

April, 2012

NEXT CAPITOL VOLKSSPORT CLUB MEETING

May 8, 2012

at

Apollo's Pizza and Pub, 2010 Harrison Ave NW

6:00 PM no host dinner; 7:00 PM membership meeting.

Lloyd and Susan Berry will give a presentation about their walk in Switzerland in the fall of 2011

What and When Should I Eat Before a Morning Walk?

By [Wendy Bumgardner](#), From About.com Guide

Don't Start on an Empty Stomach

You should have at least a light snack before morning exercise as your body has been fasting all night. Even if you are a person who normally skips breakfast, give your body some fruit juice or sports drink to get at least a few calories to work with. Without any available calories, you are less likely to work out as intensely or for as long as you could.

Wait Three to Four Hours After a Large Meal Before Working Out

If you love a big breakfast, your body will take three to four hours to digest the fats and proteins. It is better to have only a light breakfast before a morning walk and save the bigger meal for afterwards. Otherwise, your body will divert blood that could be going to your muscles to your stomach so it can work on digestion. If you ask your muscles to kick in for a good workout, you divert the blood from your stomach and digestion slows down.

Eat a Small Meal One to Three Hours Before Exercise

If your breakfast is a light, low-fat meal you can workout within one to three hours and get the benefit of the calories with less risk of stomach distress.

Opt for a Carb Snack 30 to 90 Minutes Before Exercise

If you want to eat close to your workout time,

focus on easily-digested carbohydrates for a quick fuel boost. Ideas for this snack include the classic banana, fruit juice, a low-fat bagel or English muffin, or low-fat yogurt.

Experiment to See What Works for You

People vary in how well they tolerate eating or not eating before exercise. Foods that sit well in the stomach when not exercising may produce nausea or gas when combined with exercise. Experiment to find what works best for you.

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Welcome New Members

Vicky Brant, Joan Boileau, John and Carolyn Warhol



Welcome to our club and see you on the trail!



NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB THURSDAY MORNING WALKS

APRIL 2012

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, April 5	10 am Shelton Inn 628 W Railroad Ave Shelton	Sheltonville YRE Y0405 10K Difficulty level 1A Old Difficulty level 1+	9:30 am Top Food Olympia West side near Pier 1 Drive time approx 25 min
Thursday, April 12	10 am 1109 Yelm Ave (Hwy 507) Yelm	Yelm Town and Trail YRE 1657 10K with 5 K option Difficulty level 1A Old Difficulty level 1	9:15 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 30 min
Thursday, April 19		Train Ride and Walk in Portland, OR	
Thursday, April 26	10 am DuPont Store/76 Sta- tion 100 Barksdale Ave DuPont	Boyhood Memories YRE 0193 10K Difficulty level 2A Old Difficulty level 2+	9:30 am Martin Way Park 'n Ride At the back of the lot Drive time approx 20 min. After registering at DuPont Store drive to start point

For more information contact:

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

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Help needed!

I am looking for one or two people to work with me on the evening walks.
Contact Jeanne Allan 360-790-4600 kokolo@olywa.net

Heads up to the evening walks in April. They will start at 5:30 pm.
April 18 will be the Woodard Bay Walk, meet at South Bay Market.
April 25 will be the SE Lacey Walk, meet at Thrive. Reminders will be sent
two days before each event via the yahoo list!

Monday walks will continue every week starting from Bayview at 2:00 pm as
long as there is continued interest.

10 essentials you need....

1. Layered Clothing

Did you know that sweatshirts are not so great if you are actually going to be sweating? Instead, you want to start with a breathable, sweat-wicking shirt as your base layer, made of a technical fabric such as CoolMax rather than cotton. You will want a windproof, water-resistant jacket if the weather is a factor. And if it is cold, you add an insulating layer of polyester microfleece or wool. Now you can take off a layer if you have warmed up or put one on if you are feeling cold.

2. Walking Shoes

Now you need to invest in your feet with a good pair of athletic shoes. Walking in any old broken-down, non-supportive sneakers or inflexible boat shoes is a set-up for injury. Do your feet a favor and seek out the store in your area that caters to serious runners, not the discount shoe place at the mall. At the serious running shoe store they will fit you properly and put you into shoes that will work right. As you expand your walking life, you will build up a shoe wardrobe for different surfaces and conditions: performance walking shoes, trail shoes, even trail sandals. In every style, look for shoes that are flexible, flat and do not have a flared heel.

3. Walking Socks

Now that you have the right shoes, you need to get good socks. If you are going to that serious running shoe store, ask them about socks. Cotton holds moisture next to your skin and increases the risk of forming blisters. Instead, you want socks made from technical, sweat-wicking fabric such as CoolMax, polypropylene or wool. These socks will help keep your feet dry and happy. Be sure to try on socks with your walking shoes to make sure you haven't chosen a sock with too much padding that will crowd your feet in your shoes.

4. Hat

Protect your head from sunburn as well as insulate it in cold weather. Caps with bills are great for most weather. The bill helps shade your eyes and can help keep rain off your face and glasses in wet weather. You can find hats with reflective patterns or reflective strips for night walking.

5. Pack

While some head out with only a key and maybe a cell phone, it is wise to carry a few more essentials in a pack - especially a water bottle for any walk of more than 30 minutes. It's wise to use a fanny pack or backpack to balance the load on your hips rather than carrying anything in your hands. You can wear a fanny pack if you only need a couple of items and your water bottle. For more carrying capacity, a light string backpack will do, or days pack with more comfortable straps.

6. Water

Walking is an aerobic activity and you will be losing water as you walk. You should start off well-hydrated with a big glass of water

about an hour before your walk (to give time to eliminate any extra . . . if you know what I mean.) Then, as you walk, you should drink whenever you feel thirsty, according to sports medicine experts. To be able to do that conveniently, you should either carry water with you or plan your route so you have easy access to a water fountain every 20 to 30 minutes. How should you carry your water? Not in your hand. That's like carrying a one-pound weight and is a set-up for shoulder and wrist strain. Use a pack of some sort.

7. Sunscreen

Walking outdoors is a wonderful experience of the sun in your face and the wind at your back. But those elements can wreak havoc on your skin in the long run. Walking without sunscreen is like walking without shoes. Both provide essential protection. Choose a high SPF to match your walking workout time and don't skimp on putting it on. I take special care with my ears and nose. Lips will appreciate lip gloss or ChapStick with sunblock. And don't forget your bald spot if you aren't wearing a hat!

8. Route Plan

Do you wander around aimlessly or just stick with one boring route? Will there be water, restrooms, shade, and sidewalks where you are planning to walk? Will there be other people out walking there, for safety? You can plan it out ahead of time with our Google Map Pedometer. Those of you with smart phones can use them effectively while walking with their map functions. Through various apps such as MapMyWalk, you can even download routes to follow with your phone. With these advances in technology, there is little excuse for getting lost so long as you are in cell range. Oh, yes, there are still printed maps!

9. ID - Money - Cell Phone

Accidents happen. Emergencies happen. If they find you unconscious in ditch, your loved ones will appreciate that you have your identification with you, including any important health information. If you carry a cell phone, that can also help identify you and give quick access to people you may want to contact. Also carry a few dollars (or equivalent in other countries) to buy a drink or snack if you find yourself needing it.

10. Keys

Is there anything more annoying than shutting the door and realizing you left your keys in the house or car? Locked doors are a fact of life, and you need to find a convenient way to carry keys as you walk, or a secure place to stash them so they are ready to use when you return. Again, curses on designers who don't include a secure zipped pocket in their workout clothes!





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

"There is nothing like walking to get the feel of a country. A fine landscape is like a piece of music; it must be taken at the right tempo.

Even a bicycle goes too fast"

— Paul Scott Mowrer —

Newsletter deadline

Monday, April 30, 2012.

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: hjsaukants@q.com