



# The Rover Reporter



The Newsletter of the Susquehanna Rovers Volksmarch Club

July - August 2007 Edition

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### Secretary

Regina Zapotosky  
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### Treasurer

Gloria Grabenstein  
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### Event Registration

Joan Riley  
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### After Action

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### Membership

Wilson and Mary Watts  
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## The President's Message

Hi Folks,

I am soon taking off for some walking adventures so I will not be home from June 17th until July 25th. I am heading out to the Convention and hoping to walk in four state capitals along the way. Then the convention runs from June 23rd until July 1st. Louise, Alice and Trish will be attending the convention too. I will then be hanging out in the northwest until my Walking Adventure tour of the Yukon and the Northwest Territories begins. The Millers are also going on that trip. We will be going up to the Artic Ocean along with other sites so we will be in the land of the midnight sun.

So if you need assistance from June 17th until July 9th please call Sharon and Lester Miller at 938-3488 or email them at [smiller@paturndike.com](mailto:smiller@paturndike.com). From the 9th until the 25th, please contact Louise at (717) 567-9537 or e-mail her at [laclouser@pa.net](mailto:laclouser@pa.net). I will have my cell phone with me if it works - 717-379-8945.

Again, I am mentioning that we are sponsoring two seasonal walks from July 1st to September 30th. These are for this year only. One is in Ricketts Glen State Park - with all of the waterfalls (Luzerne County) and the other is in World's End State Park (Sullivan County). We will have shorter trails available at each event. If you are collecting State Parks or Counties, you will not want to miss these events. If you are not collecting, why not?? It really gets you interested in walking. If you don't have a PA Year Round and Seasonal Booklet, please contact me and I will mail you a copy. I also have copies of the County Book that sells for \$8.00.

Our next regular event will be held September 22nd and 23rd in Mifflin/Mifflintown in Juniata County. Louise Clouser is working on this one. The information is located on page 5. It will be a great walk, so come out and support your club.

Once again I must mention that the club will need a president for the next two years. My term ends December 31st. According to the bylaws, I may not run again. So if the club is to continue, someone must step up to head it. We also need a Vice President. You would not be alone in the job. Not only are the Treasurer and Secretary willing to continue, but there are committee members to do most of the work. We just need a president to lead the group. It isn't hard, or I could not have done it for four years. Please think about it and then let me know.

*(Continued on page 2)*

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## Odd Bits of Information

If you have a new address, phone number, name or email address, please send me this information and I will forward it to Wilson and Mary Watts. You can also update your email address at anytime by emailing me at [patriciaeby@verizon.net](mailto:patriciaeby@verizon.net).

### New Special Event Programs

You know you all like to collect things, so here are four new programs to collect. Cost is \$10 each.

**Covered Bridges** - Mail checks payable to Liberty Bell Wanderers/Sharon Smetzer, 1943 Pine Court, Hellertown, PA 18055-2804. Need to walk 12 events that pass within sight of or through a covered bridge in the US or Canada.

**State Parks** - Mail checks payable to East Texas Trekkers, PO Box 7042, Tyler, TX 75711. Need to walk 30 events in a state park within the USA.

**Court House** - Mail checks payable to East Texas Trekkers, PO Box 7042, Tyler, TX 75711. Need to walk 30 events that pass by or through a federal, city, state, county or historic courthouse.

**Islands** - Mail checks payable to NW Tulip Trekkers, PO Box 1084, Anacortes, WA 98221. Need to do 20 events on a trail that is routed at least partially on an island. Land masses being named island also qualify.

**Native American Culture** - Mail checks payable to Holy Family Walkers, 1714 NW 49th St, Lawton, OK 73505-3241. Need 25 events that pass through a community that is named for a particular Native American or tribe; walk by a body of water, battlefield, park, museum or burial site named after a particular Native American or tribe.

I do have booklets for the Cemetery Stroll if you are interested. Most volksmarches pass by or through a cemetery and you need only 40 to get your patch.

Don't forget the County Program Book. I also have books for sale at \$8.00 each.

Try a special program, you'll like it.

### Meeting Time and Location

Club meetings are held on the last Wednesday of each month at 6:30 PM in the East Shore Library basement meeting room. The Library is located in back of the Colonial Park Mall. Please park by the steps in the Mall parking lot behind Boscovs. The steps will take you to the front of the Library. Everyone is welcome to attend! The next three meetings will be:

### Meeting cancelled for June

July 25, 2007  
August 29, 2007  
September 26, 2007



Events	Distance
400	4000
Julie Geyer	Julie Geyer
1250	17,000
Pat Eby	Alice Eckardt

## Congratulations!

**Carl Baranski**

Passed away May 30, 2007  
of a brain hemorrhage.

If you don't recognize his name, he was the large man with dark hair that for many years worked the finish at Hershey. He was a good man, a great friend to volksmarching, and will be missed. If you wish, you may make a donation to the AVA in his memory.

*(Continued from page 1)*

I think you should be aware of two upcoming multi-events happening in October. I have mentioned several times about the Freedom Walk Festival that is held in DC and Rosslyn, VA on the 19th through the 21st of October. Although you can do a marathon, you do have many other options (6, 10, and 21K) and they all start at the Holiday Inn in Rosslyn (part of Arlington) so you do not have to drive into DC or you can take the Metro. They are great events and you can sightsee along the way. The other event is happening on the Jamestown's 400th Anniversary Weekend of October 6th through the 8th. There are walks in Colonial Historical Park, First Landing State Park, and Henricus Historical Park. There are a block of rooms at Four Points Sheraton with a Meet and Greet. Make a mini vacation - get some exercise and refresh your history knowledge. That is what volksmarching is all about—not only exercising the body but also the mind.

Hope to see you on the trail! If you need a ride to an event, give me a call. Please keep in touch!

Pat Eby

SUSQUEHANNA ROVERS  
**Ricketts Glen State Park**

**LUZERNE COUNTY**

July 1 - September 30, 2007

6K (3.8 miles) Trail Rating 2+, or 12K (7.2 miles) Trail Rating 5

AT07/Y1093

**LOCATION:** This area is a National Natural Landmark. The two branches of Kitchen Creek cut through the deep gorges of Ganoga Glen and Glen Leigh and unite at "Waters Meet" and then flow through the Glen among giant pines, hemlocks and oaks. Some of the trees are 500 years old.

**START/FINISH:** Park Office, 695 State Route 467, Benton, PA 17817

**HOURS:** Office is open from 8 to 4 seven days a week. 570-477-5675. Call to be sure that the trails are open. You will then drive to the start of the trail.

**TRAIL:** The 12K trail will take you to "Water's Meet", up one branch of Kitchen Creek and down the other branch passing 21 waterfalls, the tallest at 94'. This trail will be damp and very rocky. The 6K trail takes you to "Waters Meet" and back to parking lot. There are a few small falls along this trail. I had offered a 10K that was rated a 3+, but was not able to lay out the trail properly, so it is not available. If you wish to walk a 10K, please walk most of the 6K twice. Please take walking sticks, water and wear sturdy footwear. These are hiking trails not walking trails.

**AWARD:** There is not a special award for these events. But the park offices sells tee-shirts and patches.

**FEES:** This event is Free to those who wish to participate without receipt of IVV credit. IVV credit only is \$3.00. There is no advanced registration.

**GENERAL INFORMATION:** Pets are welcome, but leash and scoop laws are enforced. Restrooms are available at the park office.

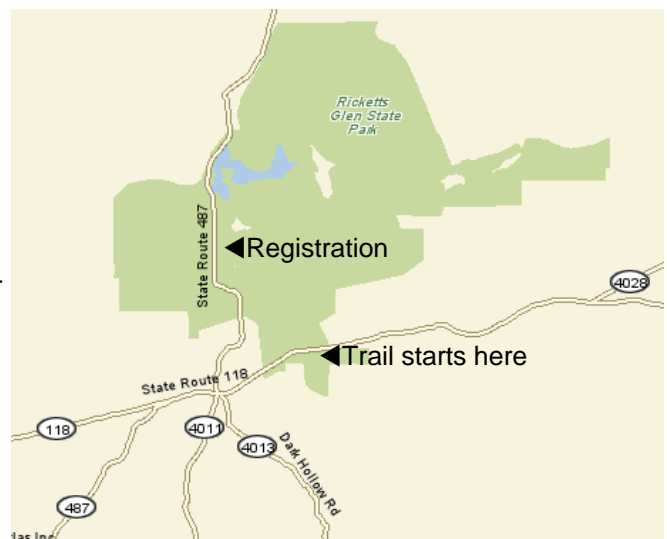
**DIRECTIONS :** Take I-81 N or S to exit 170B towards Wilkes-Barre. Take PA 309 N. Turn left unto PA 118W. At Red Rock, turn Right on PA 487. Shortly after passing the top of the mountain, the main park entrance will be on the right. If you wish to travel on I-80, take exit 236 and travel north on PA 487.

**FOR ADDITIONAL INFORMATION:** Call Pat Eby at 717-379-8945 After 7-25 write to:

The Susquehanna Rovers Volksmarch Club  
 19 N. 27th Street, Camp Hill, PA 7011  
 SusqRovers@verizon.net

For info about camping or swimming -  
 or more about the parks

[www.dcnr.state.pa.us/outdooradventures](http://www.dcnr.state.pa.us/outdooradventures)



SUSQUEHANNA ROVERS  
**World's End State Park**

**SULLIVAN COUNTY**

July 1 - September 30, 2007

5 K (3.1 miles) Trail Rating either 1+ or 2+  
 or 10K (6.2 miles) Trail Rating either 2+ or 3+/4

AT07/Y0189  
 Credit Only Events

**LOCATION:** The park is located in a narrow S-shaped valley of the Loyalsock Creek. The park was named because of the steep slope of the mountain, and the precipitous journey, early travelers thought they were surely at the "end of the world".

**START/FINISH:** Park Office, PA Route 154, Forksville, PA

**HOURS:** Office is open from 8 to 4 seven days a week. 570-924-3287

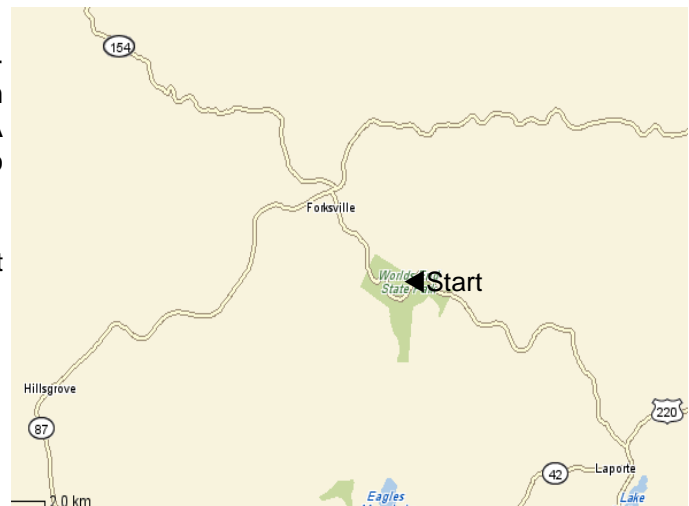
**TRAIL:** Trails are rocky so wear sturdy footwear and take water and walking sticks. These are hiking trails, not walking trails. Because of the rocky terrain, we are giving you several options for your walking pleasure. **5K trail** For the 1+ rating - you can walk along the road and enjoy the wooded and creek beauty, but it is an out and back or for the 2+ rating - you can walk through some nice trails, but to get to them there is one very short but steep hill and then you would do some road walking. **10K trail** For the 2+ rating - you would walk both of the 5K options, some nice trails with a very short but steep hill and the out and back road walking or for the 3+/4 rating trail - you would walk the 5K rated 2+ section, plus a more rugged area and also some road walking. Take your pick. There is a trail for everyone. You really do not want to miss this event as there has never been an event in Sullivan County and you get a really good sense of what Pennsylvania was like several hundred years ago.

**AWARD:** There is no award for these events. But the park offices sell tee-shirts and patches.

**FEES:** This event is Free to those who wish to participate without receipt of IVV credit. IVV credit only is \$3.00. There is no advanced registration.

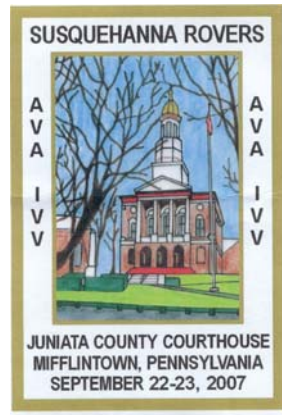
**DIRECTIONS:** Take US 15 N or S to I-80 E to I-180 W. Take exit 13—Hughesville/Muncy. Turn Right on PA 405 E, continue on US 220. At PA Route 154 turn left to go northwest. Entrance to Park office will be on the right.

**FOR ADDITIONAL INFORMATION:** Call Pat Eby at 717-379-8945 After 7-25 write to:  
 The Susquehanna Rovers Volksmarch Club  
 19 N. 27th Street, Camp Hill, PA 7011  
 SusqRovers@verizon.net  
 For info about camping or swimming -  
 or more about the parks  
[www.dcnr.state.pa.us/outdooradventures](http://www.dcnr.state.pa.us/outdooradventures)



# A Fall 10K/5K Walking Event

September 22 - 23, 2007  
MIFFLIN/MIFFLINTOWN in JUNIATA COUNTY



Trail Rating : 2 Sanction : #77431

Qualifies for: PA County Program, Walking Courthouses in the USA, RiverWalk America, Railroad Heritage, Cemetery Stroll, and Walk the USA, A-Z

Mifflin and Mifflintown are separated by the Juniata River, across which you will walk on the trail. Juniata County was home to many Indian tribes prior to 1740 when the first white traders came to the valley. A few scattered settlements began along the Juniata River in 1754. Mifflintown, the county seat, was incorporated in 1833. The beautiful courthouse is a dominating feature of the town and can be viewed from points along the trail.

**START/FINISH:** Mountainview Elementary School, HC 67 Box A1, Mifflin, PA. 17058  
(across Rte. 35 at the end of Wilson Street)

**START TIME:** 8AM to 2 PM                      **FINISH TIME:** All walkers must finish by 5PM

**AWARD:** The award, shown on the front of the brochure, is a 3"x4.5" fully embroidered patch of the Juniata County Courthouse. Award & Credit: \$8 day of event. Preregistration (Award & Credit: \$7) should be sent to Louise Clouser at 46 Pineneedle Drive, Newport, PA. 17074. Checks made payable to Susquehanna Rovers.

**ADDITIONAL INFORMATION:** For information call Louise at (717) 567-9537 or e-mail her at [laclouser@pa.net](mailto:laclouser@pa.net).

**Trail:** The trail takes you through a park, along and across the Juniata River, on paved streets, a dirt exercise trail, through a railroad underpass, a cemetery, and past the courthouse. Gradual inclines give it a 2 rating, suitable for strollers if they can be carried through the underpass stairs.

**Accommodations:** These are for your information, we don't have special rates. Budget Inn, 717-436-2127; Econo Lodge, off Rte. 322, 717-436-5981; or Rose House Bed and Breakfast, Mifflintown, 717-436-6605

#### **DIRECTIONS:**

**From the East and North:** Exit US 322 at the PA 35 Exit \*and follow PA 35 South to Mifflintown. Continue on PA 35 through the bridge. Turn left onto Juniata St., then right onto Wilson St., across the railroad overpass and then straight ahead to the school.

**From Philadelphia & East or Pittsburgh & West via the Pa. Turnpike:** Exit the turnpike at the Harrisburg East exit. Follow I 283 to US 322. Continue on US 322 to the PA 35 Exit and then follow the above directions.



## Bus Trip to Niagara Falls

Alice, Louise and I went along with the York White Rose Wanderers on their bus trip to Pittsburgh, Erie, Niagara Falls, and the Chautauqua Institute in mid April. The weather was a little cool in the first three places and became rainy/sleety/snowy at Chautauqua.

The company was excellent and we had a great time. There was no rushing or grumping with this group, lead by Betty Jo and John McCoy. On Friday, we had our choice of a 5K or 10K at Pittsburgh. A lot of the folks ate a little something at the Visitor Center Café while waiting for everyone to finish their walk. Then we headed north to Erie.

We got there in plenty of time to do the town walk and eat before it got dark. There were several sorority parties going on in the hotel so we got to see many young men and women in fancy attire. Not a usual site!

Saturday morning we drove out to the Presque Isle State Park to walk. Erie has only one event stamp, but that was ok. That walk is almost entirely on paved surfaces, and I got to see a duck sitting in a tree. No kidding! Then we headed north again to Niagara Falls.

Barb and Marty Stafford and Dorothy Socie met the bus and walked with some of us. So we received a history lesson while walking. It was very strange to see ice chunks in the river, and that large chunk at the falls. We couldn't go onto the normal places (such as Goat Island) to view the falls because they were still closed from the snow and ice. I guess that is why the Niagara Falls walks don't open until the beginning of April. The river is also lower (they divert more of the water to making power) so you could see why the river is so dangerous. It was fascinating. As we drove to our hotel, we could see tug boats breaking up ice chunks in the river so that it would not cause damage to the falls. Again there was a fraternity party at this hotel and to cap off their evening, they had fireworks. So we could stand at our window in our room and watch about 15 minutes of fireworks over the river - just like the Harrisburg ones. Amazing! The next morning we headed south.

The Chautauqua Institute event is also interesting. A lot of the institute is used for the arts and was built quite a long time ago. So you felt as if you were at a seaside resort from the early 1920's. It is along a very large lake. But we were getting weary and the weather was very chilly, windy, and wet, so we did not enjoy it as much as we should. We then stopped close by for a great lunch and then sat back and let the driver take us home. If you ever get a chance to go with the York White Rose Wanderers on a bus trip, go - they take very good care of you. Pat

## Four State Weekend

Louise, Alice, Trish and I went to the four state weekend events on Memorial Day weekend. They were all in state parks in four states - hence the name. We started on Friday afternoon and drove to Winchester, VA and did their town walk. It was nice - lots of older homes and parks. It was hot, but it was actually starting to cool off a little by the time we were finished. We stayed close by because our first event on Saturday was at Shenandoah River State Park outside of Front Royal, VA. Since we didn't have much time, we only did the 6K. It was hilly, but interesting. It is always fun to run into people on the trail. Then we drove to Cacapon State Park in West VA. Louise and I had enough of hills, so we only walked the 5K trail. While we waited for Alice and Trish to complete the 10K, we wandered through the Nature Center and chatted with old friends and made some new ones.

We drove to Hagerstown, quickly got showered and changed, because that night there was a dinner at a German Restaurant in Hagerstown. (Sorry can't pronounce or spell the name of the place.) The Regional Director, Nancy Stenger, had booked a room so that 36 of us could enjoy real German faire. It was noisy with people talking about the trails, both the ones that we had done that day and the ones that we were going to do on Sunday. It was Great!

Sunday we went to Boonsboro, MD to walk into Greenbrier State Park. It was again a lovely walk, but we only did the 5K so that we could get to Caledonia State Park in PA before the cut-off time. We walked the 10K at Caledonia and it was just marvelous. The Chambersburg Lead Foot Club did a great job and they even found some not so hilly or rocky trails for us to follow. We even received some historical information about Thaddeus Stevens while we walked. A great time was had by all. We also got home in time to enjoy all of Memorial Day with our families.

Pat Eby

## 2007 ATLANTIC REGION CALENDAR of EVENTS

<u>Date</u>	<u>Type</u>	<u>Sponsoring Club</u>	<u>Event Location</u>	<u>Contact Phone</u>
<b>June</b>				
23	W	Baltimore Walking Club	Betterton MD (Town Park)	410-247-4524
23-30	--	<b>AVA Biennial Convention</b>	Sacramento CA (Radisson Hotel)	530-676-4203
<b>30</b>	<b>M</b>	<b>Susquehanna Rovers</b>	<b>Cancelled</b>	<b>717-761-1338</b>
30	W	Virginia Vagabonds	Hampton VA (Oasis Family Restaurant)	757-766-3065
<b>July</b>				
01	--	<b>AVA Biennial Convention</b>	Sacramento CA (Radisson Hotel)	530-676-4203
14	W	Columbia Volksmarch Club	Clarksville MD (McDonald's River Hill)	410-290-3777
17	NW	Washington DC Area Volksmarch Club	Alexandria VA (Barrett Branch Library)	301-449-6325
21	W	Cumberland Valley Lead Foot Club	Chambersburg PA (Chambersfest)	717-360-1247
<b>25</b>	<b>M</b>	<b>Susquehanna Rovers</b>	<b>East Shore Library 6:30</b>	<b>717-761-1338</b>
28-29	W	York White Rose Wanderers	York PA (Toyota Arena/Expo Center)	717-624-4808
<b>August</b>				
4	W	Seneca Valley Sugarloafers	Rockville MD (Robert Frost Middle Schl)	301-990-8831
4	W	Finger Lakes Volkssports Club	Montrose, PA (Montrose Center Square)	607-754-1979
11	W	Cumberland Valley Lead Foot Club	Greencastle PA (Tayamentasachta Ctr)	717-360-1247
16	W	Gator Volksmarsch Club	Norfolk VA (402 Pembroke Avenue)	757-490-9324
18	W	Columbia Volksmarch Club	Columbia MD (Hickory Ridge Center)	410-290-3777
21	NW	Washington DC Area Volksmarch Club	Alexandria VA (Barrett Branch Library)	301-449-6325
25	W	Piedmont Pacers	Hagerstown MD (Augustoberfest Tent)	410-795-7855
25	M	Keystone State Volkssport Assn	Allentown PA (Little Lehigh Parkway Pk)	717-624-4808
25-26	W	Liberty Bell Wanderers	Allentown PA (Little Lehigh Parkway Pk)	215-699-9246
<b>29</b>	<b>M</b>	<b>Susquehanna Rovers</b>	<b>East Shore Library 6:30</b>	<b>717-761-1338</b>
<b>September</b>				
08	W	Virginia Vagabonds	Hampton VA (American Legion Post 31)	757-766-3065
08-09	W	Liberty Bell Wanderers	Greentown PA (Promised Land St Park)**	215-529-5686
08-09	W	Northern Virginia Volksmarchers	Burke VA (Burke Commons Comm Ctr)	703-250-2814
10	NW	Northern Virginia Volksmarchers	Fairfax Station VA (Fairview Elem Sch)	703-455-1878
11	W	Freestate Happy Wanderers	Laurel MD (Montpelier Arts Center)	301-317-0639
15-16	W	Penn-Dutch Pacers Volksmarch Club	Neffsville/Lancaster PA (Manheim Park)	717-656-6873
18	NW	Washington DC Area Volksmarch Club	Alexandria VA (Barrett Branch Library)	301-449-6325
22	GW	Liberty Bell Wanderers	Philadelphia PA (Pennypack Park)	215-663-1328
<b>22-23</b>	<b>W</b>	<b>Susquehanna Rovers</b>	<b>Mifflin PA (Mountainview Elem Schl)**</b>	<b>717-567-9537</b>
<b>26</b>	<b>M</b>	<b>Susquehanna Rovers</b>	<b>East Shore Library 6:30</b>	<b>717-761-1338</b>
29	W	Virginia Vagabonds	Norfolk VA (San Antonio Sams)	757-766-3065
29	W	Loudoun Walking & Volkssport Club	Lovettsville VA (Game Preservtn Assn)	703-737-2175
29-30	W	Liberty Bell Wanderers	Newtown PA (Tyler State Park)	215-699-9246
<b>October</b>				
06	W	Peninsula Pathfinders	Jamestown VA (Colonial Historical Park)	757-722-5637
06	W	First State Webfooters	Milton DE (Hook Nat'l Wildlife Refuge)	302-697-1191
06	W	Princeton Area Walkers	Bordentown NJ	609-259-2419
06	W	Nittany Nomads	Wellsboro PA (Grand Canyon of PA)	814-237-4455
06	W	Liberty Bell Wanderers	Philadelphia PA (German Society of PA)	215-699-9248
06-07	W	Fort Belvoir Outdoor Rec	Alexandria VA (Parade Field Ft Belvoir)	703-805-9472
06-07	S	Peninsula Pathfinders of Virginia	Williamsburg VA (Four Points Sheraton)	757-890-9220
07	W	Gator Volksmarsch Club	Virginia Beach VA (First Landing S.P.)	757-490-9324
07	W	Annapolis Amblers	Annapolis MD (W. Annapolis Oktoberfest)	410-224-0907
08	W	Lee Lepus Volksverband	Chester VA (Henricus Historical Park)	804-768-0055
13-14	2W	Baloney Stompers	Colebrook PA (Rail Trail)	717-272-0655
19-21	3W	U.S. Freedom Walk Festival	Washington DC (Rosslyn VA Holiday Inn)	703-583-2936

**Legend:** W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, S=Swim, Sk=Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe, M=Meeting \*\*=New PA County