



## NEWSLETTER

October, 2017

***The next CVC General Membership meeting will be on Tuesday,  
October 10, 2017 at  
Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.***

A no-host dinner begins at 5:30 PM.

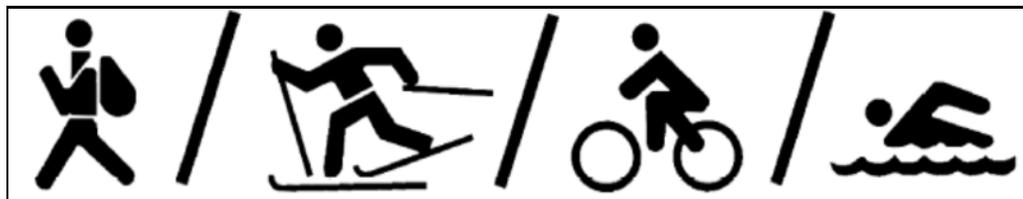
***I hope you all are enjoying the beautiful Fall*** weather as much I am. September is almost over but so much fun is about to begin! Many of you are already on your way to Winthrop this first week of Fall. I am excited to hear about all the wonderful walks and adventures you have there. I will be driving with my youngest daughter as she moves to New Orleans. We won't be stopping for much sight seeing but it will be an interesting drive. I will be back home in time for our "Where the Salmon Run" walk on Thursday, October 5<sup>th</sup>. This will be a fun and informative Guided Walk with stops at the Salmon Hatchery and the Capitol Building. I am looking forward to walking with friends and finishing up with a sack lunch at Tumwater Falls Park.

I just read the new edition of The American Wanderer and was pleased to see the enthusiasm of our new President. I am also pleased to read about all of the items the National Executive Council (soon to be called Board of Directors) have settled and have plans to implement. I am thrilled we have several Northwest people closely involved in at the National level.

I am sending a special thanks to Julie and Ian Heath and Sheila and Bob Morrison for sharing pictures from their trip to Ecuador and the Galapagos. Ian is a master with putting programs together! It was a wonderful presentation.

Our next meeting is at Izzy's on October 10. I hope to see you all for dinner and a short meeting.

Liz



## NEWS FROM THE TRAIL...



## 2017 October upcoming walks

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday October 2	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday October 5	Register by 9:50 AM Walk leaves at 10:00 AM  Tumwater Falls Park 110 Deschutes Way SW Tumwater	<a href="#">Tumwater Falls Guided Salmon Walk, October 5, 2017</a> 10K with 5K option 1B	N/A
Monday October 9	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday October 12	Register by 9:45 AM Walk leaves at 10:00 AM  Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Steilacoom Historic Town Walk YRE 0635 10K with 5K option 2B	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:15 AM  Drive time approx 35 min.
Monday October 16	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday October 19	Register by 9:45 AM Walk leaves at 10:00 AM  Tumwater Safeway 520 Cleveland Ave Tumwater	<a href="#">Tumwater Historic Parks Walk</a> YRE 1743 11K with shorter options 2B	N/A
Monday October 23	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday October 26	Register by 9:40 AM Walk leaves at 10:00 AM  Tenino Market 669 Lincoln Ave E Tenino  Leave Tenino Market by 9:50 AM to drive to City of Tenino Park Sign 300 West Park Ave Tenino	<a href="#">Tenino Town and Trail Walk</a> YRE 0678 10K (rated 2C) with 5K and 10K options (rated 1A)	<b>Remote Start Walk</b> Meet at Starbucks at Trosper and Little Rock Road near Fred Meyer.  Be early - carpools leave at 9:15 AM  Drive time approx 30 min.

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Monday October 30	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
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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

**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 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 hours.  
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](#), train in the morning.

**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.



# Capitol Volkssport Club Olympia WA 98507



## CVC OFFICERS

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

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**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)

*Our way is not soft grass, it's a mountain pass with lots of rocks. But it goes upward, upward, toward the sun.*

—Ruth Westheimer—

### **Newsletter deadline**

**Tuesday, October 31, 2017**

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