



Capitol Volkssport Club

NEWSLETTER

September, 2014

There will be a CVC Board meeting Tuesday, September 9, 2014 at 5:30 PM at

Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

There will be a no-host dinner at 5:30, followed by the board meeting at 6:15.

Important Notice:

Once again it is time to pay your Capitol Volkssport Club dues. Non paid members will have their names removed from the Capitol Volkssport Club roster as of Oct. 1, 2014.

Here are our bargain prices: \$8 for an individual, \$6 for anyone 55+ years old, \$12 per family. Please send your check to: Capitol Volkssport Club

Karen Younkins
711 Eastside St. NE
Olympia, WA 98506

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Thank You!

I would like to thank everyone for the card I just received.

It really made my day to know that you are all sending good thoughts to me and Adam during this difficult time.

Thank you Volkssporters,
Lesley and Adam

Welcome New Member!



Kelly Coughlan

Welcome to our club and see you o the trail!

CVC Special Event

2014 Quinault Walking Festival - September 5-7-2014

This three-day event includes four walks at and around Lake Quinault, WA. The walks range from easy to very difficult, and include a nature trail along the lake, the opportunity to see the historic Lake Quinault Lodge, visits to some of the largest trees on the planet, a beach walk, and a hike to the top of a local mountain. Each walk includes a shorter route and a longer route; if the shorter routes are chosen, it is possible to do all four walks during the three days of the event.

Event: 2014 Quinault Walking Festival at Lake Quinault, WA.

For more information go to:
www.capitolvolkssportclub.org



NEWS FROM THE TRAIL...



Upcoming Walks - September 2014

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday September 1	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 4	10:00 AM Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Steilacoom Historic Town Walk YRE 0635 10K with 5K option 2B	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 35 min.
Monday September 8	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 11	10:00 AM Spar Coffee Bar and Cafe 2123 North 30th St Tacoma	Tacoma Waterfront/ Historic District Walk YRE 1263 11K with 5K option 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 min.
Monday September 15	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 18	10:00 AM Holiday Inn and Suites 730 NW Liberty Place Chehalis	<u>Chehalis Willapa Trail</u> YRE 0356 10K with 5K option 1A	9:30 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 30 min. After registering at hotel drive to start point.

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Monday September 22	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 25	10:00 AM West Olympia Safeway 3215 Harrison Ave NW Olympia	<u>Olympia Evergreen State College Walk</u> YRE 0657 10K 2C	10:00 AM 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.
Monday September 29	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.

*** For Monday or Tuesday walks, please contact Jeanne (360-790-4600 or email kokolo@olywa.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) or

Sheila (360-923-5381) 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.

How Fast is Brisk Walking?

What's an Ideal Pace

Brisk walking is often reported to have benefits for fitness and to reduce health risks when compared to walking at an easy pace. But what is brisk walking? How fast do you have to walk for it to be considered a brisk walking pace?

Rule of Thumb

The Centers for Disease Control and Prevention (CDC) says that brisk walking is at a pace of three miles per hour or more (but not racewalking) or roughly 20 minutes per mile. That equates to about five kilometers per hour or 12 minutes per kilometer.

However, fitter people still will not be in a moderately intense exercise zone at that pace. A pace of 15 minutes per mile, or four miles per hour, is more likely to put fitter peo-

ple into a moderately intense exercise zone. That equates to 9 minutes, 15 seconds per kilometer or 6.5 kilometers per hour.

You can use [walking pace calculator](#) to find your walking pace by inputting your distance walked (miles or kilometers) and time, to get results in minutes per mile or minutes per kilometer.

[Walking speedometers](#) and apps may give a readout in either minutes per mile/kilometers per mile or in miles per hour/kilometers per hour.

Brisk Walking Means Moderate Intensity

Brisk walking actually refers to your exertion. For your walking pace to be brisk, you need to be breathing harder than usual. While you should still be able to speak in full sentences, you shouldn't be able to sing.



Capitol Volkssport Club
P.O. Box 2778
Olympia WA 98507

CVC OFFICERS

President — Liz Morrison, (360)-748-3886
E-mail: morsuns@yahoo.com
Co-Vice-P. — Julie Heath, (360) 264-4670
E-mail: ijheath@comcast.net
Holly Spaulding, (253)-770-0691
E-mail: holly.spaulding@comcast.net
Secretary — Barb Malone (360)-485-3693
E-mail: ravnliz08@yahoo.com
Treasurer — Sheila Morrison (360) 923-5381
E-mail: sheila.morrison@comcast.net
ESVA Rep. — Susan Berry (360) 491-7266
E-mail: lsberry@comcast.net
Membership Karen Younkins(360) 357-9185
E-mail: jcyounkins@comcast.net
News editor — Harry Saukants (360)-432-2318
E-mail: hjsaukants@q.com
Publicity — Perki Sweet (360) 459-8167
E-mail: pandpsweet@gmail.com
Webmaster — Peter Sweet (360) 459-8167
E-mail: ollysweetp@yahoo.com

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 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

*Health is the vital principle of
bliss, and exercise of health.*

~ James Thomson ~

Newsletter deadline

Monday, September 29, 2014

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