



# FOOTNOTES

Newsletter of the Garden City Wanderers

Winter 2012

\$1.00 for Non-Members

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Garden City Wanderers  
Volkssport Club

c/o 907 Richmond Avenue  
Victoria, B.C., Canada V8S 3Z4

[gcw@islandnet.com](mailto:gcw@islandnet.com)

## WALKfest 2012

Sunday, April 15, 2012

**\*\*\*New Location \*\*\***

**Recreation Centre, 4318 Emily Carr Drive  
Broadmead**

**Registration and Refreshments  
9 – 10 am**

**Morning Walks – 5 km and 10 km  
Start 10 am**

**Potluck Lunch  
12 noon to 12:45 pm**

**Draw Prizes  
(Participants must be present to receive prize.)  
12:45 to 1:15 pm**

**Registration for afternoon walks  
1:15 to 1:30 pm**

**Afternoon Walk – 5 km and 10 km  
Start 1:30 pm**

**Contact Kaye, 250-721-3065**

**PRESIDENT'S MESSAGE** by Kaye Farmer

Happy New Year to all Volkssporters!

On behalf of all local Volkssporters, I want to thank David Cattrall for his four years as president and all that he has done, and is continuing to do, for Garden City Wanderers and for Volkssporting in general.

Looking at the array of walking activities laid out for 2012, there is something for everyone – city streets, wooded trails, easy walks, challenging walks, both short and long distances. I want to thank all the people who are involved in putting on our walks. For every walk that is done, at least a dozen volunteers participate in some way.

The trail markers make up one group of volunteers that most of us rarely see. In the Victoria area, we have become accustomed to having our walking trails marked, which is not common in many parts of Canada. It is great to be able to walk and not have to constantly refer to written directions, and too often we take this for granted. We are fortunate to have a wonderful group of walkers from Garden City Wanderers and Juan de Fuca Pathfinders who do this for us on a regular basis, and to them I say a big **THANK YOU!** We always need more volunteers, so if anyone is interested in helping out with trail marking, contact Jan Lewis ([j2lewis@shaw.ca](mailto:j2lewis@shaw.ca); 250-665-6062).

Beverley Cattrall has taken over the position of Registration Coordinator for 2012, and she is in need of volunteers to assist with registration. If you would like to volunteer in this way, please contact Beverley ([beverley.cattrall@telus.net](mailto:beverley.cattrall@telus.net); 250-598-4316) and she will explain what is involved.

In closing, I would like to remind you of my challenge to you at the AGM: Strive to do one walk per month more than you would normally do. Even a short walk is better than none!

Thanks for your vote of confidence in electing me as president. I will do my best, and I look forward to seeing you at upcoming walks.

Kaye

**IVV RECORD BOOKS**

Please forward your completed books to:

CVF Awards Co-ordinator  
c/o Lea Tocher  
450 Rouge Road  
Winnipeg, Manitoba R3K 1K4

**GCW CLUB SHOP**

The following Club items are available for purchase:

- \* Club Pin
- \* Club Patches (embroidered)
- \* Logo'd GCW Royal Blue Sportswear:
  - \* T-shirts
  - \* Golf shirts
  - \* Sweatshirts

Please contact Beverley Cattrall at 250-598-4316 to view.

## UPCOMING WALKS

**Saturday, February 4** – 5/10 km GCW 22nd Anniversary Walk (rated 1A)  
Willows Beach on Beach Drive  
Contact: Margaret at 250-370-5073  
Enjoy early spring flowers on a scenic wander through the quaint Oak Bay Village, stroll beautiful residential streets and meander along ocean walkways.

**Sunday, February 12** – “Oaklands Park”  
5/12 km (rated 1A/2B)  
Oaklands Park (Kings Road parking lot off Shelbourne Street)  
Contact: Wendy at 250-598-9390  
Enjoy a lovely walk which includes wonderful views from the summit of Mount Tolmie and the trail around Cedar Hill Golf Course.

**Sunday, February 19** – “Heritage Walk”  
YRE025 – 5/10 km (rated 1B)  
Harbour Towers, 345 Quebec Street  
Contact: Brenda at 778-350-0861  
This walk follows the walkway around the Inner Harbour from Fisherman’s Wharf across Johnson Street Bridge to the end of the Songhees Walkway and back. Wonderful views of the city.

**Sunday, March 4** – “10 Mile Point” 5/10 km walk (rated 2B)  
Gyro Park, Foot of Sinclair Avenue  
Contact: Susan at 250-727-6826  
Enjoy vistas of the ocean and beautiful gardens in the 10 Mile Point area.

**Sunday, March 11** – RLDW Group Walk 10 am  
Running Room, Broadmead Shopping Centre, 777 Royal Oak Drive  
Contact: Brenda at 778-350-0861

**Sunday, March 18** – YRE 140 6/10 km (rated 1A/2B)  
Pearkes Recreation Centre, 3100 Tillicum Road  
Contact: John at 250-665-6062  
This walk winds along Colquitz Creek, then through Cuthbert Holmes Park and Tillicum Park.

**Sunday, April 15** – WALKfest  
Recreation Centre, 4318 Emily Carr Drive, Broadmead  
Contact: Kaye at 250-721-3065  
2 walks and potluck with prizes

**Sunday, April 29** – 10/13 km YRE 022 (rated 2B)  
Maritime Museum, 28 Bastion Square  
Contact: Margaret at 250-595-0785  
This spectacular and scenic route winds along the ocean to Macauley Point, with an optional 3 km loop to Saxe Point. Both locations offer wonderful views of the Fisgard Lighthouse, the oldest lighthouse on the West Coast of Canada, located at the entrance of Esquimalt Harbour.

**Sunday, May 6** – 5/10 km Murray Farmer Memorial Walk (rated 2B)  
Layritz Park, Glyn Road & Layritz Road  
Contact: Rob at 250-658-4998  
This is an interesting walk through Saanich trails, parks and country roads.

### GCW ACHIEVERS' CORNER January 2012

#### Distance

Bruce Willats	500 km
Phyllis Huhtala	1,000 km
Diana Hegen	8,000 km

#### Events

Bruce Willats	50 events
Phyllis Huhtala	50 events
Astrid Hauth	450 events
Diana Hegen	475 events

**Congratulations!**

### MONDAY/WEDNESDAY MORNING YEAR ROUND EVENTS (YREs) 2012

The following schedule of Year Round Events (YREs) has been established for Volkssporters who like to walk during the week and during the day in the Victoria area. The walks are not marked and there may not always be a leader. Registration/walk boxes (sometimes binders) containing maps, registration books and stamps are available at all of the locations noted below.

Monday Morning YREs		Wednesday Morning YREs	
Date	Location	Date	Location
Jan. 30	Greenhawk, Brentwood Bay	Feb. 1	Harbour Towers
Feb. 6	Broadmead Running Room*	Feb. 8	Vic Y, Broughton Street
Feb. 13	Henderson Recreation Centre	Feb. 15	Pearkes Recreation Centre
Feb. 20	Oak Bay Recreation Centre	Feb. 22	Sooke Museum
Feb. 27	Cedar Hill Recreation Centre	Feb. 29	TBA*
Mar. 5	Broadmead Running Room*	Mar. 7	Maritime Museum
Mar. 12	Esquimalt Recreation Centre	Mar. 14	Sidney Travelodge
Mar. 19	Elk Lake Fas Gas Station	Mar. 21	Greenhawk, Brentwood Bay
Mar. 26	Running Room, Millstream	Mar. 28	TBA*
Apr. 2	Broadmead Running Room*	Apr. 4	Frontrunners, Langford
Apr. 9	White Spot, Colwood	Apr. 11	My Chosen Café, Metchosin
Apr. 16	Harbour Towers	Apr. 18	Pearkes Recreation Centre
Apr. 23	Vic Y, Broughton Street	Apr. 25	TBA*

\* Please note:

1. On the first Monday of each month, we shall be doing a Round and Long Distance Walk (RLDW) starting from the Broadmead Running Room. Walkers who are not collecting RLDW stamps may collect a YRE stamp from that location.
2. On the last Wednesday of each month we hope to explore possible new routes in the Greater Victoria area. Promising routes will be measured and mapped. You will be informed of the location through the weekly memo.

#### EVENING WALKS

##### Tuesday Evenings

Group YRE walks all year round  
 Registration: 5:45 pm  
 Start Time: 6:00 pm

Running Room/Walking Room  
 Broadmead Shopping Centre  
 305 – 777 Royal Oak Drive

Contact: Gail at 250-477-4472

##### Thursday Evenings

Group YRE walks all year round  
 Registration: 5:45 pm  
 Start Time: 6:00 pm

Contact: Brenda at 778-350-0861

### WELCOME NEW MEMBERS

**Peter Jones**  
**Marilyn Turner**  
**Denis Madson**  
**Polly Souza Murphy**  
**Ian Gibbs**  
**Margaret Gibbs**  
**Steve Croucher**  
**Betty Logan**

## VABC DIRECTOR'S REPORT by Beverley Cattrall

Greetings and a happy 2012 to all Garden City Wanderers members and everyone reading this newsletter. I wish you health and happiness as the year unfolds for you.

Autumn was a good season for walking in this province; however, many of our enthusiastic BC volkssporters have also been walking overseas, in countries as diverse as South Africa, Vietnam and Turkey. Now that winter is here, we welcome them back into our midst as we listen to their animated descriptions of their adventures. With these trips, and with the regular exchanges that take place between BC and Washington State clubs, as well as the upcoming CVF convention in May, in Ottawa, we recognize the many benefits of volkssporting, keeping healthy while making friends from other parts of the volkssport world.

The mail-in registration walks have continued to be successful in 2011, so we at VABC have added additional mail-in walks for this year: Qualicum Beach on Vancouver Island and the Lighthouse Park walk in West Vancouver. With the Peachland club ceasing to exist as a Volkssport club, VABC has also taken responsibility for the Peachland YRE. Fortunately we have a volunteer to look after this box, as well as the boxes in Kelowna and Penticton.

If you would like a change from doing Victoria area walks, why not consider walking with one of the volkssport clubs up-island or in the Vancouver area? Recently David and I popped over to the mainland for a few days of walking. While we weren't able to fit in a walk with the two local clubs, we did enjoy completing six volkssport walks on our own. As we walked we took the time to enjoy various attractions en route, such as Sun Yat-Sen Park, the Vancouver Art Gallery, the Bloedel Conservatory in Queen Elizabeth Park and beautifully maintained historic houses in New Westminster. All the start points were readily accessible by public transport.



In Bloedel Conservatory on the Shaughnessy YRE



Dr Sun Yat- Sen Park on the Downtown YRE

Before planning a walking trip in BC in 2012, be sure to check out VolkssportingBC. Feel free to give copies to other people who may be interested in all that Volkssporting has to offer. Do remember that changes can happen, so for the latest information go to the VABC website, [www.volkssportingbc.ca](http://www.volkssportingbc.ca). You will notice that the website has a new look, as it has been taken over and redesigned by David. He is looking for recent photos and news items, so please provide him with anything you have. He can be reached at [david.cattrall@telus.net](mailto:david.cattrall@telus.net).

The clubs in BC are planning some interesting walks and hikes, including CVF 25<sup>th</sup> anniversary walks and lots of social events, so 2012 should be another great year for volkssporters. The CVF 25<sup>th</sup> anniversary pins are available and I hope all of you will take part in the anniversary challenge, to complete at least 25 volkssport walks over the course of 2012. The form can be downloaded from the CVF web site ([www.walks.ca](http://www.walks.ca)) or you can get one from me at [beverley.cattrall@telus.net](mailto:beverley.cattrall@telus.net).

Happy walking everyone!  
Beverley

## ON WALKING, RUNNING and GROWING OLDER by David Catrall

I thought about writing this article after running in the 42 kilometre Victoria Marathon last October. The day was perfect for running and walking, and I finished 3<sup>rd</sup> in my age category (men 65-69) in a time of 3 hours 53 minutes. This beat the Boston Qualifying time by 22 minutes which is quite significant given that the vast majority of runners never beat their 'BQ' time. This started me to thinking, why? What were the key contributors to being able to achieve this?

My first thought is that walking – and particularly brisk volkssport walking – is one of the very best ways for an older person to prepare for an endurance event such as long distance running. Younger runners may run 6 or 7 days per week and rack up 100 kilometres or more of high-intensity training each week. As you age, this becomes just too hard on the body and will quickly lead to breakdown – muscle or tendon strains, illness – or worse. So, to get the required kilometres and hours of exercise under one's belt I am firmly of the opinion that a combination of running and quick walking is ideal. So, I basically ran or walked virtually every day – running about 4 days a week alternating with volkssport walking about 3 days per week. In this way I achieved my goal of vigorous exercise for about 2 hours per day but significantly reduced the amount of stress caused by pounding the pavement in running shoes. So the major benefit is that while I can achieve the required amount of training, I've had almost no running injuries since I started volkssport walking 5 years ago. Prior to that, I routinely suffered from running-caused muscle, tendon and soft tissue problems.

We are all well aware of some of the benefits of walking vigorously - reduced risk of heart disease and stroke, lower blood pressure, enhanced mental well-being, increased bone density which helps to prevent osteoporosis, help to control body weight, and help improve flexibility and co-ordination which reduces the risk of falls. To that I would add; supplemental training for high intensity activities, without the impacts and stresses of high intensity training. So, message number 1 – if you are interested in running, you are already well prepared if you are a regular volkssport walker. Try it. Entering and competing in a road race can be quite exhilarating!

My second point is closely related to the first but focuses on the challenge of staying fit and active as we grow older. Even if you are not interested in running, I am convinced that volkssport walking is one of the best ways of becoming and staying fit. I read that only 35% of Canadians get enough regular physical activity – and frankly I believe that number is too high. Certainly amongst older people, I'm sure the number is much lower. So, I interpret that to mean that we who regularly walk vigorously are already amongst the very fittest people in our age group. And if you normalise that to allow for age, we are actually amongst the very fittest - period.

So, good for you, if you walk regularly. Keep it up! I wish you many more years of enjoying fun, fitness and friendship. And for those who are just starting to volkssmarch, or are not sure how much you want to get involved, jump right in! Just take it easy, don't do too much too soon. With time, patience, a bit of stretching and perhaps a little work with weights, there's a whole poolful of benefits awaiting you. And as for me, I hope to continue walking and running, and maybe in my next marathon – when I'm into the next age category – with the help of volkssporting and a little bit of luck, perhaps I'll place even higher!

See you on the trails. Happy walking

**The Columbia River Gorge Biennial Classic takes place on June 14-17, 2012 at Cascade Locks, Oregon**

There are 12 walks with distances ranging from 5 to 25 kilometres and ratings from 1 to 5!  
This is a very popular event with BC volkssporters and there will be many Victoria walkers attending.  
If you are interested in attending check out the website at [www.columbiagorgewalks.com](http://www.columbiagorgewalks.com)

You are also advised to make a hotel reservation as soon as possible.

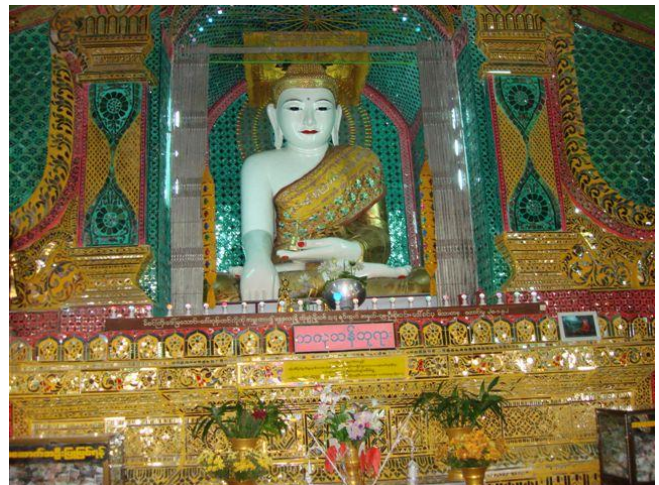
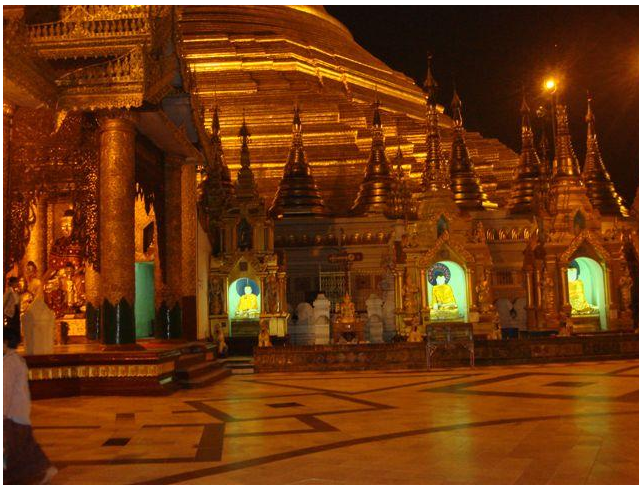
### A DIFFERENT WALK by Frances Aknai

In November 2011, I traveled to Saigon, Myanmar (Burma), Bangkok and Seoul with 13 other members from The Victoria Summer Choir.

One of the highlights was our visit to Shwedagon Pagoda in Yangon, Myanmar. At 5:00 am while it was still dark outside, we walked a short distance from our hotel to Shwedagon Pagoda. Before we could enter the Pagoda, we had to remove our shoes and socks. We climbed several flights of stairs to reach the pagoda platform; this was more tiring than doing a 10km walk! But when we did reach the platform, it was well worth the effort. The lights and glittering gold against the dark sky felt like we were transported into fairyland. We walked all around the platform and stayed after daylight came. Unfortunately, there was no sunrise; it was a cloudy day. There was, fortunately, an elevator to take us back down to where we had left our shoes. We walked back to our hotel in time for breakfast at 8:30 am.

Buddhism is an Asian religion founded by Siddhartha Gotama, known as the Buddha, who was himself awakened (enlightened) at the age of 35. The Shwedagon Pagoda stands on a platform over 5 hectares on a hill 58 metres above sea level. There are four covered walkways that lead up to the pagoda platform.

Although we visited many pagodas in Myanmar, I found the visit to Shwedagon Pagoda the most interesting.



## CLUB CONTACTS

President	Kaye Farmer	250-721-3065
President Elect	Beverley Cattrall	250-598-4316
Past President	David Cattrall	250-598-4316
Secretary	Marion Davidson	250-477-9851
Treasurer	Joan Sanderson	250-479-6512
Footnotes Editor	Frances Aknai	250-360-0356
Membership Secretary	Gail Tupper	250-477-4472
Registration Coordinator	Beverley Cattrall	250-598-4316
WALKfest	Kaye Farmer	250-721-3065
Walk Coordinator	Joan Sanderson	250-479-6512
Marking Coordinator	Jan Lewis	250-665-6062
Trailmaster	David Cattrall	250-598-4316

## SURFING THE NET

**GCW Website** updated for 2012:

[www.gardencitywanderers.ca](http://www.gardencitywanderers.ca)

Email: [gcw@islandnet.com](mailto:gcw@islandnet.com)

Take a stroll through our website to find:

- \* Information about Garden City Wanderers
- \* Volkssporting information
- \* 2012 Schedule of all South Vancouver Island Walks
- \* 2012 GCW YREs and RLDW

**VABC Website:** [www.volkssportingbc.ca](http://www.volkssportingbc.ca)

Check out this site for the complete listing of all the events and links to all volkssport clubs in BC.

**Canadian Volkssport Federation (CVF)**

[www.walks.ca](http://www.walks.ca) Check this site for much information on volkssporting in Canada, and links to all Canadian volkssport clubs

**CVF 2012 AGM and Convention**

[www.nepeannomads.com/CVF25THAGM](http://www.nepeannomads.com/CVF25THAGM)

**IVV: International Federation of Popular Sports** <http://www.ivv-web.org/english/>

Look here for information on volkssport events and clubs in all other parts of the world.

**Other Volkssporting Links to check out:**

**Juan de Fuca Pathfinders Walking Club**

[www.jdfpathfinders.ca](http://www.jdfpathfinders.ca)

**Victoria 'Y' Volkssport Club**

[www.letswalkinvictoria.ca](http://www.letswalkinvictoria.ca)

**Volkssport Alberta**

[www.walkalberta.ca](http://www.walkalberta.ca)

**American Volkssport Association**

[www.ava.org/](http://www.ava.org/)

**THANK YOU to the businesses  
who support our club .....**

***Our YRE start points:***

**G.R. Pearkes Recreation Centre**

3100 Tillicum Road

**Harbour Towers Hotel**

345 Quebec Avenue

**Henderson Recreation Centre**

2291 Cedar Hill X Road

**Running Room/Walking Room**

Broadmead Shopping Centre

777 Royal Oak Drive

**Maritime Museum**

Bastion Square