



# Capitol Volkssport Club

## NEWSLETTER

February, 2014

**CVC General Membership Meeting**  
Tuesday, February 11, 2014  
at Izzy's Restaurant, 3540 SE Pacific Ave. , Olympia;  
Dinner & Social 5:30 PM; Program 6:30 PM;  
Business Meeting 7:00 PM; Adjourn 8:00 PM

### WELCOME NEW MEMBERS



Roy Bauska, Marsha Majors, and Dan Rubin, Callie Wilson and Chandra Rubin

*Welcome to our club and see you on the trail!*

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### EVENTS AND DISTANCE AWARDS

#### EVENTS



900

Robert Morrison



2600

Bonita Tucker



### Volunteers needed...

...to work Kitsap Volkssport Club traditional events on

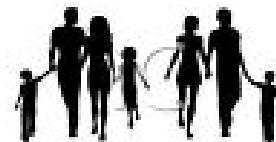
Sunday, May 18 and Saturday, August 2. If you are available to work at their events, contact Ric at:

[sempervirens@mindspring.com](mailto:sempervirens@mindspring.com). And, even if you don't wish to volunteer to work, plan to join Sheila and Bob Morrison in attending and walking KVC's two traditional events.



*Silverdale boardwalk*

*Congratulations and keep walking!*



## NEWS FROM THE TRAIL...



## Upcoming Walks - February 2014

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday February 3	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 February 6	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 February 10	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 February 13	10:00 AM  Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm	Yelm Town and Trail Walk YRE 1657 10K with 5K option 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 min.
Monday February 17	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 February 20	10:00 AM  Holiday Inn and Suites 730 NW Liberty Place Chehalis	<u>Chehalis Willapa Trail</u> YRE 0356 10K with 5K option 1A	9:30 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 30 min. After registering at hotel drive to start point.

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Monday February 24	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 February 27	10:00 AM Tumwater Safeway 520 Cleveland Ave Tumwater	<u>Tumwater Historic Parks Walk</u> YRE 1743 11K with shorter options 2B	N/A

\*\*\* 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.

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### Seabreeze Walking Festival 2015... only a year away!

Over Presidents' Day Weekend 2013 the CVC hosted a highly successful walking festival on the

on Saturday night was huge fun. Participants enjoyed the six walk routes and one bike event. People loved



*Signing the waiver....*



*Explaining the routes...*

North Beach, headquartered in the Ocean Shores Lions Club. 355 walkers came from around the Pacific Northwest to walk 1165 events over the three-day weekend. The weather was wonderful, the walks interesting, and the fellowship around the banquet table

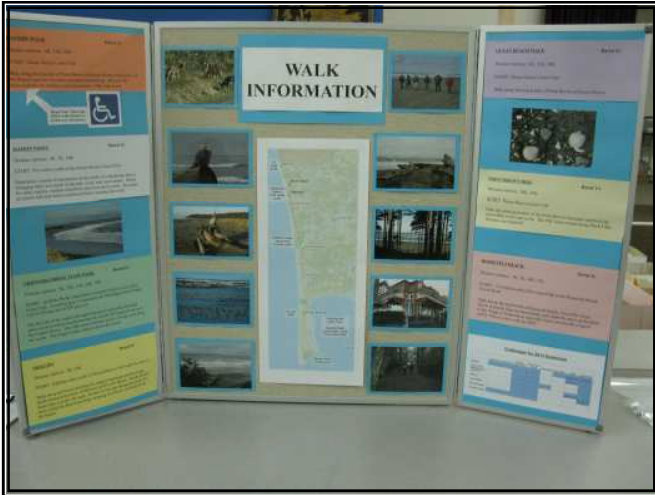
the flexibility of the registration process and really appreciated hot soup and homemade cookies greeting them, as they came in from the cold.

“Many hands make light the work.” A core committee of 9 began planning this biennial event a year in advance, and as we got closer to the date, 29

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more volunteers came on board. Everyone had so much fun in the process. And, of course, the planning involved making multiple trips to the beach, so what's not to like?



Where do I go...

As we know, the more you put into something, the more you get out of it. Well.....it's time to start the fun all over again, as we look toward Seabreeze 2015, to be held Feb 14-16. Bonnie is looking for a committee co-chair, and there are openings in the



Sat. Italian dinner

following areas: Sponsorship, PR, Trail Masters, Dinner, Registration, and Soup Kitchen. Three people have already volunteered for the committee, but more are needed. Think about which area interests you and be ready to volunteer at our February CVC meeting. There will be room for all who want to help plan this signature event.



Ready for finish...

Thanks in advance from Bonnie

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All Aboard!



On Wednesday, APRIL 9TH (please note date change) the Capitol Volkssport Club is going on a train trip to Portland, OR and will be going on a volksmarch. Our original date had to be changed because there were not any cheap fares available on the first date we chose.

We have some 2 for 1 vouchers left, but they are going fast. Please contact Karen Younkins if you need a voucher. If we run out of vouchers you can try getting one at the Spar in downtown Olympia. There are always deals (AAA, senior discounts) to use on the train.

I tried to use my coupon on line but was not successful (the round trip cost was \$75 for two adults and \$85 for 2 seniors). My husband went to the Tacoma Amtrak Station and was able to use our coupon (round trip cost for two - \$50). Your coupon will work at the Centralia Amtrak station as well. Olympia does not have a stationmaster, so we cannot buy tickets there.

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Here is the information:

**April 9th - Amtrak Cascades #501 -**  
leaves Olympia at 8:50 AM/



arrives in Portland at 11:20 AM.



**April 9th - Amtrak Cascades #508 -** leaves  
Portland at 6:50 PM/  
arrives in Olympia at 8:42 PM.

The trains do fill up, so **BUY YOUR TICKETS AS SOON AS POSSIBLE.**

If you have a voucher that you are unable to use you may mail it to me or give it to me at our next meeting (Tuesday, Feb. 11th). I will try to match up people who need partners at that time.

If you are new to our club I would like to let you know we all have had great times on this adventure. In the past we brought snacks on the train so we would be energetic to start out our 10 km walk at 11:30. About halfway through our walk we found lunch venues, and then we had some time to dis-

cover treasures in Powell's Bookstore, treat ourselves at VooDoo Doughnuts, or discover other interesting things in downtown Portland. Some brave souls even decided to walk another 5 km!!!

See you on the rails,  
Karen Younkins  
711 Eastside St. NE  
Olympia, WA 98506  
360-357-9185

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### How Fast is Brisk Walking?

#### What's an Ideal Pace?

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 race walking) 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.

### 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.



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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 membership dues to: **CVC, P.O. Box 2778, Olympia WA 98507.**

**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)

*"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**

**Friday, February 28, 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