



The Rover Reporter



The Newsletter of the Susquehanna Rovers Volksmarch Club

July-August-September 2022

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www.avaclubs.org/SRVC

President's Message



Greetings Fellow Rovers,

A few weeks ago the long delayed Atlantic Region Conference was held in Plymouth Meeting, PA. While I won't speak for everyone, I had a good time. It was the first time in several years since there was a walk weekend complete with social activities. While there was a walk weekend at State College last year, there were no social events.

There's something else that hasn't happened for a long time. It's hard to believe but its been four years since we had our last election of officers. We're supposed to do this every two years, but nobody else wanted the job last time. Anyone interested in running for any office, please let the newsletter editor know. Don't worry about insulting me, I'd be glad for the break. Its not easy to come up with these messages every few months. I try to keep it light, I figure this is for enjoyment. Life's too serious not to have fun.

Now its time for the plug for the upcoming IVV Olympiad and Texas Trail Roundup in San Antonio, Texas (see page 3). I plan on going, and hope to see some familiar faces there. This is the first time the Olympiad will be held in North America. Hopefully the rodeo won't see me and think I'm an escaped clown. I'm not good at throwing the bull around, I usually end up stepping in it.

Have fun and see you on the trail.

-Bill

Opps, Almost forgot! Hope to see you in Camp Hill on July 16th our next traditional event. I am cooking the hot dogs, Yum.

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Group Walk Schedule

The Penn Dutch Pacers meet occasionally to walk one of their year rounds. Check their website at www.avaclubs.org/pdp/calendar for information.

York White Rose Wanderers (YWRW) are hosting their group walks 2022. They make these walks feel like a traditional event by giving walkers a range of time to start usually 10 to 1 pm. Contact Pam at 717-817-9724 for a complete list for the year or to check if they will be there weather permitting.

July 9 Rail Trail walk #4 Hanover Junction Station, 2433 Seven Valleys Rd, Seven Valleys, PA.

Aug 6 Gettysburg Walk - any one of the 3. Gettysburg YWCA, 909 Fairfield Rd, Gettysburg, PA

Sept 3 Another Gettysburg Walk, any one of the 3, same place.

Oct 1 Rail Trail walk #5 Glen Rock Trail Access, Water St, Glen Rock, PA

The Susquehanna Rovers meet at a certain time to sign up and go at our separate paces and maybe meet for lunch. I did make up a schedule of events for the year, but I will only include a couple of months as those dates may change.

June 11 Columbia Crossing River Trails Center, 41 Walnut St, Columbia. Meet at **10** - the center does not open until 10 so that is when we will meet. You have a choice of two walks, Marietta or the Northwest Lancaster County River Trail. There is also a bike. Come and stay the day.

July 2 Super 8 Motel, 1663 S Atherton St, State College. We will meet at **9** in the lobby to register. Then you have 3 walks to chose from; the campus (new trail), arboretum, or Boalsburg. It is the holiday weekend, so get out and walk. Call if you want to car pool with Pat.

Aug 13 Wildwood Lake Nature Center. Drive to 100 Wildwood Way, Harrisburg PA 17110, we will have the directions and log sheet with us. We will start at **9**. Restrooms are open at the entrance of the park.

Sept 10 Altoona walk. Wingate by Wyndham Hotel, 909 Chestnut Ave. Altoona. We will meet at **10** in the lobby to register. Call if you want to car pool with Pat.

Oct 8 Bedford Candies. 106 E Pitt St, Bedford PA 15522. Store opens at 10. Call if you want to car pool.

Contact Pat 717-379-8945 for information or if weather is bad to see if we are walking. Please join us.

Be sure to use this address when mailing your books.

AVA's New Logo, Address and Phone Number

AVA Headquarters
1008 S. Alamo St
San Antonio TX 78210
210-659-2112



Meeting Location

The club meetings are once again being held in the Food Court at the Harrisburg Mall. As of today, we are only getting 6 people to participate in our meetings. This is not a true representation of our club members. Nor does it allow us to vote on any important matters.

Meeting Time

Join us at 6:00 pm
On the last Tuesday of the month.
Except for July. - it will be at our walk in Camp Hill at 1:30 see page 5.



Events	Distance
575	5500K
Tim Krow	Tim Krow
650	6500K
Joyce Krow	Joyce Krow
3600	
Ellie Kuntz	

Haunted Gettysburg Weekend November 11, 12, 13, 2022

4 Walks, and one Swim
Saturday Night Buffet

Hotel Reservations at Days Inn Gettysburg
\$75 plus tax
717-334-0030 York White Rose Wanders rate
POC - Tom Jackson

Tom Jackson



Group Walk Reports

I bet you have forgotten how exciting and interesting Volksmarching is since you haven't been out and walking for the past two years. It is about time to change that. So get out there to visit nature and go to the great places that volksmarching takes you. Life can be full of wonderful things, if you go out and find them.

Lebanon - April 16. We were a large group, Bill Rhoat and I.

We did see this interesting mural being painted by a young woman. It is across from the Farmers Market on 8th St. Apparently, spray paint is the new method of painting a mural. The second picture is what it looked like from a distance. It isn't quite done. A fine addition to the downtown.



We enjoyed the 5K and then went to lunch at the Hearth, just outside of town. I went home and Bill went back to finish the 10K.

Mifflintown/Mifflin - May 14. We were a mighty non-group. Ha, ha.

Joyce Krow, the point of contact met us at the start and had water and candy for us. Marcy Lucas went her way, Bill Rhoat went for the

10K and my environmental friend, Lydia Hack and I went on the 5K.

She grew up in Mifflintown so I had a wonderful local tour. I know where she lived, where she went to church and school, and where she started practicing law. We went to Jack's to eat where she told me that it was originally owned by Jack, her dad's poker buddy. We had the ground beef sub which is what they were known for and they were also known for their upside down banana split. I really wanted to get that too, but the sandwich was too big. Another time. She was amazed at the changes in the interior of Jack's. It was so bright and new compared to the booths and darker colors of

the past. Hopefully she will join us again. She is delightful to talk and walk with.

I did take a picture but my phone is deleting pictures without me knowing it or I'm too dumb to know it. It also happened at Fort Hunter.

Olympiad in Texas and the Texas Trail Roundup

SAVE THE DATE

18th IVV Olympiad and
IML Texas Trail Roundup

2023
18th OLYMPIAD
SAN ANTONIO, TEXAS USA

February 19-23, 2023/IVV Olympiad
February 24-26, 2023/IML Texas Trail Roundup

Seven glorious days of walking, biking and swimming including the world-famous Riverwalk and World Heritage missions. Then, enjoy a uniquely American experience at the award winning San Antonio Stock & Rodeo Show!

IVVOlympiad2023.org

AMERICA'S WALKING CLUB
ESTABLISHED 1976

These are the events that Bill was talking about in his letter. The Olympiad is a world wide event getting thousands of walkers. The IML is also international events. They are being held before tornado season, so it should be a great time for everyone. There are walks of several lengths are included everyday, a marathon held both on Feb 22nd and 25th, swim and bike events. Ceremonies, and a Parade of Flags.

What great events. Wish I could go. These types of events make you realize that volksmarching is truly global. You are a part of something huge.

Go to www.ava.org and scroll down a bit for more information. There is plenty to see and do in San Antonio.

2022 Seasonal and Year Round Events

Events listed are year rounds unless stated as seasonal. Since we haven't produced a KSVA booklet since 2019, the following is a list of available walks, bikes and swims for the Susquehanna Rovers events and KSVA events

Susquehanna Rovers

Altoona - Blair County New in 1921

Wingate by Wyndham Hotel, 909 Chestnut Ave. Altoona. Walk Dawn to Dusk. 5 or 10K Rating 1A Ask at reservation desk for walk box. New trail.

Judy Yost jjpost820@gmail.com
814-932-3334

Altoona is just south of State College and north of the seasonal walk in Bedford. If the park is still open you can walk and then go to Del Grosso Amusement Park. What a fun way to spend the day.

Carlisle - Cumberland County

Comfort Suites, 10 South Hanover St. Carlisle Dawn to Dusk. 6 or 10K Rating 1A Ask at reservation desk for walk box.

Sandy Smith 717-265-4264 srsmith527@yahoo.com

Columbia and Marietta - Lancaster County

Northwest Lancaster County River Trail - Bike and Walk Marietta Walk - 5 or 10K Rating 1A

Columbia Crossing River Trail Center, 41 Walnut St.

Columbia Open 10 am to 5 pm Wed - Sun

Walk 5 or 10K Rating 1A; Bike up to 35K Rating 2A

Ask at desk for the walk box.

Sharon Miller 717-805-9540 millersd@ptd.net

Harrisburg - Dauphin County

Capital and Wildwood Park

Quality Inn -Riverfront, 525 S Front St. Harrisburg Dawn to dusk. 5 or 10K Capital Trail Rating 1A

Wildwood Trail Rating 3C; 5K trail is easier.

Ask at reservation desk for the walk box.

Sharon Miller 717-805-9540 millersd@ptd.net

Hershey - Dauphin County

Bullfrog Valley Trail (5 or 10K) and Town (5 or 10K) Both are rated 1A

Karns Food, 731 Cherry Dr. Hershey

Ask at the Service Counter for the walk box.

Dawn to dusk.

Trish Bowra 717-982-7077 trishbowra@gmail.com

Lebanon - Lebanon County

Lebanon Valley Family YMCA, 201 N 7th St. Lebanon

Hours vary - call 717-273-2691

5 or 10K Rating 1A *New trail* Ask at the service counter on the right for the walk box.

Pat Eby 717-379-8945 patriciaeby@verizon.net

Mechanicsburg - Cumberland County

Rutter's #29, 714 W Main St. Mechanicsburg Dawn to Dusk 5 or 10K Rating 1A *10K will be new trail*

Walk box is on window sill in café area.

Pat Eby 717-379-8945 patriciaeby@verizon.net

Mifflin and Mifflintown - Juniata County

Library, 498 Jefferson St, Mifflintown, PA 17059

Walk box is in the library under a table.

Joyce Krow 717-527-4798 jakrow@centurylink.net

State College - Arboretum, Boalsburg, Town and Campus Centre County

Super 8 Motel, 1663 S Atherton St. State College Dawn to dusk Arboretum Trail Rated 1A, Boalsburg Trail Rated 2B, Town & Campus Trail Rated 2A

All have 5 or 10K trails. *Town and Campus will be new*

Arboretum - fee to park. Info on the trail directions.

Ask at reservation desk for walk box.

Pat Eby 717-379-8945 patriciaeby@verizon.net

KSVA

Appalachian Trail - Walking across PA - Many options are available. Online only Marcy Lucas 717-979-3960 Lucas_mj@hotmail.com

Contact person for other events - Tom Jackson 717-677-6511 thomasjackson@embarqmail.com

Biglerville - Michaux State Forest - Piney Ridge Rd

Jan 1 to March 31 **Snowshoe** 5K to 10K Rated 1C
1287 Shippensburg Rd, Biglerville PA 17307

Fayetteville - Michaux State Forest "Smoke Zimmerman"

Jan 1 to March 31 **Snowshoe** 5K to 10K Rated 1C
Rutter's, 6837 Lincoln Way East, Fayetteville PA 17222

Fayetteville - Michaux State Forest Long Pine Run - walk

Rutter's, 6837 Lincoln Way East, Fayetteville PA 17222
5K or 10K rated 2C

Fayetteville - Pine Grove Furnace State Park - walk

Rutter's, 6837 Lincoln Way East, Fayetteville PA 17222
5K, 10K or 14K Rated 3C

Harper's Ferry WV - Online or physical start point

ATC Visitor Center, 799 Washington St.
5K, 10K, 15K or 20K Rated 3C

Shepherdstown WV - Online only

Clarion Hotel, 233 Lowe Dr. 5K or 10K Rated 2B

ONE STEP AT A
TIME IS GOOD
WALKING

Summer Stroll in Camp Hill

Cumberland County

July 16, 2022

AT22 - 121480

Trail distance: 5K or 10K Rating 1A

Start Point: Home of Pat Eby, 19 N 27th St, Camp Hill PA 17011

Walk Start Time: Between 8:00 am and 1:00 pm; finish by 4 pm.

Trail: Most of the trail follows the established Goddard Hiking Trail around the borough. There are some variations to that trail because it wasn't long enough. It is a walking trail, not a "real" hiking trail. Parking will be free, but it will be along the streets surrounding the house. Please bring water to carry.

Registration and Fees: These events are Free to those who wish to participate without IVV Credit. IVV Credit is \$3.00 for event credit. There is not an award for this event. Children under 12 can walk for credit without charge.

Refreshments: Water and candy will be available at the start/finish table. There is a powder room in the house. (Bring your own powder.)

Disclaimer: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver.

Point of Contact:

Pat Eby patriciaeby@verizon.net 717-379-8945

Website: avaclubs.org/SRVC

Points of interest: Camp Hill has about 8,000 folks living in this small borough. We have 2 elementary schools and a combined middle/high school. The graduating class is usually about 100. The small downtown area has several eating places and a couple of other interesting stores including a cookie shop. There is some history here and I will try to include that in the walking directions.

The 5K trail goes by two town parks and the 10K will go by four. It is a pet friendly place, but not indoors.

You can bring your dog to my house, but not inside. My cat wouldn't like that.



Please join us for this newish event and then stop to chat and have some lunch. There will be sodas, hot dogs, kraut and sides. If you want to bring something to share, please do.

The walk is newish because we have had several traditional events in Camp Hill over the years and there was a year round that started on my porch for a few years, but this trail stays inside the borough. The year round included walking to Lemoyne.

You can also stay for our monthly club meeting at 1:30. We would love to hear any ideas you may have.

We will need volunteers to help with this event which I think of as a party. So you are invited, please let me know if you will help and/or bring some food.

Directions: From Harrisburg:

If using Market St Bridge, go straight up hill under railroad bridges. Continue on Market Street about 2 miles. Turn Right on N 27th St. **House is tan and half way up the hill on the right side in the first block.**

If using the Harvey Taylor Bridge, continue on bypass, bear Left at the 21st St South Exit. Continue to traffic light. Turn Left onto 21st St. Continue to Traffic light at Market St. Turn Right. At N 27th St, continue from above **

From I-83 or Route 581: Take the Camp Hill Exit. Pass the Camp Hill Shopping Center and bear Right at Market St (Friendly's). Go past the traffic light at 29th St and turn Left at the next street (N 27th St), continue from above **

Opinion Piece on Meetings

I hope you realize that a club runs on rules, ours included. We need at least seven members to show up in order for us to vote on any pending decisions. Our membership is over 100 households. Last month we only had 6 members attend. Hopefully more of you will stay and participate in the meeting.

Before the pandemic, our monthly attendance was about 12. We won't last if only the president, vice president, secretary, treasurer and two other people contribute ideas, time and effort to provide events for you to enjoy.

Distance may be a problem for you to attend our monthly meetings, but our president lives in Ephrata, our vice president lives in Newport and they are still employed full-time.

-Pat Eby

Fort Hunter Report

May 21, 2022

It was one of the hottest days of the year! It started out foggy and then when the sun came out, it was a scorcher. But most of the 46 walkers came early, so it wasn't too bad. Most of them had nice things to say about the trail, which went from our pavilion at Fort Hunter Park to Wildwood Lake and then back to finish up walking around the park at the Fort. There was a very wonderful breeze that helped to save the day. The Keystone State Volkssport Assn. held their quarterly meeting at the pavilion at 1:30. So we had some folks from Maryland and Eastern PA in attendance to walk. Thank you for coming!

We had 46 walkers that included 7 free ones. Six came from Maryland and 40 were from Pennsylvania.

We had 21 Rovers attend. I want to thank them all! Coordinating the walk was Regina Zapotasky and Marcy Lucas with help from Bill Rhoat and Pat Eby. Joyce Krow monitored the water jug at Wildwood Lake.

Other Rovers that attended: Betty Jo McCoy, Tim Krow, David Popp, Julie Geyer, Tom Leaver, Roy and Sis Clugston, Pam and Jim Copenhaver, Grant Bollen, Lorie and John Satterlee, Jackie Love, Lois Bucher, Sheri Brendlinger, and Bill LaMar.

The folks that came to the meeting from afar were: Tom Jackson-president KSVa, Betty and Mike Green -vice president KSVa, Dave Doerffel-LBW and Ann Doerffel-secretary KSVa, Virginia Hunsberger-PDP, Jeffrey Giddings-Atlantic Region Director, and wife Alice Filemyr. Thanks for coming to meet and walk.

Joyce Krow, our retired teacher, brought us a frame so we could take pictures of some of the folks that walked. It was fun, but this is where my camera took pictures but they didn't show up when I looked for them. I would like to show these to you: Joyce & Bill



Dave & Ann Doerffel up - Betty & Mike Green below



Jeff Giddings-Alice Filemyr up - Diane-Ed Sandnes below



2022 ATLANTIC REGION CALENDAR of EVENTSFrom ava.org as of 6-9-2022Be sure to check with the [ava](http://ava.org) website or contact number before traveling a great distance to an event.

June				
28	M	Harrisburg PA (6 pm)	Susquehanna Rovers	717-847-3567
July				
2	GP	State College PA (9 am)	Susquehanna Rovers	717-379-8945
9	W	Fulton MD (Maple Lawn)	Columbia Volksmarch Club	410-290-6510
9	GP	Seven Valleys Rail Trail	York White Rose Wanderers	717-817-9724
16	WM	Camp Hill PA (also picnic)	Susquehanna Rovers	717-379-8945
20	NW	Greenbelt MD	Great Greenbelt Volksmarchers	301-431-6668
August				
6	W	Columbia MD	Columbia Volksmarch Club	410-290-6510
6	GP	Gettysburg PA	York White Rose Wanderers	717-817-9724
13	GP	Harrisburg PA (Wildwood)	Susquehanna Rovers	717-379-8945
17	NW	Greenbelt MD	Great Greenbelt Volksmarchers	301-431-6668
20	W	Hagerstown MD (Fest)	Antietam Pathfinders Volksmarch Club	240-675-1028
30	M	Harrisburg PA (6 pm)	Susquehanna Rovers	717-847-3567
September				
3	GP	Gettysburg PA	York White Rose Wanderers	717-817-9724
3	W	Greenbelt MD	Great Greenbelt Volksmarchers	301-431-6668
10	GP	Altoona PA	Susquehanna Rovers	717-379-8945
17	W	Littlestown PA	York White Rose Wanderers	717-633-7268
17	W	Cantonsville MD	Baltimore Walking Club	410-350-9133
18	W	Allentown NJ	Princeton Area Walkers	609-658-7727
21	W	Greenbelt MD	Great Greenbelt Volksmarchers	310-421-6668
24	W	Coatesville PA	Chester County Red Rovers	484-432-8541
27	M	Harrisburg PA (6 pm)	Susquehanna Rovers	717-847-3567
October				
1	GP	Glen Rock Rail Trail	York White Rose Wanderers	717-817-9724
1	W	Bordentown NJ Festival	Princeton Area Walkers	609-658-7724
1	W	Marietta PA River Trail	Penn Dutch Pacers	717-626-6103
1	W	Frederick MD Octoberfest	Seneca Valley Sugarloafers	301-385-0054
8	GP	Bedford PA	Susquehanna Rovers	717-379-8945
8	W	Richmond VA	Lee Lepus Volkerverband	703-201-1987
14-16	BWS	Arlington VA Freedom Fest	US Freedom Walk Festival Club	703-209-0174
15	W	Havre de Grace MD (Fest)	Baltimore Walking Club	717-968-6611
25	M	Harrisburg PA (6 pm)	Susquehanna Rovers	717-847-3457
29	W	Gaithersburg MD	Seneca Valley Sugarloafers	301-520-6507
29	WBS	Rehoboth Beach DE	First State Webfooters	757-576-0966
November				
11	4WS	Gettysburg PA	York White Rose Wanderers	717-677-6511
12	3WS	Gettysburg PA	York White Rose Wanderers	717-677-6511
13	3WS	Gettysburg PA	York White Rose Wanderers	717-677-6511

(M is Meeting; G is a Guided Walk; NW is a Night Walk; GP a Group Walk; TGW is a Traveling Guided Walk, W is a Walk, S is a Swim, B is a Bike)

PA events are in bold; Susquehanna Rovers are bold and italicized

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**Take your dogs Volksmarching -**

They need exercise too! We also have books for them. They want to enjoy what you enjoy.

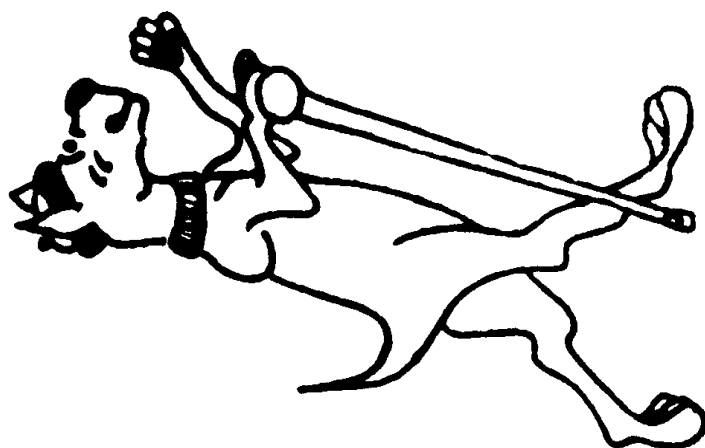
Don't forget water for them and for yourself. Be prepared for the weather.



Susquehanna Rovers Volksmarch Club  
797A Academy Heights Avenue  
Ephrata PA 17522-6915

**Dated Materials**

# **The Rover Reporter**



**July - August - September 2022**