



# Capitol Volkssport Club

## NEWSLETTER

March, 2016

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**The next CVC General Membership meeting will be on Tuesday, March 8, 2016 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.**

A no-host dinner begins at 5:30 PM, followed by a presentation of Walking Washington's Counties by Peter and Perki Sweet at 6:15, with a brief business meeting afterward.

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Welcome New Member

*Steven Lawrence*

**Welcome to our club and see you on the trail!**

hand. By using the poles with each step, the walker takes strain off of the lower legs while burning more calories by using the upper body. The poles add stability on rocky or uneven trails as well as for wobbly walkers in any terrain.

The Cooper Institute of Dallas, Texas assessed the [Nordic Walking](#) method of using the poles for fitness walking. They found an increase in calories burned and oxygen used by 20% compared with regular walking at the same pace. The study was published in early 2001.

A study with hikers was published in the American College of Sports Medicine journal, Medicine and Science in Sports and Exercise.

The study conducted at the University of Massachusetts at Amherst showed that using [trekking poles](#) lets hikers lengthen their strides, put less strain on their knees, and generally feel more comfortable. The hikers studied did not expend less energy, but the increase in stability made long treks easier.

### Walking Poles - Burn More, Feel Less

Two studies show [walking and trekking poles](#) to be effective for reducing the exertion felt while increasing the calories burned by hikers and walkers.

The poles are used as a pair - one in each



## NEWS FROM THE TRAIL...



## Upcoming Walks - March 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday March 3	Register by 9:45 AM Walk leaves at 10:00 AM  Bayview Thriftway Deli 516 - 4th Av W Olympia	<a href="#">Olympia - Capitol Lake and South Capitol Neighborhood</a> YRE 0260 10K with 5K option 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Monday March 7	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday March 10	Register by 9:45 AM Walk leaves at 10:00 AM  Lacey Safeway 6200 SE Pacific Lacey	<a href="#">Lacey Historic Walk</a> YRE 0950 10K with 5K option 1B	N/A
Monday March 14	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday March 17	Register by 9:45 AM Walk leaves at 10:00 AM  Walgreen Drugs 12105 Pacific Ave Parkland	Parkland (PLU Campus) Walk YRE 1999 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 9:15 AM  Drive time approx 25 min.

(Continued on page 3...)

*(Continued from page 2)*

Monday March 21	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday March 24	Register by 9:45 AM Walk leaves at 10:00 AM  Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Bayview to Priest Point Park Walk</a> YRE 0260 10K 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Monday March 28	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday March 31	Register by 9:45 AM Walk leaves at 10:00 AM  Thrive Fitness 5401 Corporate Ctr Loop SE Lacey	<a href="#">Southeast Lacey Walk</a> YRE 0586 10K with 5K option 1A  States Walk option	N/A

\*\*\* For Monday walks, please contact Jeanne (360-790-4600 or email [kokolo@olywalking.net](mailto:kokolo@olywalking.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](mailto:lpolzin@thurston.com))

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.



Capitol Volkssport Club  
Olympia WA 98507



CVC OFFICERS

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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.

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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 a check made out to CVC, addressed to Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.

<p><b>CVC Website:</b> <a href="http://www.capitolvolkssportclub.org">www.capitolvolkssportclub.org</a></p> <p><b>AVA Website:</b> <a href="http://www.AVA.org">www.AVA.org</a></p> <p><b>Evergreen State Volkssport Association:</b> <a href="http://www.ESVA.org">www.ESVA.org</a></p>
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True enjoyment comes from activity of the mind and exercise of the body, the two are united.

— Alexander von Humbolt

**Newsletter deadline**

Thursday, March 31, 2016

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