



The Rover Reporter



The Newsletter of the Susquehanna Rovers Volksmarch Club

July-August-September 2026

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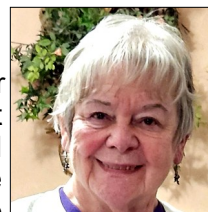
Regina Zapotosky
717-545-4982

www.avaclubs.org/SRVC

President's Message

Hi Folks,

I'm sorry that the club has been in a bit of confusion. Our membership has gotten screwed up, but I think we know what we are doing now. Since I am not always organized, I will probably mess up somewhere else. Thank you to all that have renewed. Please send all dues to me and I will pass the information unto Mary Watts so that she can send out your thank you letter and membership card. I have included a membership form on page 6 in case you need one.



We have some new members: Jen & Jeb Betar from Newville, Judy Chioli - Dave Derheim from Columbia Maryland, and Stephen & Wendy Edson from Greencastle. They were on our Friends of Rover list, but have now joined. Ginger Brittain of Harrisburg, Michael & Rhona Kostick of Enola, Ed & Debra Seibert of Hawaii also joined. Thank you and welcome.

Speaking of members, we do not have a healthy participation at our group walks, traditional walks or meetings. I realize that during the pandemic, everyone ceased doing everything. But that has been over for a long time and many didn't get back in the habit of walking. So far this year, we had 4 walk Camp Hill, 7 walk Carlisle, 2 bike the river trail in Columbia, 3 walk in Columbia, 9 in Ephrata, 13 at Fort Hunter, 12 at Harrisburg, 10 at Wildwood, 6 in Hershey, 6 at Bull Frog in Hershey, 1 in Lebanon, 8 in Marietta, 8 in Mechanicsburg, 9 in Mifflintown, 6 at Arboretum in State College, 1 in Boalsburg, 3 in State College. I don't have numbers for Altoona or our two seasonals in Selinsgrove and Milton. We are expecting a bus of walkers from Ohio to visit our Fort Hunter walk and Hershey walk later in September.

If you can't do a whole 10k or 5K, come out to walk as far as you can. The fresh air and walking a little can still bring you joy. Let loose your sense of adventure. Sometimes it is hard to get out of bed and drive somewhere, but your mood will always improve once you get started.

I truly hope to see and talk with you soon. - Pat

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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 2026. 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, ywrw.org Call Jane Snurr 717-525-0216 to check if they will be walking if weather is iffy. **July 11** - York Rail Trail #3 or #4, Hanover Junction Station, 2433 Seven Valleys Rd, Seven Valleys. **Aug 1** - York Rail Trail #2 -South, Brillhart Station, 2400 Brillhart Station Rd, York. **Sept 5** - York Rail Trail #6, 117 N Front St, New Freedom PA. **Oct 3** - York Rail Trail Northern Extension, John Rudy County Park, 400 Mundis Race 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 year-round events 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.

July 18 - Lebanon. Lebanon Valley YMCA, 201 N 7th St, Lebanon. Meet at 9 in the lobby. 5/10K rated 1A, Lebanon County.

Aug 8 - Boalsburg. You can meet to car pool at the Dauphin Park-n-Ride at 8 or at the Super 8 Motel, 1663 Atherton St, State College about 9. After registering, we drive about 2 miles to Boalsburg and the start of the walk. 5/10K rated 2 B. Centre County.

Sept 12 - Selinsgrove. We were rained out again in May, hopefully it will be nice this time. Meet at 8 at Dauphin Park-n-Ride to car pool or about 9 at the police station parking lot in Selinsgrove. I will have the stamp and directions or you can sign up online. I will need to know if you need directions for the walk or how to get to the start point. 5/10K rated 1B. Snyder County. Milton is only 30 minutes north of Selinsgrove. It is in Union and Northumberland County. Either way it is a great day trip.

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.

Meeting Location

The next club meetings will be held at the Dauphin County East Shore Area Library, 4501 Ethel St, Harrisburg 17109. The Meeting Room is on the lower level. They start at **6 pm** on the last Tuesday of the month.

June 30, July 28, Aug 25.

Contact Pat with any questions at 717-379-8945 or pateby35@gmail.com

All are invited and encouraged to attend.

New Special Programs for 2027

Craft Beer, Historic Places of Worship, and Historic Route 66.



Liberty Bell Wanderers Salute to America's 250th Birthday

Walk Where America was Born - Oct 8-11, 2026

There are 5 walks and 1 bike over the four days, and a meet and greet at the Historic Arch Street Quaker Meeting House at 4th and Arch. The walks start at Wyndham Historic Hotel in Philadelphia

my.ava.org/find-a-fest.php?id=101

If you copy and paste the site it lists the bike and 4 of the 5 offered walks. The ones listed are all year-round events. They are working on the details of the meet and greet and the brochure. But you can get an idea of the walks at this site. You can also email joycekoert12@gmail.com.

AVA correct address!

Be sure to use this address when mailing your books.

AVA Headquarters
1032 S. Alamo St, San Antonio TX 78210
210-659-2112



Group Walks

April 25th - National Trails Day in Marietta
It wasn't a beautiful day, but fun.



Bill Rhoat, Marcy Lucas, Darla Fera, Alison Andrews, Cindy Womer, Roy and Sis Clugston came ready to walk. It is always a great walk in Marietta. They all took off except Marcy. The dear friend walked with me. So we meandered. As we started out on the trail, we met Kim and Luther Zarfoss finishing their walk. They thought that they could beat the rain if they started early. They did.



Marcy and I got as far as McCleary's Pub and couldn't go any further so we stopped to rest and eat. When Bill was finished with his walk, he drove to the restaurant and joined us. As we were eating, the rain came down in buckets. Since Bill is such a nice guy, he drove us back to the parking lot so we didn't get soaked.

May 16th - Mifflintown

We met at the Juniata County Library. Sis and Roy Clugston and I talked to Joyce Krow, shown in the picture in the next column. She is the host for this walk. Luckily Joyce and her son Tim use this trail for their exercise, because they were the only walkers on the log sheet until we showed up.



Bill Rhoat arrived after I took the picture, so his was a portrait. I don't know how he got a blue background, but that was the way it turned out.



It was a beautiful day for a walk. Sis, Roy and Bill went on their way. Joyce was kind enough to wanderer with me. We walked by three peaceful protesters. In front of the court house. I did manage to get in two miles before sitting at the library waiting for the other walkers to finish. Since Joyce wanted to go home, cut the grass, then go to dinner with her son and finally finish walking the 10K in Mifflintown, so she didn't join us for lunch. She has a lot of energy. The four of us then went to "Jack's" to have lunch. Jack's is known for its cheesesteaks and upside down banana splits. Yum!!

June 13th - Ephrata

It was supposed to be brutally hot, but the temps weren't that bad and there was a lovely breeze helping to cool you off.

We had 6 walkers show up. I took a picture of the four that were going to walk the 10K. It did not include Mary Watts. Shown below are the four, Cindy



Womer, a new member last year, Bill Rhoat, and new members Jen and Jeb Betar. After they left, Mary and I drove down the hill and found public parking. We walked several blocks but Mary needed her coffee. We stopped at Scratch Bake Café for coffee, iced tea and a delightful scone. Her picture is below.



We had a wonderful time just talking, snacking and watching the traffic go by. The breeze was wonderful and Main Street was decorated with red, white and blue bunting and banners with veterans pictures on them hanging on the light posts. Such a delightful town. When we were ready to get back to our walk, the other four were passing by. I couldn't go more than 1/2 mile, so we headed back to the parking lot behind the train station.



We found this lovely mural of people waiting for the train. It was much longer than this, but it was neat.



The building on the other side of the train station also had murals. It looked like they had bricked up some windows and had three or four similar to the one pictured above. So if you do the Ephrata walk and get to the train station on Main Street, take a detour around the back of the building and you will see these treasures.

Mary and I were very bad and stopped at the Udder Choice, a restaurant and ice cream place, just outside Ephrata on Route 322 on the left hand side and had lunch/ice cream. It was a beautiful drive to Ephrata seeing farms and corn about two feet high and then thru a wooded area. Such wonderful day and a great day to be alive.

Springfield MO June 28 - July 1, 2027

The next biennial convention will be held in 2027 so mark your calendars and save your pennies. In order to avoid the IVV Olympiad which will be held June 14 - June 20, 2027 in Luxembourg, the AVA convention will be held June 28 - July 1, 2027.

Pre-convention walks are June 26-28 with post-convention walks planned for July 2-4. Please save the dates from June 26 through July 4th plus travel time.

Since it is still early, more information will be available at a later date. Watch ava.org and future Checkpoints.

If you do not receive the Checkpoint, you can request it by emailing Hector at Hector@ava.org. Please note on the subject line: **Request for Checkpoint**. There is no charge. You will receive it via email once a month. You can keep up with what is happening at the national organization.

2026 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. 5/10K Rating 1A Ask at reservation desk for Walk Box.

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

Camp Hill - Cumberland County

Pat Eby's house - front porch, 19 N 27th St, Camp Hill. Dawn to dusk. 6/10K Rated 1A.

OSB or Physical Start Box is on porch.

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

Carlisle - Cumberland County

Comfort Suites, 10 South Hanover St. Carlisle Dawn to Dusk. 6/10K 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

Columbia Walk - 5/10K Rated 1A

Marietta Walk - 5/10K Rating 1A

Columbia Crossing River Trail Center, 41 Walnut St.

Columbia Open 10 am to 4 pm Tuesday - Sunday

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

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

Ephrata - Lancaster County

Hampton Inn & Suites, 380 E Main St, Ephrata. 5/10K Rated 1B Ask at reservation desk for Walk Box.

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

Harrisburg - Dauphin County

Capital and Wildwood Park

Hotel Hanna, 525 S Front St. Harrisburg Dawn to dusk.

Capital Trail Rating 1A 5/0K

Wildwood Trail Rating 10K 3C; 5K trail is easier and can be a 1B. Ask at reservation desk for the Walk Box.

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

Fort Hunter, Harrisburg- Seasonal 4-1 to 9-30. 5/10K

Rated 1A. OSB or Walk Box is at the Hotel Hanna with the Harrisburg walks or contact Pat Eby at 717-379-8945

patriciaeby@verizon.net

Hershey - Dauphin County

Bullfrog Valley Trail 5/10K and

Hershy Town 5/10K Both are rated 1A

Hummelstown - Seasonal - 10-1 to 12-31 5/10k rated 1B.

Karns Food, 731 Cherry Dr. Hershey

Ask at the Service Counter for the Walk box.

Dawn to dusk.

Regina Zapotosky, 717-545-4982

Lebanon - Lebanon County

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

Hours vary - call 717-273-2691

5/10K 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 5/10K Rating 1A

Walk Box is on window sill in café area.

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

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.

5/10K Rated 2B

Walk Box is in the library under a table.

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

Milton - Most in Northumberland and rest in Union County.

Seasonal - 4-1 to 9-30. 5/10K rated 1B. OSB or contact

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

directions and stamp.

Selinsgrove - Snyder County Seasonal 4-1 to 9-30.

Rated 1B 5/10K. OSB or contact Pat Eby 717-379-8945

patriciaeby@verizon.net.

She has directions and stamp.

State College - Centre County

Arboretum, Boalsburg, and Campus

Super 8 Motel, 1663 S Atherton St. State College Dawn to

dusk Arboretum Trail Rated 1A, Boalsburg Trail Rated 2B,

Campus Trail Rated 2A All have 5/ 10K trails.

Ask at reservation desk for Walk Box.

Marcy Lucas 717-979-3960 lucas_my@hotmail.com

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 -

Snowshoe 1287 Shippensburg Rd, Biglerville PA 17307

5/10K rated 1C. Open Jan 1 to March 31

Fayetteville - Smoke Zimmerman XC Ski Area -

Snowshoe, Rutter's 6837 Lincoln Way East, Fayetteville,

PA 17222 5/10K Rated 1C. Open Jan 1 to March 31

Fayetteville - Pine Grove Furnace State Park - Walk

10K or 14K Rated 3C OSB Only

Harper's Ferry WV - Walk Online or physical start point

ATC Visitor Center, 799 Washington St.

5K 2B), 10K, 15K or 20K Rated 3C

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

Rated 1B, OSB only

Join the Susquehanna Rovers or
renew your membership today!

Annual membership is still only \$10 per household. Complete the form, make check out to Susq. Rovers and mail to Susq Rovers, 19 N 27th St, Camp Hill PA 17011.

New _____ Renew _____

Name: _____

Address: _____

Zip Code: _____ - _____

Telephone: _____

Email: _____

Names of others in household:

Are you interested in -

Helping out at events _____

Planning an event _____

Holding office _____

Receiving mailings only _____

If you don't have email, your newsletter will be mailed.

Thought for the Year

We shall never know all the good
that a simple smile can do.
- Mother Teresa



Events

200

Stephen Edson - new member

1050

Gloria Reedy

4600

Judith Chioli - new member

4800

Tom Jackson

AVA's 50th Anniversary Events

The AVA has planned many special walks to celebrate this anniversary. You have already missed: Helen GA, Bolder City NV, San Antonio TX, and Williamsburg VA.

You can still plan to go to any of those listed below:

July 24-25 San Francisco CA - 50 works of art for 50 years of walking.

July 28-August 1 Colorado Springs CO at Rocky Mountain Rendezvous.

August 28-29 Boston MA

September 7 Annual Mackinac Bridge walk from Mackinaw City to St Ignace MI. They are looking for volunteers.

September 24-27 Astoria OR Walking in the footsteps of Lewis and Clark.

October 16-18 Arlington VA 25th annual FreedomWalk Festival.*

October 28-November 1 Halloween Clicks on Route 66. (100th Anniversary of Route 66)

November 6-8 Bradenton FL 35th Anniversary of Walk Around Florida.

November 14 Dayton OH Honoring our Veterans

December 5 Helen GA Weihnachten Lights Spectacular

***More info** about FreedomWalk Festival in VA (Oct 16-18) This event includes a swim that is available each day and a different walk each day. Friday is a 5K or 10K trail in Arlington, VA; Saturday a 6K or 12K or 21K or 46K trail in DC; Sunday a 6K or 12K or 21K trail including parks, C & O Canal, and the National Cathedral. A Social and Dinner are also available. For more details, www.usfreedomwalk.org

2026 ATLANTIC REGION CALENDAR of EVENTS

From ava.org as of June 17, 2026

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

June				
30	M	Harrisburg 6 pm	SRVC <i>patriciaeby@verizon.net</i>	717-379-8945
July				
11	GP	<i>Seven Valleys PA</i>	<i>janey0726@aol.com</i>	<i>717-525-0216</i>
18	GP	Lebanon PA	SRVC <i>patriciaeby@verizon.net</i>	717-379-8945
28	M	Harrisburg 6 pm	SRVC <i>patriciaeby@verizon.net</i>	717-379-8945
August				
1	GP	<i>York PA</i>	<i>janey0726@aol.com</i>	<i>717-525-0216</i>
8	GP	Boalsburg PA	SRVC <i>patriciaeby@verizon.net</i>	717-379-8945
25	M	Harrisburg 6 pm	SRVC <i>patriciaeby@verizon.net</i>	717-379-8945
September				
5	GP	<i>New Freedom PA</i>	<i>janey0726@aol.com</i>	<i>717-525-0216</i>
12	GP	Selinsgrove PA	SRVC <i>patriciaeby@verizon.net</i>	717-379-8945
12	W	<i>Odenton MD</i>	<i>comma4818@gmail.com</i>	<i>443-534-1246</i>
19	W	<i>Havre de Grace MD</i>	<i>suecapp@yahoo.com</i>	<i>717-968-6611</i>
26	W	<i>College Park MD</i>	<i>greenbeltmva@gmail.com</i>	<i>301-431-6668</i>
26	W	<i>Fort Belvoir VA</i>	<i>grunewar@yahoo.com</i>	<i>703-303-5543</i>
27	W	<i>Annapolis MD</i>	<i>littlewalker1@comcast.net</i>	<i>301-509-6748</i>
29	M	Harrisburg 6 pm	SRVC <i>patriciaeby@verizon.net</i>	717-379-8945
October				
3	TGW	<i>York PA</i>	<i>seth@ywrw.org</i>	<i>717-495-8616</i>
3	W	<i>Frederick MD</i>	<i>alison.cellphone@gmail.com</i>	<i>301-828-5257</i>
8-11	5WB	<i>Philadelphia PA</i>	<i>joycekoert12@gmail.com</i>	<i>See page 2</i>
16-18	BS	<i>Arlington VA</i>	<i>usfreedomwalk@gmail.com</i>	<i>703-209-0174</i>
16	W	<i>Arlington VA</i>	<i>usfreedomwalk@gmail.com</i>	<i>703-209-0174</i>
17	W	<i>Arlington VA</i>	<i>usfreedomwalk@gmail.com</i>	<i>703-209-0174</i>
17	W	<i>Laurel MD</i>	<i>laurelvolkysre@gmail.com</i>	<i>301-919-0465</i>
18	W	<i>Arlington VA</i>	<i>usfreedomwalk@gmail.com</i>	<i>703-209-0174</i>
24	W	<i>Kentlands MD</i>	<i>rockpic001@gmail.com</i>	<i>301-520-6507</i>
24	TGW	<i>Huntingdon PA</i>	<i>mjparki@gmail.com</i>	<i>215-901-0767</i>
24	WBS	<i>Rehoboth Beach DE</i>	<i>president@firststatewebfooters.org</i>	<i>302-233-6615</i>
27	M	Via Zoom 6 pm	SRVC <i>patriciaeby@verizon.net</i>	717-379-8945
31	GP	Hershey PA –Bull Frog	SRVC <i>patriciaeby@verizon.net</i>	717-379-8945

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.

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PA events are in italicized; *Susquehanna*

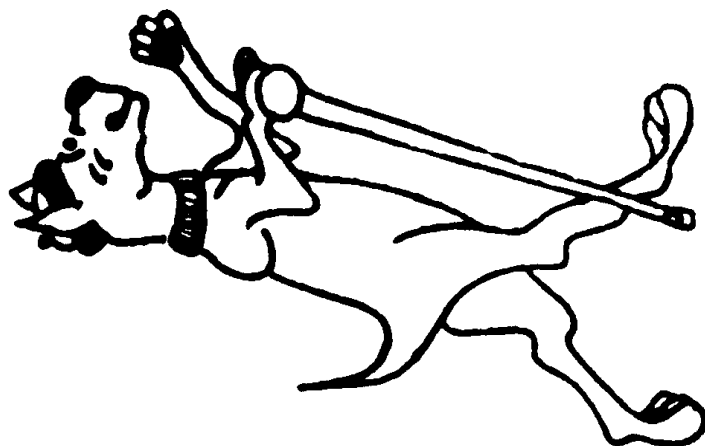
Rovers are bold and italicized.



Susquehanna Rovers Volksmarch Club  
19 N 27th Street  
Camp Hill PA 17011

**Dated Materials**

# **The Rover Reporter**



**July - August - September 2026**