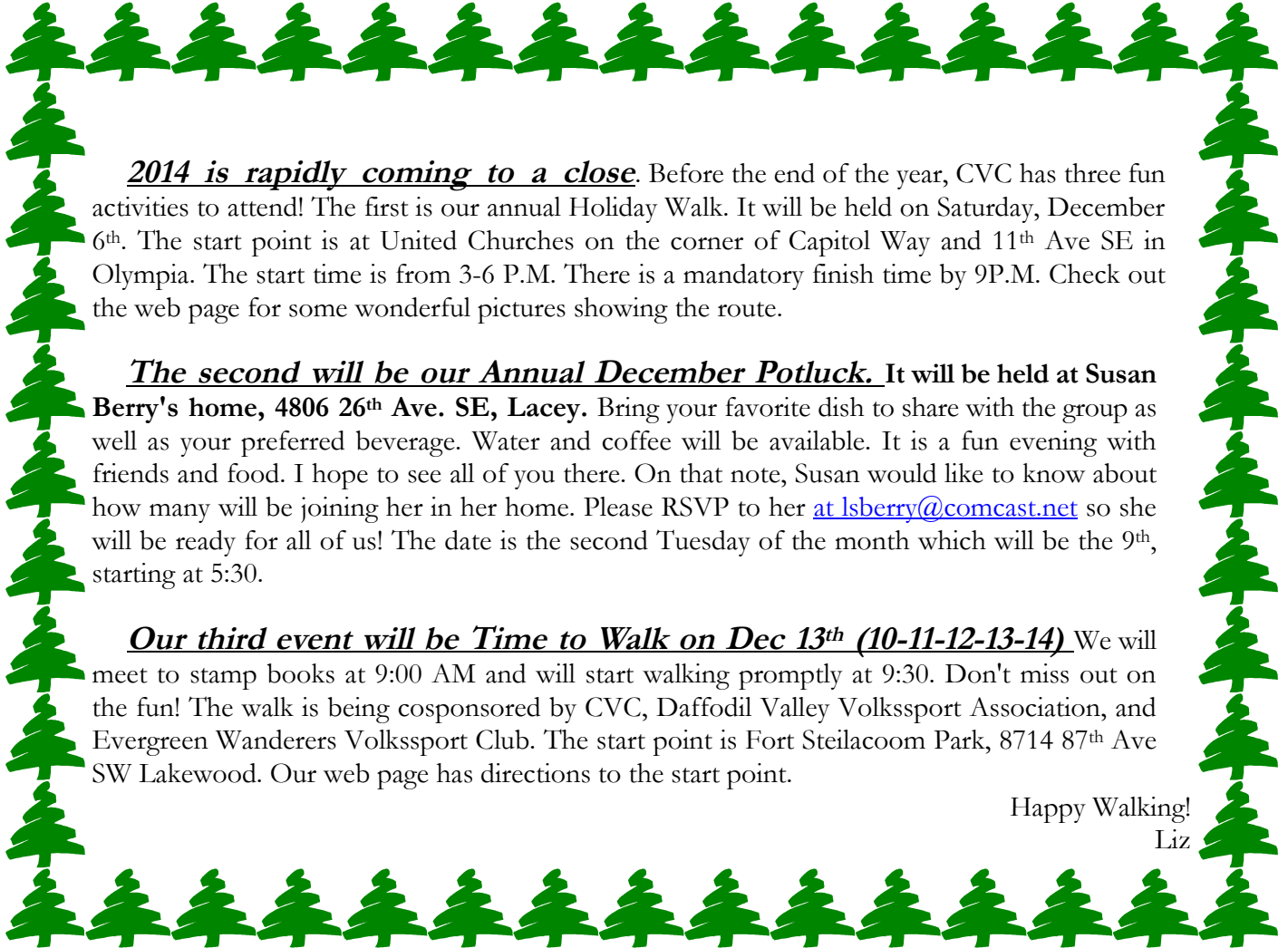




# Capitol Volkssport Club

## NEWSLETTER

December, 2014



**2014 is rapidly coming to a close.** Before the end of the year, CVC has three fun activities to attend! The first is our annual Holiday Walk. It will be held on Saturday, December 6<sup>th</sup>. The start point is at United Churches on the corner of Capitol Way and 11<sup>th</sup> Ave SE in Olympia. The start time is from 3-6 P.M. There is a mandatory finish time by 9P.M. Check out the web page for some wonderful pictures showing the route.

**The second will be our Annual December Potluck.** It will be held at Susan Berry's home, 4806 26<sup>th</sup> Ave. SE, Lacey. Bring your favorite dish to share with the group as well as your preferred beverage. Water and coffee will be available. It is a fun evening with friends and food. I hope to see all of you there. On that note, Susan would like to know about how many will be joining her in her home. Please RSVP to her [at lsberry@comcast.net](mailto:lsberry@comcast.net) so she will be ready for all of us! The date is the second Tuesday of the month which will be the 9<sup>th</sup>, starting at 5:30.

**Our third event will be Time to Walk on Dec 13<sup>th</sup> (10-11-12-13-14)** We will meet to stamp books at 9:00 AM and will start walking promptly at 9:30. Don't miss out on the fun! The walk is being cosponsored by CVC, Daffodil Valley Volkssport Association, and Evergreen Wanderers Volkssport Club. The start point is Fort Steilacoom Park, 8714 87<sup>th</sup> Ave SW Lakewood. Our web page has directions to the start point.

Happy Walking!  
Liz



## NEWS FROM THE TRAIL...



## Upcoming Walks - December 2014

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday December 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 walk box to park in Bayview Parking Lot.
Thursday December 4	10:00 AM Lacey Safeway 6200 SE Pacific Lacey	<u>Lacey Historic Walk</u> YRE 0950 10K with 5K option 1B	N/A
Monday December 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 walk box to park in Bayview Parking Lot.
Thursday December 11	10:00 AM  76 Station and Store 100 Barksdale Ave N DuPont	Visions of the Old and New DuPont Walk YRE 0995 10K 1A	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 20 min.
Monday December 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 walk box to park in Bayview Parking Lot.
Thursday December 18	10:00 AM Bayview Thriftway Deli 516 - 4th Av W Olympia	<u>Olympia - Capitol Lake and South Capitol Neighborhood</u> YRE 0260 10K 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Monday December 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 walk box to park in Bayview Parking Lot.
Thursday December 25	*** No Walk ***	Merry Christmas	*** No Walk ***

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*(Continued from page 2)*

Monday December 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 walk box to park in Bayview Parking Lot.
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\*\*\* 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)

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.



**WELCOME NEW**  
**MEMBER**

Lynn Duncan

*Welcome to our club and see You on  
the trail.*

**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 people 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  
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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.

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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](http://www.capitolvolkssportclub.org)  
**AVA Website:** [www.AVA.org](http://www.AVA.org)  
**Evergreen State Volkssport Association:** [www.ESVA.org](http://www.ESVA.org)

*The human body was designed to walk, run or step; it wasn't built for coasting.*  
~ Cullen Hightower ~

**Newsletter deadline**

**Wednesday, December 31, 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