



Penn Dutch Pacers Volksmarch Club • Lancaster, Pa

NEWSLETTER

June, July, August • 2006

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*Trailmaster

Walking in NEW Lancaster Neighborhoods in June Grandview Heights, Rossmere and Homeland June 17th & 18th



This June we will again be walking in Lancaster. We will be walking however in a section of town that we have not visited before. Our startpoint is the Lancaster Tang So Do School of Karate which has an address on Elizabeth Ave but which is directly adjacent to the American Bar and Grill which a lot of folks seem to be acquainted with on Plum St. And the American Bar and Grill is directly across the street from the Goodwill Processing center on Plum St which is another locator that you can use.

So now you are hopefully in the right part of town and you have already marked your calendar. That way you won't miss what are sure to be very enjoyable walks in parts of Lancaster most of you have not experienced before.

The setting for the walk is bounded by the Oregon Pike on the west, the New Holland Pike on the east, Route 30 on the north and our startpoint on the south. This area of Lancaster encompasses three of Lancaster's many neighborhoods, i.e. Grandview Heights, Rossmere and Homeland.

Grandview Heights is probably the best known of the three neighborhoods in which we will be walking and as with most neighborhoods the transition from one to another is not well defined. They sort of mesh one into another and will serve us well as we explore them together on foot in June.

Our startpoint is located in a part of the city that was once a thriving industrial area that fell into dis-repair and has in recent years met a resurgence. The building that the karate school is in was once one large building which has been sectioned into business suites. As we start out on the trail east-north-east we pass by a block long, multi-story brick building that lies now abandoned and is under consideration by a developer for a combination commercial-retail/residential development. This building, as we were reminded by one of our members, was once Hubley Manufacturing Co. maker of cap pistols and children's toy where he worked during the summer while going to college as a "trigger tester". I guess depending on how you look at it, this could have been the start of his career in the military. (I'll let it to you to guess who this might be.) After a few blocks we will leave the industrial area which is adjacent to Rossmere. Rossmere was once the summer home of George Ross. Ross was one of Lancaster's patriotic attorneys and a signer of the Declaration of Independence.

Re-visit to Quarryville a Resounding Success



Photo by Inge Koenig

Folks were glad to see the checkpoint ahead after they conquered "The Hill" during a sunny Sunday walking in Eden Township outside of Quarryville.

Traditionally PDP's Spring walks have always had rain. Remember Kelly's Run, Tanglewood, Lock 12 and others. Not to be outdone Quarryville 2006 decided to join those ranks of damp Spring walks by inundating us all day Saturday with what was supposed to be rain in the morning that tapered off eventually to sunshine later in the day.

The forecast never panned out to our detriment and the rain came down consistently all day accom-

Quarryville 2006	Award & Credit	Credit Only	Non IVV	Totals
5K	9	45	6	60
10K	34	96	15	145
Total	43	141	21	205

panied by a persistent wind that made things even worse. The only upside were the sunny personalities of those PDP volunteers that helped during the weekend and the relatively mild temperatures in the 50's that made walking in the constant rain tolerable for the 51 walkers that ventured out of the SECA Community Center start on Saturday.

The one upside to the miserable weather on Saturday was that those that volunteered got to go home a little early since we didn't have any late starting walkers doing the 10K walk.

Fortunately for all those involved, volunteers and walkers alike, the weatherman was more accurate on Sunday than he had been on Saturday and we all awoke to cold [about 32 degrees] but brilliantly sunny skies. The wind continued to be persistent which kept the day pleasant with the sun but chilly with the wind.

In the distant past numbers of walkers on Saturdays and Sundays would be similar, but in the recent past we have had the experience that we have half the walkers on Sunday that we have on Saturday which didn't bode

Cont'd on Page 3, Column 3



Photo by Inge Koenig

Roy Simmers is taking care of business at the SECA Center during our Quarryville Walk. Roy's dedication & hard work along with that of lots of other folks provided some delicious food for everyone to enjoy. Thanks ROY!!!!

President's Message



Isn't Spring wonderful! How pretty the flowers and shrubs are! What better time to get out and walk, even if it's only around the neighborhood.

If you didn't participate in our first walk, in Quarryville, you missed some pretty good food! And the walk was great also. Saturday was a little dreary with rain, but the fifty or so brave souls who did the walk had a good time and ate lots of chicken corn soup and bratwursts. Anything to get warm! Sunday's weather was much better, and another 150 or so showed up to walk. The trail was challenging, but if you kept putting one foot in front of the other you soon were at the top of the hill and it was all easy walking after that. Thanks to Phil Allamong for making the arrangements and to Barry and Don for a great trail.

Next up – Grandview Heights. And it will be grand. A very nice, old neighborhood with lots of mature trees, so it will be shady. Again, we'll have lots of good food for you when you complete your walk. If you'd like to contribute a food item, we'd be grateful. Food sales help keep us in the black. You can't imagine how a few cookies or some fudge can help your club. Give a call, or send a note, to Barb

Cont'd on Page 3, Column 2

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

**2006 NEW FOOTPRINTS
ADDED TO THE TRAIL**

**Susan, Mike, Elizabeth & Eric
Gillett**
**David, Shawn, Jordan & Isaac
Hain**
Karen Hurd
Deborah Mundy

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

**RENEWED FOOTPRINTS
KEEP
ON WALKING THE TRAILS**

2007
**Miles, Rose, Wade & David
Brooks**
Kitty Glass
Michael & Susan Snyder

2008
Phil & Sherry Allamong
Leslie Gorbey & Bill Beyer
Jere & Jeanne Heft

2009
Roger & Arlene Strauss
Bob & Letty Zook

Records as of May 15, 2006

*Please check your newsletter
mailing label and if it shows
PAST DUE or **PLEASE
RENEW** – annual memberships
were due June 1, 2006!*

Daniel Stoltz - Membership

The Four Agreements is a book by Don Miguel Ruiz but his four agreements on their own merit are great to live by -

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make assumptions
4. Always do your best

**CLUB MEMBERS
ACHIEVEMENT AWARDS**

KILOMETER MILESTONES

8,000 K
Roy Simmers

5,000 K
Kitty Glass

1,000 K
Robert Cooney

EVENT MILESTONES

600 Events
Janice Copenhaver

575 Events
LeRoy Copenhaver

400 Events
Kitty Glass

**Source: American Wanderer –
April/May 2006**

Cont'd from Page 2 • President's Message . . .

Weatherholtz or Kitty Glass.
Their contact info is on Page 1 of this newsletter.

We're working on a new Year-Round walk in Ephrata. Stay tuned for more info. In the meantime, get out and walk our YREs in Lancaster, Lititz, Millersville, and New Holland.. Walk them backwards and then forwards again. There's no excuse for not getting out and enjoying this weather. And take your dog along. As the Doctor noted, "If your dog is fat you are not getting enough exercise." If you're looking for a few laughs, come watch me try to walk three very independent-minded dogs at the same time!!

Hope to see you on the trail in June.

Pete

Cont'd from Page 2 • Re-visit to Quarryville . . .

well for the number of walkers that we could expect on Sunday. But as with the weather on Saturday that didn't pan out as forecast neither did the past accurately forecast the number of walkers that would come out with the change of weather to sunny on Sunday. With a grand total of 205 walkers for our two day effort we proved that past experience isn't always an accurate indicator.

We should also mention that our experience using the SECA Center for a startpoint was a delight. It offered an area to prepare food, it had lots of tables so that we could set up tables for people to sit, talk and eat and had plenty of parking. And of course we couldn't have done it without all the great folks that gave up their weekend to help with every aspect of the walk from setting up and tearing down the trails, setting up and tearing down tables and chairs, preparing and serving the food and just basically taking care of the folks that came to Quarryville to walk with the Penn Dutch Pacers. Thank you to everyone, you know who you are.



Photo by Inge Koenig

It almost looked like a restaurant at the start-point of our Quarryville Walk as folks both before and after walking enjoyed delicious selections from the abundant menu that was made possible by those that prepared the food both at home and on location for sale at this event. Things like food are what make a walk an "event". Thanks to all who contributed in any way.

WHAT IF?

What if Pete Byrne had not consented to serve as President of The Penn Dutch Pacers for year 2006? What if Inge Koenig was not continuing to be the most efficient Club Secretary an organization could have? What if we didn't have "Kitty" Glass handling our financial matters and serving as the Millersville P.O.C. (that stands for Point of Contact)? What if the P.D.P. were to 'lose' the trail masters Don Young and Barry Weatherholtz? Barry is also the P.O.C. for all three of our Year-Round Events in Lititz, Middle Creek and now New Holland. Don is revising existing trails and preparing to set up a brand new one in Ephrata. What if Phil Allamong were not there to be sure that our Club is doing things the way they should be done, And keeping everyone 'up-to-date' through publication of the Award winning quarterly Newsletter, and the maintenance of the www.penn dutchpacers.org website? What if we had an event and no one showed up to work the start/finish tables? Or serve the goodies at the food table? Or answer the questions of visiting walkers?

This is something to think about when YOU are asked to help out in the operation of the P.D.P! More volunteers are need to keep the Club viable. Walk the trails, yes. But also assist when needed to 'man' a check point, to serve as a P.O.C. for a Year-Round Event, or even to hold an office in the Club.

WHAT IF?

Cont'd from Page 1 • Walking in New . . .

Then for most of the rest of the walk we will be experiencing the various residential neighborhoods which include Grandview Heights as we head north and then an area known as Clearview as we head west toward the Oregon Pike. We will then head back due east through Homeland, quite close to the Route 30 by-pass and our checkpoint at the Manheim Township Jaycee Park.

We actually pass through Jaycee Park and exit into the older, grander section of Grandview Heights which features large well kept homes with mature trees in one of the most desirable neighborhoods in Lancaster.

We parallel the New Holland Pike as we head back southwest and then walk on the New Holland Pike for a few blocks as we cut corners and head over to Plum St for our last few blocks back to the startpoint.

As with most of our events we are offering a 10K trail as well as a 6K shorter trail that follows the beginning and end of the 10K trail and also goes through the checkpoint at Jaycee park.

Both trails are mostly on sidewalks although there are a few places that you will be walking along a neighborhood road and walking through Jaycee Park is totally on natural surfaces. Because of the diversity of surfaces and a serious lack of consistency with curb cuts wheelchairs and regular strollers would not be advised on either of these trails. Large wheel, jogging type strollers though should have no problem on both of these trails which are rated 1+ not because of hills but because of the diversity of the surfaces.



Sunday, June 11th
Grandview Heights
Pre-Walk @ 1:00
PM sharp from the

Lancaster Tang So Do School of Karate
Startpoint.

Thursday, June 15th
PDP Membership Meeting - 7 PM • Lancaster
Regional Medical Center 6th Floor Board
Room

Saturday & Sunday, June 17th and 18th
Grandview Heights walk from the Lancaster
Tang So Do School of Karate between Plum
St and Elizabeth Ave, Lancaster.

Thursday, July 20th
PDP Membership Meeting - 7 PM • Lancaster
Regional Medical Center 6th Floor Board
Room

Sunday, August 27th
PDP Annual Picnic at TBD location.

Is Your Membership Due?

June is PDP Membership Month. It means that your annual club membership is due. Thank you if you have already sent your membership renewal to our Membership Chairman, Dan Stoltz or if you had previously taken advantage of our discounts on extended 2 or 3 year memberships. But if you haven't sent your membership in, please take a moment to do so now. Your continued support in the form of your membership is important for the long term survival of the Penn Dutch Pacers. Your previous support confirms that you believe in our single mission which is to encourage Health, Fun & Fitness by producing walking events throughout Lancaster County.

By providing monetary support at the very reasonable rates that are currently in effect you are helping PDP to continue to provide these services to you and the community at large.

For your contribution you will continue to receive the award winning publication that you are now reading.

As with all organizations we continue to struggle as costs of everything continues to rise. We need you and your membership now more than ever.

If your mailing label says RENEW, please take a moment and do so now! You will find a membership form on the back page of this publication for your convenience. Thanks in advance for your help.

Atlantic Region 2006 Biennial Conference Walks Follow-up

By Phil Allamong

The third Atlantic Biennial Conference took place the weekend of St Patrick's Day in the Washington County Maryland community of Hagerstown. With the base of operation at the Four Points by Sheraton there were a total of four walks to choose from during those 3 days.

One of the walks was a walk in Antietam MD and it was available all 3 days for your walking pleasure. We decided however that 3 walks in 3 days was enough so here you will hear only about each of the three walks one of which was offered each of the three days of the event.

One Friday, March 17th we arrived at the hotel and checked in shortly after noon and then went to register for the walk at the start table that was set up in one of the meeting rooms at the hotel. The start was from 1 – 3 with a finish by dusk. We were then given written driving directions to the start point for the walk which was in Williamsport, MD. It probably took us no more than 15 minutes to drive to Williamsport from Hagerstown and we found the Byron Memorial Park with ease and were ready to walk. In addition to the written driving directions the sheet we were given at the start also contained written directions for the walk.

We were greeted in the parking lot by a representative of the Annapolis Amblers, who had organized this trail, and were delighted to also find out that the walk was marked.

The weatherman had been predicting some snow (an inch or less), but we were met with clear blue skies with temperatures in the low fifties and an occasional light, but cool breeze. We heard someone comment that the weatherman would probably still claim that their forecast was correct since no snow is certainly less than an inch. History is ingrained in the culture of Williamsport. The town lies on one of the early Indian trails between New York and the Carolinas. In the mid-1700's, tens of thousands of European settlers and pioneer families with their wagons followed the same route on the Great Wagon Road from Pennsylvania to Virginia and points south and west. In 1744, a ferry was established at the present site of Williamsport to carry traffic across the Potomac River.

The area has been settled since the late 17th century and Williamsport has several names early in its history. It was officially named Williamsport in 1787. With the opening of the Chesapeake and Ohio Canal in 1834, Williamsport evolved into a thriving waterfront town, reaping the economic benefits of the Canal until a flood closed the Canal for good in 1924.

The Amblers provided both a 5K and 10K trail that were rated a 2. The 5K trail was basically inside the 10K and excluded one short loop and one very long out and back leg that got the walk to 10K. Both walks initially took you through downtown Williamsport (pop. 2023) and up through a cemetery to a high point of ground that Gen Abner Doubleday defended in 1863. This was the first checkpoint and we were asked to tell how many cannons there were at this location. There were three. Abner Doubleday was born June 26, 1819 in Ballston Spa NY. Doubleday was promoted to first lieutenant in 1847 and to captain in 1855 following his graduation from West Point in 1842. Doubleday fired the first Union shot from Fort Sumter after the confederate ironclad battery bombardment of that fort. He retired from active service in 1873 and died 20 years later.



Location To Be Announced

Consider this your invitation to the Penn Dutch Pacers annual Summer gathering Sunday, August 27th where everyone can come without the stress of having to work a start-point or help sell food or actually do any work of any kind for that matter. The tradition of a Summer Picnic was started years ago as a gathering where all the membership could come to perform the business of our corporation, i.e. elect new officers, etc. But since our annual business meeting was moved to January some years ago, the Summer Picnic is simply a chance for everyone to gather to enjoy some great food and enjoy each others company in addition of course to walking, if you care to.

This year although we have set the date, at press time a location has not been confirmed. We are endeavoring to confirm a location that is close to or on an existing trail so that those who care to can walk prior to the picnic. All information regarding the location will be sent to the Penn Dutch Pacer e-mail list and posted on the website when it's available.

We suggest that, if you are walking that you start no later than 2 PM so that you will be back for the picnic which will start about 5 PM

Hot Dogs by Don will again be provided by the club as well as assorted sodas and water. Members whose last name begins with A-M are asked to bring a salad or other covered dish to share with everyone. Those with last names beginning N-Z please bring a dessert. Please also bring serving utensils for any of the food that you provide along with your own place settings which should include plates, cups, utensils and napkins. As mentioned the picnic begins at 5PM.

2006 ATLANTIC REGION CALENDAR*(Official Regional Director's Calendar & Effective as of 04/19/06)*

Date	Type	Sponsoring Club	Event Location	Contact Phone
June				
03	W	Loudoun Walking and Volkssport Club	Sterling VA (Claude Moore Park)	703-737-2175
03	W	Peninsula Pathfinders	Newport News VA (City Park)	757-930-4538
03	W	Princeton Area Walkers	Asbury Park NJ (Green's)	732-536-4073
03	W	Great Greenbelt Volksmarchers	Beltsville MD (Agriculture Research Ctr)	301-937-3549
03-04	W	York White Rose Wanderers	Dillsburg PA (American Legion Post 26)	717-382-9658
04	GW	Liberty Bell Wanderers	New Britain PA (Peace Valley Park)	215-646-4799
04	W	Wood & Dale Wanderers	Woodbridge VA (Occuquan Wildlife Ref)	703-680-4273
10-11	2W	Northern Virginia Volksmarchers	Fairfax VA (Van Dyke Park)	703-352-5135
12	W	Northern Virginia Volksmarchers	Fairfax Station VA (Fairview Elem Sch)	703-765-3128
15	M	Penn Dutch Pacer Meeting • Board Rm, Lancaster Regional Medical Ctr. @ 7:00 PM		
17	WB	Annapolis Amblers	St Michael's MD (Elementary School)	410-224-0907
17	W	Princeton Area Walkers	Zarephath NJ (Somerset Christian Coll)	732-549-5397
17-18	W	Penn-Dutch Pacers	Lancaster PA (Tang So Do Karate)	717-86-7118
20	W	Washington DC Area Volksmarch Club	Alexandria VA (Barrett Branch Library)	703-765-3128
24-25	W	Susquehanna Rovers Volksmarch Club	Camp Hill PA (Borough Building)	717-761-1338
24	W	Columbia Volksmarch Club	Columbia MD (Harpers Choice Center)	410-290-377
July				
08-09	W	York White Rose Wanderers	Fawn Grove PA (Volunteer Fire Co)	717-382-9658
09	W	Baltimore Walking Club	Baltimore MD (GNC Store)	410-247-4524
14-15	WS	Liberty Bell Wanderers	Hatboro PA (YMCA)	215-674-9064
15	W	Cumberland Valley Lead Foot Club	Chambersburg PA (Middle School)	717-263-8633
16	W	Princeton Area Walkers	Sea Girt NJ (Train Station)	732-536-4073
20	M	Penn Dutch Pacer Meeting • Board Rm, Lancaster Regional Medical Ctr. @ 7:00 PM		
29	W	Columbia Volksmarch Club	Columbia MD (Nightmare Graphics)	410-290-3777
29-30	W	York White Rose Wanderers	York PA (Toyota Arena/York Expo Ctr)	717-624-4808
August				
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
19	W	Columbia Volksmarch Club	Catonsville MD (Paul Lutheran Church)	410-290-3777
26	W	Piedmont Pacers	Hagerstown MD (AugustoberFest)	410-871-0534
26-27	W	York White Rose Wanderers	Jim Thorpe PA (Train Station)	717-624-4808
26-27	W	York White Rose Wanderers	Tamaqua PA (Train Station)	717-624-4808
27	P	Penn Dutch Pacer Picnic in Ephrata @		
September				
05	W	Annapolis Amblers	Annapolis MD (2593 Timber Cove)	410-224-0907
09-10	W	Washington DC Area Volksmarch Club	Arlington VA (Hudson Trail Outfitters)	301-449-6325
11	W	Northern Virginia Volksmarchers	Fairfax Station VA (Fairview Elem Sch)	703-765-3128
11	W	Freestate Happy Wanderers	Laurel MD (Montpelier Mansion)	301-317-0639
16-17	--	Air Force Global Volksmarch Weekend		
16	W	Gator Volksmarsch Club	Norfolk VA (Botanical Garden)	757-490-9324
16	W	Baltimore Walking Club	Cockeysville MD (County Home Park)	410-247-4524
16-17	W	First State Webfooters	Wilmington DE (Carousel Park)	302-698-3908
19	W	Washington DC Area Volksmarch Club	Alexandria VA (Barrett Branch Library)	703-765-3128
21	M	Penn Dutch Pacer Meeting • Board Rm, Lancaster Regional Medical Ctr. @ 7:00 PM		
22	GW	Nittany Nomads	State College PA (Super 8 Motel)	814-238-1741
23-24	2W	Nittany Nomads	State College PA (Tudek Pk/Super 8)	814-238-1741
23-24	W	Columbia Volksmarch Club	Ellicott City MD (Centennial Park West)	410-290-3777
23-24	W	Piedmont Pacers	Ellicott City MD (Centennial Park West)	301-829-3685
23-24	W	Baltimore Walking Club	Ellicott City MD (Centennial Park West)	410-252-3165
24	W	Nittany Nomads	State College PA (Super 8 Motel)	814-238-1741
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
30	W	Walking Scouts	Hampton VA (Oasis Family Restaurant)	757-766-3065
October				
01	W	Annapolis Amblers	Annapolis MD (Octoberfest)	410-224-0907
07	W	Gator Volksmarsch Club	Chesapeake VA (Lifestyle Health/Fit Ctr)	757-490-9324
08	W	Baltimore Walking Club	Baltimore MD (Amer Institute of Arch)	410-252-0563
14	W	Lee Lepus Volksverband	LaCrosse VA	804-768-0055
14	W	Princeton Area Walkers	Allentown NJ (Hoffmann's Bakke Shop)	609-259-2419
14-15	2W	Baloney Stompers	Colebrook PA (Rails to Trails)	717-272-0655

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

2006 ATLANTIC REGION CALENDAR, continued*(Official Regional Director's Calendar & Effective as of 04/19/06)*

Date	Type	Sponsoring Club	Event Location	Contact Phone
14-15	2W/B/RS	Northern Virginia Volksmarchers	Vienna VA (Community Center)	703-765-3128
19	M	Penn Dutch Pacer Meeting • Board Rm, Lancaster Regional Medical Ctr. @ 7:00 PM		
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
21	W	Peninsula Pathfinders	Yorktown VA	757-766-3065
22	W	U.S. Freedom Walk Festival	Rosslyn VA	703-583-2936
22	W	Baltimore Walking Club	Baltimore MD (Amer Instit of Architect)	410-321-6499
29	2W	Walking Scouts	Chincoteague VA (TBD)	757-766-3065

November

04	W	Princeton Area Walkers	Madison NJ (F. Dickenson University)	732-536-4073
04-05	W	Chesapeake Bay Country Wanderers	Odenton MD (Premier Health & Fitness)	301-805-4278
11	W	Freestate Happy Wanderers	Indian Head MD (Chapman State Park)	301-268-0531
16	M	Penn Dutch Pacer Meeting • Board Rm, Lancaster Regional Medical Ctr. @ 7:00 PM		
18	W	Walking Scouts	King and Queen Counties VA (TBD)	757-766-3065
21	NW	Walking Scouts	Newport News VA (Woodside High Sch)	757-766-3065
24-25	3W / NW	Susquehanna Rovers Volksmarch Club	Hershey PA (Recreation Center)	717-761-1338

December

02-03	2W	Washington DC Area Volksmarch Club	Alexandria VA (G.W. Masonic Temple)	301-449-6325
08-09	NW	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
09	S	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
09-10	W	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
17	W	Northern Virginia Volksmarchers	Arlington VA (Woodgrill Restaurant)	703-765-3128
30	W	Walking Scouts	Hampton VA (Oasis Family Restaurant)	757-766-3065
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

2007 Atlantic Region Schedule**Jan**

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

March

31	W	Walking Scouts	Hampton VA (Oasis Family Restaurant)	757-766-3065
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April

07	W	Walking Scouts	Gloucester VA (TBD)	757-766-3065
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May

19	--	Atlantic RD Meeting/Election	TBD	703-631-8512
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June

23-30	--	AVA Biennial Convention	Sacramento CA (Radisson Hotel)	530-676-4203
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July

01	--	AVA Biennial Convention	Sacramento CA (Radisson Hotel)	530-676-4203
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September

29	W	Walking Scouts	Hampton VA (Oasis Family Restaurant)	757-766-3065
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October

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

December

29	W	Walking Scouts	Hampton VA (Oasis Family Restaurant)	757-766-3065
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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

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You are probably most familiar with Abner Doubleday in another vane however and although controversy exists about Doubleday's status as the creator of baseball, a 1907 commission, investigating all sides of the issue, gives official credit to him.

From the cemetery we made our way down to the canal tow path, here the 10K took a little extended loop and the 5K crossed Lock 44.

Lock 44 was completed in 1834 and was built of grey and white limestone. This was one of 74 lifts along the 184.5 mile canal which raise or lower boats approximately 8 feet at a time for a total of 604 feet total elevation change during the 4 to 5 day trip between Cumberland and Georgetown.

Both trails met up again and then proceeded along the canal tow path past the Bollman Bridge, an iron trussed bridge that was invented by Wendel Bollman in 1850. The advantage of the Bollman suspension-truss design was that each trussing system acted individually to carry its loads to the abutments. This design lessened the chances

of the bridge collapsing under the weight of its own load. The lasting quality of iron as opposed to wood encouraged Bollman to use iron in all his subsequent bridge designs for the Baltimore and Ohio Railroad.

A little further along on the trail is a railway lift bridge and that was built in 1923. It carried Norfolk and Western trains over the canal. Counterweights were used to lift the span which carried rail traffic to the power plant. It actually lifted the railroad bed, tracks and all up so that traffic on the canal could pass underneath. It may have been used once before the flood in 1924 closed the canal for good.

At the Conococheague Aqueduct the 5k trail turned right and proceeded almost directly back to the startpoint after checking in at the second checkpoint. The 10K trail crossed the aqueduct and proceeded out the canal tow path to a turnaround which directed walkers back to the aqueduct to the second checkpoint and then added about 8 blocks of downtown Williamsport before returning us to the startpoint at Byron Memorial Park. We had a very enjoyable first day and rested up and looked forward to day two.

Day 2 – Hagerstown MD

Saturday, March 18th dawned bright and sunny like the day before but with a biting wind from the northwest that required several more outer layers, gloves and ear coverings to stay warm.

Also like the day before registration for the walk was at the Four Points Sheraton. The start time was from 7:30 til 10:00 with a finish by 1:00. Once registered, we drove three miles to the start point for the walk which was from the parking lot at the Downtown Hagerstown Visitors

Center.

Hagerstown, as of the 2000 census, had a total population of 36,687. It is the county seat of Washington County. It is a bustling, growing city on the edge of the Baltimore-Washington Metropolitan Area.

It is known as the "Hub City," due to the large number of roads and oth-



This custom ceramic coaster was the award for the 3 Day Atlantic Biennial Region Conference.

HOW LONG DOES IT TAKE...?

Editor's Note: the following question and answer was posted on the Walklist and we thought that they were worth sharing.

Question: How long does it usually take for a sanction request to be accepted or denied? In other words, how long before we should start to worry that the notification process has somehow broken down? And what are typical reasons why a sanction might be denied? I've read the information I found at the AVA site but couldn't find much on this subject.

Answer: Since sanctioning is done at the Region level, the answer to your question will depend on the Region you are in. It also depends on the process in your region. Lets assume that shortly after you enter your sanction request on-line you notify the sanctioning authority (typically your Regional Director), that there is a sanction request awaiting approval. Lets further assume that the sanctioning authority is on-line and gets your email very shortly after you send it. And, one more assumption, the sanctioning authority then goes on-line and approves the request. Within minutes of your submission of the request, it is approved.

But you can see how each of these assumptions can extend the process.

You forget to notify the sanctioning authority, and they check only once a week to see if anything is pending. Or they are traveling and don't get back for a couple of weeks. Or whatever. So, I would suggest that you start by asking this question of your sanctioning authority.



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er transit that cross the city. These include but are not limited to Interstate 81, Interstate 70, U.S. Route 11, U.S. Route 40, and the Western Maryland Railroad. It is home to the Hagerstown Roundhouse Museum as well.

The walk in Hagerstown was courtesy of the Piedmont Pacers and included written directions along with well marked trails consisting of both a 6K and a 10K. Both walks were entirely on sidewalks and on paved park trails and were rated a 1+.



Unlike the day before the short trail and the 10K trail started out in different directions and then eventually came together to finish.

Both trails offered a tour of different areas of Hagerstown with the 10K offering the deluxe tour which included many different business and residential areas along with the city park that included the restored house of Jonathan Hager who as you might guess, Hagerstown was named after.



Jonathan Hager House

Jonathan Hager was a volunteer Captain of Scouts during the French and Indian War. Hager has been called the "Father of Washington County" due to his having laid the groundwork for its separation from Frederick County in 1776

and the subsequent creation of Hagerstown as County Seat.

We noted quite a mix of different and interesting architecture in Hagerstown which made for a scenic walk. We're not quite sure if it was scenery, the fact that you had to negotiate intersections with traffic or what exactly but the walk seemed to take longer than the usual 2 hours +/- for a 10K. Never the less it was enjoyable first walk in Hagerstown despite the cold. We may have been better off venturing to Hagerstown in the summer for their annual Augustoberfest walk but we would probably then be commenting on the heat.

Day 3 - Greencastle PA

We were 3 for 3 as far as sunny days go but the wind today seemed to be more persistent than the previous two.



This is Sunday and the last day of the 3 day 2006 Atlantic Region Biennial Conference walks. Today we are venturing north of the Mason-Dixon to Greencastle PA in Franklin County. The ride to the startpoint, which today is actually at the site of the walk, took about 20 minutes.

If you have never been to Hagerstown before, which as previously mentioned is at the intersection of both Interstate 70 & 81, everywhere you go seems to take you on one or both of the Interstates. Greencastle from the hotel was West on 70 and then North on 81 into Pennsylvania. The directions to the start this time were in the brochure and took us directly and easily to the start at the Tayamentasachta Center for Environmental Studies where we were hosted by the Cumberland Valley Lead Foot Club.

US Freedom Walk

The weekend of April 29th & 30th, our [Atlantic] region was honored by walking delegates representing walking events in 22 nations who voted to include the US FreedomWalk Festival® as the 23rd member of the International Marching League Walking Association (IML). Also included in the schedule was the annual walking festival in Dalian, PRC (China) which became event number 24. Being selected to join this group of multi-day events is quite an honor we all can feel good about since it takes over four years to join the organization.

The association promotes walking through its calendar of multi-day events and promotes international friendship by limiting the number of events to one or two in a country. The IML motto, "Nos lungat Ambulare," translates from the Latin to be "May Walking Bring Us Together." Already, the 2006 US Freedom-Walk Festival (October 20-22) has registered walkers from The Netherlands, Germany, Norway, Australia, Sweden, New Zealand, Canada, Japan, the United Kingdom and the USA. There will be more countries to follow as we get closer.

As chairman, I'd like to make a direct appeal to each and every one of you who read this email listing to please consider spending some of your time helping us host these walkers. Quite frankly, we need your experience and wisdom to be the best event possible. If you choose to join us by wearing the staff "red shirt," I can guarantee it will be an exciting and rewarding way to make walking friends from all over the world. Celia and I have the privilege to count many of our closest friends walkers from, literally, around the world. - Kindest Regards, Tim Miner

Editor's Note: Tim Miner who is chairman of this event has for many years along with his wife Celia championed this event. They are to be congratulated not only for the recognition that they have recently brought our region but also to Volkssporting in general.

If you would like more information on the US Freedom Walk go to their website @ www.usfreedomwalk.org or e-mail Tim @ usfreedomwalk@aol.com

Tayamentasachta, a Center for Environmental Studies, is managed by the Greencastle-Antrim School District and is greatly supported by local businesses and the surrounding community. Tayamentasachta was established in 1966 and its name is a Native American word meaning "never ending waters or spring." The Tayamentasachta Environmental Center provides college students with practical and internship experiences in environmental education. The farmhouse-visitor center contains displays, exhibits, a library and information on environmental issues and local history. The primary goal of the center is to educate the students of the Greencastle-Antrim School District in various aspects of ecological responsibility through environmental education and interpretive programming.



We parked at the adjacent elementary school and then went to register at the farmhouse at the Tayamentasachta Center which was a short walk away. Once registered both the 5K and 10K trails both rated a 1+ left together on a trail that took us through the playground and then out the road on which we had arrived. We walked along the road which wasn't unusual except that it was quite an open area and the wind was blowing so much our eyes were watering even with glasses on and we were wondering what we were doing out walking. We persevered, however and continued on.

The trails like the other two the previous days were marked and we were provided with written directions as well as a map which is especially handy when walking somewhere you have never been before. Both trails walked through downtown and gave us a good glimpse of what Greencastle is all about. The 10K trail did two large loops one through a newer and growing residential area and one through an older upscale neighborhood before arriving back on school district property and following a fence line and then a natural trail that ended back at the Tayamentasachta Center.

Although participation numbers were not available it appeared that attendance was good. I'd like to thank all the clubs that were involved in this conference and all the volunteers that made this an enjoyable extended weekend of Volksmarching at the 2006 Atlantic Region Biennial Conference.

Plan now to attend the 2008 edition of the Atlantic Region Biennial Conference in Shepherdstown WV..

PDP Walks for the Rest of 2006

Southern Lancaster County in the Fall
September 30th & October 1st

We are excited to announce the fact that we will be offering the opportunity for everyone to walk in the exceedingly beautiful Fishing Creek Nature Preserve this Fall. This area of Drumore Township in Southern Lancaster County is owned

Cont'd in the next column



and managed by the Lancaster County Conservancy and Fishing Creek itself has been designated by the state of Pennsylvania as one of the few remaining pristine waterways in the state.

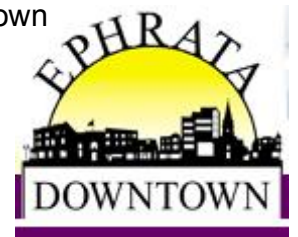
Some of the headwaters of Fishing Creek start on the farm at the Buck that has been purchased by a developer who is proposing to build a 370,000 square foot shopping center which is rumored to include Wal-Mart.

Many feel that if that development happens the pristine ecology of Fishing Creek will be damaged forever. Plan to come out and witness this unique area of Lancaster County before it is no more.

Ephrata for Christmas **December 2nd**

Through the efforts of Nelson Glatfelter and those wanting to promote Downtown

Ephrata we will have the privilege of walking in Ephrata this holiday season. The



final arrangements are being made for the startpoint which is tentatively to be at the Ephrata train station. As we get closer be sure to pick up a brochure and also check the website for definitive information on this exciting event.

In addition to having the opportunity to walk in Ephrata at Christmas we are also excited to announce the creation of a NEW YRE event for Ephrata starting in 2007. This event will be hosted by the new Hampton Inn on Main St.

Lots happening in Ephrata. A great town in which to walk with varied terrain and lots to see.



From the May Checkpoint

Using Colored Ink for Stamps We have had some concerned volkssporters contact us about the clubs using light colored ink to stamp their books. While it looks pretty they have found that when they try to copy their books prior to sending them to Headquarters for processing, the lighter inks do not always show up. Please keep this in mind when selecting ink for your stamp pads.

Helpful Hints for Making Corrections In Books While processing books, we have found some areas of concern. Please make sure that your finish table workers are aware.

* Handwritten entries over a very faint stamp. In some cases, a marker was used and it appears that no stamp was used. We realize that the walker may be doing this but it will help if your finish table worker will simply cross out the very faint stamp and stamp it again elsewhere in the book, in a margin, or on an insert card.

* Please remember to remove your + slugs from your Year Round/Seasonal events for the second half of the year. If you don't remove them, walkers get penalized because it looks like a duplicate stamp.

* Don't restamp. If the first stamp doesn't print where it is readable, please cross it out and enter the stamp again on another line, along the margin or on an insert card. Thank you for your help in assuring that our walkers receive the credit that they deserve!

Insert Cards Insert cards are an AVA item that was designed to allow individuals completing less than 10km a place to get enough stamps to get to the correct distance. However, they are not official IVV records and most other countries will not stamp them, use them for processing books, or allow their use for their special programs such as the IVV World Cup or the Pacific Cup. As far as we know, only the AVA, Canadian Federation and the British Federation will accept them. Please help us get the word out to your walkers that they should carry their books or purchase new books when visiting other countries.

Thanks in Advance for Your Grandview Heights Food Contributions

We are constantly reminding you that providing food at our events not only provides a service to our walkers but also helps the coffers. Although our start at the karate school doesn't lend itself as well to serving food as our start in Quarryville did, we are still planning to provide food to our walkers.

We will still have electric for crock pots and would welcome any pre-packaged baked goods that you can provide. Please contact Kitty Glass or Barb Weatherholtz with any questions. Check the front page for contact information. For Barb use contact info for Barry Weatherholtz.

Loudoun Walking Club Offers New Year-Round Routes

Looking for different routes to walk? The Loudoun Walking and Volkssport Club has put out new routes just in time for spring.

The Ashburn East route is now open. Its 10-km course takes you along another section of the W&OD Trail plus through neighborhoods, shaded paths, and around ponds in the Ashburn Village development. This is a Railroad Heritage, Civil War, and US Presidents special event.

On the Ashburn West route, we modified the directions due to the construction of a bridge over a new stretch of Claiborne Parkway. (Also a Railroad Heritage, Civil War, and US Presidents special event.)

The Leesburg town walk has a new look. Still takes you through the lovely historic district, but uses some different streets so you'll see some new sights; much of the route is different. And for those enrolled in the Princeton Area Walkers brewery and winery program, this walk takes you past

Thoroughbred Grill and Brewery (good food and local beer brewed on the premises--we know because the club inaugurated the route with a group walk followed by lunch there). (Now we're working on a new West route that won't require driving to the start of the walk.) And don't forget that the Purcellville town walk now goes by Patrick Henry College. (Now we're working on a new route for the Country walk to avoid Hirst Drive and go by the college too.)

Lastly, for those who refrain from woods walks because it is so hard to write crystal clear directions, it's time to walk Sterling's Claude Moore Park. The route has been permanently marked with distinctive IVV/AVA signs with arrows. Between the directions and markers you can't go wrong--so say those who had trouble on this walk before the arrows went up.

Don't just come to Loudoun County to walk. Leesburg has a great outlet mall (Under Armour factory store!); the county has award-winning wineries, and Leesburg has one of the best wine shops around--the Leesburg Vintner near the end of the town walk; there's antique shopping in Leesburg, Purcellville, Middleburg, and elsewhere. The National Air and Space Museum's Udvar-Hazy Annex at Dulles Airport is close at hand. Come and make a day of scenic Loudoun County and environs. Want to know more? The club's new fox mascot Strollin' Rowland says to contact Bob Wright at rwright2@jhu.edu.

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 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**
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