



December 2010



It's our **Christmas Party!!**

December 14, 2010

6:00 PM

Susan and Lloyd Berry have graciously invited us to their house again for our Christmas Party. By then, they'll both be **brown** and toasty having just returned from their trip to Hawaii. We, on the other hand will be **green** and damp...with envy!!



It's going to be a **potluck** this year. We passed a sign up at the November meeting so if you didn't make it to the meeting or are still thinking...here's what we have so far:

Main Dishes – Linda Polzin, Bonnie Tucker and Perki Sweet

Salads – Sheila Morrison, Virginia Towne and Sue Cook

Desserts – Lesley Willardson and Karen Younkings

The **Berries** live at **4806 26th Ave SE** in Lacey. That's off of College St. They have a big room downstairs...big enough to hold us all but small enough to feel cozy! You're welcome to dress up, if you want...or not, if you don't. We'll just be glad you're there!

We hope that you have a joyful **Christmas** and that this holiday season will bring more **wisdom** to the way we look at our world, and more **love** to the way we live in it!



Merry Christmas!!



NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB

FRIDAY WALKS, DECEMBER 2010 THURSDAY WALKS, January 2011

*** Please note that the weekly walks will be on Thursdays rather than Fridays beginning in January 2011

ATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Saturday December 4	9 am Mark trail 10K 10 am Mark trail 5K Meet on Capitol Steps, north side of Capitol Building	Workers Walk and trail marking for Christmas Event Walk	N/A
Saturday December 4	Start Time 3-6 pm Finish Time 9 pm Capitol Building Capitol Campus Olympia	Olympia Capitol Volkss- port Club Holiday Walk 10K with 5K option Difficulty level 1+	Ample free parking available
Friday December 10	10 am Thrive Fitness 5401 Corporate Cntr Lp Lacey	Southeast Lacey Walk YRE 586 10K with 5K option Difficulty level 1+	N/A
Friday December 17	10am Bayview Thriftway 516 W 4th Ave Olympia	Olympia YRE 260 10K with 5K option Difficulty level 2	N/A
Friday December 24	No Walk Christmas Eve		
Friday December 31	No Walk New Years Eve		
Thursday, January 6	10 am South Bay Market 3425 Schincke Rd NE Olympia	YRE 1009 10K Difficulty Level 1	N/A
Thursday, January 13	10 am Safeway 6200 SE Pacific Lacey	Lacey Historic Walk Lacey YRE 950 10K with 5K option Difficulty Level 1+	N/A

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

Please check www.capitolvolkssportclub.org for any update or changes to these walks

AWARDS RECEIVED BY OUR CVC MEMBERS

EVENTS



Linda Polzin



Linda & Walter Cur-



Pat Lazar



Sheila & Robert Mor-



Sheila Morrison



Lloyd Berry

DISTANCE



5500 km

Robert Morrison



6000 km

Sheila Morrison

Congratulations and keep walk-



Six Things You Should Not Drink When Walking

By Wendy Bumgardner, (Reprinted from About.com Guide)
 What you should drink: a cup of water each mile or every 30 minutes. If you are walking for more than an hour or losing lots of sweat, you should consider drinking an electrolyte (salt) replacement sports drink. The guidelines current as of 2006 are to "drink when thirsty" rather than forcing fluids.

1. Untreated Water from a Lake, Stream, or Spring

Wendy Bumgardner © 2006

In many places, nasty parasites such as *Giardia lamblia* and *Cryptosporidium* are found in "unspoiled" mountain streams because these parasites infest the local squirrels and other animals, who then contaminate the water. If you are going for a hike, carry a water filter or purification tablets and do not drink untreated water from any natural source. Take it from me: I spent years in the hospital microbiology lab helping diagnose people who made this mistake.

2. Alcoholic Beverages

Alcoholic beverages such as beer and wine will make you more dehydrated, as well as impair your athletic ability and judgment. They will also make you more prone to heat sickness and other problems. Save the celebratory drink for after your walk. Before major walks, abstain from alcohol the evening before as well. Drinking during a walk may be a European tradition, but I recommend against it, having seen walkers get into difficulty after drinking alcohol.

3. Caffeine

Caffeine was long accused of dehydrating you by making you have to urinate more, and it can also act as a laxative. Newer research as of 2002 put that common wisdom into doubt, at least for those who commonly drink caffeinated drinks. If you find yourself making too many restroom stops, you may want to limit your caffeine intake to see if it is causing the problem. Stick to decaf or drink as little of the caffeinated stuff as possible before your walk. Coffee drinkers can get a nasty headache if they go cold turkey, so experiment with how little you really need.

4. Milk and Cream

Some people tolerate milk very well. But many people are lactose intolerant and can have stomach cramps, gas, nausea and diarrhea from milk and milk products. Some people only experience these symptoms during exercise. If you have any such symptoms, avoid milk products for 12 hours before your walk.

5. Carbonated Beverages

Many walkers report gas, belching, and stomach cramps from drinking carbonated beverages while walking. If you experience any of these symptoms, save the sparkling drinks for after the walk.

6. Too Much Water and No Salt Replacement

American College of Sports Medicine guidelines are to "drink when thirsty" rather than drinking constantly and pushing too much water. Studies of slower marathon runners and run/walkers showed that some of them were verging on hyponatremia -- dangerously low sodium levels -- whether they were drinking plain water or water and sports drink. Don't overdo the water. If walking for more than an hour and sweating, you should replace the salt lost in your sweat with an electrolyte-replacement sports drink such as Gatorade or Powerade, or with a snack that contains salt such as mini pretzels or trail mix that includes salted nuts.

Sources:

Top 10 Night Visibility Items

By Wendy Bumgardner, (Reprinted from About.com Guide)

Be safe - be seen. Only your life depends on it. Night walking means taking extra care that cars see you. For the best safety, your entire outline should be reflective and you should carry a light or wear a flasher.

1. Reflective Vest

I carry one of these in my car to quickly slip on for night walking. The mesh means it is cool and lightweight, and it adjusts for people of all sizes. The reflective strips on front and back provide safety, and if you get it in orange it provides day safety as well.

2. Petzl TacTikka Plus LED Headlamp

For hands-free night walking, this headlamp is an essential. It is lightweight, bright, and it runs on 3 AAA batteries that last for 150 or more hours. That's far better than a flashlight that is drained in just a few hours. You can adjust the angle of the four super bright LED bulbs. I has three brightness settings, plus a flashing setting. There is a red filter to flip over the lights if you prefer. It has a single strap, but kits are available to add an over-the-head second strap.

3. Glo Glov

Open-fingered gloves with big reflective triangles on palm and back of hand, and reflective strips down each finger. These provide great visibility, especially when crossing the street and flashing your palm to traffic. Wear alone or over other gloves, in all seasons.

4. Panther Vision LED PowerCap

This hat with three built-in ultra-bright, ultra-light LED headlamp bulbs is a great walking or running accessory in dusk, dawn, or after dark. It fits and feels like any other good cap, and you can wear it anytime. After dark, just push in the button to use a front spotlight and/or two under-brim lights that will illuminate your walking path. The lights add no weight at all.

5. See-Me-Run Iron-on Reflective Transfers

Use these reflective iron-on transfers to add a measure of night safety to your favorite walking gear. I put them on my Camelbak and my favorite cold weather walking hat. Don't want to wear a reflective vest? Use

these transfers on your favorite jacket on the back, sleeves and front and you will have improved your night safety.

6. Reflective Armbands and Anklebands

Reflective anklebands and armbands are a good choice if you don't want to wear a vest. They will show you are a moving object.

7. Pelican Mini Flasher Safety Light

Attach these super-bright, lightweight LED lights to your waistband for night safety. Cars can see it over a half-mile way in clear night conditions.

8. Reflective Hat

Your night hat should have reflective strips, or choose an Illuminite cap such as these.

9. IllumiNITE Jackets, Shirts and Pants

IllumiNITE fabric has reflective threads throughout, giving you 360-degree visibility. Jackets include fleece, lined, lightweight, etc. in many styles. Get performance and be reflective. They look normal by day, glow by night.

10. LED Hat Clip Lights

If you already have a favorite hat with a bill and just want to add a clip-on head lamp, these LED clip lights are ideal. I have the same problem with these as with the LED hats - it's not easy to adjust the angle of the light, so you may not be spotlighting your path as well as you wish. In my case, I walk with my chin up and the light ends up too far in front of me. I prefer a real headlamp where I can fully adjust the angle.





Capitol Volkssport Club

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The 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 Volkssporting 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 62+; \$12.00 for family. Only \$2.00 charge for our club's YRE. Membership for returning/ongoing members is July. Send membership dues to : **CVC , P.O. Box 2778 Olympia WA 98507**

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

“Every exit is on entry
somewhere else.”

— Tom Stoppard —



Newsletter deadline

Thursday, December 30, 2010.

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378, Shelton, WA 98584, or
E-mail: harisauk@peoplepc.com