



# Capitol Volkssport Club

## NEWSLETTER

July, 2016

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**The next CVC General Membership meeting will be on Tuesday, July 12, 2016 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.**

A no-host dinner begins at 5:30 PM, followed by a business meeting afterward.

June has been busy with walking and yard work. Our club walks have gone to fun places from Aberdeen to Olympia and Orting to Winlock. Thanks to Linda and Perki for getting these great schedules out to us!

Several club members attended the Columbia River Gorge Biennial Event. It was an amazing few days. The weather was touchy several days but it was still a perfect series of walks/hikes. The event has been hosted by the Columbia River Volkssport Club for 20 years. I have attended two of these classic events. Sadly for us, it was announced at the dinner that this was the last year for this fabulous event. We were assured there will be another Biennial event from this club but it will not be at the Gorge. That being said, the walks were spectacular! I do not think there is any scenery more beautiful than what we have in our own back yard. If you have not experienced any of the hikes in the Cascade Locks area, I highly recommend taking a few days to explore the wonderful trails in the area.

July is also full of great opportunities for our sport. There are several walking adventures at events all over our area. One is our walk on July 16 at Anderson Island. Be sure to check out this fun experience Pat has put together for us. I also want to plug a walk on July 20th in my backyard, Centralia. The Portland group is coming up on the train and the Daffodils are meeting them. Capitol Volkssport will hopefully have a good turn out for this walk, too. It is on a Wednesday and should be a lot of fun.

Our next meeting is July 12 at Izzy's. We will be talking about our upcoming picnic and I always like to visit with friends! It also would be great to get some input on programs we can share with one another. I know many of you have taken fabulous trips. We would love to see the pictures you have taken and hear about the adventures you have had.

Happy Walking. Liz.



## NEWS FROM THE TRAIL...



## Upcoming Walks - July 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday July 4	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.
Tuesday July 5	Register by 5:45 PM Walk leaves at 6:00 PM  Tumwater Safeway 520 Cleveland Ave Tumwater	<a href="#">Tumwater Historic Parks Walk</a> YRE 1743 11K with shorter options 2B	N/A
Thursday July 7	Register by 9:45 AM Walk leaves at 10:00 AM  YMCA Tacoma Morgan Branch 1002 South Pearl St Tacoma	Tacoma Narrows Bridge Walk YRE 1630 10K with 6K and 12K options 2A	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 9:00 AM  Drive time approx 35 min.
Monday July 11	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 July 14	Arrive by 10:00 AM to register  ABC Store 22309 - 7th Avenue SE Des Moines  Store opens 10:00 AM	Des Moines South Walk YRE 1461 10K with 5K option 2 (this is a new route)	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 9:00 AM  Drive time approx 50 minutes.

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Monday July 18	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.
Tuesday July 19	Register by 5:45 PM Walk leaves at 6:00 PM  Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm	Yelm Town and Trail Walk YRE 1657 11K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 5:00 PM  Drive time approx 30 min.
Thursday July 21	Register by 9:45 AM Walk leaves at 10:00 AM  Beehive Restaurant 300 Main St Montesano	<a href="#">Montesano Town and Lake Sylvia Walk</a> Seasonal YRE 0941 12K with 6K and 15K options 3B	Meet at Westside Haggan Foods near Pier 1 Imports.  Be early - carpools leave at 9:00 AM  Drive time approx 40 min.  A <b>Discover Pass</b> is required for park entry.
Monday July 25	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.
Tuesday July 26	Register by 5:45 PM Walk leaves at 6:00 PM  West Olympia Safeway 3215 Harrison Ave NW Olympia	<a href="#">Olympia Evergreen State College Walk</a> YRE 0657 10K 2C	5:45 PM  Meet at Safeway to register, then drive to the Evergreen State College start point.  Drive time approx 10 min.  Small parking fee at the college.

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<p>Tuesday July 26</p>	<p>Register by 5:45 PM Walk leaves at 6:00 PM</p> <p>West Olympia Safeway 3215 Harrison Ave NW Olympia</p>	<p><a href="#">Olympia Evergreen State College Walk</a> YRE 0657 10K 2C</p>	<p>5:45 PM</p> <p>Meet at Safeway to register, then drive to the Evergreen State College start point.</p> <p>Drive time approx 10 min.</p> <p>Small parking fee at the college.</p>
<p>Thursday July 28</p>	<p>Register by 9:45 AM Walk leaves at 10:00 AM</p> <p>Spar Coffee Bar and Cafe 2121 North 30th St Tacoma</p>	<p>Tacoma Downtown YRE 1262 11K 2A</p>	<p>Meet at Martin Way Park&amp;Ride at the back of the lot.</p> <p>Be early - carpools leave at 9:00 AM</p> <p>Drive time approx 30 min.</p>

\*\*\* For Monday walks, please contact Jeanne (360-790-4600 or email 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)

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.

THE  
*Spirit*  
OF WALKING

## **ATTENTION MEMBERS!**

**Yearly CVC dues are due in July!**

**Yes, it's that time of year again! Remember, when you join CVC you only pay \$2 for our club's YRE walks. Our regular yearly dues are \$8, \$6 for members 55+, and \$12 for a family. Please send a check to made out to CVC to Karen Younkins, 711 Eastside St. NE, Olympia, WA 98506. If you have joined CVC since January 2016 your dues are paid up until July 2017 - what a bargain! Please e-mail Karen if you have any questions - [jcyounkins@comcast.net](mailto:jcyounkins@comcast.net)**



## **WELCOME NEW MEMBERS**

*Carrie Wilson and Mary Robinson*

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

### **Nordic Walking burns more calories than regular walking**

The Cooper Institute studied the effectiveness of Nordic Walking both in laboratory and field conditions in autumn 2000. Study results show that compared to regular fitness walking Nordic Walking significantly increased oxygen and energy consumption. Dr. Tim Church, Medical Laboratory Director of the Cooper Institute: "I oversaw the research examining the caloric expenditure and oxygen consumption associated with Nordic Walking. 11 males and 11 females participated in our study. The participants walked on an outside track first with normal walking. This was followed by Nordic Walking session. Participants carried a metabolic unit, which measures oxygen consumption and caloric expenditure.

What we found is that on average there was a 20% increase in caloric expenditure and in oxygen consumption in a study group when using the poles. Additionally there was a 6% increase in heart rate when using the poles.

However the participants did not find walking with poles more strenuous. Individual variations in the results were remarkable.



Capitol Volkssport Club  
Olympia WA 98507



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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.

**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)

After dinner, rest a while,  
after supper, walk a mile.  
— Arabic Proverb —

**Newsletter deadline**  
**Thursday, July 28, 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