



Capitol Volkssport Club

NEWSLETTER

October, 2014

There will be a CVC General Membership meeting on Tuesday, October 14, 2014 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

A no-host dinner begins at 5:30 PM, program at 6:30, followed by the business meeting from 7:00-8:00 PM.

EVENT AND DISTANCE AWARDS

EVENTS



30

Spauldig Holly & William



50



75

Sutton Tess



1500 km

Morrison Elizabeth



3000 km

Younkins James



100

Sutton Tess



175

Younkins James



325

Younkins Karen



6000 km

Allan Jeanne



8000 km

Younkins Karen



350

Younkins Karen



1150

Warhol John



1200

Berry Susan



14000 km

Berry Susan

Congratulations and keep walking!

NEWS FROM THE TRAIL...



Upcoming Walks - October 2014

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Thursday October 2	10:00 AM Winlock IGA 206 East Walnut Street Winlock	Workout In Winlock YRE 0791 10K 1A	9:00 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 1 hour.
Monday October 6	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 walkbox to park in Bayview Parking Lot.
Thursday October 9	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 October 13	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 walkbox to park in Bayview Parking Lot.
Thursday October 16	10:00 AM South Bay Market 3425 Schinke Rd Olympia	<u>Woodard Bay Walk</u> YRE 1009 10K with 5K option 1A	N/A
Monday October 20	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 walkbox to park in Bayview Parking Lot.

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Upcoming Walks—October 2014

Thursday October 23	10:00 AM Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Fort Steilacoom Walk YRE 1996 10K with 6K option 1B	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 25 min.
Monday October 27	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 walkbox to park in Bayview Parking Lot.
Thursday October 30	10:00 AM Chehalis Safeway 1100 S Market Blvd Chehalis	<u>Chehalis Historic Walk</u> YRE 1605 10K with 5K option 1A	9:30 AM Meet at Starbucks at Trospen and Littlerock Road near Fred Meyer. Drive time approx 30 min.

*** For Monday or Tuesday 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.



Welcome new members

**Judy Covell, Susan Cole,
Nancy Wittenberg, and Elisabeth Wittenberg**

Welcome to our club and see you on the trail!

Brief Notes from ESVA Meeting of Sept. 29th, 2014

1. Pathfinder Information - It was decided each club would be provided with 10 copies of Pathfinder for traditional and weekend events and 8 copies for a guided walk.

Currently clubs receive 25 copies per event.

2. New ESVA challenge starting next Jan. is Womb to Tomb. Susan has books for sale.

3. The budget is about \$1500 short due to less walkers that planned for.

4. It was passed that ESVA reestablish the policy to critique YRE/Seasonal events. Volunteers are welcome.

5. ESVA recommended that our regional director vote in favor of making AVA awards based on significant service instead of longevity. They also supported that maps to walk starting points be no longer required. ESVA forwarded a motion from Interlaken club to change trail ratings to the Canadian method (take out elevations and try to measure intensity).

6. There was a discussion to remove the Pathfinder from ESVA. Several alternatives were discussed and are being investigated.

Susan

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How to Walk Faster

Feel the need for speed? Walking faster can satisfy several goals.

1. Finish your walking workout faster at a set distance. If you walk the

same route every time, you will be done sooner!

2. Get your heart rate up to the level for [moderate-intensity exercise](#), so you will get the most health benefits and fitness boost from your walking workout.

3. Increase the calories burned during your walk by being able to walk a longer distance in the same time, or by increasing speed to the point you are burning more calories due to using more muscles (12 minute miles and under).

4. Finish walking races in better time and be able to outpace your walking friends and loved ones.

The following techniques borrow good posture, proper stride, powerful arm movement and other elements from racewalking. But they are not legal racewalking technique required for judged races, and don't include hip rotation.

Using these tips will help you walking faster and more efficiently, turning more of your exertion into forward speed.





Capitol Volkssport Club
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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

In every walk with nature one receives far more than he seeks.

~ John Muir ~

Newsletter deadline

Wednesday, October 29, 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