

# The Rover Reporter



The Newsletter of the Susquehanna Rovers Volksmarch Club

April - May - June 2015 Edition

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# President's Message

Hello Everyone!

Shake off the winter blues this spring by lacing up your shoes and calling a fellow Rover to walk. Robert Sweetgall once said, "We live in a fast-paced society. Walking slows us down." Take time this spring and enjoy all that walking has to offer. A walk with a friend is twice the fun!!

AVA Headquarters, with the support of local clubs will be hosting its 2nd annual IVV World Walk Day Event on May 8th. Any traditional event or

YRE will qualify that falls between May 2nd and May 16th. Join the Rovers on Saturday May 16th in Mannsville, PA. A special slug will be used in the stamp that day. T-shirts are also available for purchase through Café Press. Anyone who is willing to help that day please contact Alice Eckardt to sign up.

I'd like to take this opportunity to introduce Bilbo the traveling gnome. Watch future newsletters for updates of his travels to other traditional events or YRE's. Bilbo's goal is to actively promote Volkssporting to others.

Hope to see you on the trail!

Sue



#### Inside this issue:

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## NEW MEMBERS

**WELCOME TO:** 

Stefan Klosowski - Harrisburg Ed Pfadt - Waterford

### 20/10 Challenge



Pictured to the left is the award for the 20/10 Challenge. The 1  $1/2 \times 1$ " pin is "Philadelphia Phillies" Red and Blue.

The Keystone State Volkssport Assn is sponsoring this special challenge once again to encourage participation in 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 KSVA website: www.ksva.net or the AVA website: 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 KSVA event, it will only cost you \$4.

The POC is Beverly Molnar, 642 Wayland Place, State College, PA 16803. Email: bgs3@psu.edu or Phone: 814-359-6875.

Try it - you will be amazed at how quickly you walk 20 events. Set this as one of your goals for 2015!

#### **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:

May 26, 2015 June 30, 2015 July 28, 2015

#### **Donations**

At the January meeting, we voted to donate money to the following organizations for their support in our walking events:

Ronald McDonald House - \$120 received at the Hershey Walkfest.

Carlisle Parks and Recreation - \$100 in thanks for our Carlisle Year Round.

Fredricksen Library - \$100 in support of our Camp Hill Year Round.

Lebanon Valley Family YMCA - \$100 for the use of their facility for our start point for Lebanon Year Round.

Pennsylvania Parks and Forests Foundation on behalf of the Friends of Little Buffalo - \$100 in support of our Little Buffalo Year Round.

Wildwood Park and Nature Center - \$100 in support of our Harrisburg Year Rounds. Capital Areas Sports for Kids - \$100 this was made in appreciation of Gander Mountain allowing us the use of their meeting room for our monthly meeting.

Hershey Fire Company - \$100 for the use of the Fire House as a checkpoint for our Hershey Walkfest.

Juniata Valley YMCA - \$100 for the use of their facility for our start point for Burnham and Lewistown Year Rounds.

Bloomsburg Area YMCA - \$100 for the use of their facility for our start point for the Bloomsburg Year Round.

The Rovers received a \$500 donation from TE Connectivity in response to Regina Zapotosky's volunteering efforts with the club.

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# Spring Walk in Perry County

Mannsville, PA Saturday May 16 and Sunday May 17, 2015

10K or 5K Trail

Trail Ratings: 1A Sanction AT15/101712 Special Programs - Walking the USA, A-Z KSVA County Challenge - Perry County

**Start/Finish:** Mannsville Lutheran Church, 2944 Mannsville Rd, Elliottsburg PA 17024.

Parking is in the church parking lot. All are welcome to join the 9 AM worship service on Sunday.

Start Time: 8 am to 1 pm May 16 and 17.
Finish Time: All walkers must finish by 4 pm.

**Fee/Award:** This event is Free to those who wish to participate without IVV credit. IVV Credit is \$3.00. (Children 12 and under will not be charged to receive IVV Credit.) This is a credit only walk.

**Trail:** Trails are along paved country roads with no significant hills. Trail rating 1A (Scale: 1 easy - 5 very difficult) Trails are stroller and wheelchair friendly.

**Food Service** will be available through the Ladies Aid Organization. Water and hard candy will be available at the Start/Finish and the checkpoint.

The event is held rain or shine.

#### **Additional Information:**

call Point of Contact - Louise Clouser 717-567-9537.

Email: laclouser@pa.net

46 Pineneedle Drive, Newport, PA 17074

www.ksva.net www.avaclubs.com/SRVC www.ava.org

Other information -

The Little Buffalo State Park Year Round Event is only a few miles away.

**Directions:** From Newport you can just follow Rt 34, then turn right on Little Buffalo Rd (toward Little Buffalo State Park). Then continue on this road to the end. Take a right on Cold Storage Rd, than a quick left onto Erly Rd and that will take you to the Mannsville Rd and the church. Parking will be in the lot and across the street on the grass. Please park on grass on Sunday morning.

Remember Sue Wheelers challenge of bringing a friend along to walk. It makes it more of a happening or mini vacation than just a walk. <u>Fun</u>, fitness, and <u>fellowship</u> (plus food) is our motto. This challenge is for all walks.

Please help Rovers Friends at the Homeless Shelters! Please bring a donation of dry or canned cat or dog food, old blankets sheets or towels, non-clumping cat litter or a monetary donation for Rover's homeless friends. We are happy to help.

#### LOYALSOCK STATE FOREST

**Sullivan County** 

EAGLES MERE, PA

SEPTEMBER 26 & 27 2015



**Start/Finish:** 288 Eagles Mere Ave., Eagles Mere, PA 17731, Eagles Mere Information Center/Jolly Trolley Side Car Shopping Area. There is some parking beside the shopping/food area, along street or across street. You will drive a short distance to the High Knob Scenic View Drive at Loyalsock State Forest to begin walk.

**Start Time:** 9:00AM to 1PM on both Saturday and Sunday.

Finish Time: All walkers must finish by 4:00PM.

**Fee:** IVV credit is \$3.00. There is no special award or preregistration for this event. Participation without AVA/IVV credit is FREE. IVV award books and New Walker packets will be available for \$5.00 each. Children 12 and under walk for free.

**Trail:** 5K and 10K. The trail is rated as a 1A. The trail is on State Forest paved roads. The trail would not be suitable for strollers or wheelchairs because of getting to the side of the road. All participants must always be mindful of traffic.

**Additional Information:** Call Cookie Little (717) 567-6815, (717) 275-5932 (cell) or email thistle4@embargmail.com.

Loyalsock State Forest is named for the Loyalsock Creek, a scenic freestone stream that winds through the heart of its 114,494 acres. It is located mainly in Sullivan, Lycoming and Bradford counties. The forest spans the northern tier's "endless Mountains" and features flaming fall foliage and cascading waterfalls.

At the registration area there are a few places to eat and purchase souvenirs to support the area. In addition Worlds End State Park is close by. To the East is the walk in Tunkhannock, Wyoming County and to the North State Parks are located in Bradford and Tioga Counties. Come enjoy the scenery and get more counties and State Parks.

**Directions:** From Harrisburg take your favorite route to I -80 then take PA 405 exit toward Muncy/Hughesville. Turn right onto State Rt. 405/PA-405. PA-405 after about 4 m. becomes US-220 N. Continue until you turn left onto PA-42 and go .6 mile to Eagles Mere Registration area.

From Philadelphia take I-80 N to PA-42. Take right onto Rt. 220/US-220 N/PA-42 1.1 mi. Turn left onto PA-42 for .6mi to Registration area.

Don't forget to bring your pet supplies to this event too.

### **New Special Programs for 2016**

#### **Bridges-Spanning the USA**

Acknowledging our dependence on bridges, where the route goes over or under a bridge (can be across any waterway, ravine, marsh, road or railroad to afford passage of motor vehicles, pedestrians and/or rail cars).

#### **Lady Liberty**

Event passing by or with the ability to view from the trail the Statue of Liberty or a replica (murals are acceptable)

#### Make a Wish - Water Fountains

Decorative water fountains or splash pad, natural or manmade and fountain does not need to be operating.

#### **National Parks Centennial**

All National Parks qualify as well as events that pass by a national monument or national memorial.

#### **State Street Sashay**

Any event on a street named "State Street"

#### Take a Walk in a City Park

Walk by or through a named city park

#### **Treasure Hunt**

Places named with illusion to precious metals such as ice, rock, stone, or names of gems or minerals. Street names don't qualify.

#### Vice Presidential Walks

Honoring the Vice Presidents - Birth places, burial sites, towns of residence as well as schools, roads, towns or other geographical places named for the VPs.

#### **United States Post Offices**

Pass a US Post Office building.

#### Walking America's Ports of Call

Any walk in a city named for a Port or locations that are currently or have been historically a Port

#### Walking the Path of Inventors

Walking by well known inventors/researchers homes, gravesites, labs, workplaces or museums.

#### Walk the USA-Street by Street

Walk a street in all 50 states



# Congratulations To Bill Rhoat!

Deserving recipient of a Bachelor's Degree in Business Administration with a concentration in Accounting from Millersville University May 9, 2015

#### **UPDATES**

**Tunkhannock Seasonal Walk - Wyoming County** Correction: The exit number is 170B off of I-81 (Route 309 North)

**Mt Pisgah State Park** - The new start point is Dandy Mini Mart, 590 Elmira St, Troy PA 16947. 570-297-2030

It is located on US –6 (Elmira St) between Mansfield and Towanda. The Dandy Mini Mart is on the east side of Troy, across from the Tops Market. Look for the Gulf Gas Sign. The start box is on a rack at the rear of the store next to the restrooms.

**Promised Land & Varden** walks - Promised Land is now rated 2C, very rocky. Recommend only sturdy walkers with walking sticks & boots. Varden trail 17 at Mid valley tract is very swampy.

**Moraine and Jennings** - For the easiest 5K walk at these parks - Moraine would be loop 2; Jennings would be loop 1

# Four State Park Weekend Oct. 23-25 2015

The Liberty Bell Wanderers are trying to help you get finished with your PA State Park and Forest Challenge by holding four events in four different State Parks on one weekend. Wow!!

Ft Washington State Park
Tyler State Park
Norristown Farm Park\*
Evansburg State Park

All four walks will be available on Friday, Saturday and Sunday. All registration will be at the Hampton Inn in Willow Grove. Then you will drive to the State Park of your choice.

\* this is one of the few parks without the name of State Park in the park system. It has been a continuously working farm since the 1700's.

Get your reservations now-Save the Date!

#### Volksbiking

For volkssporters who bicycle: If you want emails sent to you about upcoming volksbikes, send your email address to Tom and he will add them to his email list for future events.

#### 1. New Year Round Bike Events:

#### Pennsylvania:

Ansonia – Tioga State Forest: This bike event is on the Pine Creek Rail Trail which many consider to be the premier rail-trail in Pennsylvania. The entire Pine Creek Rail Trail is sanctioned so you may start anywhere you wish and go as far as you want. The start box is at the Darling Run Trail Head (approximately Mile 8) near the north end of the trail. The Pine Creek Rail Trail has a fine gravel surface.

**Valley Forge** – Schuylkill River Trail: The Liberty Bell Wanderers have sanctioned 33K between Valley Forge and the Philadelphia Art Museum. Their goal is to sanction the entire Schuylkill River Trail as the trail is completed. The start box is at the Information Desk at the Valley Forge Visitors Center. The trail is paved.

#### Virginia:

**Dumfries** (Montclair) – The Wood & Dale Wanderers had this route as a traditional bike event last November and sanctioned it for 2015 as a YRE. The ride is on a paved bike path.

#### 2. Bike Events Temporarily Closed:

#### Maryland:

**College Park** – The bike event is closed due to the collapse of a wooden bridge onto the trail.

**Stevensville** – The trail is closed past the Visitors Center due to construction on the draw bridge. You can still do a short distance.

- 3. "Guided Bike" Events: I am going to assume that you read the articles in the TAW or Checkpoint that describe what a "Guided Bike" event is. If not, say something and I will forward you the information.
- a. A "Guided Bike" event was held April 19 on the Cumberland Valley Rail Trail from Shippensburg, PA. This was held in conjunction with a fundraiser for the trail sponsored by the Cumberland Valley Rails-to-Trails We had 7 participants.
- b. The trailing email describes a proposed "Guided Bike" event on the W&OD Trail from Sterling in Northern Virginia. The event was sanctioned for Saturday, July 18 (not July 11 as mentioned in the email). The W&OD Trail has a paved surface. For those looking for something extra, there are two YRE walks in the Sterling area.
- c. There will be another "Guided Bike" event on the W&OD Trail on Saturday, August 8. This event will start from the Douglas Community Center in Leesburg, VA and go east. Afterwards, we will have lunch at the Leesburg Brewing Company which is .2 mile off of the trail. There are three YRE volksmarches in Leesburg.
- d. A "Guided Bike" event has been sanctioned for Thursday, September 24 on the Virginia Creeper Trail from Damascus, VA. This date is to accommodate the Asheville Amblers but is open to everyone. Damascus is in the southwest corner of Virginia. The Asheville Amblers will rent mountain bikes and take a shuttle to Whitetop. The Virginia Creeper Trail has a packed earth surface and can be done on a hybrid bike if you are careful. From there, it is a 17 mile downhill ride back to Damascus. There are also three volksmarches in the area: Whitetop, Galax, and Marion Hungry Mother State Park. I know this would be an overnight trip for everyone. To make it



#### **Events**

Distance

PAGE 5

50 John Satterlee 225 Jackie Love 6500K Jan Lardizabal

worthwhile to travel that distance, I have several options if you want something different than the three walks and want to stay additional days. Let me know your thoughts.

- (1). I can also sanction the Virginia Creeper Trail between Damascus and Abington. It would be downhill starting from Abington.
- (2) I can sanction a "Guided Bike" Event on the New River Trail in VA.
- (3) I can sanction a "Guided Bike" Event on the Greenbrier Trail in WV.
- e. A "Guided Bike" event has been scheduled for Saturday, October 31 in Rockville, MD on the Rock Creek Park Trail. This is in conjunction with the Seneca Valley Sugarloafers's Rockville-Croydon Park walk.
- f. I am planning on a "Guided Bike" event in Burke, VA. This would be on paved bike paths.
- g. I am also planning on a "Guided Bike" event on the canals along the Delaware River north of Morrisville/Trenton. This would be a loop using the Delaware Canal (Pennsylvania), D&R Canal (New Jersey), and two of the bridges across the Delaware River.
- 4. AVA Convention: In addition to the walks, there will be a bike event available Monday Friday starting from the hotel. On Tuesday, June 16, there will be a group bike ride with the local bike club. There will also be a swim event available from Monday-Friday also using the hotel's swimming pool. I have heard that there is a seasonal swim event at/near where the Vancouver walk is on Tuesday, June 16. There is a bike shop in Salem that rents bikes. Make sure you bring your own helmet or confirm that the bike shop will provide one.

#### Thanks.

Tom Jackson, Atlantic Region Director thomasjackson@emparqmail.com

# Group Walk in Camp Hill with Picnic Lunch

May 30 - Meet at 9 at the start point. Bring a lawn chair and something to share. Meat will be provided. Since the YR at Camp Hill started, we have had a soup and salad party on the first Saturday of the new year. This year it was too icy, so we thought we would do a picnic instead. It will just be a walk, lunch and you can sit and chat

Please let me know if you expect to come. Hopefully the weather will be better than January's. 717-379-8945 Pat Eby

### Things you see on the trail.



This log house and maybe the horse will be seen as you amble along the country roads in Perry County. These are pictures from the walk in Mannsville. We also saw a big bull that followed us along his side of the fence, some chickens,

ducks, and cows. The walk starts at Louise Clouser's new church that is close to Little Buffalo. You will be able to sign up for that walk while at Mannsville.

The church will be providing some yummy food for your enjoyment.

Hope to see you there.



## AVA National Convention

June 13-21, 2014 Salem Oregon

There will many activities and walks to keep you busy. The brochure is not out yet, but the host hotel is already filled. So get your plans in action if you want to attend. The walks sound great!

13th walk in Bend Oregon
14th Clear Lake
15th Silver Falls State Park with 10 waterfalls
16th Vancouver Washington
17th Eugene Oregon
18th Lincoln City Oregon (ocean front)
19th Salem Oregon - Capital
20th Mt Saint Helens
21st Portland Oregon

Plus three year rounds that start at the hotel and three more that are close.

You can walk your socks off!

### **PA State Parks and Forest Challenge**

2015-2016

Keystone State Volkssport Assn is sponsoring this challenge program to encourage participation in events in our State Parks and State Forests.

You will only need to complete 10 qualifying events. As of this moment, there are 20 year round or seasonal events scheduled with some more traditional ones to be scheduled. All of them have a lovely and colorful patch. Are you up to the challenge!

We have so many wonderful parks and forests and this will be the year to get out and enjoy them. But be sure to wear bug spray in the summer. Many of these walks can be snow shoed. So that would be a new adventure. There is even a swim.

Pick up a KSVA Year Round and Seasonal Booklet and the tear off the covers. These are your booklets for this challenge and the 20/10 Challenge. This program is also run the same as the 20/10 Challenge.

#### Get started. 2015 is here!





On the left is the award patch for walking Little Buffalo State Park. On the right is the Completion Patch for walking 10 state parks in the State Parks and Forests Challenge Program.

Little Buffalo State Park is in Perry County. You register at Sharar's Grocery, 19 S 2nd St, Newport (great deli sandwiches). The walk box is on the bottom shelf in front of you as you enter the store. Hours are Monday-Saturday 8 am to 10 pm. Sunday 9 to 9. Closed Christmas. The park opens at 8 and closes at dusk. The award and credit is \$7.00. Credit only is \$3 and of course you can walk for free. You will sign in and pick up your directions for the walk and then drive to the park. The park is 3 miles away.

The trail is rated 1A as most of it is on paved roads. Some is through the woods, grassy areas by Shoaff's Mill, Clay's Covered Bridge and by the lake. The trail misses the great views, but the tranquility can still be enjoyed. Little Buffalo is only about 36 miles from Harrisburg. Get started on the PA State Park and Forest Challenge and enjoy Little Buffalo.

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#### 2015 ATLANTIC REGION CALENDAR of EVENTS AVA as of March 18, 2015

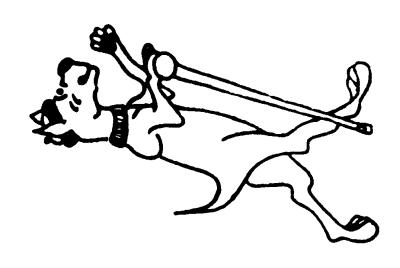
May					
9	W	Newport News VA (Newport News Pk)	Virginia Vagabonds	703-766-3065	
9	W	Washington DC (European Embassies)		703-209-0174	
15-17	W	Bus Trip Eastern Shore Lighthouses	York White Rose Wanderers	717-891-1813	
16	W	Huntington Valley PA (Lorimer Pk)	Liberty Bell Wanderers	610-906-6252	
16-17	W	Mannsville PA (Lutheran Ch)	Susquehanna Rovers	717-567-9537	
16	W	Lorton VA (Occoquan Riverfest)	Northern VA Volksmarchers	705-455-1878	
16	W	Piney Orchard MD (St Festival)	Annapolis Amblers	410-695-0112	
18	NW	Alexandria VA (Barrett Branch Library)	Washington DC Area VC	571-405-4808	
23	W	Stuarts Draft VA (Hardees)	Virginia Volkssport Assn	703-766-3065	
24	W	Monterey VA (Haps High Rest)	Virginia Volkssport Assn	703-766-3065	
25	W	Harrisonburg VA (Universalist Church)	Virginia Volkssport Assn	703-766-3065	
26	М	Harrisburg PA (Gander Mtn - 6)	Susquehanna Rovers	717-614-7540	
28-31	W	Bus Trip to Niagara Falls	Liberty Bell Wanderers	610-906-6252	
30	W	Lancaster PA (Overlook Park)	Penn Dutch Pacers	717-626-6103	
30	W	Glouchester VA (Pavilion 606)	Peninsula Pathfinders	757-357-5355	
30	W	Sterling VA (Old Vestals Gap Rd)	Loudoun Walking Club	703-737-2175	
30	GRP	Camp Hill PA (Pat Eby's & Picnic)	Susquehanna Rovers	717-761-1338	
June					
6	W	Millersville MD (Kinder Farm Park	Freestate Happy Wanderers	410-437-2164	
6	W	Arlington VA (Iwo Jima Memorial)	Washington DC Area VC	703-765-3128	
13-21	W	Salem OR	AVA National Convention		
20	W	Chesapeake VA (Arboretum)	Gator Volksmarch Club	757-421-0070	
27	W	St Michaels MD (Elementary School)	Annapolis Amblers	410-224-0907	
27	W	Jacobus PA (Smith Village Store)	York White Rose Wanderers	717-891-1945	
30	M	Harrisburg PA (Gander Mtn-6)	Susquehanna Rovers	717-614-7540	
July					
11	W	Williamsburg VA (Sal's by Victor)	Virginia Vagabonds	703-766-3065	
11	w	Montrose PA (Salt Springs State Pk)	Finger Lakes Volkssport Club	607-757-0164	
18	GВ	Sterling VA (W&OD Trail)	York White Rose Wanderers	717-677-6511	
27	NW	Alexandria VA (Barrett Branch Library)	Washington DC Area VC	571-405-4808	
28	M	Harrisburg PA (Gander Mtn-6)	Susquehanna Rovers	717-614-7540	
20	***	Trainisburg 1 A (Sunder mar o)	ousquenama Novers	717-014-7040	
Augus		0         MD (D)		440 000 0745	
1	W	Columbia MD (Blandair Park)	Columbia Volksmarch Club	410-290-6510	
8	W	Montrose PA (Blueberry Festival)	Finger Lakes Volkssport Club	607-754-1979	
1 <b>5</b>	W	Lewisberry PA (Gifford Pinchot SP)	York White Rose Wanderers	717-432-2195	
22	W	Greenbelt MD	Great Greenbelt Volksmarchers	301-937-3549	
24	NW	Alexandria VA (Barrett Branch Library)	Washington DC Area VC	571-405-4808	
25 20	M	Harrisburg PA (Gander Mtn-6)	Susquehanna Rovers	717-614-7540	
29	W	Quakertown PA (Nockamixon SP)	Liberty Bell Wanderers	610-906-6252	
September					
12	W	Hillsborough NJ (Duke Farms)	Princeton Area Walkers	908-208-9821	
19	W	Mt Holly Springs PA (Trine Mem Pav)	Cumberland Valley Lead Foot Club	717-677-6511	
20	W	Macungie PA (Bear Creek Mt Resortt)		610-906-6252	
24	GB	Damascus VA (VA Creeper Trail)	York White Rose Wanderers	717-677-6511	
20		Name Date of the same DA (D. Oberesale Des)		-400 -440	
26	W	New Providence PA (P Church Pav)	Penn Dutch Pacers	717-786-7118	
26 26-27 29	W W M	Eagles Mere PA (Loyalsock St For) Harrisburg PA (Gander Mtn-6)	Susquehanna Rovers Susquehanna Rovers	717-786-7118 717-275-5932 717-614-7540	

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

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

**Dated Materials** 





April - May - June 2015