



# The Rover Reporter



The Newsletter of the Susquehanna Rovers Volksmarch Club

March - April 2014 Edition

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Regina Zapotosky  
939-2077

## The President's Message



Hello Rovers,

It sure has been a harsh winter! Spring can't come soon enough.

I know most of you may be experiencing cabin fever since the snow, ice and frigid temperatures have put a damper on walking.

Let's get out there and support the KSVa on March 14-16, 2014. They will be hosting the 7th Biennial Atlantic Region Conference in Lancaster, PA.

As Henry David Thoreau once said

"An early-morning walk is a blessing for the whole day."

See you on the trails - Sue



## Inside this issue:

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# Membership Dues

Our Membership Chair, Mary Watts sent out 68 renewal reminder post cards to those members that didn't renew their membership at Hershey.

As of the meeting, she had only received 37 responses. Please get your card back in the mail to her. If there is a change in your phone number or email address, please indicate it on the card. Her address is 3848 Green St, Harrisburg, PA 17110-1543. If you can't find the card, then just send her your name and address, phone number, email address and a check for \$10. If you want to talk to her, her number is 717-234-7765.

Thanks for your continued support of the Susquehanna Rovers!

## Welcome new members

Brenda and Nevin Weirich

### 20/10 Challenge



Pictured to the left is the award for the 20/10 Challenge. The 1 1/2 x 1" pin is "Philadelphia Eagles Green" and Gray.

The Keystone State Volkssport Assn is sponsoring this special challenge once again to encourage participation in Pennsylvania member club AVA sanctioned events.

Pennsylvania member club AVA sanctioned events.

Out of state walkers only have to walk 10 events in PA to obtain the award. Walkers that live in PA have to walk 20 events in PA to obtain the award.

You can download the record book from the KSVVA website: [www.ksva.net](http://www.ksva.net) or the AVA website: [www.ava.org](http://www.ava.org). Then go to Clubs, pick PA, then Keystone State Volkssport Assn. That will take you to the choice of the 20/10 Challenge.

There is no fee to participate, but there is a fee to obtain the award. Once you complete the book, you can pay \$4 or \$5 to receive the award. If your award needs to be mailed, it will cost you the higher amount. Hand in your record book at a York White Rose Wanderer traditional event or a KSVVA event, it will only cost you \$4.

The POC is Tom Jackson, 1287 Shippensburg Rd, Biglerville, PA 17307. Email: [thomasjackson@embarqmail.com](mailto:thomasjackson@embarqmail.com) or Phone: 717-677-6511 or 717-309-6088

Try it - you will be amazed at how quickly you walk 20 events. Set this as one of your goals for 2014!

### Meeting Time and Location

Club meetings are held on the last **Tuesday** of each month at **6:00 PM** in the meeting room at Gander Mountain, 5005 Jonestown Rd (Route 22), Harrisburg. 717-671-9700. Everyone is welcome to attend!

The next meetings will be:

March 25, 2014

April 29, 2014

May 27, 2014



Events	Distance
30	500K
Sandra Smith	Hanah Miller
75	1000K
Hanah Miller	Beverly Vogelsong
100	2000K
Beverly Vogelsong	Tim Krow
175	Jacquelyn Love
Bill Rhoat	9000K
200	Jack Higberger
Tim Krow	JoAnn Highberger
225	22,000K
Joyce Krow	Sharon Miller
850	
LeRoy Copenhaver	
1050	
Lester Miller	
1400	
Lois Bucher	
1900	
Pat Eby	
2400	
Sharon Miller	

Take your dogs  
Volksmarching -

They need  
exercise too!

We have books for them.



Join Us for a walk in  
**DUNCANNON**  
 an  
 Appalachian Trail Community

**June 21, 2014**



5K and 10K trails - both rated: 1A  
 AT14/98400

Both trails qualify for these Special Programs:  
 Celebrating Golden Cinemas, Fraternal Organizations,  
 Strolling Somewhere Over the Rainbow, Walking  
 America's Murals, Struttin' Down Main Street, You'll  
 Never Walk Alone, Trekking with Trees, Honoring our Flag  
 and Walking the U.S. A-Z. KSWA Challenge—Perry  
 County.

**START POINT:** Christ Lutheran Church  
 115 Church St. Duncannon, PA 17020

**START TIME:** 8AM to 1 PM June 21, 2014

**FINISH TIME:** All walkers must finish by 4 PM

**TRAIL:** Trails are along pavement with partial on wide trail  
 through wooded area

**REGISTRATION FEES:** This event is FREE to those who  
 wish to participate without IVV credit. IVV credit only is  
 \$3.00. A limited number of awards and patches from other  
 walks are available. IVV Credit and B Award is \$5.00.

**ADDITIONAL INFORMATION:**

Call Charlie (717) 834-4185,  
 e-mail: [chuck@debndoug.com](mailto:chuck@debndoug.com) or write to  
 Susquehanna Rovers  
 c/o Charlie Johnson  
 94 Aqueduct Rd, Duncannon, PA. 17020

Duncannon, an Appalachian Trail Community, celebrates  
 the opportunities offered along the Appalachian Trail on  
 June 21, 2014 from noon to 4 pm. Enjoy nature-focused  
 activities including Shavers Creek Live Raptor Show,  
 Audubon Society Birding as well as live entertainment and  
 a variety of vendors. Don't miss it!

## Save the Dates

October 17-18-19, 2014

Nittany Nomads are hosting a 3 day fall weekend with 4  
 walk events and 2 year rounds in  
 State College, Centre County.

All walks start at Super 8 Motel, 1663 S. Atherton St,  
 State College, PA 1-800-635-1177  
 Rate are \$53 + tax for 1 or 2 people, additional adults  
 are \$10 more a night. A SuperStart® Breakfast is in-  
 cluded. Ask for the group code VOL1

Meet and Greet on Saturday from 5 to 6 - it is fun!  
 For more info contact Bev Molnar, 642 Wayland Place,  
 State College, PA 16803 814-359-6875 [bgs3@psu.edu](mailto:bgs3@psu.edu)

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## New Information

AVA would like all of us to get out and walk on  
 a special date and time. This year we can all be  
 walking at 10-11-12-13-14. In other words, at  
 10:11 on Dec 13 2014. The Penn Dutch Pacers  
 have agreed to hold their Christmas event on  
 that date so we can join in on the fun. If you  
 can't be there, walk somewhere else, but be on  
 the trail 10-11-12-13-14. It will be fun!

At our meeting last week, it was decided to  
 send our meeting minutes out to the  
 membership via email. So you will be getting  
 them a few days before the meeting. That way  
 you will have time to comment on them to  
 either one of the officers or someone you know  
 that goes to the meeting. We want your  
 comments because we are a membership driven  
 organization. We will have a couple of copies at  
 the meeting for those that do not have email.

We are also getting brochures from other  
 clubs sent to us through email, so I will also  
 pass them along to you via email.

If we can do anything else that would be  
 helpful to you, please let us know.

## Seventh Biennial Atlantic Region Conference



**March 14-16, 2014**

Komm lauf mit uns!

Lancaster Host Resort and Conference Center  
2300 Lincoln Highway East, Lancaster, PA 17602

Three Walks + One Swim

Friday, Saturday, Sunday

8 year rounds will also be available at the start.

### Friday, March 14th -

9:00 AM - 5:00 PM Conference and walk/swim  
registration - "Shop 'Til You Drop" is the  
featured walk

5:00 PM Finish table closes

The Meet and Greet reservations are closed.

### Saturday, March 15th -

8:00 AM - 2:00 PM Conference and walk/swim  
registration - "Strasburg" is the featured  
walk

3:00 PM Workshop 1 - Dave Scull  
Atlantic Region Director  
Topic: Pathway to Excellence

4:00 PM Workshop 2 - Bob & Suzanne  
Wright, President, Loudon Walking &  
Volkssport Club

Topic: Picture a Perfect Event

5:00 PM Finish table closes

5:00-6:00 PM Regional Meeting

The Banquet reservations are also closed.

### Sunday, March 16th

8:00 AM - 1:00 PM Walk/swim registration  
"East Lampeter" is featured walk

4:00 PM Finish table closes



The Conference Patch is \$6.00. It is shown to the left and it shows the three awards on it -for the three walks - a cow, covered bridge and train hat pins. Walk credit

only is \$3.00. Award and Credit is \$6.00. The swim is Credit only \$3.00 but you can **only** participate in the swim if you are a registered guest of the hotel.

The "Shop 'Til You Drop" walk starts at the hotel. The other two walks: you register at the hotel and then must drive to the start points.

Contact: Joan Lampart at 215-529-5686, email [jmlampart@verizon.net](mailto:jmlampart@verizon.net) KSVa website: [www.ksva.net](http://www.ksva.net)

Want to volunteer? Contact [avtrommer@aol.com](mailto:avtrommer@aol.com). Come out to walk and meet other Volksmarchers, it is the fellowship part of Volksmarching.

**Note:** Please come to do the walks.

You can also take part in the Silent Auction. Since there is no fee for the conference, we hope that the Silent Auction will help to pay for the conference. We encourage every attendee to contribute an item and make a bid on the items contributed.

You can also attend the two workshops and general meeting.

Don't forget that Volksmarching is not just good exercise, but that fellowship is also an important feature. Where better to get to know other walkers, than by attending the conference.

**LBW - NORTH CAROLINA TRIANGLE BUS TRIP**  
**APRIL 26 THRU APRIL 29, 2014**

Saturday, April 26: We'll leave the V.E. at 7:00 A.M and travel to Richmond, VA for the Capital walk (6 and 10K available). We'll then proceed to Raleigh, NC. Our lodging for three nights will be the Hampton Inn Capitol Boulevard North at 3621 Spring Forest Road (phone 919-872-7111).

Sunday, April 27: We travel to Hillsborough, an historic small town with architecture that spans three centuries. Our 5 or 10k walk is mostly flat with minor hills along paved trails, sidewalks, quiet streets and natural surfaces. In the afternoon we'll visit an interesting attraction in the area (more info later).

Monday, April 28: This morning it's your choice of two walks in downtown Raleigh (5 and 10K available). The North Carolina State Capitol and Museums of History and Natural Sciences (all free) are nearby so try to visit at least one of them. That afternoon we'll visit the beautiful J.C. Raulston Arboretum.

Tuesday, April 29: After hotel checkout, we'll travel to nearby Durham (home of Duke University) for your choice of two walks in that city (5 and 10k available). Then we take the long ride back to the V.E., where we should arrive by about 8:00 P.M.

These prices include round trip transportation via Hagey deluxe motor coach, bus driver tip, snacks en route, lodging for three nights, three breakfasts, and four walks.

Contact William Ridge - 215-256-9629  
 wlridge@verizon.net for more information, prices and registration form. Deposit of \$50 is needed now with remaining balance due by March 25, 2014

**LACKAWAXEN BORDER CROSSING BUS TRIP**  
**MAY 31,2014**

Our second bus trip of the year will be a day trip to Lackawaxen, PA on May 31 to walk from the Zane Gray Museum across the Roebling Aqueduct into New York State. There are two 5K loops: first will cross the Roebling Aqueduct (Roebling Bridge-the oldest existing suspension bridge in the US) into New York; the second is a simple out and back along the Lackawaxen River. All along the route are beautiful views of the Delaware River. . The Start Point will be the Zane Grey

Museum which was the former home of the famous author. As an added feature, arrangements have been made for the walkers to enjoy a buffet dinner (\$13.75) at the historic Lackawaxen Inn.

LBW are partnering with the Volkssport Club at West Point to do the walk. Get all your deposits in ASAP to ensure you get a seat on the buses. The cost is \$60 for 2 events and lunch.

For more information on the trip, contact Dave Brown  
 610-906-6252 ocmdbreeze@aol.com

Walkers not wanting to join the bus group, can drive there. The dinner would not be included. But it sounds like a great way to see another section of our state.

Qualifying Special Programs are: Border Crossings, Honoring Our Flag, National Register Historic Places, You'll Never Walk Alone and the PA County Challenge - Pike County

**CROSSING BORDERS - 3 states in 3 days**  
**Bus Trip**

May 2, 3, 4, 2014

With York White Rose Wanderers  
 Call John McCoy 717-843-0840 to register or for information

\$50 due at registration, balance due March 20, 2014

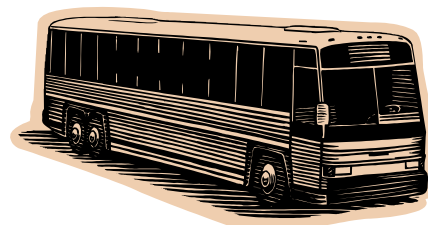
Double occupancy is \$320 per person.

Cost is less for larger group in one room.

They are leaving from York at 6 am on May 2 and returning about 9:30 pm on May 4.

Walks in Lexington VA; Bristol, VA into TN; Abingdon VA; Wytheville WV; Bluefield WV into VA .

They do a great job with their bus trips!



Last year for the  
200th Anniversary of the  
War of 1812



Less than 30 years after the Treaty of Paris ended the Revolutionary War and the United States officially gained recognition as a sovereign country, a young American nation again declared war on Great Britain.

The War of 1812 was fought for a variety of reasons, including British interference with American shipping, the seizure of American sailors, trade restrictions with France (with whom Britain was also at war), and British support of Native Americans which limited westward expansion.

We invite you to experience the 9 walks in the War of 1812 Series as we commemorate the Bicentennial of the War of 1812 and celebrate 200 years of peace between the US and Canada. The war was not over in one year so the program is still ongoing.

The War of 1812 Walk Series includes: Pennsylvania - Erie and New York - Buffalo, Williamsville, Lewiston, Youngstown, Pultneyville, Oswego, Sackets Harbor, and Ogdensburg. Each event has a different hat pin as an award. The one shown above is for Erie. The events will close in November 2013.

The Erie event starts at the Avalon Hotel, 16 W. 10th St, Erie PA. Ask for the Walk Box. The 10/6K Trail is rated 1A. The AVA Special Programs include: Baseball Walks, Fraternal Organization, Rainbow Color -Named Places, and Murals. There is also a Fort of the US to help you finish that program.

To find out more information about the other events in the War of 1812 Series, go to [www.seawaytrail.com/volkssport/1812](http://www.seawaytrail.com/volkssport/1812).

Point of Contact for the Erie Volksmarch: Pat Eby  
[patriciaeby@verizon.net](mailto:patriciaeby@verizon.net) 717-379-8945 cell  
19 N 27th St, Camp Hill PA 17011

**For Geocachers** - check out: [www.seawaytrail.com/geotrail](http://www.seawaytrail.com/geotrail) for geocaching in the Seaway Trail area.

This will be the last year for this event.



## Upcoming multi-event weekends

**2014 Atlantic Region Conference** -March 14-16 2014  
3 walks, a swim, plus 9 available year round events  
(page 4)

**North Carolina Triangle Bus Trip** - April 26-29, 2014  
4 Walks Money due March 25, 2014 LBW (Page 5)

**Crossing Borders Bus Trip** - May 2-4, 2014  
5 events Money due March 20, 2014 YWRW  
(page 5)

**Virginia's Memorial Day Weekend** May 24-26, 2014  
3 events in 3 different towns

**Lackawacen and Milford Bus Trip** - May 31, 2014  
Border Crossing and Milford LBW (page 5)

**State College** - October 17-18-19, 2014  
4 walk events plus 3 year round walks (page 3)

**US FreedomWalk Festival** - October 17-19, 2014  
3 Walks

**Hershey Walkfest** -Nov. 28-29, 2014  
4 walk events plus 2 YR walks

**Williamsburg VA** Dec 12-14, 2014  
Walk, Night Walk and Swim

## New Special Programs

Alternative Capitals  
Border Crossings  
Cities in Song  
Honoring Our Flag  
Lakes and Reservoirs  
Trekking With Trees  
Water Towers  
You'll Never Walk Alone  
KSVA - 20/10 Challenge

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## Group Walks

Well as you can guess, they haven't been happening because of bad weather. Maybe the weather will improve, and I can get some pictures for the next Rover Reporter. To get on the email list for group walks, contact me at [patriciaeby@verizon.net](mailto:patriciaeby@verizon.net).

**2014 ATLANTIC REGION CALENDAR of EVENTS**

AVA Calendar as of February 23, 2014

**March**

1	W	Baltimore MD (Convention Center)	Baltimore Walking Club	410-870-6616
<b>14-16</b>	<b>3WS</b>	<b>At Region Conf (Lancaster Host)</b>	<b>Keystone State Volksmarch Assn</b>	<b>717-677-6511</b>
22	2W	Baltimore MD (DuBurns Arena)	Baltimore Walking Club	410-274-8407
<b>25</b>	<b>M</b>	<b>Harrisburg (Gander Mntn 6:00 pm)</b>	<b>Susquehanna Rovers</b>	<b>717-614-7540</b>
29	W	Glenwood MD (Community Center)	Columbia Volksmarch Club	410-290-6510
29	W	Norfolk VA (McDonalds)	Virginia Vagabonds	757-766-3065
30	W	Westfield NJ (Best Western)	Princeton Area Walkers	908-309-8398

**April**

5	W	Germantown MD (IHOP)	Seneca Valley Sugarloafers	301-926-0915
5	W	Gloucester VA (Riverside WR Hosp)	Virginia Vagabonds	757-766-3065
6	W	Montpelier Station VA (Madisons Mpl)	Cavalier Volkssporting Club	434-924-3791
12	W	Petersburg VA (Old Town Visitors Ctr)	Lee Lepus Volksverband	804-768-0055
12	W	Annapolis MD MD Hall for Creat Arts)	Annapolis Amblers	410-960-6226
19	W	Gloucester VA (Beaverdam Park)	Peninsula Pathfinders of VA	757-357-5355
26	W	Smyrna DE (Blackbird State Forest)	First State Webfooters	302-697-1191
26	W	Alexandria VA (Baerwald home)	Washington DC Area VC	703-765-3128
27	W	Princeton NJ (NJ Frist Center)	Princeton Area Walkers	609-658-7724
28	NW	Alexandria VA (Barrett Library)	Washington DC Area VC	571-405-4808
<b>29</b>	<b>M</b>	<b>Harrisburg (Gander Mntn 6:00 pm)</b>	<b>Susquehanna Rovers</b>	<b>717-614-7540</b>

**May**

3	W	Washington DC	US Freedom Walk Festival Club	703-209-0174
3	W	Gaithersburg MD (Java Junction)	Seneca Valley Sugarloafers	301-294-1191
10	W	Darlington MD (Conowingo Dam)	Baltimore Walking Club	410-272-2654
10	W	Leesburg VA (Morven Pk Eques. Ctr)	Loudoun Walking & Volkssport Club	703-737-2175
10	W	Fredericksburg VA	Germanna Volkssport Assn	540-455-0772
<b>17</b>	<b>W</b>	<b>Huntingdon Valley PA (Lorimer Park)</b>	<b>Liberty Bell Wanderers</b>	<b>610-906-6252</b>
<b>17</b>	<b>W</b>	<b>Neffsville PA (Comm Park)</b>	<b>Penn Dutch Pacers</b>	<b>717-203-1725</b>
17	W	Alexandria VA (Ft Hunt Elementary)	Northern VA Volksmarchers	703-360-5692
17	W	Norfolk VA (VanWick Branch Library)	Gator Volksmarsch Club	757-421-0070
<b>17-18</b>	<b>W</b>	<b>Red Lion PA (Senior Center)</b>	<b>York White Rose Wanderers</b>	<b>717-244-3259</b>
19	NW	Alexandria VA (Beatley Central Lib)	Washington DC Area VC	571-405-4808
24	2W	Savage MD (U Methodist Church)	Freestate Happy Wanderers	301-937-9659
24	W	Dayton VA (Heritage Museum)	Virginia Volkssport Assn	757-814-1417
25	W	New Market VA (Days Inn)	Virginia Volkssport Assn	757-814-1417
26	W	Winchester VA (Millbrook High Sch)	Virginia Volkssport Assn	757-814-1417
<b>27</b>	<b>M</b>	<b>Harrisburg (Gander Mntn 6:00 pm)</b>	<b>Susquehanna Rovers</b>	<b>717-614-7540</b>
31	W	Hampton VA (Gosnold's Hope Park)	Peninsula Pathfinders of VA	757-851-9252
<b>31</b>	<b>W</b>	<b>Lackawaxen PA (Zane Grey Mus)</b>	<b>Liberty Bell Wanderers</b>	<b>610-906-6252</b>

**June**

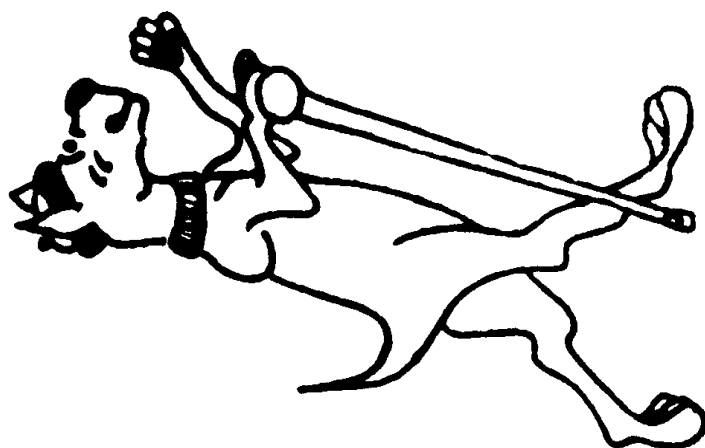
<b>7</b>	<b>W</b>	<b>New Freedom PA(Summit Gve Camp)</b>	<b>Keystone State Volkssport Assn</b>	<b>717-677-6511</b>
7	W	Sterling VA (Claude Moore Park)	Loudoun Walking & Volkssport Club	707-737-2175
7	W	Westminster MD (Church of Ascension)	Piedmont Pacers	301-937-9659
9	NW	Fairfax VA (Daniels run School)	Northern VA Volksmarchers	703-352-5135
<b>21</b>	<b>W</b>	<b>Duncannon PA (Christ Lutheran Ch)</b>	<b>Susquehanna Rovers</b>	<b>717-991-3574</b>
21	W	Chesapeake (Arboretum)	Gator Volksmarsch Club	757-421-0070
23	NW	Alexandria VA (Barrett Library)	Washington DC Area Volksmarch Club	571-405-4808
<b>24</b>	<b>M</b>	<b>Harrisburg (Gander Mntn 6:00 pm)</b>	<b>Susquehanna Rovers</b>	<b>717-614-7540</b>
28	WB	Stevensville MD	Annapolis Amblers	410-960-6226

Legend: W=Walk, GRP= Group Walk, GW=Guided Walk, NW=Night Walk, M=Meeting, S= Swim

Susquehanna Rovers Volksmarch Club  
1820 Brentwood Drive  
Middletown, Pennsylvania 17057-3477

**Dated Materials**

# **The Rover Reporter**



March - April 2014