

East Lampeter Walk

September 24th and 25th will be the dates that the Penn Dutch Pacers will be exploring East Lampeter Township starting from the pavilion in the East Lampeter Community Park off Hobson Road.

This walk offers a wide variety of walking experiences and should appeal to everyone. We start walking in East Lampeter Township Community Park which is the oldest and most developed park in the township. It is also nestled, as you will see, next to one of the most developed, some say over developed areas of Lancaster County and of course East Lampeter township. The park itself offers about a mile of paved trails that will give you a tour of this extensive park and also give you the first glimpse of the ubiquitous Mill Creek which cradles most of the perimeter of the park. We will see Mill Creek again a little later on in the walk.

The paved park trail offers a grand circumnavigation of the park as it heads gradually down to Mill Creek. If you look across the creek you will see campsites which are part of the camp grounds at Dutch Wonderland which we will see the front of as we get out onto the Lincoln Highway. The trail then rises gradually back to the park entrance where we exit onto the shoulder of Hobson Road. Hobson Road is lightly traveled and will take us to the first checkpoint at the relatively new East Lampeter Township building. With approval from East Lampeter officials our checkpoint will be under the portico. From the township building we will wend our way back to Hobson Road. After a stretch along Hobson Road we arrive at Bentley Ridge which is a very nicely designed residential apartment complex developed by High Realty, which has one element which makes it particularly appealing to us. That element is paved walking trails. From Hobson Road we will be touring Bentley Ridge via their walking trails. After we exit Bentley Ridge we have a short walk along Harvest Road to Route 30.

The nice thing about walking along Route 30 is that there is pavement and also that we are walking facing the traffic... oh we did mention there is traffic didn't we, a lot of it actually. If you've walked past Penn Dutch Pacer walks you may have walked along the south side of Route 30. Back in the Spring of 2001 (it's hard to believe that was 10 years ago) when we had our *Shop til You Drop Walk* which began in a vacant store front at Rockvale outlets. In any case the 2011 excursion along Route 30 will be on the North side and start further west than in 2001.

If you are like most people, local or not, you have never walked along Route 30 East. It's a very different experience walking that section of roadway that you may have driven many times which



It's Official

We know that you have all been waiting with baited breath for your first glimpse of this issue of the newsletter to find out what name you would see in the masthead, right?

Remember several issues ago we had first asked for suggestions for a new name for the newsletter and then following the input stage had asked you to vote for your favorite name. So it's now official, from now on this newsletter of the Penn Dutch Pacers Volksmarch Club will bear the name – THE PACER PULSE.

As always we will continue to fill the pages here with information directly related to Penn Dutch Pacer activities, volksmarching on the national and international levels as well as related information on health and wellness.

Producing this publication takes a tremendous amount of work, not only from the standpoint of actually gathering and writing the material that you read, but also laying it out and proofing it and working with the printer as well. We continue to ask everyone to contribute articles, photos, ideas, etc. to help reduce the burden on the handfull of people who continue to provide the labor required to bring this publication to your mail box four times per year.

As with all aspects of the Penn Dutch Pacers, all things are done by people who have decided that the what the Penn Dutch Pacers provide, i.e. great walks in the great outdoors has some value. Thanks advance for any articles and/or photographs that you may contribute in the future and hats off to the *The Pacer Pulse*.

Walk/Picnic/Meeting Re-Scheduled For Sunday, October 16th

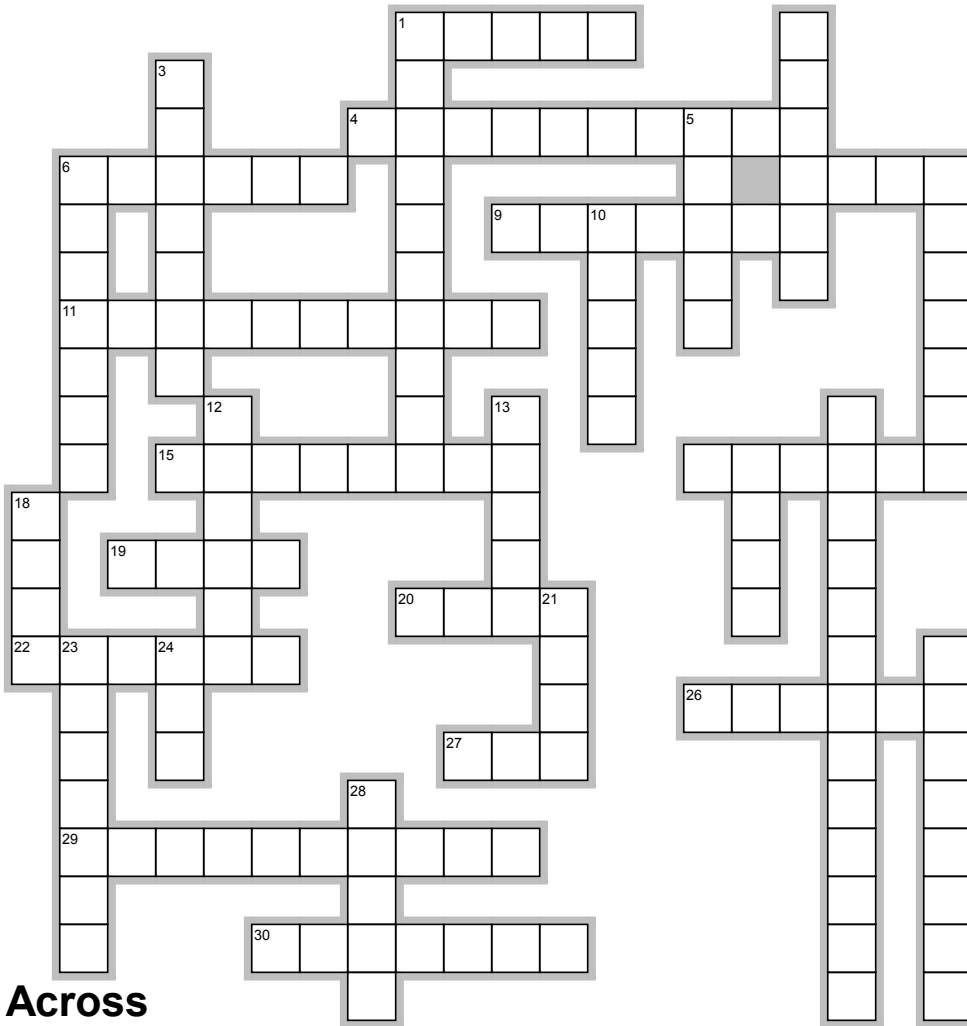
I think everyone probably knows by now that the planned July Walk/Picnic/Meeting was scrubbed mainly due to the extremely hot weather. But alas, you get another chance to enjoy a walk, a picnic and a meeting (a short one), because we are going to try it again on Sunday, October 16th. One thing we can be certain of we will not have extremely hot weather.



Hopefully we will have a gorgeous Fall day to 'pre-walk' our 2012 Enola Low Grade trail.

The day begins in Huffnagle Park in Quarryville at 9:00 AM for those who want to do the walk. You can choose the short walk or the long one. At approximately noon we will be sitting down to eat. You've read the thing about the picnic in the last newsletter. So briefly the club furnishes the hot dogs and soda. You bring one or two dishes of your choice to share and all your place setting and utensils. Following our picnic lunch will be our short October business meeting. We would expect to be all done before 1 PM. So that we know how many to expect please do one of two things, please call Phil at 717-786-7118 and let him know you are coming or click the picnic

East Lampeter Crossword Puzzle



Across

1. The family name of the folks that built Dutch Wonderland.
4. On trail right past the Red Roof Inn you will find the _____ Park.
6. The name of the bread company that we pass is _____.
7. The name of creek that cradles East Lampeter Township Community Park.
9. The flower in the name of our restaurant checkpoint is?
11. The name of the restaurant which stood where the American Music Theater now stands?
15. The name of township in which our East Lampeter Walk takes place.
16. Where does Duke the Dragon call home?
19. Bently Ridge was developed by _____ Realty.
20. What is the name of the purple dragon at Dutch Wonderland?
22. The Lincoln Highway is also know as Route _____.
26. Our second checkpoint is not a restaurant, cafe or dinner but a _____.
27. The wireless company that we pass on the walk is?
29. The Clark Family built an amusement park along Route 30 called Dutch _____.
30. The Willow Hill bridge is a _____ bridge.

After an absence of an issue or two the PDP crossword puzzle is back. All the clues are in this newsletter and to make it easy they are all in the article on the East Lampeter walk. So if you read that article that starts on page one you should be in good shape to easily complete the puzzle.

If you just can't come up with the correct answers either checkout the article again or if you get really frustrated you will find the answers to this puzzle on page 10.

We hope you enjoy this issues puzzle and learn a little along the way, too!

Down

1. One of the restaurants in the Restaurant Park is hosting the second _____.
2. The name of the road that we exit onto after walking the natural trail through the Amish Farm and House property.
3. We are walking in a housing development called _____ Ridge.
5. The cuisine of the restaurant which is our second checkpoint is?
6. The name of the overhang on the East Lampeter Township building where our first checkpoint will be.
8. What is the name of the major highway that traverses East Lampeter township and along which we walk.
10. The one menu option mentioned that usually, but not always, contains fish and rice wrapped in seaweed.
12. The department store chain that we pass on the trail that uses a red circle with a red ring around it as their logo.
13. What the word Mill refers to.
14. The name of the tavern where Lancaster County was organized in 1729.
17. On Witmer Road the trail crosses Mill Creek on a steel _____ bridge.
18. The other township with the 'surname' Lampeter in Lancaster County is _____ Lampeter.
21. The ordinal direction that prefaces the name of the township that we are walking in.
23. The name of the first turnpike in the United States is the Lincoln _____.
24. What color is the roof of the inn that we walk past?
25. The startpoint for our 2001 walk where we walked along the south side of Route 30 was _____ Outlets.
28. The fruit in the name of our restaurant checkpoint is?

President's Message

Wow, it's September hopefully a welcome relief from the unusual heat and humidity of the Summer of 2011. Now that cooler weather is here we have our next weekend walking event which you may have already read about on page 1. With this issue the PDP Newsletter, your newsletter, officially became *The Pacer Pulse* in response to the process where names were submitted and then voted on. As always it is the intention of this newsletter, *The Pacer Pulse*, to keep a finger in all that is happening locally, nationally and internationally in the volkssport community while being interesting and enjoyable reading at the same time. I'd like to remind you again that in order to keep this newsletter coming to you you not only have to enjoy reading it but you have to occasionally actively participate by contributing to the content. I understand that we are not all writers. Not to worry. We have some excellent editors that can polish anything that you submit. Remember too that we are also looking for pictures. So remember, it's a two way street. You get to enjoy the newsletter four times a year, but occasionally we would ask that you consider contributing something too!

One of the discussion points that seems to constantly reoccur on the Volksmarch discussion groups is that for Volksmarching not only to survive but to also thrive we all need to make an extra effort over and above what we have been doing to bring one or more new people to every walk. The upcoming East Lampeter walk is the perfect



opportunity. It's centrally located, it's not a difficult walk for a newbie and has something for everyone and since it's in September we should have excellent walking weather to boot. So do your part. Talk Volksmarching up among your family and friends and make an effort to bring them along with you to East Lampeter and every subsequent walk as well. All of us who want Volksmarching to survive thank you in advance.

We've more than hinted at the fact, in these pages, that we are going to need people to step forward for the upcoming election that will take place at our Annual Dinner meeting in January 2012. I am at the end of my second non-consecutive four year stint as your president and I am hopeful that one or more of you will step forward to be elected to the available positions. The loyal core of people have for years either stayed in positions that have no term limit or for those positions that have term limits in the by-laws that same loyal core of people have just shuffled between positions. We have over 150 paying members (which is more than 150 people since a lot of those memberships are family member-

Cont'd on Page 11, column 2

NEW MEMBERS WELCOME TO THE CLUB

Dana Albright

RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS

2012

**Nancy Fellenbaum
Roger Johnson
Richard & Anita Lipkowski
Steven & Carol Schell
Michael & Susan Snyder**

2014

**Marv & Dayle Albert
Charles & Audrey Bard
William Beyer & Leslie Gorbey
Virginia & David Hunsberger
Elizabeth & Phillip Louie**

CLUB MEMBERS ACHIEVEMENT AWARDS

KILOMETER MILESTONES

1000 Km

Valerie Cifuni

5000 Km

James Wellenreiter

CLUB MEMBERS ACHIEVEMENT AWARDS

EVENT MILESTONES

50 Events

Maura Barber

100 Events

Valerie Cifuni

200 Events

Rebecca Sipe

275 Events

David Barber

Donna Bashaw

500 Events

James Wellenreiter

800 Events

LeRoy Copenhaver

**Source: *The American Wanderer*
Records as of 8/12/2011**

Pete Byrne - Membership

Cont'd from Page 1 • East Lampeter . . .

is one of the things that is great about Volksmarching, i.e. getting you to walk places you may only have driven before. Guaranteed you will see things that have been there all along that you may not have seen before.

We'll be passing places like Perkins Family Restaurant and Bakery after which we cross Mill Creek. The Lancaster Humane League has a location on Route 30 so the next time you want to adopt a pet you'll know right where it is. You'll pass the relatively new Sonic Drive-in and if you're an AT&T Wireless customer you'll walk past the company owned AT&T store where you have to go to get solutions to your wireless problems. Once past AT&T you will see Dutch



Wonderland with the Big Purple Dinosaur Duke in Duke's Lagoon coming up first. Next you'll see the castle and the monorail and the pavement starts a slight incline toward

our not so highest part of the walk. Right past the Red Roof Inn we come to what is referred to as the Lincoln Highway East Restaurant Park. The reason we talk about the Restaurant Park is that our second checkpoint is in one of those restaurants. The Olive and Jasmine Asian Bistro has enthusiastically consented to hosting our second checkpoint. We would encourage all walkers if they are hungry to please support our checkpoint which is an upscale Asian restaurant with a variety of delicious selections from different Asian cultures including sushi, if you are so inclined. Also they are glad to accommodate any dietary restrictions that you may have. It will be a great place to take a load off and to fuel up before completing the rest of the walk.

After leaving the checkpoint you are back on the sidewalk along Route 30 and after having reached the highpoint of the trail you start on a slow downward trek to the traffic light at Witmer Rd. You will be crossing Witmer Rd and you will see Target immediately to your left. Then comes Panera Bread. Immediately past Panera Bread is the Willow Hill Covered

Cont'd in the next column

Cont'd from Previous Column . . .

Bridge that was built in 1962 from materials salvaged from two other covered bridges. It stood for many years beside the The Willows restaurant which was torn down in the late 1990's to make way for the American Music Theater which you will see immediately on the other side of the bridge.

Nestled between Panera Bread and AMT is where we enter a picturesque 15-acre oasis that has been a must-visit Lancaster

County destination for families, children and groups since 1955. It's the property of the Amish Farm and House where we will walk a natural trail meandering our way through the property til we exit onto sidewalk along Witmer

Road behind Target. Our walk along Witmer Road is a venture in diversity in itself. The sidewalk you will be walking on was financed by Target as a stipulation to building at this location and it offers a pleasant walk past Amish farms and dwellings and across a steel arch bridge which crosses, you guessed it, Mill Creek which seems to be everywhere in Lancaster County.

Once past the Amish properties you will pass well kept shaded older homes and new homes that are located what seems like miles from the frantic pace that you see on Route 30. Once we walk almost the entire length of Witmer Road we turn left onto Hobson Road and are back to our startpoint in the park.

Now that you have an overview of the trail we'd like to give you some background history relating to East Lampeter Township.

Lampeter was one of the townships formed when Lancaster County was organized at the Postlethwaite Tavern in 1729. The township was named for a town in Wales. If one checks an up-to-date map of Wales, the town Lampeter can be found today.

The types of transportation and communication in early 1800's were not adequate to administer the government properly to such a large area. For this reason Lampeter, like Earl, and Leacock Townships, was divided into smaller districts. In 1841 East and West Lampeter Townships were formed.

Much later in the 1950's, the quality of education and schools needed to prepare the students to cope with modern times could not in most cases be financially

Cont'd on Page 5, column 1

Dates Remember

Thursday, Sept. 15th -

Regular monthly meeting of the Penn Dutch Pacers in the Diagnostic Imaging Center - Patient & Family Education Conference Room ••1st Floor Lancaster Health Campus -- 7:00 PM

Saturday, Sept. 18th

East Lampeter Pre-Walk from the East Lampeter Community Park on Hobson Road at 1:00 PM

Saturday & Sunday, Sept. 24th & Sept. 25th

East Lampeter Walk from the East Lampeter Community Park on Hobson Road start 8 to 1 both days

Sunday, Oct. 16th -

Walk/Picnic/Meeting in Huffnagle Park Quarryville. The walk starts at 9:00 AM sharp with the picnic lunch at approximately Noon and the meeting to follow at about 1:00 PM. Please call 717-786-7118 to let us know you're coming or respond on the website.

Thursday, Nov. 17th -

Regular monthly meeting of the Penn Dutch Pacers in the Diagnostic Imaging Center - Patient & Family Education Conference Room ••1st Floor Lancaster Health Campus -- 7:00 PM

Cont'd from Page 7 • Reaction to . . .

Year rounds were set to help those areas, like Vermont, that didn't have a lot of clubs and events. It was a way to give them events to do to accumulate distance. That was its real purpose. The AVA should have continued to restrict the number of YREs in areas where there were numerous clubs and allow areas without clubs to use them strategically to enable walkers to participate in the program. And maybe even encourage the formation of new clubs in those areas.

One other thing ... take a look at the events listing in the next TAW ... especially take note of the number of events on any given weekend ... you can start by looking at Ohio and Washington. I can't believe that clubs really think that conflicting dates aren't a problem for attendance! I know the argument about giving walkers more events to go to on a weekend. How about giving walkers more weekends to walk one event and then do other things in their life?? Make that one weekend event something special that

Cont'd on Page 5, column 3, bottom

2010/2011 YRE Comparison	1st Quarter			2nd Quarter		
	2010	2011	Variant	2010	2011	Variant
Ephrata	11	8	-3	19	9	-10
Lancaster Downtown	21	18	-3	18	12	-6
Lancaster West	9	5	-4	27	19	-6
Lititz History	28	18	-10	25	22	-3
Lititz North	13	12	-1	21	8	-13
Millersville	13	19	6	23	3	-20
Middle Creek Lake	50	35	-15	5	3	-2
New Holland East	11	7	-4	6	6	0
New Holland West	10	7	-3	2	8	6
Comparison Totals	166	129	-37	146	92	-54
Total Variant for all walks held in both years						-91
Manheim (new for 2011)	0	27	0	0	26	0
Actual Totals	166	156	-10	146	118	-28
Actual Total Variant including Manheim Walk						-38

Above you'll see the first and second quarter information that we have on YRE participation provided by YRE chair Bob Gast. To give a better perspective as to what is happening with the numbers. We have provided the 2010 and the 2011 figures side-by-side and the variant between the two figures. In order to provide a fair comparison we've put the new for 2011 Manheim YRE info at the bottom on the chart.

The Comparison Total row shows you a direct comparison of the same YRE/Seasonal events that we had in both 2010 and 2011. Using this one to one comparison we were down 91 walkers for the first two quarters of 2011, i.e. -37 for the first quarter and -54 for the second quarter. If you factor in the Manheim Walk which only occurred in 2011 then we were still down 38 walkers.

There really is no way you can put a good spin on this. The figures speak for themselves. You can see that the downward trend is continuing unabated.

We have made a decision this year to renew all the YRE and Seasonal events again for 2011. As many of you already know if paid participation for a YRE or Seasonal event drops below our break even point, i.e if our costs (the sanctioning fee plus the percentage paid to AVA plus quarterly reporting fees) exceed our income from paid walkers we really cannot afford to re-sanction the walk. Tough decisions concerning our YRE and Seasonal walks will be coming in 2011.

supported by one township. The Lincoln Highway is the major highway that traverses the township and it was the first turnpike in the United States. There were three toll gates in East Lampeter on this highway - one on the north side of the highway was dismantled when Clarks built Dutch Wonderland, another was in Soudersburg, and a third is at Bridgeport. The Lincoln Highway construction was going on from 1792 through 1794 and it was operated as a turnpike until 1917 when it became a state road. In the early 1900's a trolley road followed the highway in East Lampeter until Jan. 1935 when it was replaced by bus.

In 1942 the Lancaster Conference Mennonites bought property along the south side of the Lincoln Highway and began operating a high school there in September of that year. It was originally part of the Jacob Buckwalter property whose family operated a mill there for eighty years. The old mill building stood until it was torn down to make way for LMHS expansion. Benjamin Eshleman bought the mill in 1842.

Our adventure in East Lampeter Township will be a wonderful walk in a brand new venue for PDP. We will be starting in an awesome park and will be exploring the surrounding area on foot, please mark your calendars now so that you don't miss this great walking opportunity. As the refrain from the song lyrics to the hit song in 1965 by The Lettermen (who by the way still perform at the American Music Theater) so aptly puts it "*See you in September*".

walkers will remember and come back for next time that club hosts an event. Old fashioned? Dang straight ... and it worked then and it can work again, but it will take clubs wanting to do it to make it work. If we don't return to fun quality events, nothing we do is going to help. And getting a daily event stamp isn't going to help ... first of all, very few people will pay \$21/week just for a stamp. So they'll go as often as they go now, and maybe add a time or two, but it won't increase participation in our program. And I seriously doubt the younger crowd will be interested in many of the so-so YREs that call themselves "events." And a couple years from now I'll be there to remind you all of that!"

2011/2012 Atlantic Region Calendar

This calendar is a compilation of the data taken from the Atlantic Region Calendar which was cross referenced with the AVA Calendar as of 08/06/2011. Since new walks are always being added we would suggested referencing the AVA calendar for a definitive up to the minute list of current walking events in the region.

September 2011				
Date	Type	Sponsoring Club	Event Location	Contact Phone
03	W	Virginia Volkssport Association	Rockbridge County VA	757-766-3065
04	W	Virginia Volkssport Association	Buena Vista VA	757-766-3065
05	W	Virginia Volkssport Association	Waynesboro MD	757-766-3065
10	W	Baltimore Walking Club	Lutherville MD	410-252-3165
10	W	Washington DC Area VM Club	Alexandria VA – Wilson Bridge Walk	703-765-3128
11	W	Freestate Happy Wanderers	Laurel MD (Montpelier Arts Center)	301-717-3604
12	W	Northern Virginia Volksmarchers	Fairfax Station – Evening Walk	703-644-2129
15	M	Penn Dutch Pacer Monthly Membership Meeting, Lancaster Health Campus - @ 7:00 PM		717-786-7118
15	NW	Gater Volksmarch Club	Norfolk VA	757-490-9324
17	W	York White Rose Wanderers	East Berlin PA (East Berlin Community Ctr Pavilion)	717-432-2195
17	W	Piedmont Pacers	Taneytown MD (Taneytown Elementary School)	410-795-7855
17	W	Northern Virginia Volksmarchers	Burke VA – Burke Lake Park	703-644-0189
18	W	Liberty Bell Wanderers	New Britain PA (Lake Galena)	215-442-1337
23	W	Marienstadt Wanderers	St. Mary's, Elk County	814-834-1480
24-25	W	Penn Dutch Pacer Volksmarch Club	Lancaster PA (East Lampeter Community Park)	717-625-3533
24	GW	Liberty Bell Wanderers	Philadelphia PA - Steuben Day Parade	215-354-1723
24	W	Marienstadt Wanderers	St. Mary's, Elk County	814-834-1480
24	W	Washington DC Area VM Club	Alexandria VA (Barrett Branch Library in Old Town)	703-765-3128
24	W	Loudon Walking & Volksmarch Club	Lovettsville VA (Game Protective Association)	703-737-2175
25	W	Marienstadt Wanderers	Wilcox, PA	814-834-1480
26	NW	Washington DC Area VM Club	Alexandria VA (Barretts Branch Library in Old Town)	703-765-3128
October 2011				
Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Princeton Area Walkers	Bordentown NJ	609-259-2365
01	W	Virginia Vagabonds	Williamsburg VA	757-766-3065
01	W	Ft. Belvoir Outdoor Rec/DMWR	Ft. Belvoir, Alexandria VA (Ocktoberfest Event)	703-805-1143
01-02	W	Piedmont Pacers	Frederick MD (Frederick Fairgrounds)	410-795-7855
01-02	W	Ft. Belvoir Outdoor Recreation	Ft. Belvoir, Alexandria	703-805-1143
02	W	Annapolis Amblers	West Annapolis = Annoplis Octoberfest	410-224-0907
08	W	Germanna Volkssport Association	Culpeper VA	540-455-0772
09	W	Virginia Vagabonds	Damascus VA	757-766-3065
10	W	Virginia Vagabonds	Bristol VA	757-766-3065
15	W	Lee Lepus Volksverband	Powhatan VA (Fighting Creek Park)	804-768-0055
15	W	Great Greenbelt Volksmarchers Inc.	Greenbelt MD (Shrom Hills Park)	301-937-3549
15	W	Susquehanna Rovers	Carlisle Barracks Octoberfest	717-245-3659
15	W	York White Rose Wanderers	Hanover PA	717-451-0709
16	W/P/M	Penn Dutch Pacer Walk/Picnic/Meeting, Huffnagle Park - Quarryville PA		717-786-7118
21-23	W	US Freedom Walk Festival Club	Arlington VA (Residence Inn By Marriott Arlington Courthouse)	703-209-0174
22	W	Loudon Walking & Volksmarch Club	Lucketts/Leesburg VA (Tarara Winery)	703-737-2175
22	W	Virginia Vagabonds	Portsmouth VA	757-766-3065
29	W	Piedmont Pacers	Mt. Airy MD (Linganore Winery)	301-829-3685
29-30	W	First State Webfooters	Rehobeth Beach DE	302-697-1191
November 2011				
Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Princeton Area Walkers	Bordentown, NJ	609-259-2365
05	W	Columbia Valksmarch Club	Gaithersburg _ Moonlight Walk	301-926-8580
05	W	Pennisula Pathfinders of Virginia	Newport News – Newport News Park	757-890-9220
11-13	3W	York White Rose Wanderers	Gettysburg PA (Days Inn Gettysburg)	717-677-6511
12	S	York White Rose Wanderers	Gettysburg PA (YWCA if Gettysburg & Adams County)	717-309-6088
12	W	York White Rose Wanderers	Ortana PA (Adams County Winery)	717-677-6511
12	W	Seneca Valley Sugarloafers	Gaithersburg MD (Seneca Creek Park)	301-926-8580
15	W	Pennisula Pathfinders of Virginia	Newport News VA (Newport News Park)	757-890-9220
17	M	Penn Dutch Pacer Monthly Membership Meeting, Lancaster Health Campus - @ 7:00 PM		717-786-7118
19	W	Baltimore Walking Club	Leakin Park, Baltimore MD	443-504-5552
25-26	3W	Susquahanna Rovers	Hershey Walkfest – Hershey Recreation Center	717-761-1338

Legend: W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, S=Swim
Sk=Ski, XSk= Cross Country Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe M=Meeting

2011/2012 Atlantic Region Calendar, continued

December 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
3	W	Penn Dutch Pacers	Lititz PA (Freeze & Frizz)	717-625-3533
3	W	Washington DC Area VM Club	Alexandria VA (Barrett Branch Library in Old Town)	703-765-3128
9-10	NW	Peninsula Pathfinders of Virginia	Williamsburg VA (Clarion Hotel)	757-766-3065
9-11	S	Peninsula Pathfinders of Virginia	Williamsburg VA (Clarion Hotel)	757-766-3065
10	W	Annapolis Amblers	Eastport- Annapolis Lights Boat Parade	410-867-7511
10-11	W	Peninsula Pathfinders of Virginia	Williamsburg VA (Clarion Hotel)	757-766-3065
17	NW	Germanna Volkspport Association	Fredericksburg VA	540-455-0772
18	W	Northern Virginia Volksmarchers	Springfield VA	703-455-1878
30	W	Baltimore Walking Club	Baltimore – Hampden Lights	410-252-3165
31	W	Gater Volksmarch Club	Smithfield VA (Smithfield Station Restaurant)	757-490-9324
31	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164

Reaction to the Change Allowing Daily Recording of YRE and Seasonal Events

It seems that one of the most divisive outcomes from the AVA Biennial Convention in June was a resolution that was approved permitting Event credit each and every time you do a YRE or Seasonal event. Until now only Distance credit was permitted if you do the walk more than once in a six-month period. This will eliminate the use of the '+' on the YRE and Seasonal Event stamps during the second half of the year and this change went into effect on July 1st.

The opinions seem to differ whether this change is a good thing for Volksmarching. Will it expand the appeal that Volksmarching has to offer or will it further dilute participation at regular events or isn't it going to have any effect on the eventual outcome either way.

To give dimension to this issue here's sort of a pro and con view first from a person on walk list that didn't sign their e-mail. "I remember there was much discussion when we started the plus system, so we could all walk our own events twice a year, instead of once. The world didn't end. Similarly when we allowed 5ks. This was also controversial, and still is for some. Not the IVV way! Well, look, the IVV has shorter walks now too. It doesn't much matter to me how many times they can stamp their event books in Slovakia or Crete. Although our club voted against this change at the convention, I am willing to try it and see if we can get some new walkers out of it.

When we talk to people in their 20s and 30s, they often tell us they really don't buy in to the whole achievement thing because they don't travel much (and it costs money they don't want to part with). They think it's a nice idea for older people. But now, we can market this to support the local club. Do our 12 events, all within a reasonable distance, any time you want, and get credit! I think it will help our club and the AVA, and maybe even get us those younger members we need. The ones who were looking around for their Weight Watchers 5k challenge last month, but couldn't find any reason to join the AVA, since they were planning to walk the same neighborhood walks over and over again. Now we have the achievement system to sell them, and they don't have to go broke driving all over the country.

Consider these two walkers: One who doesn't care much for YREs and seasonals, preferring the live events. No, it isn't our moderator, it is me, 10 years ago, when I moved back to VT. Vermont has a small club, with a large territory. I'd go to a day event if it interested me, was reasonably close by, and I didn't have something else to do that weekend. Result: I stayed on the same event book for eight years. My \$3 once or twice a year wasn't helping my club much, or the AVA. I also got out of the habit of walking periodically for health, so when I got back into

it, I was glad that the IVV now had 5ks. Lose, lose. I lost out, and so did volkssporting.

The other walker is one who walks the same walk, time after time. Let's assume he does the 5k six days a week for a year. Which by the way, is pretty close to what the doctors suggest for heart patients. Thirty km a week, and over 1500 km a year. That is three distance books and he's paid out almost \$1000 for it. Big deal; 3 pins is not much of an incentive for a grand. Put this event incentive in, and he is getting a new award almost every month, he is meeting his personal fitness or health goals, and he is advancing through the AVA. Some of what volkssporting is really about is likely to rub off. He will be receiving information from the AVA each month. He will want to meet people who do what he does, and may talk with the POC, and join the local club. Maybe even help out! Maybe he will start exploring all the other walks; who wouldn't be bored to tears walking the same walk 300 times a year? Just maybe, you'd end up with a long term volkssporter, visiting the 50 states, 51 capitals, and willing to pay a hefty price to do so. Win win. Everyone wins here, the walker, the AVA, and the local club.

If we take this as an opportunity, we could really start to increase not only our revenue but our membership. All this bellyaching about the IVV ideal is not productive. Using the tools the organization is handing us will be. Let's move forward. Let's try to interest new people with these liberalized rules. The old rigid rules kept a lot of Americans from joining. If we can attract more people who are not just ex military or former Europeans, maybe this club will survive in America another 35 years. This may be a big step toward recovery.

Here's the "rebuttal" from Donna Seline also on Walk List "Oh please ... of course the world didn't end. But they expanded year rounds thinking it would help ... it did ... temporarily. Then attendance started slipping for both YREs and weekend events. So they added the plus ... that didn't help either! Now we can stamp every day? And you seriously think it's going to help???"

As I've said before we've diluted the program so much we have nothing unique left to sell. Weekend events don't offer awards anymore ... that was a hooker for MANY, if not MOST volksmarchers in the beginning. Then we stopped offering two day weekend events ... oh, so few people come on Sunday, we'll just do away with it. Then they cut the hours ... how many events have you seen with a 4 hour start AND finish time? Contrary to AVA and IVV rules for a 3 hour start and a 3 hour finish ... minimum!

Cont'd on Page 4, column 3, bottom

Special Walking Programs Update

Special Event Programs Book Sales and Completions				Jan 1 - June 30, 2011		Cumulative program			
Program	Sponsoring Club		Books Sold	Books Complete	Books Sold	Books Complete	Start Date	Finish Date	
Walking the USA, A to Z	AVA Headquarters				1688	420	6/23/2003	none	
Great Lakes	Great Lakes Amblers				294	117	1/1/2005	12/31/2010	
Pony Express	Yakima Valley Sun Striders				239	112	1/1/2006	12/31/2010	
Riverwalk America	Free State Happy Wanderers				1052	600	1/1/2006	12/31/2010	
Railroad Heritage	Free State Happy Wanderers				961	576	1/1/2006	12/31/2010	
American Authors	Granite State Trail Walkers				534	304	7/1/2006	12/31/2010	
Cemetery Stroll	Tarheel State Walkers		0	28	553	297	7/1/2006	6/30/2010	
Covered Bridges	Liberty Bell Wanderers		1	5	340	102	1/1/2007	12/31/2011	
Native American Culture	Holy Family Walkers				381	156	6/1/2007	12/31/2010	
Islands	Northwest Tulip Trekkers				337	126	6/1/2007	12/31/2010	
Historic Churches	Germannia Volkssport Assoc.		8	44	532	347	1/1/2009	12/31/2011	
Artistic Heritage	Central Minnesota Volkssport		4	15	330	147	1/1/2009	12/31/2011	
America's Gardens	Central Minnesota Volkssport		6	24	362	143	1/1/2009	12/31/2011	
Veteran Memorials	Holy Family Walkers		10	16	327	130	1/1/2009	12/31/2011	
Museums	Penn Dutch Pacers		4	23	431	221	1/1/2009	12/31/2011	
Walkin' Waterfalls	Finger Lakes Volkssports		2	16	235	75	1/1/2009	12/31/2011	
America's Firehouses	Kitsap Volkssporters		6	27	398	196	1/1/2009	12/31/2011	
Liberty Bell	Heartland Walkers		6	9	138	18	7/4/2009	7/4/2012	
Hooray for Hollywood	4 D's Volkssport Club		3	21	238	77	7/1/2009	6/30/2012	
Forts of the US	Tulsa Walking Club		12	13	237	25	1/1/2010	12/31/2012	
Carnegie Libraries	Holy Family Walkers		17	13	186	29	1/1/2010	12/31/2012	
Hillside Letters	Black Hills Volkssport Assoc.		7	8	90	20	1/1/2010	12/31/2012	
Honoring Law Enforcement	Kitsap Volkssporters		14	24	256	81	1/1/2010	12/31/2012	
Grist Mills	Susquehanna Rovers		64	6	153	6	1/1/2011	12/31/2013	
Baseball Walks	Finger Lakes Volkssports		161	2	161	2	1/1/2011	12/31/2013	
America's Trails	Volkssport USA		165	3	165	3	1/1/2011	12/31/2013	
			490	284					

No reports received for the programs that "ended" on December 31, 2010. Hopefully when the POC officially has ended the program a final count of books sold & completed will be made available.

First of all we would like to thank Phil Hait for his service to AVA and all of us in the capacity of Special Walking Program coordinator for the past four years. At the last NEC meeting he handed the reigns over to someone new. Without Phil's hard work we (AVA & the Penn Dutch Pacers) would not have had the success we have had with all the special walking programs.

You will see in the graphic above Phil's last report which we've reproduced here for a number of reasons.

First, this listing is a great resource which shows all the current Special Walking programs along with their finish dates. The list is sorted by finish date (mostly) and includes programs that finished at the end of 2010.

Second, there are eight programs that are ending on December 31st of this year including the Penn Dutch

Pacers Museum Walk America Program. So please take note of the programs that are ending if you are participating in any of them.

Thirdly, the listing offers an excellent resource for those of us who need to list the Special Walking programs that our weekend, YRE and seasonal events qualify for. It can be quite a challenge finding what programs are currently in effect with out a comprehensive listing such as this, so a list like this is a god send.

It's also great to note that the Penn Dutch Pacers Museum Walk America Walk ranks 7th in participation among the Special Walking Programs listed. Not too shabby! Thanks to everyone who has put effort forth on our Museum Special Walking Program, Sherry Alamong for the original idea and especially Bob Cooney who did all the work in the background to make it run smoothly.

REPORT FROM DES MOINES

Submitted by Russ & Flo Bechtold

Editor's Note: Russ Bechtold was our delegate at the recent AVA convention and Flo was the alternate. They submitted this report from their experience at the convention. We'd like to thank Russ & Flo for representing the Penn Dutch Pacers at the recent convention.

Major river flooding and torrential downpours is not the best way to start the first walks of the 17th Biennial Convention of the American Volkssport Association. It does put a 'damper' (pun intended) on things.

Saturday, June 18

Having been bussed from the convention hotel at Des Moines to Harrah's Casino in Council Bluffs, we waited for over two hours for the shuttle to Loess Hill's Hitchcock Nature Center to supposedly begin a 10k walk. The two hour wait was a major breakdown of their shuttle system but had a silver lining: the heavy rain had ceased by the time our buses limped back into Harrah's to begin transporting eager ... and impatient ... walkers to Hitchcock.

Having been warned by one of our members about the downright dangerous conditions on the trail, Flo and I elected to walk .5k from the parking lot to the nature center and back, allowing the bus to transport us back to a park near Harrah's to begin the second scheduled walk of the day.

The sun shown dimly as we crossed the Bob Kerry Pedestrian Bridge from Council Bluffs to Omaha and the extent of the flooding of the Missouri River was quite plain. The 5k turnaround was a short distance into Omaha and the trail returned over the bridge to Council Bluffs and our shuttle back to Harrah's.

Sunday, June 19

The sun shown on us today ... hot and humid ... rather like August in Lancaster County. The 11k walk was on the Whiterock Conservancy and in the town of Coon Rapids.

The Conservancy ... a gift from the Garst family who pioneered some of the early work on hybridizing corn ... is a huge former farm and has lots of interesting trails to wander. The original farmhouse is available as a bed-and-breakfast. There had been a wedding party of some thirty guests yesterday.

Continuing on to the small town of Coon Rapids we made our way along the attractive, shaded streets before returning to Whiterock and our cool bus back to Des Moines.

Monday, June 20

We awoke this morning to a teeming downpour which continued most of the way north to our first walk in Clear Lake. Start point was the Surf Ballroom of Buddy Holly, Big Bopper and Ritchie Valens fame. It was here they gave their last performance before the tragic plane crash which killed all three, an event dubbed, "The Day the Music Stopped".

By the time we registered, the rain had diminished to occasional showers and drizzle, so we set out attired in our ponchos. Clear lake is a resort area, a bit like Rehoboth Beach without the ocean; a large lake instead. Lots of well-kept old homes and gardens and very attractive.

Then a shuttle to our second walk in Mason City ... the original River City from Meredith Wilson's "Music Man." The start was

at "Music Man Square" which contains some of the original sets from the film. Again, lots of beautiful old homes ... some of them in Frank Lloyd Wright's "Prairie" style ... and gardens full of blooms. Shows what's possible if you have adequate rainfall. The sun, by this time, broke through the clouds to envelope us in sunny humidity. But still two very nice walks for our third day here.



This evening we pick up our registration packets and credentials at the "plex" ... Polk County Convention Complex ... where most of the actual convention activities will be held. It's about two blocks from our hotel via skyway. Tomorrow evening, the first actual convention gathering, the traditional "Meet and Greet." The Falcon Wanderers have 26 club members attending the convention, quite a sizable delegation.

Tuesday, June 21

This morning we were awakened to SUNSHINE! And we were off to the Living History Farm in Urbandale just west of Des Moines. Costumed guides illustrate life in this area on an 1850 Pioneer Farm, an 1875 Frontier Town and a 1900 Horse-powered Farm. The sun shown weakly and it was the most pleasant walking weather we have had so far. Of course, we had to stop at The Machine Shed for a late ... and enormous ... breakfast before returning to The Marriott for a mostly free afternoon. Time for Flo and me to get our credentials approved and to preview the Rocky Mountain Region booth in the exhibit area.

The traditional "Meet and Greet" occupied the evening, the food being things that can be served on a stick. This included corn fritters, fried pickles, salad (yes you can serve salad on a stick), grilled veggies, turkey corn dogs, meatballs, pork loin kabobs, and cheese cake lolly-pops. Just before we departed for the affair, it began to pour, so we were happy to use the Skywalk again.

Afterward it was time to peruse the various club and vendor booths and greet old friends. The Falcon Wanderers' basket was chosen to be live auctioned on Thursday evening.

We were struck by two things: the relatively few vendors attending and the relatively few "easterners" attending.

Tomorrow we're promised rain free weather. Yeah!

Wednesday, June 22

Today we awoke to heavy "dew" settling down and it continued to settle down the whole way to Winterset, the town made famous by "The Bridges of Madison County." We only saw one of the bridges on the walk, however. The town is also renowned as the birthplace of Marion Edward Morrison. (You knew that was John Wayne's real name, right?) And we saw his boyhood home. It started to "dew" some more as we finished so we arrived back in Des Moines rather cold and damp.

This afternoon ... after convention lunch ... was the first formal Convention session. We approved convention rules, convention agenda and heard brief reports from President Dennis Michaels and Acting Executive Director Candice Purcell. Keynote speaker was Tim Lane who challenged us to provide safe and attractive walking venues in our own communities. The Nominations Committee made it's report and each candidate for a contested office made a five-minute presentation:

Cont'd from Page 1 • Jwalk/Picnic . .

icon on the main page of the website (www.pennndutchpacers.org) and then fill in the info requested on the form.

As we've stated again and again, everyone is invited to attend, please mark your calendar now and plan to attend.

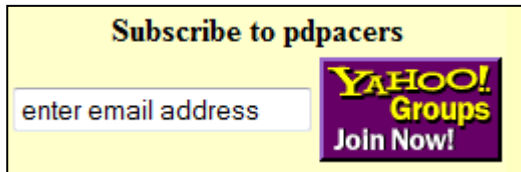
As an aside to having had to cancel the July event we'd like to remind you that in order to cancel a scheduled event like this, when necessary, our only option is to send out a cancellation notice to the PDP opt-in e-mail list and also post the cancellation on the website and in addition there were signs posted at the pavilion for anyone who may have missed the e-mail or failed to check the website.

This situation is a good example of why you should be on the Penn Dutch Pacer e-mail list. There is really no other way for us to get a last minute cancellation or any other important information out to everyone on short notice. So if you haven't done so already, please take a few moments and go to the Penn Dutch Pacer website at www.pennndutchpacers.org. Go to the Join Page at the bottom left and you will see "Subscribe to pdpacers"

input your e-mail address then check your incoming e-mail and respond to the e-mail from Yahoo!Groups to verify that you did indeed

make the request to join the group. That's all there is to it.

Once you sign up you will get occasional e-mails reminding you of upcoming meetings and events. We do not spam you and you can unsubscribe at any time. It couldn't be easier and it's a great way to keep up-to-date with all that's happening with your club, the Penn Dutch Pacers.



Cont'd from Page 9 • Report from . . .

President - Heinz Johnson and Sam Korff

Vice President - Becky Forsyth and Marvin Stokes

Treasurer - Bob Morrison and Annette Tollett

The candidate for Secretary was unopposed, so Bonnie Johnson was elected by voice vote. The remaining elections will take place on Friday.

Better weather is forecast for tomorrow. Yeah!

Thursday, June 23

Well, it wasn't raining when we first got up. And it wasn't raining when we left the start point at Reiman Gardens adjoining the Iowa State University campus in

Cont'd in the next column

Ames. But shortly into the walk, it showered quite heavily; after that, clouds, drizzle and sunshine for the rest of our campus tour. These are the folks who delight in ruining Joe Paterno's football season and we saw some of the players practicing.

The campus reminded us somewhat of Penn State, quite different in layout and architecture from Boulder. But we didn't find a "Creamery" to assuage our ice-cream hunger. We did tour the Reiman Gardens with its giant insects. You'll have to see the pictures to appreciate them.

Returning to Des Moines for lunch and the second general session, we got down to AVA business with reports and action on several by-law changes. All of them passed, making it possible to hold the AVA Convention during April, May or June instead of June only and national officers and regional directors will begin their terms on the July 1st following. The list of standing committees was increased.

State Organizations will now be required to pay dues and other fees

which clubs are required to do. It passed narrowly. I think it has been proposed at every convention for which I have been a delegate and always defeated before; perhaps we've put this one to bed.

During the Publicity Awards, Falcon Wanderers took a first place for our YRE brochure and an honorable mention for our single-event brochures.

Our "Three Piece Chicken Dinner" took place at a building on the Iowa State Fairgrounds. The food was excellent, the square dancing vigorous and several prime items were auctioned including the Falcon Wanderers' basket of goodies. It wasn't a great place to hold an auction, but AVA profited \$2,205 from the proceeds.

Friday, June 24

This morning, blue skies, bright sunshine, low humidity and comfortable temperatures greeted us. Hello! Am I still at the same Convention?

The walk was in Des Moines and showed what an attractive city this

Cont'd in the next column

is, with profusions of flowers, stately old homes and a modern downtown. It was a great day to do a nice walk. And the buses will have the day off!

After lunch at the PLEX, the third, and final, general session convened with the presentation of service awards. As at other Conventions, they are published in a separate booklet.

The election of officers took place with the following results:

President - Heinz Johnson

Vice President - Marvin Stokes

Secretary - Bonnie Johnson (elected by acclamation on Wednesday)

Treasurer - Bob Morrison

A resolution was approved permitting Event credit each time you do a YRE or Seasonal event. Until now only Distance credit was permitted if you do the walk more than once in a six-month period. This will eliminate the use of the '+' on the YRE and Seasonal Event stamps during the second half of the year.

Tonight is the 35th Birthday Party. More on that next time.

Friday, June 24 - continued

The 35th Birthday Party was held this evening at the convention hotel, good food and good fellowship at the final social event of the Convention. We had a table with our retiring Regional Director, Mike Nelson. (The by-laws change gives him five extra days to his term.) Claudia and Dave Johnson, Annette and Jack Kester, Linda Nyman, Karen Seay and Connie Dueker rounded out our group. I managed to corral Joan Lampart long

Cont'd on Page 11, Column 1

Answers to the Crossword Puzzle on Page 2	
1. CLARK	1. CHECKPOINT
2. RESTAURANT	2. WITMER
3. PANERA	3. BENTLEY
4. MILL	4. ASIAN
5. JASMINE	5. PORTICO
6. THEWILLOWS	6. LINCOLN
7. LAMPETER	7. SUSHI
8. LAGOON	8. TARGET
9. HIGH	9. CREEK
10. DUKE	10. POSTLETHWAITE
11. THIRTY	11. ARCH
12. BISTRO	12. WEST
13. ATT	13. EAST
14. WONDERLAND	14. HIGHWAY
15. COVERED	15. RED
16. ROCKVALE	16. RED
17. OLIVE	17. 28.

Down

Across

Cont'd from Page 10 • AVA Names . . .

enough to congratulate her on the award she had received at the closing convention session that afternoon and to send best wishes along to Pat Eby who had also been honored.

Saturday, June 25

A two-hour bus ride brought us to Cedar Rapids for what was our final walk of the convention. Cedar Rapids is the second largest city in Iowa and the start point was at the baseball stadium where the Cedar Rapids Kernels welcomed us to their city.

Cedar Rapids is the largest corn-processing city in the world and Quaker Oats has a plant here, too, so the aroma of cooking/roasting corn kind of permeates ... sort of like chocolate does at Hershey, PA. (We'll take Hershey, thank you!) The city had a disastrous flood in 2008 and the effects of eight feet of water in many areas is still quite evident.

Cont'd in the next column

No-Bake Peanut Butter Pretzel Cookies

Makes 48 cookies | 30 minutes or fewer

Need a fast snack? These salty-sweet nuggets are just the ticket.

1/2 cup vanilla-flavored powdered soy beverage

1 1/2 tsp. vanilla extract

1/2 cup creamy peanut butter

1/2 cup sugar

3 Tbs. brown rice syrup

2 cups crushed mini pretzels

1/3 cup sweetened flake coconut, chopped, optional

1. Coat baking sheet with cooking spray or line with parchment, your choice. Combine powdered soy beverage with 2 Tbs water in a bowl. Stir in vanilla. You will now have what appears to be some what of a crumble.

2. Warm peanut butter, sugar and rice syrup in a saucepan over medium heat 2 minute or until smooth. Add peanut butter mixture, crushed pretzels and coconut, if using, to soy beverage mixture until it thoroughly mixed. Hands work best. The mixture should stick together. If it seems too dry add 1 Tbs of water and remix. Pinch off 1 Tbs size chunks of dough, and place on prepared baking sheet to cool. They may be put in the refrigerator to speed cooling. Cool at least 10 minutes before serving.

The stroll through the Czech Village area saw many of the business restored and a stop at the bakery and for lunch was ordained. A particularly interesting project to move the Czech Museum ... a huge brick structure ... to higher ground. School buses shuttled us back to the finish and we made it onto the bus as it just started to sprinkle a bit.

Sunday, June 26

We elected not to do the final walk in the Quad Cities area in favor of visiting the Art Festival, here in Des Moines. There was dense fog earlier, but we are promised partly sunny skies by the time the festival opens at 10:00 AM.

* * *

It's been an honor and a privilege to represent three great clubs ... Falcon Wanderers, Penn Dutch Pacers and Columbine Country Cruisers ... at the convention and I hope my reports have been helpful.

Until we meet again on the trail....

Cont'd from Page 3 • President's Message

ships) in the Penn Dutch Pacers which says to me that there are a lot of people who care enough about what we do to put money down for membership. So the question arises if people care enough to join why is it so hard to get people to come forward to do their fair stint at an elected position. Maybe you've just retired and are looking for something to do or you don't work and sit at home all day looking for something to do. Please consider helping us, all of us who enjoy the Volkssport experience, and the Penn Dutch Pacers continue to move forward. Without leadership PDP will neither survive or thrive. Thanks in advance for considering serving your club at a higher level.

The folks listed below are the people that have stepped forward & give their time & talents to make PDP work for you. An encouraging word & a Thank You occasionally is a small price to pay for what they do.

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*Trailmaster

The Pacer Pulse

The Pacer Pulse is published for the membership and friends of PDP and is produced 4 times a year with the intention of keeping everyone up-to-date with what is happening within the club and also within the world of Volksmarching. We encourage contributions from members and non-members alike. Our deadlines are November 1 for Dec/Jan/Feb edition, February 1 for the Mar/Apr/May edition, May 1 for the Jun/Jul/Aug edition and August 1 for the Sep/Oct/Nov edition. We prefer that articles for inclusion be submitted via e-mail either as a Word attachment or as native e-mail. We also accept articles typed or in long hand. All submissions will be included on a first-come first-included space available basis. Thanks in advance for your submissions. The Individual views expressed in articles published in The Pacer Pulse do not necessarily reflect the policy or position of the Penn Dutch Pacers.

Editor.....Phil Allamong
Contributors. : Pete Byrne, Bob Gast, Russ Bechtold, Sherry & Phil Allamong

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Contents

- East Lampeter
- It's Official
- July Walk/Picnic/Meeting
^ page 1
- East Lampeter Crossword
^ Page 2
- President's Message
- Members & Milestones
^ Page 3
- Dates to Remeber
^ Page 4
- 2010/2011 YRE Comparison
- In Memoriam
^ page 5
- Atlantic Region Calendar
^ page 6
- Atlantic Region Calendar
- Reaction to Change...
^ Page 7
- Speical Walking Program Update
^ Page 8
- Report from Des Moines
^ Page 9
- Crossword Puzzle Answers
^ Page 10
- No-BakeCookies
^ Page 11

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MEMBERSHIP APPLICATION

FAMILY NAME _____ FIRST NAME _____ SPOUSE _____
 ADDRESS _____ CITY _____ ST _____ ZIP _____
 TELEPHONE () _____ - _____ CHILDREN'S NAMES _____
 E-MAIL ADDRESS (Please) _____

I hereby make application for membership in, and agree to conform to the bylaws or any amendment thereof in the PENN DUTCH PACERS VOLKSMARCH CLUB, INC., and with the rules and regulations of the AVA in the IVV and in application I certify the above.

DATE _____ SIGNATURE _____
 NEW RENEWAL *All membership fees are renewable in June.*
 \$10.00 • 1 year \$18.00 • 2 years \$25.00 • 3 years

CHECKS TO: PENN DUTCH PACERS VOLKSMARCH CLUB, INC. ATTN.: MEMBERSHIP
P. O. BOX 7445, LANCASTER, PA. 17604-7445

Check where you would like to help: AWARDS TABLE REGISTRATION TRAIL REFRESHMENTS
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