



# Newsletter



## Mission Statement

To provide lifelong opportunities to play soccer by modifying the game from running to walking, allowing soccer players of differing abilities, ages and fitness to continue to the game they love in a healthy, dynamic and safe fashion.

## Bigfoot Walk Soccer Club Board

**President:** Janet Charnley

**Vice President:** Dawn Blomberg

**Secretary:** Pat Walker

**Treasurer:** Karen Newell

**At Large Members:** Karen D'Ewart, Jimmy Dunn, Virginia Gleason, Tricie Hunter, Roberta Reardon & Julie Thomer

**Advisory Members:** Joy Cooper, Chris Hass, Jerry Lustofin, Kate O'Malley, Ted Over, Albert Thomas, Kelly Thompson & Roland Rice

## Organization Updates

Welcome to the Spring 2026 Bigfoot Walk Soccer Club Newsletter. BWSC was formed in 2025 by a group of volunteers with a goal of promoting, organizing, and providing walk soccer opportunities in the Greater Seattle Area.

## Letter from the President

This newsletter shares with you the culmination of 10 years of hard work, dedication and a lot of fun! Walking soccer was created in England, and we modeled our games and rules after theirs. We began playing pick-up walking soccer games together at whatever available fields we could find.

The structures of our teams and games are unique from traditional soccer. Jerry Lustofin started Stay Fit Soccer to take on the duties and responsibilities that met our needs.

We started Bigfoot Walk Soccer Club in January of 2025. Our goal is to maintain the current walking soccer programs and to create a sustainable structure to keep the sport going into the future. We knew it would take many hardworking and dedicated volunteers to carry the load. BWSC incorporated in May 2025 and received IRS 501(c)3 status in July 2025.

BWSC formed a partnership with Stay Fit Soccer to manage the sites and grow the game together. We are eternally grateful for the three plus years he has carried the Operations torch. Now he is ready to pass the torch to the Bigfoot Walk Soccer Club. – *Janet*

## Stay Fit Soccer to transition operations to Bigfoot Walk Soccer Club

Stay Fit Soccer and Bigfoot Walk Soccer Club have agreed to transfer player registration, field scheduling, referee scheduling and Team Cowboy administration to the Bigfoot Walk Soccer Club over the coming months. Our collective goal is to make the changeover as seamless as possible. Play will continue "as is" while the timing and details are being worked out and

	<p>the change is made. If you would like to help in the transition, talk to your Site Manager or contact Pat Walker, BWSC Secretary, at <a href="mailto:plwalker521@gmail.com">plwalker521@gmail.com</a>. You can also donate to the help defray the transition costs through the “Donate” button <a href="https://www.stayfitsoccer.com/donate">https://www.stayfitsoccer.com/donate</a> Stay tuned!</p>
<p><b>Organization Updates (cont.)</b></p>	<p><b>Call for Volunteers</b></p> <p>We are a volunteer driven Club. We can only sustain with your support. Ask your Site Manager or any Board member how you can help!</p> <p>We are looking for detailed oriented volunteers for the following rolls:</p> <ul style="list-style-type: none"> <li>• Registrar</li> <li>• Field and Referee Coordinators</li> <li>• Site Manager</li> </ul> <p>Information and job descriptions coming soon to <a href="http://bigfootwalksoccer.com">bigfootwalksoccer.com</a></p>
<p><b>In the News!</b></p>	<ul style="list-style-type: none"> <li>• Stay Fit Soccer put on the Third Annual Holiday Tournament / pizza feed at Starfire on December 19<sup>th</sup>!</li> <li>• Members of BWSC on the team Walk on the Wild Side, take 2nd in Mayor’s Cup in Hawaii this last January</li> <li>• Registration for Spring right around the corner</li> <li>• BWSC and Lifelong Recreation Program of the Seattle Parks and Recreation will be putting on two introductory clinics May 5<sup>th</sup> and 19<sup>th</sup>. Contact Pat at <a href="mailto:plwalker521@gmail.com">plwalker521@gmail.com</a> if you would like to volunteer!</li> <li>• Plans are underway to offer a walking soccer tournament as part of the Washinton Senior Games in Lacey in August. Let your Site Manager know if you are interested in signing up!</li> <li>• SWAG on the way – Proudly show your support and help us spread the word with free Bigfoot Walk Soccer Club stickers available by now</li> </ul>
<p><b>Where and when we currently play</b></p>	<ul style="list-style-type: none"> <li>• <b>Starfire Monday</b> 10:00AM On hiatus until Spring - Site Manager: Don Piquette</li> <li>• <b>Starfire Wednesday</b> 10:00AM Indoor moving outdoor in Spring - Site Manager: Don Piquette</li> <li>• <b>Grass Lawn Friday</b> 10:00AM - Site Managers: Janet Charnley, Pat Walker, Chris Hass &amp; Joy Cooper</li> <li>• <b>Steel Lake Friday</b> 10:30 AM at Starfire until Spring - Site Managers: Roberta Reardon, Roy Pasbrig &amp; Jimmy Dunn</li> <li>• <b>Eastside Sunday</b> Location &amp; time vary due to field availability currently at Island Crest Park moving to Robinswood &amp; Wilburton Parks for Spring Check the schedule on the website for times &amp; locations near you!</li> </ul>
<p><b>How games are structured</b></p>	<ul style="list-style-type: none"> <li>• BWSC offers adult co-ed play serving players from 30 to 90+ years of age</li> <li>• Players can sign up for a season, usually 8 to 10 games, or for single games as a “drop-in</li> <li>• Each site is run by one or more Site Managers who set up the fields and facilitate play</li> <li>• There are no established teams, rather Site Managers create competitive teams weekly from the players who have RSVP’d. Goals are tracked on game day only to assure competitive play</li> </ul>

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- Games are typically two equal 25 to 30-minute periods with a 5-minute break at half time
- BWSC rules are based on international norms customized for our club i.e. our rules allow for play without goalies. Visit our website for complete copy of rules
- Games are often officiated by Club provided referees

<b>Why we play</b>
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**Benefits of Walking Soccer**

By Virginia Gleason

**Walking soccer offers low-impact physical activity, improved balance and coordination, mental health benefits, and strong social connections—making it ideal for older adults or anyone with mobility limitations.**

**– Physical Health Benefits**

- Low-impact exercise: Walking soccer reduces joint strain, making it safer for older adults or those recovering from injury.
- Cardiovascular fitness: Regular play helps improve heart health and circulation.
- Muscle Strength, balance and coordination: The sport reinforces pivoting, reacting to ball movement, and maintaining stability, which helps maintain strength and helps to prevent falls.

**– Social and Emotional Well-being**

- Improved sleep: Regular physical activity, like walking soccer, is linked to better sleep quality.
- Boosted self-esteem: Participants may feel more confident and empowered through regular play.
- Social connection: Walking soccer fosters camaraderie, teamwork, and bonding—especially valuable for older adults who may feel isolated.
- Inclusivity: It’s accessible to people of all ages and fitness levels, including those with physical limitations.

**– Joint and Injury Protection**

- Meniscus health: Staying active helps protect the cartilage in the knees, reducing the risk of tears and arthritis flare-ups.
- Lower injury risk: Compared to traditional soccer, walking soccer has fewer high-impact movements, though players should still be cautious of falls or sprains