



NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB
JANUARY 2011
THURSDAY MORNING WALKS

CVC walks are now scheduled for Thursday mornings rather than Friday mornings

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
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
Thursday, January 20	10 am Bayview Thrift- way Store Deli 516 W 4th Ave Olympia	Bayview to Priest Pt. Park YRE 653 10K Difficulty Level 1	N/A Parking Pass required to park in Bayview parking lot. Passes located in registration binder
Thursday, January 27	10 am Safeway 1129 Harrison Ave Centralia	Centralia Historic YRE 957 10K with 5K option Diffi- culty level 1	9:30 am Starbucks on the corner of Trosper and Little Rock Rd in Tumwater by Fred Meyer. Drive time approx 30 min.
Thursday, February 3	10 am 76 station/store 100 Barksdale Ave N Dupont	Visions of the Old and New Dupont YRE 995 10K Difficulty level 1	9:30 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 20 min.
Thursday, February 10	10 am Bayview Thrift- way Store Deli 516 W 4th Ave Olympia	Olympia Downtown YRE 260 10K Difficulty Level 1	N/A Parking Pass required to park in Bayview parking lot. Passes located in registration binder

For more information contact:

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

IF YOU PLAN TO MEET WALKERS AT THE STARTING POINT, PLEASE CONTACT LINDA. CARPOOLERS MAY ARRIVE EARLY AT THE WALK SITE. IF NO ONE IS MEETING US AT THE STARTING POINT WE MAY START THE WALK PRIOR TO PUBLISHED START TIME.

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

When Walking isn't working

Walking has always been highly recommended by doctors as a great form of exercise. But what the medical profession and even some trainers have collectively failed to do, is explain just how to walk. The directive of "Walk 30 minutes a day," is too abstract.

Are You House-Walking rather than Fitness Walking?

Observe walkers on a popular outdoor path. Many peoples' idea of a "fitness walk" is that of strolling, while absorbed in heavy conversation. This does little to generate fitness results or trigger weight loss beyond the first 5 or 10 pounds.

This is "house-walking," the speed people walk when going from one room in the house to the other. They simply duplicate this and prolong it outdoors, hoping it will knock off 50 pounds, or make their legs mini-skirt-ready, or clean out their clogged arteries.

Know Your Baseline

Your body transforms only when it detects a change in its normal routine. Your baseline is that level of physical activity that your body is highly accustomed to. It includes the speed at which you normally walk in everyday life. If you go this same pace on your designated fitness walks—even for 60 minutes—your body isn't going to detect much of a change.

You must perform above your baseline in order to ignite substantial changes in your body. Whatever your normal walking pace is in life, if you're doing this around that giant lake path, expect only minor changes and a soon-hit plateau.

Increase Intensity to Burn Stubborn Fat

The body that's used to house-walking is in for a real shock when it is suddenly moved at 4.2 mph! This will force your body's systems to jump into the trenches to carry out this unexpected task.

Carrying out this new challenge requires energy. Your body will dip into stored fat for this energy! You must exercise well-above your baseline to shear off stubborn fat, or acquire higher resistance to heart disease and cancer.

Exercise Intensity Is Relative

If you are new to exercise walking, don't scorch yourself on the first day of training by attempting 4.2

mph. You must build a fitness base first. And once you get this, you must always keep pushing yourself. Remember, you've been walking since diaper days. Your body is so familiar with walking, that you must make it truly challenging for results. **Know Your Starting Point:** Everybody has a starting point: that which requires effort and an increased rate of breathing. For apparently healthy people of all ages, the starting point should be whatever it takes to achieve 60-85 percent target heart rate. If walking slowly for 30 minutes wipes you out, then this is your starting point. But commit yourself to going a little **f a s t e r e a c h t i m e .**

Pay Attention to How you Feel: how hard you're breathing, and whether or not conversation comes easily. Find the pace that prevents you from carrying on conversation while still able to speak in short sentences, and then build up from there.

Know When You Can Add Intensity: As long as you're able to speak freely to your walking partner or into your cell phone, you can certainly add some intensity, regardless of your weight, age or athletic background. When a person, despite excess weight or advanced age, looks comfortable while walking, and especially if she or he is talking freely, this indicates they can walk a heck of a lot faster (unless they have painful knee joints, foot pain or painful leg vascular disease).

Get Out of Your Comfort Zone

In general, house-walkers are not hampered by pain; they're hampered by ignorance, believing that "Anything is better than nothing."

This reasoning is flawed. There's no such thing as "nothing." Get out of your comfort zone! Hardcore effort, not house-walking, will improve your red blood cells' ability to extract oxygen molecules from hemoglobin and transport them to working muscles. Do not settle. Expect more from the time you put into walking.

Beyond the Honeymoon

Of course you'll experience changes during the so-called honeymoon phase of your new walking program if you've previously been very inactive. Coupled with a sudden commitment to dieting, a 30-minute daily house-walk will produce some weight loss and maybe heightened liveliness. But you'll soon plateau and wonder, what's the point? The honeymoon phase is brief. Always aim for higher levels.



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

“Know the true value of
time, snatch, seize and en-
joy every moment of it”
— Lord Chesterfield —



Newsletter deadline

Sunday, January 30, 2011.

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