



Capitol Volkssport Club

NEWSLETTER

October, 2016

*There will be a CVC General Membership meeting on Tuesday,
October 11, 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.

Happy Fall! It feels good to have cooler evenings. The weather the last week has also been good for walking with only a little rain!

I missed the Labor Day and Northwest Hiking Weekend, but did get to the Northwest Regional Conference. It was a wonderful few days. Nancy and crew put on a fantastic weekend. The weather was good, the walks were nice, the dinner was marvelous, and seeing friends was the best.

I am looking forward to October's walks. On the 1st, there is the Oktoberfest Walk and Roy Small Town Walk. I plan on going to both as they are very close together. I would also like to try to get to Bothell on the 8th. I am curious to see what the area that had the big fire looks like. We also have the ESVA meeting and walk in Yakima on the 22nd and the following weekend is a favorite, Remlinger Farm.

We are gearing up for our Holiday Walk on December 10th. It is always a popular walk. I am thinking of going to Portland the following Saturday, the 17th, to do the Christmas Ships Walk. We usually have a good size group from the South coming to our walk so I think it would be a fun way to return the good will! Bill and Holly have been busy walking all the walks being offered at Seabreeze and the dinner reservations are rolling in. It is such a fun weekend on the beach. I hope most all of us can be there.

Our next meeting will be October 11th at Izzy's. Until then, I will see you on the trail!

Liz



NEWS FROM THE TRAIL...



Upcoming Walks - October 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday October 3	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 October 6	Register by 9:45 AM, then drive 2 miles to start point Walk leaves at 10:00 AM from start point YMCA Tacoma Morgan Branch 1002 South Pearl St Tacoma	Tacoma - Snake Lake YRE 0367 10K with 5K option 1B	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:00 AM Drive time approx 35 min.
Monday October 10	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 October 13	Register by 9:45 AM, then drive 2 miles to start point Walk leaves at 10:00 AM from start point Mount St. Helens Motel 1340 Mt. St. Helens Way NE Castle Rock I-5 Exit 49	Castle Rock Town and Country Walk YRE 1468 11K with 5K option 1A	Meet at Starbucks at Trosper and Little- rock Road near Fred Meyer. Be early - carpools leave at 8:45 AM Drive time approx 1 hour.

(Continued on page 3...)

(Continued from page 2)

Monday October 17	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 October 20	Register by 9:45 AM Walk leaves at 10:00 AM Stafford Suites 15519 - 62nd St Ct E Sumner	Sumner - Main Street USA Walk YRE 0159 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:00 AM Drive time approx 40 min.
Monday October 24	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 October 27	Register by 9:45 AM Walk leaves at 10:00 AM Lowe's Home Improve- ment 3511 5th St SE Puyallup	South Hill Stroll YRE 0013 10K with 6K option 2A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:00 AM Drive time approx 40 min.
Monday October 31	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.

*** 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.

EVENT AND DISTANCE AWARDS

EVENTS



10

Guichard Maryanne



50

Colburn Kris



175

Brower Patricia



375

Morrison Elizabeth



1350

Morrison Robert



1450

Warhol John



1900

Wittenberg Elizabeth



2100

Wittenberg Nancy

DISTANCE



500 km

Colburn Kris
Guichard Maryanne



1000 km

Evans Cheryl



2000 km

Brower Patricia



2500 km

Brower Patricia
Spaulding William, Holly



3000 km

Brower Patricia



3500 km

Morrison Elizabeth



15000 km

Morrison Sheila



16000 km

Warhol John



21000 km

Wittenberg Nancy

Congratulations and keep walking!

WELCOME NEW MEMBERS

Terry and Pat Sisson, Barbara V. Smith, and John Page

Welcome to our club and see you on the trail!



A 30-Minute Walk Boosts Your Mood Walk and Get Happy

Taking a walk can boost your mood and feelings of well-being, even for those with major depressive disorders. Study Shows Walking Improves Mood. A study by University of Texas researchers had people with major depressive disorders either rest quietly or walk on a treadmill for 30 minutes and tested their mood afterwards. Both groups had an improvement in mood, but those who walked on the treadmill had more positive feelings for well-being and vigor. The study was published in the December, 2005 issue of "Medicine and Science in Sports and Exercise."

30-Minute Lunch Time Walking Workout

Moderate-Intensity Exercise vs. Runners High

The subjects exercised at an exertion of 60-70% of maximum heart rate, a nice rate determined to be a brisk pace. While many people experience a "runner's high" at higher heart rates and higher exertion levels, this study concentrated on moderate activity. The positive effects on mood and well-being were seen.

Walk and Get Happy

Walking outdoors in fresh air and pleasant scenery should boost mood even more than trudging on a treadmill in the lab. If you are feeling down, let your feet do the walking to a better outlook.





Capitol Volkssport Club
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
- 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. — Holly Spaulding (253)-770-0691
E-mail: holly.spaulding@comcast.net
- Membership Karen Younkins(360) 357-9185
E-mail: jcyounkins@comcast.net
- Sales & Information Chairperson
Lesley Willardson (360)-359-8436
E-mail: heathfield@hotmail.com
- 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 a check made out to CVC, addressed to Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.

<p>CVC Website: www.capitolvolkssportclub.org</p> <p>AVA Website: www.AVA.org</p> <p>Evergreen State Volkssport Association: www.ESVA.org</p>
--

It is exercise alone that supports the spirits, and keeps the mind in vigor

— Cicero —

Newsletter deadline

Friday, October 28, 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