeway 6200 SE Pacific Lacey	Lacey Historic Walk YRE 0950 10K with 5K option 1B	N/A
Thursday August 21	10:00 AM ABC Store 22309 - 7th Avenue SE Des Moines Store opens 10:00 AM	Des Moines Creek Stroll YRE 0605 10K with 5K option 2B	9:00 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 50 minutes.
Monday August 25	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday August 26	5:30 PM South Bay Market 3425 Schinke Rd Olympia	Woodard Bay Walk YRE 1009 10K with 5K option 1A	N/A
Thursday August 28	10:00 AM Thrive Fitness 5401 Corporate Ctr Lp Lacey	Southeast Lacey Walk YRE 0586 10K with 5K option 1A	N/A

^{***} For Monday or Tuesday 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 lpolzin@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.



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EVENT AND DISTANCE AWARDS

EVENTS







10

Spaulding Polzin Linda Holly & William

Extine Cindy





4000

Warhol John

Warhol Carolyn

Bauska Roy

DISTANCE





2500 KIII

5500 km

Extine Cindy Polzin Linda

Allan Jeannie





Morrison Robert

Warhol John

Congratulations and keep walking!

CVC Trip to Ocean Shores Aug 3rd

Here's another chance to go to the beach with your walking friends. On Sunday, August 3rd, CVC will travel to Ocean Shores to test surrey peddling and to check trails along the beach in Ocean Shores and at Moclips, in preparation for our Seabreeze Festival next February 14-16.



Joe Creek in Pacific Beach

We're hoping quite a few will want to rent a surrey to help us determine if it's possible to peddle one for 13K AND if it's any fun. After lunch some may want to walk one of our year-rounds in Ocean Shores.

At 10:30 we'll meet at the Ocean Shores



Pacific Beach State Park

Lions Club, 832 Ocean Shores Blvd. NW. Those who would like to carpool should meet on Oly's west side at Haggen's (old Top Foods) lot, at the Pier 1 end at 9:00.

There were about 20 hardy folks who braved the rain last winter, when we went to Ocean Shores. Unfortunately, we couldn't find any surreys to rent that day, but we did make headway on designing our trails. Now we're getting closer to Seabreeze. Hope lots of you will return this time, and maybe some new folks will join us. See you on Aug 3rd! Bonnie

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51 on 51 - Special CVC Event Sunday August 17!! 2:00 PM Capitol Building

It's the grand Finale!!

Let's all get out to support Washingtonians and longtime volkswalkers Alisa, her sons Tristan and Nicolas, and her sister Dina as they walk the FINAL 5k leg of their 51 day trip around the US volkswalking in ALL 50 state capitols and Washington DC.

We will do the 5k (1B) 653 downtown walk, but are switching the STARTPOINT to the STEPS OF THE LEGISTLATURE on the capitol campus where there is more room and free parking on Sunday.

Make a day of it. There will be plenty of time to do the DuPont walk and then zip to Olympia for this special event.

Our own SUSAN BERRY, for years a docent leading tours through the capitol campus, will give a brief tour in the legislative building as part of the walk.

You may not know them personally, but if you have ever walked in events around the state you have probably seen them on the trail. Alisa has been keeping a very impressive blog - check it out and cheer them along at http://51in51.com and then join us on their final leg on the 17th.

<u>Distance Walkers' Deadly Quotes on</u> <u>Sports Drinks</u>

6 Quotes that Could Put You in the Hospital

Hyponatremia -- the loss of sodium through sweating or from over-hydrating -- is a huge problem on for distance walkers such as those on a 3-Day Breast Cancer Walk, Avon Walk for Breast Cancer, half marathon or marathon walk. Anne Thim collected these six quotes about hydration and drink-

ing that could land a distance walker in the hospital. Avoid these mindsets for any walk of over two hours, especially in warmer weather.

- 1. "I hate sports drinks! I won't drink them." If you don't drink them, you could easily become a victim of hyponatremia. While salty snacks are good, they are not a total substitute for the electrolytes in sports drinks. Mix sports drinks with water to whatever concentration you desire (most can tolerate half and half).
- 2. "I walked the entire event last year and didn't drink any sports drinks." You were lucky, very lucky. This year, you might not be so lucky. More importantly, the person you are telling this to may think that they can also make it without sport drinks. Their metabolism is different from yours. They might not make it because you gave them this bad advice. This is not the type of testimonial that distance walkers should be giving out.
- 3. "I need to drink something, but I only like purple (or orange, or green) sports drinks. This stop doesn't have my flavor. I'll wait for the next s t o p . "

 Trust me, chances are that if you will only drink a certain flavor of sports drink, you won't find it anywhere on the walk. Don't plan on an assortment of every flavor of drink at every stop. Drink whatever is available.
- 4. "There are no cold drinks at this stop. I'll wait until the next one." Don't wait, drink it even if it is warm. Pretend that you are in Paris and drinking warm drinks the European way ooo-la-la!!!! Even if the bottles are warm, fill your personal water bottle with ice, water, and sports drink -yum! Odds are, if one stop is out of ice cold drinks, the next place might not have them either.
- **5.** "Sports drinks make me gag." Lack of sport drinks can may you go into seizures. Bring some powdered Kool-aid/Crystal Light to help cover the sports drink taste.
- 6. "I'm on a diet, and I don't want the calories." You are on an intense endurance event, and you NEED the calories! THERE ARE NO DIETS ON THE WALK (exemption diabetics, special medical cases, of course but for the vast majority of us NO DIETS. NO GUILT OKAY!)

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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

Wholesome exercise in the fresh air, under the wide sky, is the best medicine for body and spirit. – Sarah Louise Arnold –

Newsletter deadline

Wednesday, August 27, 2014

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