



The Rover Reporter



The Newsletter of the Susquehanna Rovers Volksmarch Club

November-December 2008, January 2009 Edition

2008 - 2009 Executive Officers

President

Pat Eby
761-1338

Vice Presidents

Lester Miller
938-3488

Vacant

Vacant

Secretary

Regina Zapotosky
939-2077

Treasurer

Gloria Grabenstein
652-1607

Executive Committee Members

Event Registration

Sue Adams
582-2728

After Action

Pat Eby
761-1338

Membership

Mary Watts
234-7765

Newsletter

Pat Eby
761-1338

Publicity

Gloria Grabenstein
652-1607

Web Master

Bill Austin
wa02@mindspring.com

Sales Manager

Virginia Conklin
728-9331

Trailmasters

Lester Miller
938-3488

Pat Riley
258-4932

The President's Message

Hi Folks -

If you are wondering why you are getting a hard copy of the newsletter, it is because I have only heard from a dozen people that want an email version. We also have not had a volunteer to keep the membership lists and print our labels to mail the newsletter. So you will only be getting one every three months instead of two.

You showed us great support at our Newport walk and hope that you will do the same with our Hershey Walkfest. Speaking of which, how the time does fly. It is again time for that wonderful adventure, we call the Walkfest! If you can help at the Hershey Walkfest, please call Alice Eckardt 717-599-5033. We would really appreciate your help. Also if you can make some goodies to sell at our food counter, please do. This seems to be where we make our money at the Walkfest.

Lester and Sharon Miller are busy working on the trails for your walking pleasure. Maybe this year you will want to try the 30K. You do get a special pin for completing that distance. Louise Clouser bought the candy - what is this event without some Hershey candy? Alice is trying to get volunteers and Sue Adams worked on the brochure. I have been answering questions about the event and sending out brochures and emailing the brochure to those that want them.

In case you haven't seen the brochure, it is different this year. The Penn Dutch Pacers are holding their holiday walk in Lititz on Sunday, November 30th. So the PD Pacers information is on one side of the brochure and ours is on the other. A great way to pick up information about 5 events in two locations on one piece of paper. Our information is on page 3 and 4 of this newsletter, theirs is on page 6. We hope you will help and participate at our event. Anyone from any club may help.

This is your newsletter, so if you want something included, please send it to me. I hate to write articles - it is almost like having teeth pulled without Novocain.

There will be a Girl Scout Council event held April 25, 2009 at various places in the state. If you would like to help, please let me know. Just send me a note at SusqRovers@verizon.net. Hope to see you on the trail soon!

Pat

Inside this issue:

Meeting Times, Awards, and New Members	Page 2
Lighted Trail and Appalachian Trail Museum	Pages 2
Hershey Event Information	Page 3-4
Newport Covered Bridge Report and News Alert	Page 5
US Freedom Walk Festival and Lititz	Page 6
Schedule of Events	Page 7

New Members

Frank and Lana Falcone
Welcome!

SAVE THE DATE - DEC. 18, 2008

It's that time again—the **Lighted Trail at Little Buffalo State Park**, which is open from Dec. 17-23 each year. The Rovers' adventure there this year is scheduled for Thursday, Dec. 18. We meet at the east end park entrance near the covered bridge at 6:00 pm, walk together, line up at the new park office then caravan to Chez Louise for a pot luck. If parking is scarce, you may want to park at the new office lot.

We've had fun with our "anything goes" auction. Bring some small useful, decorative, edible, etc. item, wrapped in some fashion for the auction. \$20 in "Rover Rupees" will be provided for each bidder. I hear there may be 2 Fuel Belts among the treasures this year and who knows where the pickles may be hiding. I was tricked into special programs by bidding on a disguised River Book the first time we tried this.

Oh, yes, bring your favorite covered dish; again anything goes. I hear there are some new untried dishes in the offing.

HO HO HO

Louise

If you would like to come and need a ride, just call Pat at 717-761-1338 to carpool. The more the merrier!

Cover Girls - Almost!

Did those of you that get *The American Wanderer*, happen to see Alice Eckardt, Louise Clouser and Pat Eby with folks from Ohio on the cover of the second section of the October/November 2008 edition? They will give autographs.

New Meeting Time and Day

Club meetings are held on the last **Tuesday** of each month at **6:00** 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:

- November 25
- January 27
- February 24

AWARDS

Events

- 10
Charlie Johnson
- 30
Grant Bollen
- 100
Amy Trommer
- 1,800
Alice Eckardt
Dennis Lynch

Distance

- 6,000
Sue Peck

*Great
Walking
Folks!*

Appalachian Trail Museum Society

The Appalachian Trail Museum Society wants to establish The Appalachian Trail Museum, to be located in Pine Grove Furnace State Park in Michaux State Forest. They recently held a fund raiser in Carlisle to help raise some funds.

If you are interested in helping to establish this museum, please contact Larry Luxenberg, president of the Appalachian Trail Museum Society at 845-708-5306 or info@atmuseum.org. The website is www.atmuseum.org.



Susquehanna Rovers

22nd Annual Hershey Walkfest

November 28 & 29, 2008

Hershey, PA

Four Events - Four Trails

Candyland Trail 5K or 10K (79602)

South Hershey Trail 6K or 10K (79605)

East Trail 5K or 10K (79604)

Newest Trail 30K, 20K, 12K or 5K (79603)

All trails are rated 1 except Newest Trail is rated 2

Start Times – Don't forget that it will be dark before 5 so **flashlights are required!**

Candyland Trail - 8:00 AM to 5:00 PM. Finish by 7:30 PM

South Trail – 8:00 AM to 2:00 PM. Finish by 5:00 PM

East Trail – 8:00 AM to 2:00 PM. Finish by 5:00 PM

Newest Trail – 8:00 AM to 11 AM. Finish by 5:00 PM

Start Point – Hershey Recreation Center, Located at 605 Cocoa Avenue (Route 743) in the south central part of Hershey, PA. These walks are in Dauphin County.

Trail Descriptions – The **Candyland Trail** consists mostly of sidewalks and paved walkways with some roadside walking. The other trails consist of a variety of paved and natural surfaces with some inclines. Those completing the 30K trail will receive a special pin.

Registration Fees – These events are FREE to those who wish to participate without receipt of award or IVV credit. Pre-registration is \$7.00 for IVV credit for one event and our award, which is a patch, designed by Logan Burke, age 14. The award may be earned by completing any of the events. There will only be 100 of each award. There will be no reorders. Registration after November 15, 2008, and the day of the event is \$8.00 for the award and credit. For IVV credit only, the cost is \$3.00 per event.

You can help with the trail – Our trail marking will be **Wednesday**, Nov. 26, 2008 at 9:00 AM. Yes, the date is correct. You will even earn event credit and/or distance for helping. Can't help then? Well, how about helping to tear down the trail on Sunday, Nov. 30th? We will meet at the start/finish at 1:00 to tear down the trails. You can also get event and/or distance credit for assisting with this chore. We will meet afterwards for an early dinner. If this sounds interesting to you, please give Pat a call, or just show up at the start/finish. We can always use the help.

General Information – **There is a charge to enter Candyland.**

Because of the charge, the trail will not take you inside Candyland. Check their website for details and hours www.hersheypa.com. Water and candy will be provided at the start/finish and checkpoints. Restrooms, fruit, hot dogs, soup, home-baked goods and hot or cold drinks will be available at the start/finish

Conditions – Pets are not allowed in Candyland. (There is a doggy kennel, The Barking Lot, available between noon and 10 PM for a nominal fee. It is near the stadium.) They are welcome on the other trails, but do not bring them into the Rec. Center. No littering along the trail. This event will be held rain or shine. There are no refunds. Prepaid start cards that are not picked up are invalid.

Procedures – At the start point, all participants including free walkers, must register, sign an insurance waiver, and then will receive a start card, which is personally carried, presented and stamped at all check points. This card must be returned to the finish point upon completion of the course. We need to know that everyone is safely off the trail.

Additional Information – Call Pat Eby at 717-761-1338; cell 717-379-8945 or email SusqRovers@verizon.net. You may write to the Susquehanna Rovers, 19 N. 27th St, Camp Hill, PA 17011.

Sanctioned – This event is sponsored by the Susquehanna Rovers as a member of the American Volkssport Association. The AVA is a member of the International Federation of Popular Sports, which promotes leisure sports in the interest of health, recreation, fun and companionship.

Disclaimer – Every participant must sign an insurance waiver. The sponsor of these events cannot be held responsible for any lost or stolen items, accidents or injuries. Every reasonable effort will be made by the sponsor to make this a safe and enjoyable event.

Eligibility – Everyone is welcome! Children, under the age of 12 must be accompanied by an adult. Joggers and groups are welcome. Walk at your own pace.

Directions – **From** I-81 and Route 22, take Route 39 south or Route 743 South to Route 422, then south on Cocoa Ave. (Route 743). Watch for Volksmarch signs! **From** Harrisburg and West, take US 322/422 East to Hershey the then south on Cocoa Ave. Watch for Volksmarch signs! **From** Lebanon and Reading take US 422 West to Hershey and then south on Cocoa Ave. Watch for Volksmarch signs!

Accommodations – The Best Western Inn & Suites Harrisburg Airport, off Exit 1B on I-283 at the East Harrisburg PA Turnpike Interchange, is offering our walkers a special rate for staying at their hotel. They are offering a standard room for \$42.00 and a junior suite for \$52.00 per night any time from Thursday, November 27th to Sunday, November 30th. This includes a Free Deluxe Continental Breakfast Buffet. They offer a lounge, an indoor swimming pool, and a video arcade. Please mention that you are part of the Susquehanna Rover Walkfest group. The phone number is 1-888-868-5952. Please make your reservations early. Treat yourself, stay at the hotel.

Year Round Events – Be sure to visit our other local Year Round Events. Hershey has a year round walk and a seasonal bike event. You can pick up the directions at the Rec. Center and then drive to Bull Frog Valley Park. Or you can hook up to the walk while doing the South Trail. It is rated a 1+. The walk is a Railroad Heritage event. The bike is a Cemetery Stoll event and they are in Dauphin County. The bike event is being discontinued next year.

Other nearby Year Round Events are in Harrisburg, Little Buffalo State Park (Perry County), Carlisle, (Cumberland County), and Burnham (Mifflin County). There is a covered bridge at Little Buffalo, and Burnham, Carlisle and Historic Harrisburg events qualifies for Native American Culture Program. They also qualify for other programs.

Pre-Registration Form

Mail form and fees by November 15, 2008 to:

Susquehanna Rovers

49 Kathryn Drive, PO Box 493, New Bloomfield, PA 17068-0493

Please use these Events Codes – Candylane (C); East (E); South (S); Newest (N)

Do not pre-register for the year Round Event

Name (first and last)	Free	Award&Credit \$7 Please indicate w hich event.	Credit Only \$3 Please indicate w hich event(s)	TOTAL
			TOTAL DUE	
Address:				
City, State, Zip				

NEWPORT COVERED BRIDGE WALK

SEPTEMBER 6 and 7, 2008

Into every Perry County Volksmarch a little rain must fall. Sometimes more than a little! Remember the kickoff for the Little Buffalo Year-Round Event? Remember the one with 2 events from St. Samuel Lutheran Church? Ah well, as official Blame Person in PA, I'll also take credit for having 2-day events where one is indeed lovely.

Saturday's visit of leftover Hurricane Hanna was made more bearable by the great food service by Oliver Grange—full cooked breakfast and lunch while we were also making use of their pavilion. 42 walkers enjoyed the walk in spite of the rain. KSWA took center stage for its meeting, literally, as the Fairground Stage provided a dry spot away from the Start/Finish.

Sunday was a beautiful day for photo-ops of the bridge and views of the countryside from on high. What makes these walks special is the willingness of private property owners to give permission (and even mow a path) for us to cross. There's much to be said for small town neighborhoods. Those still there in the afternoon were treated to harness racing at the Fairground track. We had a total of 148 participants, and the bridge award was well-received. The After Action Report shows Award and Credit -49; Credit only-70; Free- 29. There were 53 Rovers attending—KEEP IT UP! States: PA- 132; MD-6; VA-7; CA-2; NC- 1. New Walker Packets sold—7. YEAH!!

Special thanks to Sue Adams for the picture of the Fleisher Bridge which was made into the award by Susquehanna Specialties—Sue and Joel Hair, and to Charlie Johnson for photographing the "Wheeling of the Trail". AND to Alice Eckardt and Pat Eby for everything they do along the way. The Perry County Fair Association was most gracious in giving us free reign.

We recognize and thank these Rovers from A to Z for manning a post or providing space for a checkpoint: Sue Adams, Rich and Paula Bergstrasser, Grant Bollen, Trish Bowra, Ardella Brubaker, Ellen Buller, Sis and Roy Clugston, Pat Eby, Alice Eckardt, Gloria Grabenstein, Bob and Nancy Ickes, Charlie Johnson, Marcy Lucas, Dennis and Sandy Lynch, Lester, Sharon, Narah, Hanah and Daisy Miller, Sharon Rolley, Ken Schoener (great at offering awards), Sharar's Store, Sam and Vicki Tauser, Amy Trommer and Regina Zapotosky.

And a good time was had by all!

Louise

News Alert

We have lots of social and walking events in the near future.

- November 28 and 29 - Hershey Walkfest (also marking and tearing down trails)
- December 18 - Lighted Trail and Pot Luck at Louise's (see page 2)
- We will be going to the Hampton area of Baltimore the weekend before New Year's Day.
- New Year's Day - Year Round Group Walk and eat - meet at 9 at the Comfort Inn in South Harrisburg.
- January 2nd - We will probably be doing a Group Walk somewhere, call or email if you want info.
- January 3rd - We will be going to Lancaster to walk the Penn Dutch Pacers event.

Be sure to get the new PA Year Round and Seasonal Booklet available at the Walkfest!

There are a few new places to walk this year or ones that we haven't done in a while, such as Stroudsburg, two in Allentown, Elwood City, Harmony, Lock Haven, Ricketts Glen State Park, Shikellamy State Park, and Moraine State Park. Some are seasonals and some are year rounds. Liberty Bell also has a walk set up in Punxsutawney and Indiana for the fall and York has a 3 day weekend for the Haunted Gettysburg events.

Hope to see you out and about!

7th Annual US Freedom Walk Festival

October 2008

There is so much to say about this event that I don't know where to start. I have attended all 7 years and it is still fascinating to see people from around the world come to the US for this event. What really strikes me is that many come here without being able to read English and speak just a little of it. We had a chance to meet a Japanese lady, Junko Hanyuda, that did just that. She came here to walk, and we were asked to walk with her because she could only speak a little English and couldn't read much of it. Although the trails were well marked, you just never know when someone will remove the ribbons and arrows and confuse all of the walkers. So we were happy to have her walk with us and get to know her.

We walked with her on Friday. It was an easy 10K around DC. She was thrilled that we would take her with us and we were just as thrilled to have her. She was staying at her brother's home somewhere on the Metro line (but he wasn't home), so when she went off to get some rest, we walked to our favorite restaurant in Arlington, VA - the Red, Hot, and Blue - a great Bar-B-Q eatery which was only a few blocks away. We kept missing Sharon and Lester Miller - they were busy marking and tearing down trails. They went a day early and stayed a day later. Sharon is so glad that she is now retired and can do these things.

On Saturday, Junko was not interested in walking the ultra marathon, so she walked with Amy Trommer and I, while Alice Eckardt and Trish Bowra went off to do the 44K with Janet and Ron Nelson of the Liberty Bell Wanderers. We walked a measly 26K that went to or by a lot of the embassies. For a while we walked behind some of the several Girl Scout troops that had come to walk. They were lots of fun, singing and dancing their way down the street and hopping up the steps of the embassies and taking lots of pictures. Most embassies, contrary to the movies, do not have fences around them, many are just large homes, although some do have the high fences. We were tired when we were done, so Junko went off on the Metro again and we waited for Trish and Alice to return. Their walk had taken them everywhere that we went and then they did a lot of bike trails to get the full 44K. They were pooped when they got back, but we had to eat, so we walked another two blocks to a Ruby Tuesday since it was the closest place to eat.



Sunday saw us up and ready? (maybe not) to do another 21K. We had to pack before we left. Then we met Junko again, Janet and Ron Nelson and Joan and Dave Brown from Collegeville and off we went. This time we went through several parks and nice neighborhoods. There is this lovely bench almost at the top of a long hill, that was just a perfect place for a picture, which Janet took. Then somewhat refreshed, we continued to the C & O Canal to walk. We saw the canal boat and mules taking tourists for a ride. We all wished to be in the boat instead of walking along it. We finished our walk and had some fond farewells to our new friend from Japan. When we were walking, we of course did talk (can't walk without talking). She didn't know what I

meant by the word "hill", but when we got to one, she just pointed upward and said "up, up, up". She seemed as fond of hills as I am. She has a son that lives in New York City so she visited him before she came here to walk. This is her second visit to the US. I hope she remembers us as fondly as we do her.

Lititz - November 30, 2008

This holiday event is a 10K trail that is rated 1. The start point is the Lititz Community Center, 301 West Maple Street, Lititz. There is an "A" award. Pre-registration is due by Nov. 20th. The starting time is 8 am to 1 pm, finish by 4 pm.

This is the Penn Dutch Pacers 100th event and it will be entirely within the boro with a short section venturing into surrounding Warwick Township. It is mostly on paved walking trails except for a very short section. This and several steps make the trail unacceptable to wheelchairs.

From Harrisburg: Take I-283 east to Route 501 North, go about 8 miles to Lititz. Turn left on Orange St and proceed to Campus Drive. Turn right on Campus and proceed to Maple St. Turn Right on Maple St and the Community Center is on the left. Complete information is available at their website: www.ava.org/clubs/pdp They are also hosting an event on January 3rd in Lancaster. Look for that information too at their website.

2008 ATLANTIC REGION CALENDAR of EVENTS

<u>Date</u>	<u>Type</u>	<u>Sponsoring Club</u>	<u>Event Location</u>	<u>Contact Phone</u>
November				
1	W	Piedmont Pacers	Sykesville MD (Piney Run Nature Ctr)	410-795-7855
1	W	Gator Volksmarch Club	Newport News VA (City Park)	757-490-9324
2	W	Columbia Volksmarch Club	Elkridge MD (Patapsco State Park)	410-290-3777
8	W	Baltimore Walking Club	Dundalk MD (Dundalk Renaissance Corp)	410-252-3165
8-9	W	Germanna Volkssport Assn	Fredericksburg VA (Hart Comm. Ctr)	540-786-6550
15	NW	Seneca Valley Sugarloafers	Gaithersburg MD (Seneca Creek St Pk)	301-216-2863
15-16	W	Chespeke Bay Ctry Wanderers	Upper Marlboro MD (Watkins Ntr Ctr)	301-805-4278
25	M	Susquehanna Rovers	East Shore Library 6:00	717-761-1338
25	NW	VA Vagabonds	Newport News VA(Woodside High School)	757-766-3065
28-29	4W	Susquehanna Rovers	Hershey PA (Hershey Rec Center)	717-761-1338
29	M	Keystone State Volkssport Assn	Hershey Library (2:00)	717-624-4808
30	W	Penn Dutch Pacers	Lititz PA (Community Center)	717-624-3533
December				
5	NW	VA Vagabonds	Newport News VA (Red Star Tavern)	757-766-3065
6-7	2W	Washington DC Area Volkssport	Alexandria VA(G. Washington Masonic M)	443-292-4650
12-13	NW	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
12-14	S	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
13	W	Annapolis Amblers	Annapolis MD (Annapolis Athletic Club)	410-867-7511
13-14	W	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
15	NW	Columbia Volksmarch Club	Columbia MD (Stately Dye Mansion)	410-290-3777
18	P	Susquehanna Rovers	Newport (Little Buffalo & Clouser home)	717-567-9537
21	W	Northern VA Volksmarchers	Springfield VA (Asian Grill)	703-455-1878
27	W	VA Vagabonds	Hampton VA	757-766-3065
27-28	W	Baltimore Walking Club	Baltimore MD (Hampton Area, Rotunda)	410-252-3165
31	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
31	2W	Freestate Happy Wanderers	Columbia MD(Owen Brown Comm Ctr)	410-437-2164

2009 ATLANTIC REGION CALENDAR of EVENTS

January				
1	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
1	2W	Freestate Happy Wanderers	Columbia MD (Owen Brown Comm Ctr)	410-437-2164
3	W	Penn Dutch Pacers	Lancaster PA (Isaac's Rest.)	717-625-3533
10	W	Baltimore Walking Club	Relay MD (Catholic Comm. Ctr)	410-247-4524
17	W	Seneca Valley Sugarloafers	Cabin John MD (Carderock Rec Area)	301-926-8580
17-19	5W	Capital City Wanderers	Thomasville AL (N Park Inn & Suites)	
27	M	Susquehanna Rovers	East Shore Library (6:00)	717-761-1338
31	W	York White Rose Wanderers	York PA (York City Ice Rink)	717-764-6150
February				
1	W	York White Rose Wanderers	York PA (York City Ice Rink)	717-764-6150
13-16	7W	Georgia Walkers	Orange Beach AL (Hilton Garden Inn)	770-914-9404
13-16	4S	Georgia Walkers	Orange Beach AL (Hilton Garden Inn)	770-914-9404
13-16	3B	Georgia Walkers	Orange Beach AL (Hilton Garden Inn)	770-914-9404
21	W	Freestate Happy Wanderers	Bowie, MD	410-572-5574
24	M	Susquehanna Rovers	East Shore Library (6:00)	717-761-1338
28	2W	Baltimore Walking Club	Baltimore MD (Du'Burns Arena)	410-592-3171
March				
1	2W	Baltimore Walking Club	Baltimore MD (Du'Burns Arena)	410-592-3171
14	W	Baltimore Walking Club	Perry Hall MD (Honeygo Run Reg Pk)	410-668-1614
28	W	VA Vagabonds	Gloucester VA	757-766-3065
31	M	Susquehanna Rovers	East Shore Library (6:00)	717-761-1338

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 P=Party **=New PA County