



THE WANDERER



February 2012 - Volume XXVIII No 7



Presidents Message

Dear Wanderers,

Well, here we are in 2012. The old year is past and before we know it so will this one. How many of you kept last years resolutions, especially those related to more exercise and healthy eating? Well, it is never too late to try again and a good start is with our February 4 and 5 York Winter Walk. If it is not already history when this newsletter arrives at your door, come on out and join us – even if the weather isn't fit for a polar bear.

I'd like to thank John for taking care of the January newsletter while Pat was away. Pat was suffering in Hawaii for five weeks while we were freezing here. Don't you feel sorry for her? Maybe she will share some of her adventures, while there, with us.

March 16–18 is the Walk Thru History in Fredericksburg. Nine members are signed up to go in a small van with us to these events. If interested let me know ASAP.

Recent Tuesday walks some of us have done were Millersville, Harrisburg, York Rail Trail, the Lincoln Highway York event and checking our York Winter Walk directions. It was a very cold blustery day when about one dozen of us did the Lincoln Highway walk and I look forward to doing it again in nicer weather. Fell free to join us!

A survey by the AVA of what keeps walkers, participating found: cont. page 2

Fellow Wanderers,

Now I'm back and feeling refreshed and I'm looking forward to the upcoming walks. Did some walking while on Maui but unfortunately there are no sanctioned walks on the island.. must go to Oahu or island of Hawaii. Our weather in York has really been great lately even with a few showers. Hopefully it stays this way for our winter walk on Feb. 4th and 5th.

Do make plans to participate in our upcoming winter walk and also join us for the Tuesday morning walks. Just call Julie for more information.

Happy Trails

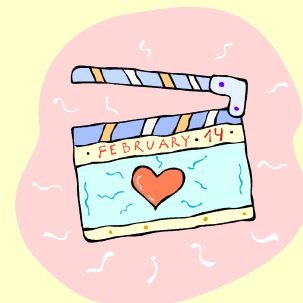


The Editor

Next Club Meeting

The next club meeting will be held on February 16th at 7pm. The meetings are held the third Thursday of the month at Adams Electric on Rt. 616 just south of Rt. 30.

During inclement weather the monthly meeting will be cancelled if classes at Penn State York are cancelled.



Continued -

They should have visual quality - natural scenery and beauty, parks and rural settings and historic, interesting and unique sites. Friendly volunteers, socializing and creature comforts (cleanliness, food, parking) also are important. Questionable areas and poor directions are the bane of walkers. Nearly all respondents were 50-75 years of age. Where are the young people?

Gene and I went to the Farm Show in Harrisburg on a very nice day for farm show weather. Growing up in Harrisburg, I was taken every year and loved it. We did at least a 5K walk as we went back and forth from the food court to the main hall and back again and to the arena. Feels great to walk again without pain. Good thing I didn't make any resolution about diet. If you have never been there you are really missing a great time so think about going next year. Important- it has come to our attention that some members are not aware of AVA changes to yre's in 2011. The old rule of only getting credit for event once in the first 6 month (Jan - June) and one in the second half of the year (July - Dec) is history. Now you can walk the same event over and over, every day if you want, and get credit for the event as well as the distance.

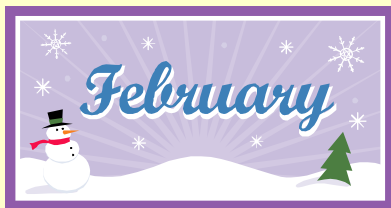
Remember: A vigorous 5 mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.

Julie

RENEWING MEMBERS

Richard & Phyllis Bowers	Jacobus, Pa
Vicki Orendorff	York, Pa
Stella Lyons	New Freedom, Pa

Thank you and Welcome



CLUB OFFICERS

President: Julie Geyer (633-7644)
Vice President: Brenda Weirich (266-5400)
Secretary: Gloria Reedy (292-3777)
Treasurer: Debbie Choiniere (840-1129)
Membership: Pat Strausbaugh (764-6150)
Publicity: Gloria Reedy (292-3777)
Newsletter Editor: Pat Boyle (757-7160)
Year Round (York): Barb&George Conrad (244-3259)
Year Round (G'Burg): Tom Jackson - (677-6511)
Year Round (Hanover): Millie Smith - (632-4589)
Year Round (Littlestown) Julie Geyer (633-7644)
Webmaster: Nancy Ickes (938-2314)
Girl Scout Liaison: Sandy Leese (741-1938)

Web site

www.ava.org/clubs/york

Email address

ywrw@hotmail.com

Mail Address

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 P.O. Box 7683
 York, Pa. 17404-0683

Awards

IVV Events

Diane Heater	Stroudsburg, Pa	30
Gloria Gross	Dover, Pa	50
Gloria Rudacille	York, Pa	150
Richard Little	Newport, Pa	175
Keith Choiniere	York, Pa	275
Brenda Myers	Hanover	275
Pam Copenhaver	York Pa	400/425
Jim Copenhaver	York, Pa	400/425
James Myers	Hanover, Pa	525
Edna Little	Newport, Pa	575/600
Ray Rudacille	York, Pa	600
Julie Geyer	Hanover, Pa	800
Betty McCoy	York, Pa	850
Barb Conrad	Red Lion, Pa	900
George Conrad	Red Lion, Pa	900
Tom Jackson	Biglerville, Pa	2000

Distance

Gloria Gross	Dover, Pa	500Km
Debbie Choinere	York, Pa	2500 KM
Pam Copenhaver	York, Pa	4000 KM
Jim Copenhaver	York, Pa	4000 KM
Edna Little	Newport, Pa	5500 KM
Ray Rudacille	York, Pa	7000 KM
Julie Geyer	Hanover, Pa	8000 KM
Barb Conrad	Red Lion, Pa	9000 KM
George Conrad	Red Lion, Pa	9000 KM
Louise Clouser	Newport, Pa	19000 KM
Tom Jackson	Biglerville, Pa	21000 KM

CONGRATULATIONS



Upcoming Events

<u>Date</u>	<u>Sponsor</u>	<u>Location</u>	<u>POC</u>	
<u>February 2012</u>				
5/6	2 W	York White Rose Wanderers	York Central Market	717-292-3777
7	GW	York White Rose Wanderers	Gettysburg, Pa	717-633-7644
25	W	Baltimore Walking Club	Baltimore - DuBurns Arena	410-592-3173
<u>March 2012</u>				
6	GW	York White Rose Wanderers	Hanover	717-633-7644
16/18	4W	6 th Biennial Atlantic Region Conf.	Fredericksburg, Va	540-455-0772
17	W	Baltimore Walking Club		410-592-3173
24	W	Seneca Valley Sugarloafers	Chevy Chase, Md-Historic Sommerset	301-610-7753
31	W	Freestate Happy Wanderers	Laurel - Fairland Park	301-572-5524
<u>April 2012</u>				
3	GW	York White Rose Wanderers	Chambersburg, Pa	717-633-7644
7	W	Piedmont Pacers	Westminster, Md	301-829-3685
21	W	Greater Greenbelt Volksmarchers	Greenbelt	301-937-3549
28/29	W	York White Rose Wanderers	Rocky Ridge County Park	717-266-5400

Top Ten Walks for 2011

- | | |
|--------------------------------|-----------------------------|
| 1- San Antonio, Texas | 6- Savannah, Ga |
| 2- Chesapeake Beach, Md | 7- West Point, NY |
| 3- Kirkland Waterfront, Wa | 8- Boston Freedom Trail, Ma |
| 4- Silver Falls State Park, Or | 9- Alexandria Old Town, Va |
| 5- Gettysburg #3, Pa | 10- Point Lobos, Ca |
| | Williamsburg, VA (tie) |

Things you can do for Volkssporting

- Talk up volkssports with family, friends and acquaintances
- Regularly participate in IVV events; include something like special events or an IVV Olympiad.
- Participate in IVV events aimed at attracting new participants.
- Take your spouse, (grand)children and friends on their first IVV walks.
- Offer to help when you attend IVV events.
- Speak about volkssport to other groups.