



Tulsa Walking Club

www.ava.org.clubs/TulsaWalkingClub

American Volkssporting Association—Club 291

October
2011

Meetings at
LaFortune
Community
Center

Rhonda's Ramblings

Summer is almost over and the temperatures are starting to drop into the 70's and 80's. The fall weather is fast approaching. The leaves will begin to change colors into the brilliant yellow-gold and red and begin to drop from the trees. These cooler temperatures promote one's desire to go for a walk, so call a friend and enjoy the changes of the season.

It was good to see the members at the September meeting, since we hadn't met over the summer. We had many who weren't there, but I encourage you to attend the next meeting. The members will vote for the officers for 2012, so I would like to see more familiar faces. The proposed walks for 2012 were presented and the members accepted the schedule with a few revisions. Thanks to Les Clutter for coordinating this group at his home. Coordinators and volunteers will be needed for some of these events, so we will have a list at the next meeting. These events take a lot of time and effort to coordinate, so please promote the event by attending and invite a friend or neighbor. We need to promote our club for the Fun, Fitness and Friendship that AVA advocates.

We were informed at the last meeting that the center will be closing at 8 pm due to budget cuts. We will need to evaluate the need to start our meeting at 6:30 pm to allow enough time for the business meeting and our programs. We will be calling the members to inform them for the next meeting. Thank you for your cooperation in this matter. I appreciate all the support the club members provide.

P. S. I want to thank everyone for their thoughts, prayers, and cards I've received during my sister's illness. Your support is very much appreciated.

See you on the trail,

Rhonda

A true friend never gets in your way unless you happen to be going down.

—Arnold H. Glasow

October Calendar

- 01 Keystone YRE—8:30 a.m.
- 05 Monthly Meeting—LaFortune—**6:30 p.m.****
- 15 Third Saturday—Riverwalk YRE (**tentative**)
- 28-30 Multi-Event Weekend—Four Counties**
McCurtain, Pushmataha, LeFlore, Latimer

****NOTICE: MEETING TIME CHANGE**

Please note new time for TWC's monthly meeting. LaFortune's community building now closes at 8 p.m.; therefore, our meetings will begin promptly at 6:30 p.m.

2012 Club Officers

We will vote on next year's officers during the October meeting. Your attendance and participation will be appreciated.

September Walk Report—

The walk was at Jackson Park located at 91st/Garnett. The weather was cool and slightly breezy. The skies were partly cloudy, but then the sun came out for part of the walk. It was excellent walking weather. There were 33 walkers including three from the Joplin Club. Delores Comfort, who is from the Joplin area, lost her home to the Joplin tornado and is currently residing with relatives in Tulsa and took advantage of our event. The walk included ponds with fountains, wild geese flying overhead, and a view of the Creek Turnpike Trail and the Liberty Trail systems.

The club promoted a can food drive to benefit the Community Food Bank of Eastern Oklahoma. Enough can goods were collected to fill four boxes. This was a great effort by the members and will definitely benefit those in need. Aileen Eastman was the lucky winner of the gift card. Congrats!!! I want to thank Teresa Arnold, Aileen Eastman, Cheryl Hiatt and Fay York for volunteering for this event. They made the event a success. A variety of snacks were enjoyed by the walkers.

New Member

Keith Sellers
5144 East 106th Street
Tulsa, OK 74137

Condolences to:

Jeannie Richey, in the loss of her husband, Guy.

Health Watch

Cathy Childress
Jennifer Nerren
Bernice Sober
Lew York

Wanted:

Interested individuals to apply for TWC's newsletter editor effective with January 2012 edition. Please contact Rhonda Minson, rjm0123@aol.com or Teresa Arnold, arnoldtea@hotmail.com.



October Birthdays & Anniversaries

01	John Hanlan	B
02	Sheila Kiddie	B
05	Christy Johnson	B
06	Judy Miles	B
06	Dana Gray	B
09	Harry Poarch	B
09	Jerome Pearson	B
10	Justin Miles	B
11	Ronda Chandler	B
11	Sharon & Jerome Pearson	A
12	Ray & Bambi Murphy	A
16	Paul Britt	B
19	Bob Pugh	B
20	Carole Turner	B
23	Razi Hussaini	B
25	Les Clutter	B
26	Cathy & Dennis Hathcock	A
27	Ken Meinheit	B
29	Cynthia & Douglas Knapp	A

AVA's WALK-TOGETHER PROGRAM



The Walk-Together program was set up for AVA clubs, who would work together with a Girl Scout Council in their area to designate an AVA walk as a program activity for girls and troops in the council's jurisdiction. The Girl Scout Council would publicize the walk and perhaps register girls. The AVA club could provide the AVA Participation Patch for Girl Scout Walks as an award for those who participated for credit at this walk.

Girl Scouts might be future Tulsa Walking Club members. If you'd like to involve Girl Scouts in one of our walks, please let us know! We're available to help you.

RiverParks Events

<u>OCT.</u>	<u>EVENT</u>	<u>TIME</u>
1	AIDS Walk Tulsa 2011	9:00 a.m.
5	Wednesday Night Ride	5:30 p.m.
6	Fall Cyclocross Practice	4:30 p.m.
11	Fall Cyclocross Practice	4:30 p.m.
12	Wednesday Night Ride	5:30 p.m.
15	Red Ribbon Run	6:30 a.m.
18	Fall Cyclocross Practice	4:30 p.m.
19-23	Octoberfest	Varies
25	Fall Cyclocross Practice	4:30 p.m.
26	Wednesday Night Ride	5:30 p.m.
29	Tulsa Run	TBA

2011's October / November issue of *The American Wanderer* lists the following achievements of Tulsa Walking Club members:

<u>Name</u>	<u>Event</u>	<u>Distance</u>
Sandra Edwards	10	
Teresa Arnold	425	
Carole Richmond	900	
Bob Pugh	1,050	17,000 KM
Dorothy Brown	2,600	
Ken Miles	3,000 & 3,100	
Ken Meinheit		500 KM

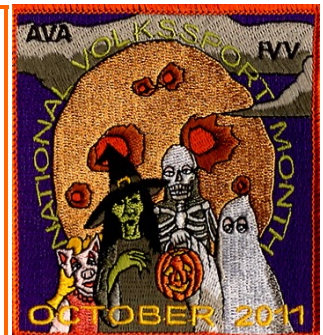


www.riverparks.org

E-mail: staff@riverparks.org

918-596-2001

OCTOBER is National Volkssporting Month. Ask how you may qualify for this beautiful 100% embroidered patch from a local AVA Club event during the month of October. Help support AVA with your participation.



NEW CLUB TELEPHONE DIRECTORY

We will publish a 2012 Club Directory from the information you provide on your 2012 membership application. To be included in the directory, PLEASE submit your membership form as soon as possible.



"Moving together toward a healthier America"

Tulsa Walking Club—Membership Form

Annual dues: \$12.00/individual/family **due annually by January 1.**

Make checks payable to Tulsa Walking Club. (please print clearly)

First Name _____ Last Name _____

Family Members _____

Address _____ City _____ State _____

Zip _____ Email Address _____

Birth Date (M/D) — Husband _____ Wife _____ Anniversary (M/D) _____

Home Phone _____ Work Phone _____ Cell Phone _____

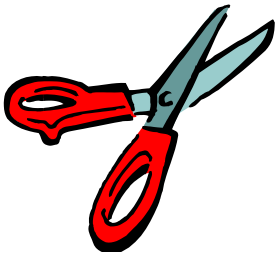
Return application and check to any club officer or mail to: Tulsa Walking Club, P. O. Box 701856, Tulsa, OK 74170-1856.

Upcoming Schedule of 2011 Area Events

Date	Location	Information	County	Event	Club
10/01	Arboretum & Botanical Gardens—Overland, KS	Flyer	Johnson	Walk	KJ
10/01	Keystone State Park	YRE	Tulsa	Walk	TWC
10/15	Riverwalk (tentative)	YRE	Tulsa	Walk	TWC
10/15	Harrisonville, Missouri	Flyer	Grundy	Walk	PS
10/16	Baldwin City Maple Leaf Festival	Flyer	Douglas	Walk	SSS
10/22	Roaring River Fall Event—Cassville, MO	Flyer	Barry	Walk	DTB
10/28-30	Fall Frolic Multi-Event Weekend	Flyer	McCurtain, Pushmataha, LeFlore, Latimer	4 Walks 6 Swims	Oklahoma Clubs
11/05	Topeka, KS	Flyer	Shawnee	Walk	SSS
11/05	LaFortune	YRE	Tulsa	Walk	TWC
11/19	Sapulpa	Flyer	Creek	Walk	TWC
12/03	Christmas Lights Walk	Flyer	Tulsa	Walk	TWC
12/2-3	Leavenworth, KS	Flyer	Leavenworth	Swims	KJ
12/3	Kansas City Lights on the Plaza	Flyer	Jackson/Independence	Walk	CPT
12/10	Gingerbread Cookie Walk—Belleville, IL	Flyer	St. Clair	Walk	Illinois

For information about events, contact:

TWC .Tulsa Walking Club	Rhonda Minson.....	918-742-8212	HFW	Holy Family Walkers.....	George Snyder.....	580-357-2930	
WWC Wandergruppe	Joe Fountain	405-692-8720	KJ.....	KS Jaywalkers, T&N Tesch	913/727-3289; L. Yother	913-684-4503	
WWW World Wide Walkers.....	Ken Miles	918-745-0212	DTB	Dogwood Trailblazers.....	Carolyn Wolfe	417-451-6016	
WS....	Wichita Skywalkers	John Wickham	316-788-6406	DALTK..	Dallas Trekkers.....	Helen Bateman	214-732-3419
ETT....	East Texas Trekkers	Jan Wood.....	903-534-9301	FALW....	Falcon Wanderers	Karen Seay	719-632-9320
OHH ..	Ozark Hill Hikers.....	Doug Evett	479-381-2406	RMW....	Rocky Mountain Wanderers...K. Svoboda	303-680-7118	
SSS ..	Sunflower Sod Stompers ..	Terri Tyler.....	tt Tyler@topeka.k12.ks.us	TCW	Tarrant City Walkers, Reid	www.walktx.org/TarrantCountyWalkers	
CPT ..	Clay-Platte Trackers.....	Barb Buehrer	816-734-7192	PS	KS Pacesetters	Barbara Ramsay	816-694-8598



You might want to clip this for future use. The following new trail rating system becomes effective January 1, 2012.

AVA TRAIL/ROUTE RATING SYSTEM

The event brochure including the AVA electronic event listing (Walking Events – Event Details) must identify a trail rating for all events except swimming, boating and skating events. In addition, any route obstacles or special conditions must be explained to describe the level of difficulty of the event.

Although any rating system is somewhat subjective the two-part numerical/alpha rating system will give event organizers a reliable tool so participants have an idea about what to expect on a route whether it is for walking, biking, cross-country skiing, or snowshoeing. They need to know about major elevation gains, heavy traffic, narrow road shoulders, construction detours, roaming dogs, cattle guards, and the like on the route.

Also, this is a safety issue since an improperly/underrated event could have serious consequences for someone who is not physically prepared for more strenuous route conditions.

The sponsoring club will decide this rating based on the scale given below. The Regional Director should work with chartered clubs to achieve uniformity in the assignment of all trail ratings.

Part 1 – INCLINE	Part 2 - TERRAIN
1. Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs. Elevation gain from Starting Point: up to 500 feet.	A. Almost entirely on pavement. Probably suitable for strollers and wheelchairs.
2. Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs. Elevation gain from Starting Point: 500 - 1500 feet.	B. A significant part of the route is on well - groomed trails with very few obstacles. Probably suitable for strollers but may not be suitable for wheelchairs.
3. Some significant hill or stair climbing. Not suitable for strollers or wheelchairs. Elevation gain from Starting Point: 1500 - 2500 feet.	C. A significant part of the route is on somewhat difficult terrain (rocky / rooted paths or soft sand). Not suitable for strollers and wheelchairs.
4. Lots of significant hills or stair climbing. Elevation gain from Starting Point: 2500 - 3500 feet.	D. A significant part of the route is on very difficult terrain.
5. Many steep hills. Elevation gain from Starting Point: more than - 3500 feet.	E. The majority of the route is on very difficult terrain.

Examples:

A route that is mostly on flat pavement would be rated 1A.

A beach walk would be rated 1C.

A route with moderate hills on well groomed trails would be rated 2B.

Walk This Way for Better Blood Sugar Control

This is going to sound too good to be true, but just bear with us. How would you like a way to control your blood sugar that doesn't cost anything and that you can do just about every day? It's as simple as putting one foot in front of another. Walking five days a week not only levels blood sugar, but can help you lose weight and strengthen muscles.

What's even better news: You don't have to (and should not) heave and gasp and hurt to reap these rewards. Even those new to exercise can raise their heart rates into the vigorous, beneficial zone with little more than brisk walking. When University of Massachusetts researchers asked 84 overweight men and women to walk one mile at a pace that was "brisk but comfortable," the vast majority of the volunteers stepped right up to an average 3.2 mph pace, which translates into hard-to-very hard intensity (70 to 100 percent of their maximum heart rates). The best part? It was easier than people expected, the researchers report.

Okay, we know what you're thinking: "I don't need to be taught how to walk, I've been doing it all my life." Sure, sure, but when your goal is to tame your blood sugar, some tips will help ensure you're walking at the best pace for you and with the right form. Here's what you should know.

Beginners: Take it slow and easy. If you're new to walking or haven't hit the pavement for a while, or if your doctor—or your body—tells you to start slowly, we recommend beginning with baby steps. Walk for just 10 minutes at a comfortable pace and gradually, over the next few weeks, build up to 20 minutes. Then pick up the pace.

Always warm up. Start every walk with five minutes of easy-paced walking—about the same pace at which you'd do your grocery shopping—to get your body warmed up. Then, cool down at the end of each walk with another five minutes of easy-paced walking.

Breathe deeply as you walk to a count of 1-2-3. Many people unintentionally hold their breath when they exercise and then suddenly feel breathless and tired. Oxygen is invigorating, and muscles need oxygen to create the energy for movement. So as you inhale, bring the air to the deepest part of your lungs by expanding your tummy and inhale for a count of three. Then exhale fully, either through your nose or mouth, also to the count of three.

Take the talk test. Once you're walking for 20 minutes or more each day, aim for a brisk pace—the speed you'd reach if you were 10 minutes late for an appointment. If you can talk phrase by phrase with little pauses for breath in between, you're right on target.

Add bursts. Incorporating brief bursts of faster walking during your walks of 30 minutes or more helps you burn more fat and calories in the same amount of time. Move at your usual speed for three to five minutes, then walk even more briskly for one to two minutes. To pick up the pace, take short, quick steps. (Most people try to walk faster by elongating their strides, but this actually slows you down and can lead to joint and shin injuries.) Bend your arms at 90 degrees and pump them quickly. After your fast-walking interval, settle back into your usual brisk pace for three to four minutes, then pick up the pace again for one to two minutes. Do this several times during your walk.

Check posture. Improving your walking posture will help you burn more fat and calories and help prevent muscle and joint pain. Stand tall with your spine elongated and your breastbone lifted, sort of like a string is suspending you from your head. This allows room for your lungs to fully expand. Keep your head straight with your eyes focused forward and your shoulders relaxed. Avoid slumping your shoulders forward or hunching them toward your ears. Firm your tummy and flatten your back as you walk to prevent low back pain.



Tulsa Walking Club #291 of the American Volkssporting Association publishes its newsletter 10 times a year. To contribute to the newsletter, please email your article to juliacouch@cox.net. Submission deadline is the 20th of each month except July and November. There is no August or December newsletter. TWC reserves its option to edit or refuse any item submitted at its discretion. Items received become the property of the Club.

TWC membership meetings are held monthly (except July, August, and December) on the second Wednesday at 6:30 p.m. at LaFortune Community Center, 5202 South Hudson Ave., Tulsa, OK. Members are encouraged to attend and visitors are welcome.

TWC 2011 Club Officers

President	Rhonda Minson	918-742-8212
Vice Pres.	Teresa Arnold	918-355-5820
Secretary	Cheryl Hiatt	918-749-5493
Treasurer	Jeannie Richey	918-455-4908
Asst. Treas.	Cathy Childress	918-857-4696
Newsletter	Julia Couch	918-743-6768
Historian	Faylene York	918-492-4296
Trail Meister	Bob Pugh	918-446-7924
Wheel Meister	Lew York	918-492-4296
Web Meister	Frank Reigel	814-968-5848
Supplies Coord.	Dorothy Brown	918-437-8404

Walk Coordinator's Information

Please send start point location, trail rating, start/finish times, wheelchair/stroller accessibility, trail rating, GPS coordinates, driving directions, and any other information for your walk's flyer to arnoldtea@hotmail.com **three months before** the event's date. This helps publicize your walk!

Deadline for the next newsletter October 20, 2011.

AVA National walk information:

1-800-830-WALK or www.ava.org

Tulsa Walking Club information:

918-742-8212 or www.ava.org/clubs/TulsaWalkingClub

TULSA WALKING CLUB

P. O. Box 701856

Tulsa, OK 74170-1856

