



The Rover Reporter



The Newsletter of the Susquehanna Rovers Volksmarch Club

April-May-June 2024

2024 Executive Officers

President

Bill Rhoat
717-847-3567
rhtpr@aol.com

Vice Presidents

Lester Miller
717-938-3488
millersd@ptd.net

Marcy Lucas
lucas_mj@hotmail.com

Secretary

Regina Zapotosky
717-545-4982
rmzapoto@gmail.com

Treasurer

Gloria Grabenstein
717-652-1607

Executive Committee Members

After Action

Pat Eby
717-379-8945

Map Maker

Lester Miller
717-938-3488

Membership

Mary Watts
717-234-7765
3848 Green St
Harrisburg PA 17110

Newsletter

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

Publicity Coordinator

Joel Hair 717-458-8392

Sales Manager

Vacant

Trailmasters

Lester Miller
717-938-3488
Bill Rhoat
717-817-9724

Volunteer Coordinator

Vacant
Webmaster
Regina Zapotosky
717-545-4982

www.avaclubs.org/SRVC

President's Message



Greetings Fellow Rovers,

Spring has sprung and so have the clouds. Hopefully we can get out and walk soon, as the Atlantic Region Conference is coming up in April, and the Canadian Conference is following soon after in May. Two seasonals, Fort Hunter and Milton start on one of my favorite holidays, April Fools Day.

Perhaps that wasn't a good lead in to this, as this is not an April Fools Joke. I will be resigning as president of the Susquehanna Rovers at the end of the year. There are two main reasons for this.

1. The club needs someone who can be a good spokesperson for Volkssporting. This is something like sales. I am not good at sales. I once joked that I would have trouble selling dollar bills for 99 cents each. I am an accountant. Accountants are notorious introverts. The difference between an introverted accountant and an extroverted accountant is the extrovert looks at your shoes when they talk to you. I do not find words easily when I don't know the person. Once I know you, I can give you a tin ear.
2. My 86 year old mother's health has been declining for the past several years, especially last year with two operations within three months to start the year off. This has taken an increasing toll on my mental health. Also, I became president at about the worst possible time (2019). Sometimes I think I started out on the wrong foot, and it went downhill from there.

I'm not going to stop walking, I just need a break from the business side of things.

Hope to see you on the trail. - Bill

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Group Walk Schedule

Definition of Group Walk - Several walkers get together to walk a Traditional, Seasonal or Year Round event. They start off together and then walk at their own pace. Maybe they get together to eat along the way or at the end. This type of walk will not be on ava.org list of events. GP is used on our listing for these events.

York White Rose Wanderers (YWRW) are hosting their group walks 2024. They make these walks feel like a traditional event by giving walkers a range of time to start usually 9 am to noon. The complete list for the year is on their website. Call Art Kasper at 717-968-8250 to check if they will be walking if weather is iffy. **April 13** - Manchester - Goodyear-Brooks-Huff Tire, 95 Sunset Drive, Manchester. **May 4** - Rail Trail #3, North Hanover Junction Station, 2433 Seven Valleys Rd, Seven Valleys. **June 1** - Gettysburg #1, #2, or #3, Gettysburg YWCA, 909 Fairfield Rd, Gettysburg. **July 6** - Rail Trail #1 - North Brillhart Station, 2400 Brillhart Station Rd, York.

The **Susquehanna Rovers** meet at a certain time to sign up and go at our separate paces and maybe meet for lunch. If you can't meet us, these are year-round events and can be walked anytime during daylight hours. The time to meet is with the event. Call Pat if you want a ride. 717-379-8945

April 20 - Columbia Meet at 10 am at Columbia Crossing River Trails Center, 41 Walnut St, Columbia 17512. Center doesn't open until 10.

May 11 - Lebanon Meet at 9 am at Lebanon Valley YMCA, 201 N 7th St, Lebanon 17042 in the lobby.

June 15 - Fort Hunter, Harrisburg Meet at 9 am at Fort Hunter, West Pavilion along the river, 5300 N Front St, Harrisburg.

July 6 - Camp Hill plus picnic Meet at 9 am at Pat Eby's house 19 N 27th St, Camp Hill 17011

Coming in August, we will meet to carpool to Milton.

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

Please join us. We miss seeing you.

Be sure to use this address when mailing your books.

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



Meeting Location

The next three club meetings are being held at East Shore Library at 6 pm.

April 30
May 28
June 25

There is no meeting in December.

Contact Bill with questions at 717-847-3567

All are invited to attend.

Two Seasonals

for your enjoyment!

Fort Hunter - Dauphin County

This event is open from April 1 until September 30.

It is an online start box, or contact Regina Zapotosky at 717-545-4982, rmzapoto@gmail.com for directions.

The walk starts at Fort Hunter Park - West Pavilion, 5300 North Front St, Harrisburg PA. It is rated 1A with a 5K or 10K trail. It is on grass paths, paved walkways, and gravel trails. It uses the Capital Area Greenbelt connection trail between Fort Hunter Park and Wildwood Park. The trail also goes around Fort Hunter Park. A lovely walk along the river.

Milton - Northumberland & Union Counties is New

This event is also open from April 1 until September 30.

It is an online start box or contact Bill Rhoat at 717-847-3567, rhtpr@aol.com with questions.

This is a pleasant walk in Milton State Park in Northumberland County which then ventures into the town and a brief section in West Milton which is in Union County. It is rated 1B with a 5 or 10K trail. The walk is about 65 miles north of Harrisburg which takes about 1 and 1/4 hours to drive.

This is a brand new area for us to walk. Make this a fun day trip. We hope you try it out.



Group Walks

Most of our group walks were either rained out or there was snow. But Chambersburg went off without a hitch. The problem there was the heat. Most of the small ice sculptures were in the shape of tear drops as they had melted. Bill Lore had to carefully sit on the throne as it's back was weak and the one arm had fallen off. When we went by it later, the back and other arm were gone too.

We started with a pancake breakfast at the Episcopal Church, which was delicious.



I was so busy eating that I forgot to get a picture of our friends from Maryland. Judy, Dave and Alison didn't eat, but walked together.

I walked with Bill Lore, Sam Castillo, and Bill Rhoat. Well at least we



started off together. After a stop at a used book store, Sam and Bill Rhoat took off at their pace, but mine is quite a bit slower, so Bill Lore and I never saw them again. It was great fun and I wish more of you had come out to walk with us. If you don't want to drive that far, reach out to Bill Rhoat or I. We don't mind car pooling.

Our last group walk was in Carlisle. Luckily, Roy and Sis Clugston were feeling up to walking so they joined us.



I think that you probably would recognize them on the trail as you see their pictures a lot in the newsletter. If you do, stop and say "Hi".

Sam Castillo, Cookie and Rich Little joined me to do the slow pace. Rich dropped out at the antique store, but it was nice to see him.



Kenton Kurtz, Nancy and Rex McRoberts walked together. They are an awesome threesome from Stewartstown.

It was a lovely day to walk. It was sunny on a Saturday, which was unusual. Carlisle is always fun to walk around. Lots of history and interesting architecture to enjoy. This is a year round so please try to put it on your list of places to walk.

A picture from the past.

When looking for pictures of Alice, I found a picture of our Rover. While moving the supplies from our storage garage in New Cumberland, I came across the costume.

I think that the last time that it was used, my grandson, Dougie wore it in Hershey. He walked around Hershey in it to draw attention to our event.

Someone used to wear it at our Holiday Dinner Parties to start off the fun part of the party, the jokes and door prizes. We had some very good jokesters in our club.

Wonderful Memories.



2024 Seasonal and Year Round Events

Events listed are year rounds unless stated as seasonal.

Susquehanna Rovers

These walks will have a start box unless stated OSB.

Altoona - Blair County

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

Judy Yost jpost820@gmail.com 814-932-3334

Camp Hill - Cumberland County **New**

Pat Eby's house - front porch, 19 N 27th St, Camp Hill.
Dawn to dusk. 5 or 10K Rated 1A

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

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.

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

Columbia and Marietta - Lancaster County

Northwest Lancaster County River Trail - Bike 35k Rated 2A and Walk 5 or 10K Rated 1A

Columbia Walk - 5 or 10K Rated 1A

Marietta Walk - 5 or 10K Rating 1A

Columbia Crossing River Trail Center, 41 Walnut St.

Columbia Open 10 am to 5 pm Wed - Sun

Ask at desk for the walk box. They open at 10.

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

Ephrata - Lancaster County

Hampton Inn & Suites, 380 E Main St, Ephrata. 5 or 10K Rated 1B

Bill Rhoat 717-847-3567 rhtpr@aol.com

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 can be a 1A.

Ask at reservation desk for the walk box.

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

Fort Hunter, Harrisburg- Seasonal 4-1 to 9-30. 5or 10K Rated 1A, **OSB** or contact Regina Zapotosky at 717-545-4982 rmzapoto@gmail.com

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.

Bill Rhoat 717-847-3567 rhtpr@aol.com

Lebanon - Lebanon County

Lebanon Valley Family YMCA, 201 N 7th St. Lebanon
Hours vary - call 717-273-2691

5 or 10K Rating 1A

Ask at the service counter on the right for the walk box.

Bill Rhoat 717-847-3567 rhtpr@aol.com

Mechanicsburg - Cumberland County

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

Walk box is on window sill in café area.

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

Lebanon - Lebanon County

Lebanon Valley Family YMCA, 201 N 7th St. Lebanon
Hours vary - call 717-273-2691

5 or 10K Rating 1A

Ask at the service counter on the right for the walk box.

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

Milton - Part in Northumberland and other in Union **New**

Seasonal - 4-1 to 9-30. 5 or 10K rated 1B. **OSB** or contact
Bill Rhoat 717-847-3567 rhtpr@aol.com

Mifflintown - Juniata County

Juniata County Library, 498 Jefferson St, Mifflintown, PA
17059 Closed Wed and Sun. Open Mon, Tue, Thurs 9 am to 5 pm, Fri 2 pm to 7 pm and Sat 9 am to 3 pm.

5 or 10K Rated 2B

Walk box is in the library under a table.

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

State College - Centre County

Arboretum, Boalsburg, Town and Campus

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.

Ask at reservation desk for walk box.

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

KSVA Events

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

Contact person for other events is 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 - Pine Grove Furnace State Park - walk and swim,

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

Waterville - Bike Pine Creek Rail Trail - 10K to 240K. **OSB**

67 County Special Program

Our Vice President, Marcy Lucas recently completed the 67 County Special Program. She finished her program in Monroe County. It is a GREAT accomplishment. To find walks in all of the counties takes a great deal of time, many years. So if you are working on yours, be patient. Congratulations Marcy!



PLEASE HELP!

As mentioned in Bill's letter, we will be needing a new president. Marcy is the Vice President, but she lives part of the year in Maine, which wouldn't work if she became president.

The club has been hanging by a thread for many years. We also have not seen the Sales Manager since the pandemic nor have we had a Volunteer Coordinator since Alice got sick. That is why you only see the same five people helping at events and showing up at meetings. We ask you to call but no one does.

Luckily when we asked for folks to help on the day of the big move of our stuff to Pat's garage, we were thrilled that Roy and Sis Clugston and Ed Sandnes answered our call along with our president.

Our meeting sites have changed over the years depending on the president. If you are interested in being the president and Colonial Park Library isn't convenient, the site could easily be changed.

Also the treasurer and secretary and Membership Chair have been the same people for more than 20 years. If you are interested in any of these jobs, talk to Bill. I'm sure that these devoted folks would also enjoy a break from these duties.

Penn Dutch Pacers club just closed down due to a lack of officers. It would be awful if the Rovers had to do the same.

You know the saying - many hands make the load light. I add that it makes it fun too.

Don't forget we also need walkers at our events.



Events

10
Bill Lore
500
Luther Zarfoss
750
Joyce Krow
4500
Tom Jackson

Distance

6500K
Tim Krow
7000K
Joyce Krow

York Towne Walk & Swim May 18, 2024

Athletic Club of York
1785 Louks Rd, York PA 17408

5k and 10K trail rated 1A

Walk - Start from 8:30 to noon and finish by 3 pm.

Swim - 10:30 to 1 and finish by 2:30.

In order to swim, you must pay an additional \$10 for use of the pool. Bring all of your swimming gear including towel. Lockers will be provided.

If weather is bad, contact Julie Geyer at 717-451-0709 or juliegeyer7644@gmail.com

The trail is new and will go along the UPMC Memorial Nature Trail and through an adjacent West York neighborhood. It is mostly on sidewalks and along the road. There are many nearby eateries.

Directions are on their website. Or get on US-30 (going west from I-83 or east from Gettysburg) and turn onto Kenneth Rd and then left onto Loucks Rd.

There is plenty of parking.



Alice Eckardt Memorial Walk September 7, 2024



Palmyra Memorial Park

Intersection of E. Spruce St and N. Lincoln St,
Palmyra, PA

Trail is 6K or 10K with a rating of 1A. It involves sidewalks, along streets, and through parks. The 10K route will take you to see more of the town's historical sites than the 6K route. You must be aware of trains and traffic as you walk.

Start between 8 and 12, finish by 4 pm.

AVA Special programs: Par-for-the-Course, Step to the Beat, Walking with America's Veterans.

KSVA program: Lebanon County

There will be free picnic food at the finish for your enjoyment. Please bring memories of "Walking with Alice" to share while you eat. We love to hear stories.

Alice was a rare individual. She was inspired by walking and family. She had to get out every day. I think it centered her. Nature was very important to her well being.

She was also adventurous and unafraid to try new things. One year she went off in her van for a month or two. She wanted to camp and walk in national parks in the southwest. I remember that she stopped to visit her daughter in Montana before she came home. Her friends were nervous about her until she came home. This was before cell phones.

She was devoted to Volksmarching and Wildwood Park in Harrisburg. She volunteered at Wildwood Park for many years. She got some of us to leave our homes on cold winter nights to hear experts in all types of environmental topics at Wildwoods Winter Lectures.



She started volksmarching in 1991. She walked in all 50 states, Michigan being her 50th and 51 capitals, Springfield IL was her final capital. That was in August of 2009. The picture above shows her joy with Trish Bowra, Amy Trommer, Sue Wheeler (Pat took the picture) at that last state capital.



She planned many events for the Rovers especially in natural settings. As you can see from the picture above, it didn't matter the weather, although she preferred sunny. She is pictured getting ready to mark the trail with Louise Clouser, Trish Bowra, Amy Trommer and Pat took the picture at Cowans Gap in September of 2009.

Directions to Palmyra Memorial Park: **From Hershey:** take SR 422 East. In Palmyra turn Left onto N Grant St. After crossing a bridge, you will see the park on your left. Turn Left onto E Spruce St and then Left into the parking lot.

From Lebanon: take SR 422 West. In Palmyra, turn Right onto N Grant St. After crossing a bridge you will see the park on your left. Turn Left onto E Spruce St and then Left into the parking lot.

Point of Contact Bill Rhoat, rhtpr@aol.com or 717-847-3567

2024 ATLANTIC REGION CALENDAR of EVENTS

From ava.org as of April 1, 2024

Be sure to check with the [ava](http://ava.org) website or contact number before traveling a great distance to an event.

April

5-7	BS	Dover DE (AR Conf)	First State Webfooters	410-802-6106
5	W	Wyoming DE (AR Conf)	First State Webfooters	410-802-6106
6	W	Dover DE (AR Conf)	First State Webfooters	410-802-6106
7	W	Killen's Pond St Pk (AR Conf)	First State Webfooters	410-802-6106
11	GP	Pottstown PA	Chester County Red Rovers	484-432-8841
13	W	Rockville MD	Seneca Valley Sugarloafers	301-787-5410
13	GP	Manchester PA	York White Rose Wanderers	717-968-8250
18	GP	Collegeville PA	Liberty Bell Wanderers	484-432-8541
20	GP	Columbia PA	Susquehanna Rovers	717-379-8945
20	W	Annapolis MD (35 Annv)	Annapolis Amblers	443-875-2797
20	W	Burke VA	Northern Virginia Volksmarchers	703-867-1073
20	TGW	Swarthmore PA	Liberty Bell Wanderers	215-767-5079
21	W	Orange VA	Fredericksburg Walking Club	845-988-6049
27	W	Princeton NJ	Princeton Area Walkers	609-658-7724
30	M	Harrisburg PA	Susquehanna Rovers	717-847-3567

May

2	GP	New Hope PA	Liberty Bell Wanderers	484-432-8541
4	GP	York PA	York White Rose Wanderers	717-525-0216
9	GP	Radnor PA	Chester County Red Rovers	484-432-8541
11	GP	Lebanon PA	Susquehanna Rovers	717-847-3567
15	NW	Greenbelt MD	Capital Area Greenbelt	301-431-6668
16	GP	Perkasie PA	Liberty Bell Wanderers	484-432-8541
18	W	Rockville MD	Seneca Valley Sugarloafers	301-468-3346
18	GS	York PA	York White Rose Wanderers	717-451-0709
18	W	Huntingdon Valley PA	Liberty Bell Wanderers	845-774-5335
23	GP	West Chester PA	Chester County Red Rovers	484-432-8541
28	M	Harrisburg PA	Susquehanna Rovers	717-847-3567
30	GP	Chestnut Hill PA	Liberty Bell Wanderers	484-432-8541

June

1	GP	Gettysburg PA	York White Rose Wanderers	717-309-6088
1	W	Rockville MD	Seneca Valley Sugarloafers	301-980-8932
1	W	Fredericksburg VA	Fredericksburg Walking Club	845-988-6049
8	W	Millersville MD	Freestate Happy Wanderers	410-437-2164
15	GP	Fort Hunter, Harrisburg PA	Susquehanna Rovers	717-545-4982
19	GP	York PA (Rudy Park)	York White Rose Wanderers	717-266-1152
19	NW	Greenbelt MD	Great Area Greenbelt	301-431-6668
25	M	Harrisburg PA	Susquehanna Rovers	717-847-3567

July

6	GP	York PA	York White Rose Wanderers	717-525-0216
13	GP	Camp Hill PA	Susquehanna Rovers	717-379-8945

September

9	W	Palmyra PA	Susquehanna Rovers (Alice Eckardt Memorial Walk)	717-847-3567
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(M is Meeting; G is a Guided Walk; NW is a Night Walk; GP is 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 and red.**



Take your dogs Volksmarching -

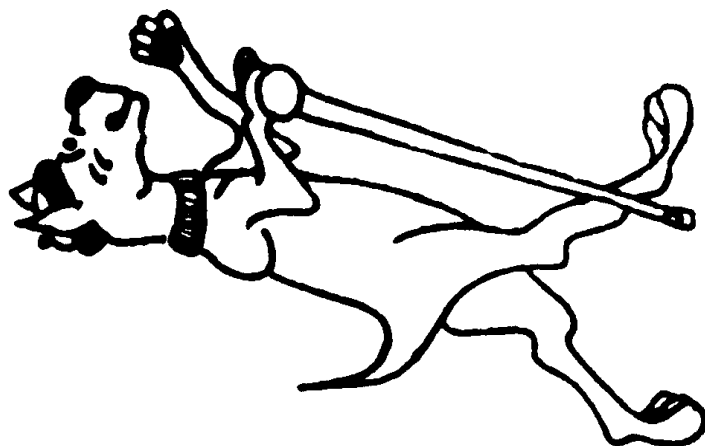
They need exercise too! We even have books for them.
Don't forget water for both you and your pet.



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

Dated Materials

The Rover Reporter



April - May - June 2024