



December, 2013



**CVC General Membership meeting
CVC Christmas Potluck on December 10, 2013 at 6:00 PM.
The Potluck will be held at Susan Berry's home,
4806 - 26th Ave SE, Lacey**



EVENT AND DISTANCE AWARDS

EVENTS



30



125



200



225



50



100



150



250



275

Brower Patricia Morrison Elizabeth Younkins Jm Younkins Karen

DISTANCES



500 km



2500 km



5000 km



7000 km



7500 km

Brower Patricia Younkins Jim Allan Jeanne Younkins Karen

Congratulations, and keep walking!

NEWS FROM THE TRAIL...



Upcoming Walks - December 2013

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday December 2	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday December 5	10:00 AM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<u>Bayview to Priest Point Park Walk</u> YRE 0260 10K 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Monday December 9	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday December 12	10:00 AM 76 Station and Store 100 Barksdale Ave N DuPont	Visions of the Old and New DuPont Walk YRE 0995 10K 1A	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 20 min.
Monday December 16	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday December 19	10:00 AM Bayview Thriftway Deli 516 - 4th Av W Olympia	<u>Olympia - Capitol Lake and South Capi- tol Neighborhood</u> YRE 0260 10K 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.

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Upcoming Walks — December, 2013

Monday December 23	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday December 26	10:00 AM Lacey Safeway 6200 SE Pacific Lacey	<u>Lacey Historic Walk</u> YRE 0950 10K with 5K option 1B	N/A
Monday December 30	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.

*** For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywa.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) or

Sheila (360-923-5381) 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.

Tumwater Falls/Watershed Parks Walk Changes

Starting in January the Tumwater Falls/Watershed Parks Walk directions will change to accommodate the AVA special program on fraternal orders and some new ESVA challenges. The new directions take walkers through the Safeway parking lot past the Mason Jar Restaurant and on North Street past the Masonic Lodge instead of Carlyon Street. There are now four distance options: 11 K, 6 K, 8.5 K, and 20 K (thanks to Jean). The new directions were followed by the Thursday walkers in October and the report back to me is that the walkers like the changes. Happy walking everyone.

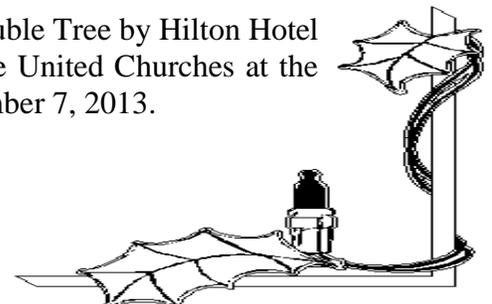
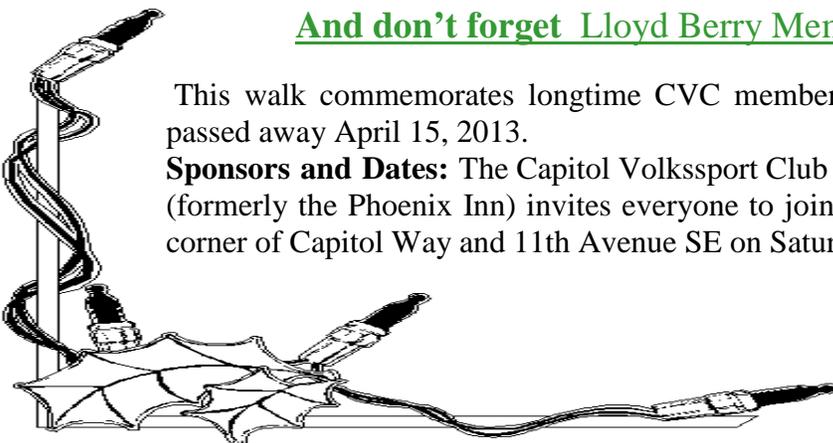
Laura Kurtz

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And don't forget Lloyd Berry Memorial Christmas Walk.

This walk commemorates longtime CVC member and pace-setter Lloyd Berry, who passed away April 15, 2013.

Sponsors and Dates: The Capitol Volkssport Club and the Double Tree by Hilton Hotel (formerly the Phoenix Inn) invites everyone to join them at the United Churches at the corner of Capitol Way and 11th Avenue SE on Saturday, December 7, 2013.



WELCOME NEW MEMBERS



Linda Crabtree, Jeanie West, Christy Schutte and Virginia Dunn



Welcome to our club and see you on the trail!

How Fast is Brisk Walking?

What's an Ideal Pace

By Wendy Bumgardner

Brisk walking is often reported to have benefits for fitness and to reduce health risks when compared to walking at an easy pace. But what is brisk walking? How fast do you have to walk for it to be considered a brisk walking pace?

Rule of Thumb

The Centers for Disease Control and Prevention (CDC) says that brisk walking is at a pace of three miles per hour or more (but not racewalking) or roughly 20 minutes per mile. That equates to about five kilometers per hour or 12 minutes per kilometer.

However, fitter people still will not be in a moderately intense exercise zone at that pace. A pace of 15 minutes per mile, or four miles per hour, is more likely to put fitter people into a moderately intense exercise zone. That equates to 9 minutes, 15 seconds per kilometer or 6.5 kilometers per hour. You can use [walking pace calculator](#) to find your walking pace by inputting your distance walked (miles or kilometers) and time, to get results in minutes per mile or minutes per kilometer.

Walking speedometers and apps may give a readout in either minutes per mile/kilometers per mile or in miles per hour/kilometers per hour.

Brisk Walking Means Moderate Intensity

Brisk walking actually refers to your exertion. For your walking pace to be brisk, you need to be breathing harder than usual. While you should still be able to speak in full sentences, you shouldn't be able to sing.

Merry
Christmas





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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.

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 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

*Wholesome exercise in the fresh air,
under the wide sky, is the best medi-
cine for the body and spirit.*

Newsletter deadline

Thursday, January 2 , 2014

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