



The next CVC General Membership meeting will be on Tuesday, April 11, 2017 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

A no-host dinner begins at 5:30 PM followed by the business meeting at 6:30 PM.

Greetings Volkssporters!

March certainly has kept us wet on our walks, probably a good thing there were not a lot of weekend events. It is encouraging to have warmer temperatures and a little less rain. I am looking forward to more sunshine. Thinking about March, we had a wonderful slide show from Barb and Tom about their trip to China at the March meeting. We also cast our vote for Tom Baltes for the next Regional Director.

April looks to be a busy month of events throughout our area, starting on April Fool's Day. I am also looking forward to the Phoenix Walking Festival in Victoria, BC April 21-23.

Our next meeting and dinner at Izzy's will be April 11. We look forward to seeing you all and hearing about your adventures during the last month. Liz

[A Brief History of Walking](#)

Evolution of Walking.

What's the history of walking as a sport or physical challenge -- beyond just getting around on two feet? Let's take a tour of the milestones walkers have achieved through the ages.

4 million years BC or thereabouts (subject to scientific and philosophical debate): [Australopithecus afarensis](#) begins the fad of two-legged walking, the defining trait of family *Hominidae*. Two-legged walking frees up the hands to use for making tools, [tying shoes](#), etc.



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NEWS FROM THE TRAIL...



Upcoming Walks - April 2017

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday April 3	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 walkbox to park in Bay- view Parking Lot.
Thursday April 6	Register by 9:45 AM Walk leaves at 10:00 AM Safeway 1405 East Main St Puyallup	Puyallup Town Walk YRE 0242 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:00 AM Drive time approx 45 min.
Monday April 10	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 walkbox to park in Bay- view Parking Lot.
Thursday April 13	Register by 9:45 AM Walk leaves at 10:00 AM Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Fort Steilacoom Walk YRE 1996 10K with 6K option 1B	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.

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<p>Monday April 17</p>	<p>2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia</p>	<p>Olympia local walk starting at Bayview Varies 1A</p>	<p>N/A Pick up parking pass in walkbox to park in Bay- view Parking Lot.</p>
<p>Tuesday April 18</p>	<p>Register by 5:45 PM Walk leaves at 6:00 PM Scatter Creek Wildlife Area North Unit Park- ing Lot 17100 Case Road Rochester Note: correct parking lot has restrooms but no trees and no barn</p>	<p>Scatter Creek Wildlife Area Walk N/A 10K with 5K and 6K op- tions 1B</p>	<p>Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Be early - carpools leave at 5:30 PM Drive time approx 20 min. Discover Pass needed for parking in the wild- life area lot.</p>
<p>Thursday April 20</p>	<p>Register by 9:45 AM, then drive 2 miles to start point Walk leaves at 10:00 AM from start point YMCA Tacoma Mor- gan Branch 1002 South Pearl St Tacoma</p>	<p>Tacoma - Snake Lake YRE 0367 10K with 5K option 1B</p>	<p>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.</p>

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Monday April 24	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 walkbox to park in Bayview Parking Lot.
Tuesday April 25	Register by 5:45 PM Walk leaves at 6:00 PM South Bay Market 3425 Schinke Rd Olympia	Woodard Bay Walk YRE 1009 10K with 5K option 1A	N/A
Thursday April 27	Register by 9:40 AM at Safeway, then leave at 9:50 AM to drive to the Evergreen State College start point. Walk leaves at 10:00 AM from the Evergreen State College West Olympia Safeway 3215 Harrison Ave NW Olympia	Olympia Evergreen State College Walk YRE 0657 10K 2C	9:40 AM Drive time approx 10 min. Small parking fee at the college.

*** 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 Tuesday walks, please contact Perki (360-459-8167, e-mail pandpsweet@gmail.com) 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.

...(History of walking... continued from page 1)

8,000 - 10,000 years BB (before Birkenstocks): North American natives [make and wear sandals](#). Sling backs and slip-ons are the most popular styles.

100 AD: [Emperor Hadrian](#) tours his whole empire on foot, marching 21 miles a day in full armor. The Romans define a mile, with [1000 military paces \(a pace is two steps\) equal to a mile](#).

1140: Pilgrimages on the [Camino de Santiago](#) had become so popular that the world's first travel guide, the *Codex Calixtinus* is published.

1589: Sir Robert Carey walks 300 miles from London to Berwick on a wager.

1600's: King Charles II of England [racewalked](#) from Whitehall to [Hampton Court](#). The distance is about a [half marathon](#), over 13 miles, very impressive!

1762: John Hague walked 100 miles in 23 hours, 15 minutes, the first [Centurion walk](#).

1801 - 1803: Johann Gottfried Seume walks from Germany to Sicily and back, then from Germany to Russia, Finland and Sweden 1805-1807. He is known for the quote, "[Woe to the land where they sing no more](#)." Which country would that be?

1809: Captain Robert Barclay walks 1000 miles in 1000 hours.

1864: Black Forest Wanderverein formed in Germany - now world's oldest surviving [walking club](#).

1860-1903: The Pedestrian Age - walking is the leading sport in Europe and America. Big money comes to walking as long distance walkers earn more per race than today's basketball players, the equivalent of 100 years of salary of the day.

1861: Edward Payson Weston's, "the father of modern pedestrianism" has his first major walk. It occurred because he bet that President Lincoln would lose the 1860 election. Upon Lincoln's win and Weston's loss, Weston walked from Boston to the inauguration in Washington DC.

1867: Weston walks from Portland, Maine to Chicago, Illinois (1326 miles) in 25 days, earning \$10,000, the equivalent of a million dollars today.

1874: Weston walks 500 miles in six consecutive days. Daniel O'Leary breaks his record and becomes "Champion Pedestrian of the World." From these competitions, the Astley Belt Races are developed.

1877: Mary Marshall walks 50 miles in 12 hours.

1879: Charles Rowell earns \$50,000 in two 6-day Astley Belt Races.

1879: First women's 6-day race is won by Bertha Von Berg, with a distance of 372 miles and \$1000 purse.

1906: [Athens Olympics](#) (Interim Games) 1500m Walk Olympic record set by George Bonhag, USA 7:12:6, 3000m Walk won by Gyorgy Sztantics, Hungary 15:13.2.

1908: London Olympics: 3500m Walk, 10 Miles Walk, added 20K and 50K racewalks.

1909: The [Nijmegen Vierdaagse](#) (Four-Days Walk) is hosted for the first time.

1911: First US racewalk held on Coney Island.

1964: The modern athletic shoe company is born as Phil Knight and his trusty waffle iron found Blue Ribbon Sports, which will become [Nike, Inc](#). They will continue to ignore their biggest customer category, walkers, for the rest of history.

1968: [IVV - International Federation of Popular Sports](#), is formed to promote non-competitive walking events. [Volksmarch](#) walking begins.

1969: Neil Armstrong and Buzz Aldrin [walk on the moon](#). "That's one small step for (a) man, one giant leap for mankind."

1970: First March of Dimes is held in Columbus, Ohio. This is one of the first [charity walks](#), which would become ubiquitous.

1976: First sanctioned [volksmarch](#) in USA, Fredericksburg, Texas.

1984: [Walking Wendy goes on her first volksmarch](#), Forest Grove, Oregon.

1987: [International Marching League](#) is formed. This organization promotes the top multi-day walking event in each member country.

1990's: Walking is the most popular form of exercise in the USA, with 65 million regular walkers. It beats all other forms of sport and exercise by over 100% Athletic shoe companies respond by gearing advertising to runners and professional sports. No respect for walkers.

1997: Walking site debuts at Mining Company and is one of its top 25 sites throughout the year.

1998: The first [three-day walk for breast cancer](#) is held. These walks become very popular and raise millions of dollars for breast cancer charities over the next 17 years.

1999: Mining Company becomes About.com. Walking Wendy [walks her first marathon](#), joining the throngs of run/walkers and pure walkers who stole marathons away from the realm of elite runners.

1999/2000: Millennium Walks and World Walking Day Walks held worldwide. Computer systems fail to crash and life goes on.

2000: Poland's Robert Korzeniowski sweeps the men's 20K and men's 50K walk in the Sydney Olympic Games. There is much controversy as [competitors are disqualified in the last mile](#) before the finish, some not notified of disqualification until after finishing.

2001: Thousands of walkers participate in the [Walk of Life 10-Week Program](#) on Walking.about.com

2004: [Polly Letofsky](#) becomes first American woman to walk around the world.

2011: Movie [The Way](#) with Martin Sheen and Emilio Estevez ignites more interest in walking the Camino de Santiago.

2014: Walking Wendy shares [10 things she learned in 30 years of walking](#).

2015: Walking Wendy joins near-record numbers of pilgrims as she [walks the Camino de Santiago "the easy way."](#)



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.

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
AVA Website: www.AVA.org
Evergreen State Volkssport Association: www.ESVA.org

Fitness — If it came in the bottle, everybody would have a great body.
—Cher—

Newsletter deadline
Thursday, April 28, 2017
 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