



March, 2012

CAPITOL VOLKSSPORT CLUB MEETING

March 13h, 2012

at

Apollo's Pizza and Pub, 2010 Harrison Ave NW

6:00 PM no host dinner; 7:00 PM membership meeting.

Cindy and Mike Extine will give a presentation about their summer work and walks in Yellowstone.

April 19th - Another Portland Train Adventure



Some of our club members have obtained FREE COMPANION FARE coupons for the Amtrak Cascades train!! There are

a limited number of extra coupons to share with others who may want to join us on an adventure to Portland. We plan to take the train on Thursday, April 19th. to enjoy the beautiful downtown area walk. If you would like to join us gather up a friend, significant other, or just come to our Tuesday, March 13th meeting at Apollo's restaurant. We will share the coupons at that time and someone will match you up with another walker if need be. If you are one of the people who has an EXTRA companion fare coupon, please bring it to the March meeting to share.

The coupon allows you and a guest to take Amtrak Cascades train FOR THE PRICE OF ONE ADULT FARE. For reservations, call 1-800-USA-RAIL or visit your nearest staffed Amtrak station (not Olympia/Lacey). You can buy a ticket on board if you are departing from Olympia/Lacey, but the train can fill up. The original coupon must be surrendered to the Amtrak agent at the time of ticket purchase. The free companion and paid adult must travel together on the same itinerary and have tickets issued together.

Please purchase your tickets for Train 501

to Portland which leaves Olympia/Lacey at 8:49 A.M. and arrives in Portland at 11:00 A.M. On the return trip we will be leaving on Train 508 at 6:15 P.M. and will arrive in Olympia/Lacey at 8:08 P.M. Please be at the Olympia/Lacey train station at 8:20 A.M. to meet up with everyone.

Any questions? Email Karen Younkins - icyounkins@comcast.net



Upcoming events

Save May 12th and sign up to help at our Burfoot County Park walk. Start time is 9:00 to 12:00 and finish by 3:00. The ESVA meeting will be at 1:00. This walk follows trails through woods to a beach on Puget Sound, then follows country roads to the picturesque hamlet of Boston Harbor.

Plans are beginning for Seabreeze next Feb. at Ocean Shores.

CVC needs volunteers to serve on the nominating committee. All offices are up for election. Terms are for one year. Think about running for office. CVC can not function without volunteers willing to take on the responsibilities of leadership. The beginning term for new officers is July 1st.

We are considering car pooling to Sat. events if there is interest. For those who would be interested in the **walk at Northwest Trek on March 3rd**, plan to meet at the Martin Way parking lot at 9:00 am.



NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB THURSDAY MORNING WALKS

March 2012

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, March 1	10 am Safeway Food and Drug 3215 Harrison Ave NW Olympia	Evergreen State College YRE 0657 10K Difficulty level 2C Old Difficulty level 2	10 am Meet at Safeway on Harrison to register then drive to The Evergreen State College for start point. Small parking fee at The Evergreen State College
Thursday, March 8	10 am Safeway 6200 SE Pacific Lacey	Lacey Historic Walk YRE 950 10K with 5K option Difficulty Level 1B Old Difficulty level 1+	N/A
Thursday, March 15	10 am Forza Coffee Co 4828 Bridgeport Way W Suite D University Place	University Place YRE 367 10k with 12K option Difficulty level 2A Old Difficulty level 2	9:15 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 40 min.
Thursday, March 22	10 am Guesthouse Inn & Suites 701 E Heron St Aberdeen	Aberdeen River YRE 656 11K with 5K option Difficulty level 2B Old Difficulty level 2	9 am Top Foods Parking Lot Near Pier 1 Drive time approx 1 hr.
Thursday, March 29	10 am Bayview Thriftway Store Deli 516 4th Ave W Olympia	Capitol Lake and South Capital neighborhood YRE 260 Difficulty level 1A Old Difficulty level 2	N/A Parking pass required to park in Bayview Parking lot. Parking passes available in registration binder

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

Don't forget Monday afternoon walks!

We meet at Bayview and choose a walk. We start walking at 2:00 pm. Questions? Contact Jeanne Allan 360-790-4600 or Lesley Willardson.

We are planning on keeping it going as long as there is continued interest.

More important information

H E L P N E E D E D ! ! !

Jeanne and Leslie will both be out of town on Monday March 19th. Is there someone who would be willing to "lead" the group that day?

Call Jeanne at 360-790-4600 or email her at kokolo@olywa.net for more info. Thank you!

M O R E H E L P N E E D E D ! !

Jeanne would like to start the evening walks again in April to provide an opportunity to walk for those with day jobs. If you are interested, please let me know what you works for you. It would be helpful to know if this would be the only walk you could attend during the week.

It has been fantastic having Leslie to work with on the Monday afternoon walks. Any one interested in either taking this on or working with me on an evening walk? We will walk from Mid-April through August, when the sun is setting after about 8:00. Call Jeanne (360-790-4600) or email (kokolo@olywa.net) for more info.

Glen Jones and the walk across America

You may have met Glen Jones at one of our walks recently. He is the guy who has been training to walk across the country. He met with us at the Monday walk last week to say good-bye as he was heading to his start point in Vancouver, WA, If you are interested in finding out how to follow his trip contact him at 6141@msn.com

Walking in the Fat Burning Zone

The Fat Burning Zone

The fat-burning zone is at 60-70% of your maximum heart rate. In this zone of exercise intensity, 85% of your calories burned are fats, 5% are proteins and 10% are

carbohydrates.

This zone is achieved with a brisk walking pace. In this zone, you will be breathing heavier, feeling increased exertion, and probably sweating, but you are still be able to carry on a conversation.

How Long to Walk for Fat Burning?

A minimum time of 45 minutes in the fat-burning zone is recommended to get the body to burn stored fat. Walking longer will burn more stored fat.

Start with a 10 minute warm-up walk at an easier pace. This burns off the stored blood sugar and glycogen energy in the muscles.

Pick up the pace to the fat-burning zone of a heart rate of 60-70% of your maximum.

Continue to walk in the fat burning zone for 30-50 minutes or more. End with five to 10 minutes at an easier pace for a cool-down.

When to Do the Fat Burning Walk

The fat-burning walk is at the intensity recommended for exercise five or more days per week to reduce health risks. It can be done daily, or alternated with more intense workout days. Those who want to lose body fat should do a fat-burning workout most days of the week.

Walkers who are training for a distance event should walk at a pace that is within the fat-burning zone for their long day of distance training each week.

Is Walking Better for Fat Burning than High-Intensity Exercise?

High-intensity exercise does not burn as much fat for energy as moderate-intensity exercise, but the total calories burned in any workout can help those seeking to lose weight. Walking is a great cardiovascular aerobic exercise that most healthy adults can do without equipment or special training. The best exercise for fat-burning is the one that you enjoy and do daily.

Other moderate-intensity exercise activities include bicycle riding on level terrain, water aerobics, easy jogging, elliptical trainer, ballroom dancing, gardening, and doubles tennis.



6 Reasons to Take a Walk

As anyone who makes a habit of regularly walking knows, it makes you feel good. Swinging your arms and stepping briskly on a nature path, sandy beach, or treadmill makes you feel energized and works the body. What's more, recent medical research gives you lots of reasons to step out. From staving off stroke to keeping your GI tract in working order, here's the latest on why a regular brisk walk should be part of your day.

1. Live longer

The faster you walk, the longer you likely will live. That's the conclusion of a report revealing a strong correlation between walking pace and expected survival rates for people older than 65. The average gait speed of the 34,485 participants from nine studies included in the analysis was three feet per second, but University of Pittsburgh researchers found the faster participants lived longer. "Walking requires energy, movement control, and support, and places demands on multiple organ systems, including the heart, lungs, circulatory, nervous, and musculoskeletal systems," the researchers recently wrote in the *Journal of the American Medical Association*. "Slowing gait may reflect both damaged systems and a high energy cost of walking."

2. Fight dementia

Walk six miles a day and prevent brain shrinkage and dementia. A study of nearly 300 people in Pittsburgh who kept track of how much they walked each week showed that those who walked at least six miles had less age-related brain shrinkage than people who walked less. Researchers reporting last fall in the journal *Neurology* said more studies need to be done on the effects of exercise on dementia, but because there are no effective treatments for Alzheimer's disease, walking may be one thing people can do now that may help in the future.

3. Battle breast cancer

Women who regularly take brisk walks have a lower breast cancer risk after menopause, a recent study published in the *Archives of Internal Medicine* suggests. Researchers reviewed data collected from nearly 100,000 postmenopausal women and found that those who walked briskly for at least an hour a day (or an equal amount of activity) were 15 percent less likely to get breast cancer than women who walked less than one hour per week. And those who got little exercise but increased their activity level after menopause were 10 percent less likely to develop the disease than those who remained sedentary. Physical activity "is one of the few breast cancer risk factors that women can do something about," study author Dr. A. Heather Eliassen told Reuters Health. "And it's never too late."

4 . S o o t h e y o u r t u m m y

Move regularly and calm an irritated bowel. In a study of 102 adults with irritable bowel syndrome, 43 percent of those who got 20 to 60 minutes of moderate-to-vigorous exercise — like brisk walking or biking — three to five days a week showed significant improvement in their symptoms of cramps, diarrhea, bloating, and constipation. Only a quarter of the participants who maintained their regular lifestyle reported improvements. Researchers, whose work recently appeared in the *American Journal of Gastroenterology*, noted previous studies have shown that exercise can relieve gas and constipation by getting the digestive system moving.

5. Slash your stroke risk

Reduce your stroke risk — one step at a time. A study of 39,000 healthy women 45 and older found that those who walked two or more hours a week had a lower risk of stroke than those who walked less than two hours a week. The most active women were 17 percent less likely to have a stroke, compared with the least active. And those who walked more than two hours per week were 30 percent less apt to suffer a stroke than those who didn't walk at all. "More active people generally demonstrate a 25 to 30 percent lower risk of stroke," Jacob Sattelmair, the study's lead researcher from the Harvard School of Public Health, told Reuters Health.

6. Protect your prostate

Even moderate exercise — like walking — may lower your risk for prostate cancer. In a study published in 2009 in the *Journal of Urology*, researchers from Duke University Medical Center found that among 190 men who underwent prostate cancer biopsies, those who regularly exercised were less likely to be diagnosed with the disease than sedentary men. Moderate exercisers—those who exercised the equivalent of three or more hours a week—were two-thirds less likely to have prostate cancer compared with those who were inactive. Exercise decreases the amount of testosterone and other hormones that help prostate tumors grow, and bolsters the immune system, researchers noted, which may help explain the findings.

Getting Started

If you've been inactive for a while, the National Institutes of Health recommends setting short-term exercise goals at first, like walking 10 minutes a day, three days a week, then adding five minutes to each walk as you grow more comfortable. After that, increase the number of days you walk while adding more minutes. Most adults should get at least 30 minutes a day of moderate exercise, like brisk walking, for at least five days a week, the Centers for Disease Control and Prevention recommends. It's critical that you find an activity you enjoy so you're more likely to stick to it.



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The 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 Volkssporting 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 62+; \$12.00 for family. Only \$2.00 charge for our club's YRE. Membership for returning/ongoing members is July. Send membership dues to : **CVC , P.O. Box 2778 Olympia WA 98507**

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

"After a day's walk everything has twice its usual value."

— George Macauley Trevelyn—

Newsletter deadline

Thursday, March 29 2012.

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378, Shelton, WA 98584, or
E-mail: hjsaukants@q.com