



Capitol Volkssport Club

NEWSLETTER

May, 2015

There will be a CVC Board meeting Tuesday, May 12, 2015 at 5:30 PM at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

There will be a no-host dinner at 5:30, followed by the board meeting at 6:15.

If you are anything like I am, you are wondering, what happened to April? I feel like it just flew by! CVC has been busy this month. Many members traveled to Victoria B.C. For the Phoenix Walking Festival. The weather was perfect, the company was fun, and CVC was third place in the number of members attending. It was held in a different area so the walks were new with some lovely views. There also were some members who walked Woodard Bay and took part in an Earth Day presentation.

Looking back, Bob and Sheila Morrison gave a wonderful presentation of their trip to Portugal at our last meeting. It looks like we will be sharing pictures from several travelers at the next few membership meetings. I love seeing all these places and hearing about the adventures. Stay tuned for details before the next meeting in June.

Coming up on May 13th, The Daffodils will be hosting a walk for Walking Day. This walk will have a special slug for the day. I really like getting those special stamps! There are several other walking opportunities coming up. One ongoing is the return of the Tuesday evening walks. Check out the web site for these as well as Convention information. Don't forget to check out the upcoming bike events, too. The web site also has meeting minutes as well as past newsletters if you missed reading one.

We voted to join IVV Americas at our last meeting. Barb and I will send in the ballot from our club as soon as we get it. We also will have some discussion about things being decided at the convention. As your delegate, I will be asking for your input on how I should vote.

There will be a board meeting On May

12 at Izzy's. I hope to see you all at our next membership meeting on June 9. This is the last meeting before convention.

See you on the trail!

Liz

Do Stops and Starts Affect my Walking Workout?

Reprinted from About.com Guide

Question: Do Stops and Starts Affect my Walking Workout?

I walk my dog for 60 minutes 4-5x a week. We walk at a pretty good pace most of the time, but there are times he stops to sniff or tinkle (within the hour he probably stops a total of 10 minutes). Am I still getting a good workout? Should I be leaving my dog at home and walking at a good pace the whole time?

Answer: For a fitness walk, stops and starts should not greatly affect your workout. There are two factors you are looking for:

Burning Calories: Calories burned depends mostly on the distance you walk, and very little on speed. In fact, you burn a few more calories by stopping and starting, as the body has to expend a little more effort to get moving once it stops.

Heart Rate: Second, if you are aiming to improve your aerobic fitness, you want to keep your heart rate within your chosen zone. Stops and starts can affect that if you stop for more than a few seconds each time. Do as you see runners do - when you are delayed by a doggie detour or a traffic crossing, keep moving. March in place, pace in small circles, etc. This will keep your heart rate above your resting rate and it will swiftly return to your chosen rate once you resume your p a c e .

Pace Training: If you are training for a walking event where you want to set a consistent pace, then leave your canine companion at home one workout each week and use that day to concentrate on your chosen pace. If your workout normally has you pause at traffic signals, find a track or other unobstructed route for one workout per week.

NEWS FROM THE TRAIL...



Upcoming Walks—May 2015

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday May 4	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday May 5	5:45 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Bayview to Priest Point Park Walk YRE 0260 10K 1A	Register before walk, start walking promptly at 6:00 PM so as to finish by dark. Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday May 7	10:00 AM South Bay Market 3425 Schinke Rd Olympia	Woodard Bay Walk YRE 1009 10K with 5K option 1A	N/A
Monday May 11	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday May 12	5:45 PM Lacey Safeway 6200 SE Pacific Lacey	Lacey Historic Walk YRE 0950 10K with 5K option 1B	Register before walk, start walking promptly at 6:00 PM so as to finish by dark.
Thursday May 14	10:00 AM Safeway 1405 East Main St Puyallup	Puyallup Town Walk YRE 0242 10K with 5K option 1A	9:15 AM Meet at Martin Way Park & Ride at the back of the lot. Drive time approx 45 min.
Monday May 18	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.

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Tuesday May 19	5:45 PM Nisqually Wildlife Refuge Visitor Center Register before walk at Chevron Station 10246 Martin Way E Nisqually (I-5 Exit 114) then drive to start point.	Nisqually Wildlife Area Walk Seasonal Walk Y 0838 10K with 5K option 1B	Register before walk at Chev- ron Station then drive to NWR Visitor Center. Start walking promptly at 6:00 PM so as to finish by dark. No pets. 3.00 park entrance fee, waived for holders of Federal Golden passports or Federal duck stamps.
Thursday May 21	10:00 AM Chehalis Safeway 1100 S Market Blvd Chehalis	Chehalis Historic Walk YRE 1605 10K with 5K option 1A	9:30 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 30 min.
Monday May 25	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walk- box to park in Bayview Park- ing Lot.
Tuesday May 26	5:45 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia Downtown Walk YRE 0653 10K 1A	Register before walk, start walking promptly at 6:00 PM so as to finish by dark. Pick up parking pass in walk- box to park in Bayview Park- ing Lot.
Thursday May 28	10:00 AM Lacey Safeway 6200 SE Pacific Lacey	Lacey Historic Walk YRE 0950 10K with 5K option 1B	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 Tuesday walks, please contact Perki (360-459-8167 or email pandpsweet@gmail.com) 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) 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.



How To Avoid a Dog Attack

Reprinted from About.com Guide

One of the scariest encounters you can have on a walk is being charged by an aggressive dog. How can you avoid dog attack and keep from getting bitten or mauled by a dog while walking or jogging?

Here's How:

1. Keep a safe distance between yourself and dogs being walked on leashes.
2. Ask owner's permission before approaching a dog, on leash or in yard.
3. Never approach a barking, snarling, sleeping, eating, or nursing dog.
4. Do not stare the dog in the eyes.
5. Turn sideways and slowly withdraw.
6. Put an object such as a tree, post, or bench between you and the dog.
7. Speak softly and gently to calm the dog, "Good dog, it's OK, go home."
8. Stand still or maintain a constant slow pace out of the dog's territory.
9. If local law allows, use pepper spray when charged by the dog.
10. If charged, get something between you and the dog's mouth - umbrella, pack, jacket, stick
11. If attacked, curl up in a ball and protect your face, neck, and head.

Tips:

1. You can't outrun the dog, not even an Olympic sprinter could.
2. Be aware of dogs a block or more ahead, change your route or turn around to avoid unleashed dogs.
3. Know the weapons laws in the community you are walking in and obey them.



Capitol Volkssport Club
Olympia WA 98507



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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
free air, under the wide sky is
the best medicine for body
and spirit.

— Sarah Louise Arnold —

Newsletter deadline

Friday, May 29, 2015

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