



Capitol Volkssport Club

NEWSLETTER

September, 2016

*There will be a CVC General Membership meeting on Tuesday,
September 13, 2016 at
Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.*

A no-host dinner begins at 5:30 PM, program at 6:30,
followed by the business meeting from 7:00-8:00 PM.

It is hard to believe, but August is almost over and fall is around the corner. I love summer but I am looking forward to fall. I think the Pacific Northwest is the best place to live. We have all four seasons and each one is a great time to walk!

CVC has been busy this summer. Plans for Seabreeze continue and we have had a couple very successful walks. Anderson Island started it off in July. Pat Harmon did a wonderful job getting the walk going. We had 91 participants and it sounds like everyone had a great time. This month we invited club members and Daffodils to walk at Ohanapecosh. It was a fun day. We had lunch at the Grove of the Patriarchs. I did not take a count but I think there must have been close to 30 people enjoying this lovely walk. We also had a Guided Walk at Millersylvania State Park. The weather was terrific, the company good, and we had nice shady trails to walk on. Bonnie, Perki, and Sheila outdid themselves getting this organized. We had 69 people at the walk with several staying to picnic afterward in this fun State Park.

We also had a good turnout for our August meeting picnic at Tumwater Historical Park. There was a nice walk before dinner led by Bill and a lot of food. Yum.

Looking ahead to September, I am busy planning my trip to the Northwest Regional Conference. It sounds like a fun time to walk and get together with other Volkssporters in our region. It will also be fun stopping on the way over and back to walk a few walks in other WA State counties.

Our next meeting will be Tuesday September 13 at Izzy's. See you there!
Happy Walking, Liz



Welcome New Members

Bob Whiting, Dale Rancour and Pat Lehnert

Welcome to our club and see you on the trail!

NEWS FROM THE TRAIL...



Upcoming Walks - September 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday September 1	Arrive by 10:00 AM to register ABC Store 22309 - 7th Avenue SE Des Moines Store opens 10:00 AM	Des Moines Creek Stroll YRE 0605 10K with 5K option 2B	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:00 AM Drive time approx 50 minutes.
Monday September 5	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 8	Register by 9:45 AM Walk leaves at 10:00 AM Nisqually Wildlife Refuge Visitor Center Register before walk at Chevron Station 10246 Martin Way E Nisqually (I-5 Exit 114) then drive to start point.	Nisqually Wildlife Area Walk Seasonal Walk Y 0838 10K with 5K option 1B	N/A Register at Chevron Station then drive to NWR Visitor Center. No pets. \$3.00 park entrance fee, waived for holders of Federal Golden passports or Federal duck stamps.
Monday September 12	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 15	Register by 9:45 AM Walk leaves at 10:00 AM Spar Coffee Bar and Café 2121 North 30th St Tacoma	Tacoma Waterfront/ Historic District Walk YRE 1263 11K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:15 AM Drive time approx 30 min.

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Upcoming walks September 2016

Monday September 19	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 22	Register by 9:45 AM Walk leaves at 10:00 AM Belfair Safeway 23961 NE State Route 3 Ste B Belfair After registering, drive to start point	Theler Wetlands and Pacific Salmon Center Walk YRE 0189 10K with 5K option 1B	Meet at Westside Haggen Foods near Pier 1 Imports. Be early - carpools leave at 8:45 AM Drive time approx 1 hour.
Monday September 26	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 29	Register by 9:45 AM Walk leaves at 10:00 AM Tumwater Safeway 520 Cleveland Ave Tumwater	Tumwater Historic Parks Walk YRE 1743 11K with shorter options 2B	N/A

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

How to Walk Uphill

By Wendy Bumgardner

Updated May 20, 2015

Walking uphill uses the muscles in the front of your thigh and in your buttocks, burning an extra 3-5 calories per minute over walking on the level. More: [How Many More Calories Do You Burn Walking Uphill?](#)

Warm-up: Going uphill will workout your muscles, it is best to plan on warming up with a walk on the level for 5 minutes before you tackle a steep hill.

Shorten Your Steps: Like a bike shifting to a new gear to go uphill, shorten your steps.

Maintain or quicken your step rate: With shorter steps, you won't be going as far with each step. You can maintain your step rate, knowing it will take a bit longer because of the hill. Or you can try shorter, quicker steps on the hill if you want to maintain your pace.

Leaning: It is natural to lean into the hill a bit. Try to keep that lean to a minimum, keep your torso over your hips, if you lean too much you put yourself off balance. Do not lean backwards, that will unbalance you. Leaning too far forward or leaning back can strain your lower back.

Your Knees: You shouldn't be lifting your knees higher than 6 inches, if you are then you need to shorten your step even more.

Exertion: Hills will raise your heart rate, breathing, and exertion level as more muscles are used to carry you both up and along. Keep your exertion at an intensity where you can still speak in sentences rather than just gasping out single words.



CVC and friends on a lovely late August morning in Ohanopecosh



Capitol Volkssport Club
Olympia WA 98507



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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.

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 a check made out to CVC, addressed to Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.

CVC Website: www.capitolvolkssportclub.org
AVA Website: www.AVA.org
Evergreen State Volkssport Association: www.ESVA.org

True enjoyment comes from activity of the mind and exercise of the body; the two are united.
— Alexander von Humboldt —

Newsletter deadline
Friday, September 30, 2016
 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