

Capitol Volkssport Club

NEWSLETTER

November, 2016

***There will be a CVC General Membership meeting on Tuesday,
November 8, 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 November! We have had some lovely fall weather but some of it has been blustery and wet. It still feels like prime walking time. I do love the Pacific Northwest's mild climate. It makes for many comfortable days to walk. There has been a lot of Volkssport activity this past month and November looks very full, too. Capitol Volkssport has some new members ready to enjoy our walking club and join with us in a couple of year end events. Our next meeting will be at Izzy's on November 8th. Join us for a social hour and no host dinner with a short business meeting after. We will be signing up workers for our Susan Berry Memorial Walk and Holiday dinner in December. We also have a report from our state meeting in Yakima and some information about IVV Americas. Until then,

Happy Walking! Liz

Best Time of Day to Walk and Exercise

Is there a best time of day to walk?

Research on lung function, body rhythms, temperature, and hormone levels says one thing -- to exercise around 6 p.m.

Surveys on exercise habits say another -- to exercise in the morning before other commitments distract you, or during the day when you have a free period of time. Let's explore the pros and cons of when to exercise.

Is Morning the Best Time to Exercise?

Pros of Morning Exercise:

The majority of people who exercise consistently do so early in the day.

It is easier to form the exercise habit through morning exercise.

A study found reduced attraction to photos of food after a 45-minute brisk morning walk, and more activity throughout the rest of the day.

Fewer distractions and schedule interruptions.
You can make time for exercise by getting up a bit

train in the earlier. Raises your heart rate and metabolism to burn more calories earlier in the day.

Gives a feeling of physical energy for hours.

Morning exercise improves your mental acuity for homorning.urs.

Cooler temperatures in summer for enjoying outdoor exercise, compared with later in the day.

Lowest air pollution levels in the morning.

Your body adjusts to your exercise time, so if you are training for a morning walking event,

Cons of Morning Exercise:

Body temperature is at its lowest 1 to 3 hours before awakening, making morning a time of naturally lower energy and blood flow.

Cold, stiff muscles may be more prone to injury. Be sure to warm up well before doing a higher speed workout, and do gentle stretching.

If you do not enjoy morning exercise, you won't easily form a walking habit by choosing a morning workout time.

Because body temperature and hormones are higher in late afternoon, you probably get the same or better calorie-burning effects later in the day.



You're Invited!
Capitol Volkssport Club's
Christmas Potluck!
"Save the Date"



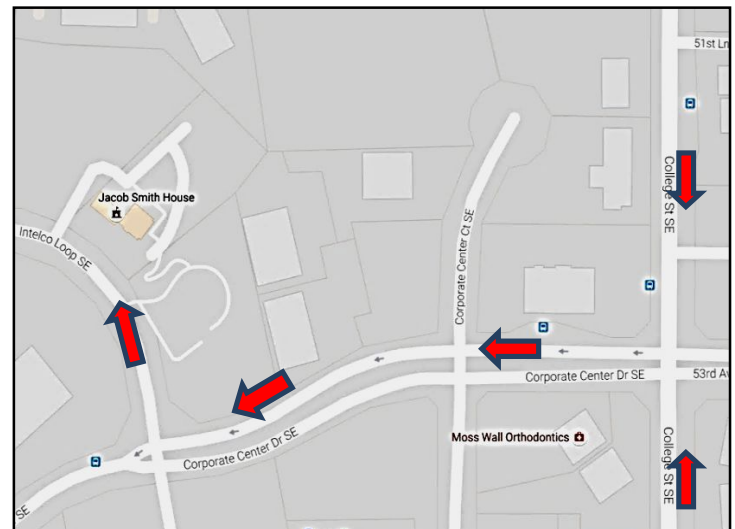
When: Tuesday, December 13th 2016
5-8:00 P.M. (We are setting up from 4-5)

Where: Jacob Smith House, 4500 Intelco Loop SE, Lacey

What to bring: It's potluck! Surprise us!
(We would like a variety of dishes!)

Also - Bring your own Alcoholic Beverages!
The Club will provide Coffee and Tea!

We are looking forward to seeing you there!



Fun, Fitness, Friendship

Happy Holidays



NEWS FROM THE TRAIL...



Upcoming Walks - November 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday November 3	Register by 9:45 AM Walk leaves at 10:00 AM Arrow Lumber and True Value Hardware 28280 Hwy 410 Buckley	Buckley Town and Trail Walk YRE 0963 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 8:45 AM Drive time approx 1 hour.
Monday November 7	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 November 17	Register by 9:45 AM Walk leaves at 10:00 AM South Bay Market 3425 Schinke Rd Olympia	Woodard Bay Walk YRE 1009 10K with shorter options 1A	N/A
Thursday November 10	Register by 9:45 AM Walk leaves at 10:00 AM Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm	Yelm Town and Trail Walk YRE 1657 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.
Monday November 14	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.

(Continued on page 4..)

(Continued from page 3)

Monday November 21	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk start- ing at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday November 24	*** No Walk ***	Happy Thanksgiving	*** No Walk ***
Monday November 28	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk start- ing 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 lpolz@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



CVC and friends in mid September at the Pacific Salmon Center in Belfair.



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: olysweetp@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.

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

Wholesome exercise in the fresh air, under the wide sky, is the best medicine for the body and spirit.
— Sarah Louise Arnold —

Newsletter deadline
Wednesday, November 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