



Penn Dutch Pacers Volksmarch Club • Lancaster, Pa

# NEWSLETTER

December • 2005 :: January, February • 2006



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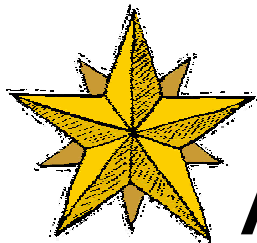
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\*Trailmaster

## Happy Holidays!!



May your Holiday Season be filled with friends, family, love, and ABUNDANT health! And may the New year be filled with more of the same -- plus excellent walks a plenty.



## Walk in Lititz for Christmas this Year

1 day Only Event • Saturday, December 10<sup>th</sup>

As everyone knows by now, the Penn Dutch Pacers will NOT be hosting a Friday night Christmas walk this year, but will instead be offering two separate walks on Saturday, December 10, 2005. The "DAY" walk will be a 10K jaunt thru new territory on the west side of Lititz, while the "NIGHT" walk will wander for 10K thru the east and southern parts of town. Both walks will have two manned checkpoints and will pass by the Creche (a representation of the Nativity) located in the town square. In addition, both trails will offer a shorter 5K option. The starting point is the Lititz Rec Center, starting time for the "DAY" walk is 8:00 AM-1:00 PM and the "NIGHT" walk is from whenever you start til 4:00 PM finish by 7:00 PM

Here is a great opportunity to get 2 event credits and 10, 15, 20, 25, or even 30K or more distance credits from 1 start point. Come early and walk all day, but you must finish by 7 PM... Lititz has been one of our all time favorite walking venues not only for the wonderful varied walking trails that our trailmasters come up with but the appeal of Lititz also stems from the fact that Lititz is the epitome of small town America. It's a place that all of us would like to live. It has that homey small town feel and a great main street full of eclectic shops that are fun to browse in addition to places that are fun and historical at the same time.

Wilbur Chocolate is one of those fun, historical places whose aroma wafts all over town and that also draws people to Lititz.

The present company originated with Mr. Henry Oscar Wilbur, in Philadelphia, PA. and the Kendig Chocolate Company, in Lititz, PA. Wilbur was and still is noted for its fine quality Chocolate Coatings. The manufacturing plant currently produces over 150 million pounds of chocolate products, and other various food ingredients each year. The products are manufactured and shipped to confectioners, dairies, bakers, and candy makers across the nation. In addition, a variety of their premium consumer items may still be purchased through the Candy Americana Outlet Store.

In 1972, the Candy Americana Museum was created by Penny



Cont'd on Page 4, Column 1



## If you missed East Petersburg, here's what you missed!!

On the 15<sup>th</sup> and 16<sup>th</sup> of October the Penn Dutch Pacers had the privilege of hosting our first ever East Petersburg event from the Lobby of the Lanco Fieldhouse on Miller Road on the southern edge of Eat Petersburg. For those of you who missed it, you missed good weather and an enjoyable walk that consisted of two 5k loop trails that started and ended at the fieldhouse. The thought of starting at the Lanco Fieldhouse actually was germinated a year ago when they held a health fair which members had attended. The thought was that we could participate in this year's health fair and get the word out about volkssporting to those that attended while at the same time hosting a PDP walking event during their event.

East Petersburg Lanco Fieldhouse	5K	10K	Category Totals
Award/Credit	10	22	32
Credit Only	29	104	133
Non-IVV	12	14	26
Walk Totals	51	140	<b>191</b>

You know the saying about "the best laid plans ...", right? We had made contact with the folks at Lanco Fieldhouse and explained what we wanted to do and they thought that it would be great. But as we kept in touch with them we found out that the health fair was not happening at least not in October of 2005, apparently there was some kind of glitch with the township. In the meantime we had worked out a trail. All we needed for the sanction was a date and of course a startpoint. So we asked them about just having the walk without the health fair. They said no problem and we were ready to go. The unfortunate thing about not having the walk in conjunction with the health fair is that we lost an opportunity to get the message out about our sport. Every time we had been at the Lanco Fieldhouse in the fall of 2004 there was a lot of activity so we figured by having our startpoint there even without the health fair we would still have the opportunity for additional exposure over and above what we normally get. Alas we were wrong. On Saturday we were the only event at the fieldhouse, somewhat to their chagrin. On Sunday we



A walker waits to get his start card processed so that he can get out on the trail and either has a 'headache' or can't believe he's actually doing this!

were pretty much by ourselves until after lunch when there were several flag football games taking place on the indoor fields. The other curve that we were thrown was the fact that the concession stand was

not open. When we had originally inquired about using the fieldhouse for the start we had specifically asked if the snack bar would be open and were told definitely yes. It is customary when the startpoint has food we do not compete since they are providing us a place to start the least we can



John Cooney and Marv Albert survey the walk brochures (or the lack there of) at the Lanco Fieldhouse.

do is to support their concession. But we came to find out a week before the walk the concession would not be open. Not only wasn't it open. It was evident that they must lease the concession to an outside vendor and judging from the fact that there was virtually no equipment in the concession area, it was obvious that they were between vendors. One of our best money makers at a walk is food so a few folks brought some baked goods and we had a few prepackaged snacks which all did well. Thanks to those who got the last minute food together, you know who you are.

Cont'd on Page 4, Column 3



Barry Weatherholtz (3rd from left) talks to walkers and Barbara Weatherholtz (far right) talks to Roy Simmers (back to camera) at the East Petersburg Startpoint.

### PENN DUTCH PACERS NEWSLETTER

The PDP Newsletter is published for the membership and friends of PDP and is produced 4 times a year with the intention of keeping everyone up-to-date with what is happening within the club and also within the world of Volksmarching. We encourage contributions from members and non-members alike. Our deadlines are November 1 for Dec/Jan/Feb edition, February 1 for the Mar/Apr/May edition, May 1 for the Jun/Jul/Aug edition and August 1 for the Sep/Oct/Nov edition. We prefer that articles for inclusion be submitted via e-mail either as a Word attachment or as native e-mail. We also accept articles typed or in long hand. All submissions will be included on a first-come first-included space available basis. Thanks in advance for your submissions.

Editor.....Phil Allamong  
 Contributors.....: Dan Stoltz,  
 Sherry & Phil Allamong, Pete Byrne, Bob Gast, Diane Evans, Barry Weatherholtz,

## PDP Editorial

BY PHIL ALLAMONG

### New Criteria and Methodology for Sanctioning Walks

**W**e are approaching 2006 and attendance at Penn Dutch Pacer events (although there is a glimmer now and then) as well as most AVA events continues to decline and has been doing so for more than ten years. Some clubs have simply withered away not being able to attract enough walkers to make ends meet or not being able to attract enough new people to do what needs to be done to produce a quality walk. Others hang on by a thread and do walks with minimal amenities and still others are wondering how long they can hang on before the core people finally burn out with no one to replace them.

For those of us who love our sport these are distressing times. How can we just stand by and let it fade into the sunset.

There is one thing for sure; we will not get more walkers if we keep doing what we have been doing. When I say we I include everyone in the AVA hierarchy on down to the clubs themselves. You can't expect a different result, i.e. more people participating in our walking events, if there is no change. This change has to come from the top down.

There are many things that can be addressed but I think that one of the most frustrating things for me and this is my personal opinion and the Penn Dutch Pacers, is the fact that we try to sanction an event on a weekend that has no other event so that we have no competition from other clubs. With competition from other clubs having events on the same weekend in the Atlantic Region we further dilute the attendance at our events by seasoned volksmarchers from other clubs and further reduce their financial viability.

Invariably no matter what strategy we choose with regard to picking dates for sanctioning PDP events, i.e. sanctioning far in advance or waiting closer to the potential event to see who sanctions what weekends and then avoiding those weekends, we always, it seems have competition within our region. And more likely than not there's more than one event competing with us.

It's hard to understand, how with 52 weekends a year and the scarcity of events to begin with, why we (the AVA) would allow the sanctioning of more than one event in a particular region per weekend. It makes no sense. Why would we dilute our own attendance? This wasn't always a problem, but it is now. Why instead wouldn't we all want to support each others events? When there is more than one event in the region on a particular weekend you automatically force those potential attendees to choose which event to attend. The day of folks doing multiple events from multiple clubs if they're in close proximity are gone.

This is not to say that there are not still a few folks who walk multiple events, but they are few and far between and they alone will not allow our sport to survive. Not only that, you exclude people from the clubs that are working their own events from attending the other competing walks as well.

I would like to suggest that events be evaluated before being given final sanction. And I would like to suggest that each event be evalu-

## President's Message

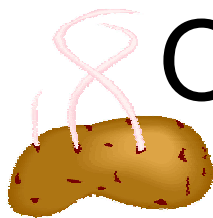


**I** am writing this on Thanksgiving Day night, full of too much turkey and pumpkin pie, and thinking that it will be Christmas in four and one-half weeks. A month after that, we'll hold our annual dinner meeting and elect new officers. Time flies, whether or not you are having fun! In the middle of all this hustle and bustle, the Pacers will be offering the opportunity to take a respite from all your rushing - - our Christmas walk in Lititz. I encourage you to set aside a few hours to get out in the fresh air, stroll through a lovely town, and put your body to work while you allow your mind to rest. Go ahead, give yourself a Christmas present. The eighth in our series of "Twelve Days of Christmas" patches will be the award at this walk. As always, quantities are limited so you may want to pre-register for the walk to ensure that you get an award patch. Thinking about the upcoming annual dinner meeting made me recall last year's plea for more members to step up and take leadership positions in our club. To say that the response was under whelming would be an overstatement. We made it through another year thanks to the good will of the same core group of a dozen or so members who do all of the work of the club. But we all know that eventually that core group of volunteers will tire of being responsible for everything with no end in sight, and they'll drift away. Where will our club be then!

If you are a Penn Dutch Pacer and you enjoy the walks we produce, then you owe it to the club to take your turn. It's not like it's hard work! A couple of hours each month is all that's required. Come to the Lititz Christmas walk, stop to see me, and say, "I'm ready to help, what do you need?" Or come to the annual dinner meeting, eat with us, and volunteer to help out.

**- PETE**

## We Need Your Food Donations for Dec 10th

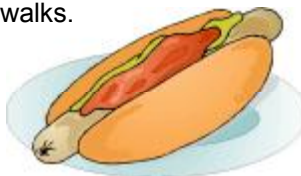


One of the ways that we continue to be able to afford to provide walking experiences in and around Lancaster County is through the sale of food at our events. The sale of food adds income over and above the minimal amount that we take in from registration from walkers.

Some locations that we use for startpoints are not appropriate for us to sell food. If the startpoint sells their own food we do not and will not compete with them.

However in instances where the startpoint does not sell food it is advantageous for us to do so not only so that the folks that work the walk have something to eat but also from the standpoint of bringing in some additional income which helps to subsidize the production of our walks.

Our most recent walk at Lanco Fieldhouse in East Petersburg is an example of what can happen when we are told one thing about food availability at the startpoint and what we end up with when we actually get to the day of the walk where we have another circum-



*Cont'd on Page 11 , Column 1*

*Cont'd from Page 1 • Walk in Lititz . . .*

Buzzard, wife of former president John Buzzard. The prized collection of the museum has more than 150 hand-painted European and Oriental antique porcelain chocolate pots, some bearing the names Haviland, Limoges, and Dresden.

The Candy Americana Museum started out as a one-room museum and has expanded slowly. In 1977, the modern candy kitchen was opened. The kitchen features handmade chocolates being created right before your eye including homemade marshmallow, almond bark, peanut butter meltaways, heavenly hash, mint drizzle, and almond butter crunch.

A video host takes you through the world of Chocolate. Starting with the history of the cocoa bean and ending with modern day products we crave today. Learn how Cortez discovered the "Food of the Gods" which started the chocolate craze in Europe and later came to America.

Today, the museum is a major tourist attraction, yet there is still no admission charge! The hours are 10 am to 5 pm Monday through Saturday, Closed Sundays. Be sure to visit Wilbur Chocolate when you are in Lititz for our walk. Let your nose lead the way. For more information on Wilbur Chocolate check out their website at [www.wilburbuds.com](http://www.wilburbuds.com).

Certainly on equal par with Wilbur Chocolate as far as being on your must visit list when you visit Lititz is the Julius Sturgis Pretzel Bakery.

In 1850, Julius Sturgis was baking bread at a gracious stone house in Lititz, Pennsylvania. Legend has it, a man passing through Lititz gave Julius the recipe for hard pretzels in return for his generous hospitality.

He added pretzels to his bread business, and in 1861 Julius stopped making bread and became the first commercial pretzel bakery in America.

The quiet community of Lititz is nestled among rolling hills, bubbling streams and bountiful farmlands in Pennsylvania Dutch Lancaster County. Lititz was founded in 1756 by John George Klein, who later donated his land to the Moravian Church. The village of Lititz remained a closed community for nearly a century. Then, in 1855 the village offered land for sale to occupants outside of the Moravian faith, and the town transcended into the Lititz of today. Many of the original buildings which originally comprised the Moravian town of Lititz stand today. One of those buildings is the Sturgis Pretzel House at 219 East Main Street. Be sure to visit this historic home of the pretzel in the US when you are in Lititz for our walk.

They are open all year Monday through Saturday from 9 am to 5 pm, closed on Sundays. • Admission: \$4.00 Adults \$2.00 Children ages 3 to 8. For more information check out [www.sturgispretzel.com](http://www.sturgispretzel.com).



## Dates to Remember

### Saturday, December 10<sup>th</sup>

Lititz Christmas Walking event from the Lititz Rec Center. Remember this is a one day event this year with 2 completely different trails.

### Thursday, January 19<sup>th</sup>

PDP Annual Membership & Dinner Meeting - 6 PM for dinner; 7 PM for the meeting • Hoss's Steak and Sea House, Lititz Pike across from the Lancaster Airport.

### Thursday, February 16<sup>th</sup>

PDP Membership Meeting - 7 PM • Lancaster Regional Medical Center 6th Floor Board Room

### Thursday, March 16<sup>th</sup>

PDP Membership Meeting - 7 PM • Lancaster Regional Medical Center 6th Floor Board Room

### Friday, March 17<sup>th</sup> - Sunday, March 19<sup>th</sup>

Atlantic Region Conference to be held this year in Ocean City MD. Mark your calendars now and watch for more details to become available.

*"I like long walks,  
especially when they are  
taken by people who  
annoy me."  
-- Noel Coward*

*Cont'd from Page 2 • If you missed . . .*

On the plus side we had our best walker turnout in a while and the weather was dry with moderate temperatures in the 60's and 70's with a sometimes gusty wind. We got a lot of good comments about the trail. A lot of people liked the fact that there were 2 5K loops that both came back to the startpoint and we even got a thank you for having two day walks which are few and far between any more. All in all it was a great walk with a great startpoint that people seemed to enjoy. Thanks to everyone that made it happen.

**2005 NEW FOOTPRINTS  
ADDED TO THE TRAIL**

**Rebecca, Austin, Lillian &  
Brianna Sipe**

**We are so pleased to add the  
above NEW members to our  
roster. Thank you!**

**RENEWED FOOTPRINTS  
KEEP  
ON WALKING THE TRAILS**

**2006**

**Peter & Andrea Cacka  
Elizabeth & Bob Hershey  
Ernie & Nancy Kiser  
Daniel, Patsy, Sarah,  
Jonathan & Josiah Stoltz  
James & Joanna Yuninger**

**2007**

**Robert Hilliard  
Barry & Linda Hitchcock  
Tanya Lefever  
Pat & Joe Strausbaugh**

**2008**

**David, Monica Daniel, Tiernan  
& Maura Barber  
Pete & Ann Byrne  
Shirley Shaheen**

**LIFE MEMBERS**

**David & Marilyn Morrison**

**Records as of November 26,  
2005**

*Please check your newsletter  
mailing label and if it shows  
**PAST DUE** or **PLEASE  
RENEW** – annual memberships  
were due June 1, 2005!*

**Daniel Stoltz  
Membership**

**CLUB MEMBERS  
ACHIEVEMENT AWARDS**

**KILOMETER MILESTONES**

**14,000 K**

**Louise Clouser**

**10,000 K**

**Letty Zook  
Bob Zook**

**7,500 K**

**Paul Simmers**

**6,000 K**

**Janice Copenhaver  
LeRoy Copenhaver**

**4,000 K**

**John Cooney**

**3,000 K**

**Russ Bechtold**

**1,000 K**

**Marilyn Morrison**

**EVENT MILESTONES**

**950 Events**

**Letty Zook  
Bob Zook**

**575 Events**

**Janice Copenhaver**

**350 Events**

**Russ Bechtold  
John Cooney**

**200 Events**

**Miles Brooks  
Rose Brooks**

**175 Events**

**Jim Wellenreiter**

**Source: American Wanderer –  
October/November 2005  
December 2005/January 2006**



**A wonderful Message  
by George Carlin:**

**T**he paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness. We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things. We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less. These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throw-away morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete. Remember, spend some time with your loved ones, because they are not going to be around forever. Remember, say a kind word to someone who

**2005, 2006 & Beyond ATLANTIC REGION CALENDAR***(Official Regional Director's Calendar & Effective as of 11/10/05)*

Date	Type	Sponsoring Club	Event Location	Contact Phone
<b>December</b>				
03	2W	Nittany Nomads	Berwick PA (Subway Front Street)	814-353-9364
03-04	2W	Washington DC Area Volksmarch Club	Alexandria VA (Masonic Natl Memorial)	301-449-6325
09-10	NW	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
10	S	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
10	W/NW	Penn Dutch Pacers	Lititz PA (Community Center)	717-393-6700
10-11	W	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
12	W	Columbia Volksmarch Club	Columbia MD (Dye Estate)	410-313-8499
17	WGNW	Virginia Volkssport Association	Washington DC (Old Post Office)	703-631-8512
18	W	Northern Virginia Volksmarchers	Arlington VA (Boulevard Woodgrill)	703-292-7301
18	NW	Walking Scouts	Poquoson VA	757-766-3065
29-30	W	Baltimore Walking Club	Baltimore MD (The 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

**2006 Atlantic Region Schedule**

<b>January</b>				
01	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
01	2W	Freestate Happy Wanderers	Columbia MD (Owen Brown Comm Ctr)	410-437-2164
19	M	<i>Penn Dutch Pacers • Annual Dinner Meeting &amp; Officer Elections • Hoss's - Lancaster • 6:00 PM</i>		
21-22	2W	Northern Virginia Volksmarchers	Arlington VA (Ballston Mall)	703-765-3128
<b>February</b>				
04-05	W	York White Rose Wanderers	York PA (Central Market House)	717-764-6150
16	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Regional MC • 7:00 PM</i>		
25-26	3W	Baltimore Walking Club	Baltimore MD (Bu Burns Arena)	410-592-3171
<b>March</b>				
16	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Regional MC • 7:00 PM</i>		
17-19	--	<b>Atlantic Region Conference</b>	Ocean City MD	703-354-1735
<b>April</b>				
8-9	W	<b>Penn Dutch Pacers</b>	<b>Quarryville PA (SECA Rec Center)</b>	<b>717-786-7118</b>
17	W	Northern Virginia Volksmarchers	Fairfax Station VA (Fairview Elem Sch)	703-765-3128
18	W	Washington DC Area Volksmarch Club	Alexandria VA (Barrett Branch Library)	703-765-3128
20	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Regional MC • 7:00 PM</i>		
22	2W	Gator Volksmarsch Club	Norfolk VA (Van Wyck Branch Library)	757-490-9324
22-23	2W	Susquehanna Rovers Volksmarch Club	Newport PA (St Samuel's Church)	717-567-9537
22-23	W	Germanna Volkssport Association	Fredericksburg VA (Hart Comm Ctr)	540-972-2147
29-30	2W	Northern Virginia Volksmarchers	Burke VA (Potomac River Running)	703-765-3128
<b>May</b>				
06	WB	Columbia Volksmarch Club	Columbia MD (Columbia Towncenter)	410-313-8499
06-07	W	Chesapeake Bay Country Wanderers	Bowie MD (Whitemarsh Park)	301-805-4278
06-07	W	Liberty Bell Wanderers	Huntingdon Valley PA (Pennypack Eco)	215-699-9246
08	W	Northern Virginia Volksmarchers	Fairfax Station VA (Fairview Elem Sch)	703-765-3128
11	GW	Liberty Bell Wanderers	Huntingdon Valley PA (Lorimer Park)	215-663-1328
13	W	Loudoun Walking and Volkssport Club	Leesburg VA (Morven Park Eques Ctr)	703-737-2175
13	W	Gator Volksmarsch Club	Norfolk VA (Lafayette Branch Library)	757-490-9324
13-14	W	Piedmont Pacers	Westminster MD (Bear Ranch Nat Ctr)	410-795-7855
16	W	Washington DC Area Volksmarch Club	Alexandria VA (Barrett Branch Library)	703-765-3128
18	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Regional MC • 7:00 PM</i>		
21	W	Baltimore Walking Club	Baltimore MD (Harbor Hospital Center)	410-247-4524
<b>June</b>				
03	W	Loudoun Walking and Volkssport Club	Sterling VA (Claude Moore Park)	703-737-2175
04	W	Princeton Area Walkers	Asbury Park NJ (Green's)	732-536-4073
04	GW	Liberty Bell Wanderers	New Britain PA (Peace Valley Park)	215-646-4799
12	W	Northern Virginia Volksmarchers	Fairfax Station VA (Fairview Elem Sch)	703-765-3128
15	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Regional MC • 7:00 PM</i>		
20	W	Washington DC Area Volksmarch Club	Alexandria VA (Barrett Branch Library)	703-765-3128
<b>July</b>				
09	W	Baltimore Walking Club	Baltimore MD (GNC Store)	410-247-4524
20	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Regional MC • 7:00 PM</i>		

**Legend:** W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, S=Swim  
 Sk=Ski, XSk= Cross Country Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe M=Meeting

**2005, 2006 & Beyond ATLANTIC REGION CALENDAR, cont'd***(Official Regional Director's Calendar & Effective as of 11/10/05)*

Date	Type	Sponsoring Club	Event Location	Contact Phone
<b>August</b>				
15	W	Washington DC Area Volksmarch Club	Alexandria VA (Barrett Branch Library)	703-765-3128
17	W	Gator Volksmarsch Club	Norfolk VA (Zimmerman Haus)	757-490-9324
26	W	Piedmont Pacers	Hagerstown MD (AugustoberFest)	410-871-0534
<b>September</b>				
11	W	Northern Virginia Volksmarchers	Fairfax Station VA (Fairview Elem Sch)	703-765-3128
16	W	Gator Volksmarsch Club	Norfolk VA (Botanical Garden)	757-490-9324
19	W	Washington DC Area Volksmarch Club	Alexandria VA (Barrett Branch Library)	703-765-3128
21	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Regional MC • 7:00 PM</i>		
30	W	Loudoun Walking and Volkssport Club	Lovettsville VA (Bonnie's Kitchen)	703-737-2175
30	GW	Liberty Bell Wanderers	Philadelphia PA (Steuben Day Parade)	215-663-1328
<b>October</b>				
19	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Regional MC • 7:00 PM</i>		
20	W	U.S. Freedom Walk Festival	Rosslyn VA	703-583-2936
20-22	W	U.S. Freedom Walk Festival	Washington DC	703-583-2936
21	W	U.S. Freedom Walk Festival	Washington DC (Reserve Officer Assn)	703-583-2936
21	W	Loudoun Walking and Volkssport Club	Lucketts VA (Tarara Winery)	703-737-2175
22	W	U.S. Freedom Walk Festival	Rosslyn VA	703-583-2936
<b>November</b>				
11	W	Freestate Happy Wanderers	Indian Head MD (Chapman State Park)	301-268-0531
16	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Regional MC • 7:00 PM</i>		
<b>December</b>				
31	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324

**2007 Atlantic Region Schedule**

<b>Jan</b>				
01	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
<b>May</b>				
19	--	<b>Atlantic RD Meeting/Election</b>	TBD	703-631-8512
<b>October</b>				
19-21	W	U.S. Freedom Walk Festival	Washington DC	703-583-2936
19-21	W	U.S. Freedom Walk Festival	Rosslyn VA	703-583-2936
20	W	Loudoun Walking and Volkssport Club	Lucketts VA (Tarara Winery)	703-737-2175

**2008 Atlantic Region Schedule**

<b>October</b>				
17-19	W	U.S. Freedom Walk Festival	Rosslyn VA	703-583-2936
17-19	W	U.S. Freedom Walk Festival	Washington DC	703-583-2936

**Legend:** W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, S=Swim  
Sk=Ski, XSk= Cross Country Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe M=Meeting

Cont'd from Page 3 • New Criteria . . .

ated on the following criteria with the intention of only sanctioning one event per weekend in any particular region. I would like to suggest that this evaluation may best be handled by the Regional Director or someone appointed by the Regional Director.

Once a sanction is submitted the regional director or their assignee would score the event by answering the following questions. The club who submits the sanction with the highest score gets the dates. These suggested questions are only a place to start. I am sure others may have other criteria that should be included.

Since one of things that we constantly discuss is having 'full service' events, i.e. two day events with manned checkpoints, food, an award etc. why not encourage clubs to provide 'full service' events by making the things that make an event full service event part of the criteria and rewarding clubs that provide full service events with the dates that they request WITHOUT competition from other clubs.

When a sanction is submitted all that has to be done is for the assigned person to answer the following questions about the two or more events competing for the same dates.

Cont'd on Page 9

## Walking for the Health of it

*Editor's Note: All of us who walk probably already know a lot of these things but as we prepare to start a New Year it doesn't hurt to review.*

**D**id you know that it is estimated that a 150-pound person who walks 2.5 miles in an hour will burn approximately 210 calories? Here are some tips to begin a healthy walking program:

- Be sure to warm up.
- Wear loose-fitting, comfortable clothing.
- Wear a good pair of shoes -- choose shoes with a firm heel cup for stability and plenty of room for the toes, so they can spread out as they push off.

### Walking Techniques:

- Don't overstride. Let your steps fall naturally.
- Stand tall.
- Gently pull in your stomach muscles to keep your back from arching.
- For more effective walking, bend your elbows at 90 degrees and swing.

### Benefits:

- Walking can help you lose weight.
- Walking improves both muscle tone and strength.
- Walking improves cardiovascular efficiency.
- Walking reduces stress.
- Walking improves bone density.
- Walking protects against type 2 diabetes.
- Walking is inexpensive.
- Walking is an ideal exercise for consistent, lifelong aerobic conditioning.
- Start walking today. Your health depends on it.

# Put PDP Under The Tree This Christmas

This is just a reminder that you can take care of some of your Christmas Shopping at the Penn Dutch Pacer Store that will be open during our walking event in Lititz and of course is open during all of our walking events during the year.

One of the things that we all can do to support our sport and also help get the word out is to wear some of the signature clothing that we have available like the T-shirts which of course would need a signature Sweatshirt over them this time of year so that you can stay warm. That of course takes care of those directly involved in volkssporting, but what about those on your list who aren't addicted yet.

How about buying them a club membership for a year, two or three or maybe you could buy them New Walkers Packets and put those under the tree. There really is no reason you couldn't include some kind of PDP garb along with the membership or New Walker Packets.

Check all the great PDP items when you walk in Lititz this Christmas.



## Easy Three Bean Bake

Here's an easy dish that you can serve to guest during the holidays and all it take is a few ingredients that most people have around the house and a crockpot. It's easy to increase if you need to and it's a good place to start if you want to jazz it up a bit. Enjoy!



- 16 oz can great northern beans, undrained
- 16 oz can chili beans, undrained
- 16 oz can kidney beans, drained
- 1/3 cup ketchup
- 1/3 cup firmly packed brown sugar
- 1/2 tsp powered ginger

Combine all ingredients in your crockpot and mix well. Cover and cook on High setting for 2 hours. If thicker juice is wanted, remove cover, cook 1 hour longer, stirring occasionally.

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*Cont'd from Page 5 • A Wonderful Message....* looks up to you in awe, because that little person soon will grow up and leave your side. Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent. Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you. Remember to hold hands and cherish the moment for someday that person will not be there again. Give time to love, give time to speak, and give time to share the precious thoughts in your mind. Life is not measured by the number of breaths we take, but by the moments that take our breath away. George

Cont'd from Page 7

**Is this the first event sanction submitted for these dates?** [ ] yes [ ] no  
**Is the proposed event two days?** [ ] yes [ ] no  
**Does the event have an award?** [ ] yes [ ] no  
**Is there at least one manned checkpoint?** [ ] yes [ ] no  
**Is there hot food being provided for the event?** [ ] yes [ ] no  
**Is there a brochure for the event?** [ ] yes [ ] no  
**Is the event being held in conjunction with a community event?** [ ] yes [ ] no  
**Are there restrooms at the startpoint?** [ ] yes [ ] no  
**Are there restrooms at the checkpoint(s)?** [ ] yes [ ] no  
**Will the event have a website with complete information?** [ ] yes [ ] no  
**Does the event qualify for one or more of the special programs?** [ ] yes [ ] no  
 (Colleges, lighthouses, counties, etc.)

Obviously if there is only one event sanctioned for particular dates within the region it would not be necessary to implement this process. I think, in fact, that in order for a second event to even be considered for this process it would have to be submitted within 30 days of the sanctioning date of the original event, i.e. if an event is sanctioned and there is no other event sanctioned for those same dates within 30 days then the first event sanction has those dates, no question. This would reward those clubs who plan and sanction events far in advance and would eliminate what happens now which is a club plans an event and sanctions an event way ahead of time to secure a particular date only to find one or more competing events for the same weekend.

Answering the questions concerning submitted sanctions may involve phoning the contact person, the trailmaster or others in authority in the club to verify or clarify information submitted with the sanction. Once the information has been verified and the events are "graded", i.e. for every 'YES' you get 10 points. So you take the number of 'YES' answer and multiply by 10 to get the final score. The event/club with the highest grade gets the dates all to itself with no competition from other clubs.

If a second sanction arrives within the first 30 days the club sanctioning the original event is immediately notified of the competing sanction request and the "grading" procedure would immediately begin and would be completed within 15 days at which time the presidents of all clubs involved would be notified in writing as to the result. In the case of a tie or dispute the final decision as to what event/club gets the dates exclusively would be made by the Regional Director.

Since every club will know how the grading is done and that sanctioning early will almost ensure exclusive dates everyone should implement the things that would increase their "grade" should their dates be contested. That also means of course that there would have to be some way of assuring that the things that were submitted for the grading, i.e. a brochure, hot food, an award, etc. were actually available at the walk.

Does this mean that there will never again be events within the region that compete against one another on the same weekend? No! There may be occasions where there are clubs that have walks in conjunction with local events that occur on the same weekends, but it should certainly eliminate what with the current system seems to be, weekends where there are two or more walks along with countless weekends during the year that have no walks at all.

Why should we continue along a path where there are fewer and fewer walks with fewer and fewer walkers. We need to try new things, because what we are doing is NOT working. We need to start talking about solutions instead of ignoring the inevitable. Virtually everyone that I talk to thinks that our sport is doomed and that's it's just a matter of time. Are we going to just sit by and watch it fade away or are we going to do something, anything to try to reverse the trend and potentially save what used to thrive but now struggles to survive.

It will be up to all of us from AVA HQ down to individual club members. We need to make immediate and definitive changes in the way we do things. The proposal herein is only one way I think we can make a positive change based on the current situation. I am sure others have ideas and opinions. We need to listen and evaluate all of them and then act on them.

I would encourage others to share your ideas in this and other forums. Thanks for listening.

*We are proud to have had New Balance as our National Sponsor  
please continue to support them whenever you can as a way of saying thanks!*

**new balance**  
**is gone as of December 31<sup>st</sup>.**



So long, farewell, auf Wiedersehen, good bye  
We hate to see you go and that's no lie...

Sorry for the parody from the Sound of Music, but it seemed so appropriate as we say good-bye to an important AVA corporate sponsor. New Balance has allowed our sport to continue during a critical time by providing financial support as well as additional direct support for the clubs which included start cards and trail marking supplies at no cost along with contributing a pair of New Balance shoes to be given away at all club walks during their tenure as sponsor.

New Balance's contribution to Volkssporting should be applauded and will be sorely missed. Thank you New Balance!

We have yet to find out whether AVA HQ has a replacement sponsor on the caliber of New Balance. That remains to be seen. We also wonder whether AVA can continue to function at the same level without the funding that New Balance provided. We posed that very question to Nancy Stenger, Past AVA President and now Atlantic Region Director and she responded, "...if the organization [AVA] spends its funds wisely [AVA can continue]. The Marketing/Publicity/Partnership Committee is actively seeking new sponsors and partners. At this time I'm not aware of any solid leads."

Although the future of AVA and Volkssporting in America isn't dependant solely on finding a viable sponsor to replace New Balance with continued dwindling participation it could be the proverbial straw that breaks the camel's back. Good luck AVA we, all of us, wish you the best of luck.



## Annual Meeting & Election of Club Officers

**T**he Penn Dutch Pacers' first meeting in 2006 will be our Annual Dinner Meeting which will again be held at Hoss's Steak and Sea House on the Lititz Pike across from the Lancaster Airport on Route 501. This location has become somewhat of a traditional location since they provide us a room for the meeting at no cost and their menu with the

salad bar is comprehensive enough to cover most palates. In case you have never attended, you are asked to arrive no later than 6:00 PM. Upon arrival you would order what you want from the menu and then tell the hostess that you are with the Penn Dutch Pacers. You will be seated with the group and be served your meal. You of course are responsible to pay for what you order. Since we are not billed as a group for the meal where they would assess a gratuity to the entire bill, please also leave your own gratuity for the waitress. The 'official' meeting then starts at 7:00 PM. As with all PDP meetings this one is a membership meeting that is open to everyone. We of course will be discussing our walking events for 2006 but in even number years this meeting takes on even more importance.

The additional importance to these January meetings comes from the fact that we elect our President and 1<sup>st</sup> and 2<sup>nd</sup> Vice Presidents who serve for a two year terms. The other officers, i.e. the secretary and treasurer are appointed and are currently ably handled and I believe will continue to be handled by Inge Koenig and Kitty Glass respectively. The folks you elect to these top three offices are the folks who are going to steer the direction of the Penn Dutch Pacers for the next two years. As always when January of even years come around and we ask at the meetings prior who would like to volunteer to be put on the ballot for

*Cont'd in the next column*

*Cont'd from Previous Column • Annual Meeting*

any of the elected offices it's very hard to make eye contact with anyone. No one it seems wants to commit to steering the ship so to speak. There are basically two options, either you have someone steer the ship or it will drift aimlessly and eventually go aground. We have been blessed over the years with a core of very able and very dedicated people that do the jobs that need to be done to execute the walking events we produce with aplomb. Unlike other clubs that seem to walk the same venues over and over and over again we have struck out and found new, interesting and varied venues in which to walk. We have continued to hold ourselves to a high standard by producing walks with amenities like awards, food, restrooms at checkpoints, manned checkpoints, brochures a comprehensive website and more.

In order to carry this vision into the future we need new people with new ideas and new energy to become involved in leadership positions within the Penn Dutch Pacers. It's your club. What's it worth to you?

If you would like to be considered for one of the elected positions that will be voted upon on January 19<sup>th</sup> or would like to know about some of the other volunteer opportunities that are available, please contact Pete Byrne at (717) 393-6700. And thanks in advance for your help.

## Cherry Hill Convention Factoids

The 2005 convention made a profit of **\$37,500.**

### *The Appetizer Events*

Shepherdstown - **519**

Tarara Winery - **545**

Baltimore - **509**

New Hope/Washington Crossing - **483**

### *The Entree Events*

Atlantic City - **692**

Camden-Philadelphia - **576**

Haddonfield - **580**

Seasonal Walk from the Hotel - **317**

### *The Dessert Events*

Trenton - **546**

Wilmington - **337**

# CONGRATULATIONS!

By Bob Gast, YRE Coordinator

You have been chosen to take part in the PDP-YRE Opinion Poll. No strings attached; just read the following and answer accordingly.

In the process of revising the Lancaster Historical Downtown Year-Round Event, I am seeking feedback from Club Officers/Members as to what they consider important to include in a 10k or 11k walk through town. First off, the new route will be set up in the opposite direction from what it is now. That means going east, then north, then west!

We MUST discontinue going over the railroad bridge at Liberty Street (since you can't get over it in a wheelchair). So here's what I'd like to know from you?

- (1) Is the *Fulton Opera House* important enough that the route must pass it?
- (2) Is the same true for *Lancaster's Central Market?* *Steven's Trade School?*
- (3) Does the *Railroad Station* (McGovern Ave.) warrant the additional distance just to see?
- (4) Do you favor that the route passes the new *Clipper Stadium?* (*Because IT WILL!*)
- (5) Have you seen the new *Binns Park* in the second block of N. Queen Street? (include?)

Suggestions for upgrading the event already made to me are walking the short distance @ S. Duke St. and Vine to include the "Old Towne Area"; and to once again include the Lancaster Malt Brewery at Walnut and Shippen Sts. in our routing. Are there other historical or interesting sites that should be included? How about the grave of prominent Lancastrians as we pass the cemeteries where they are buried?

I like the idea that we will be going down Broad Street instead of UP, although those several blocks there could really use some cleaning up! We can still "plug" that McDonalds and the Neptune Diner are eating spots along the way. There will be dozens of churches (as I found out this Sunday morning in my walking); plenty of schools, including the Lanc. School District Central Campus, F. & M. and Theological Seminary; and numerous city parks - Binns, Musser, Reservoir, and Linear - to see.

INPUT...INPUT...INPUT...INPUT...INPUT...INPUT

*Editors' Note: Should you desire to express you opinion and help literally steer the course of the trail in question, please contact Bob Gast directly by calling him at 717-393-8083 or e-mail him at [rmgast@comcast.net](mailto:rmgast@comcast.net). Thanks in advance for your help.*

*Cont'd from Page 4 • We Need Your Food . . .*

stance altogether and ultimately a missed opportunity as well. In this case when we asked about using the Lanco Fieldhouse we asked about the food concession and were told that it would be in operation, however when we did the pre-walk a week prior to the actual walk and inquired about the food concession we were told that it wasn't in operation and would not be for our walk either. A week in advance of the walk is hardly enough time to put forth a good effort to provide food so that's why we had minimal packaged food and thus took in very little compared to what the potential is at each walk.

Our experience at the Lititz Rec Center in previous years suggested that their snack bar would be in operation and we again wouldn't have the opportunity to sell food. But upon checking we found our that their snack bar no longer exists and we in fact would be able to provide food.

So the call is going out for you to help our two food coordinators for our Lititz Walk, Barb Weatherholtz and Kitty Glass, with your contribution of food to sell at our walk.

We will have limited electrical outlets although we are anticipating the use of crock pots to keep things like chili and baked potatoes warm.

*Cont'd from Previous Column • We Need . . .*

We often get asked, "What can I bring?" Our answer is to think of the types of things that you would typically eat at events like this and to go from there. We should add here that we are open to compensating you for your ingredients, if you present us with a bill. We know that it is sometimes hard in addition to giving your time to make the item to also expect you to buy the ingredients. So just ask us and we'll be glad to compensate you. On the other hand if you would like to donate both your time and the ingredients that's wonderful and okay, too! In either case, thanks in advance for your contribution to the success of our walk.

Okay now for some basics. You can bring hot or cold items. If you are planning to bring hot items that need to be kept hot we need you to plan to bring it in a crockpot, but before you do please contact either Barb or Kitty (phone numbers at the end of this article) so that they can be sure we don't have a lot of duplication and also have adequate electrical outlets to power your crockpot. They also want to be sure that we have the plates, bowls, buns or rolls and utensils to serve the hot item that you are contributing. Baked goods are always popular and would be appreciated. All that we ask with baked goods is that they be packed in individual servings so that we don't have to "cut the cake or handle the cookies".

If you donate items that address particular dietary concerns like vegetarian or vegan items, please let us know so that we can tell the customers. Those type of items always seem to be popular items and in the past have sold out.

Remember also that unlike previous years where we had our Christmas Walk Friday night and Saturday, this year's walk is Saturday only. We will be providing folks food for both lunch and dinner since they can start walking up til 4 PM and don't have to be back until 7 PM.

Should you have any additional questions, please contact Barb Weatherholtz at (717) 625-3533 or Kitty Glass at (717) 872-7743.



*Cont'd in the Next Column*

**Penn Dutch Pacers Volksmarch Club, Inc.**  
**PO Box 7445**  
**Lancaster PA 17604-7445**  
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**Return Service Requested!**



**A WHOLE DIFFERENT KIND OF WALK**

Check us out at [www.ava.org/clubs/pdp/index.html](http://www.ava.org/clubs/pdp/index.html)

### MEMBERSHIP APPLICATION

FAMILY NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ SPOUSE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_  
 TELEPHONE (\_\_\_\_)\_\_\_\_-\_\_\_\_ CHILDREN'S NAMES \_\_\_\_\_  
 E-MAIL ADDRESS (Optional) \_\_\_\_\_

I hereby make application for membership in, and agree to conform to the bylaws or any amendment thereof in the PENN DUTCH PACERS VOLKSMARCH CLUB, INC., and with the rules and regulations of the AVA in the IVV and in application I certify the above.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_  
 \_\_\_NEW \_\_\_RENEWAL *All membership fees are renewable in June.*

\_\_\_\$10.00 • 1 year \_\_\_\$18.00 • 2 years \_\_\_\$25.00 • 3 years

\_\_\_LIFE (individual) Under age 30 - \$200 30-49 - \$150 50-69 - \$100 70 or over - \$50

CHECKS TO: **PENN DUTCH PACERS VOLKSMARCH CLUB, INC. ATTN.: MEMBERSHIP**  
**P. O. BOX 7445, LANCASTER, PA. 17604-7445**

Check where you would like to help: \_\_\_AWARDS TABLE \_\_\_REGISTRATION \_\_\_TRAIL \_\_\_REFRESHMENTS  
 \_\_\_PUBLICITY \_\_\_CHECKPOINTS \_\_\_NEWSLETTER \_\_\_WHERE NEEDED