

newsletter

June, July, August 2011

East Lampeter is Coming

This is one of the editions of the newsletter that falls between our scheduled weekend walks and thus we don't have a weekend walk to feature here on the front page. We do want to whet your appetite however for things to come. So here's a small taste of things to come for the rest of 2011.

Although you will get the full scoop on our great walk in East Lampeter Township in the next newsletter we thought we'd remind you to put the dates on the calendar now so that you can be sure to have plenty of time to ask family and friends to join you on this varied and enjoyable, easy walk that explores all sides of East Lampeter Township. The dates are Saturday and Sunday, September 24th and 25th. Hope to see you there.

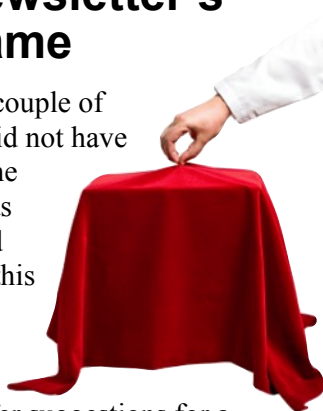


Vote for the Newsletter's New Name

It was brought to our attention a couple of months ago that this newsletter did not have a name per se. We just called it the generic PDP Newsletter. So it was suggested that we move forward with a process to formally name this publication that you find in your mailbox four times a year.

That process began two issues ago when you were invited to offer suggestions for a new name. A few of you did and thus we are asking you to again participate by choosing your favorite from among those that were submitted. Drum roll please.... Here are your choices for the new name for this newsletter, your newsletter:

- The Pacer Post**
- Footnotes**
- The Pacer Pulse**



Cont'd on Page 4 column 3, middle

A Special July Walk/Picnic/Meeting

July means Summer which means hot which also means the Penn Dutch Pacers annual Picnic Meeting. For the past few years we have held our July meeting the normal 3rd Thursday of the month but instead of holding it in our usual location in the room at the health campus we ventured outside to have a meal with each other followed by the meeting. We have been fortunate to be able use the pavilion at Warwick Township Municipal Park for at least the past three years.

This year we are shaking things up a whole lot. For many years one of the things that we included with our picnic was a walk (after all we are a walking club, right?), but when we switched to the Thursday night meeting/picnic the walk got left behind. Those of us who have been around awhile will remember picnicking in Lititz Springs Park where we walked the Lititz YRE prior to the picnic and then ate and had elections all in the same day. (Then the by-laws were changed to have elections in January.)



Pavilion in Huffnagle Park

We said we are mixing it up, so for our 2011 Walk/Picnic/Meeting here are the details:

The date is SUNDAY, July 24th. Please make note that this meeting is SUNDAY (not Thursday). Having the picnic on the weekend will allow us to have a walk before we eat and have our meeting. We will be meeting at Huffnagle Park in Quarryville PA at 9:00 AM to 'pre-walk' our Enola Low Grade Rail Trail walk. Since the development of the Enola Low Grade Rail Line into a rail trail is becoming a reality we have for sometime had a startpoint and a trail laid out and ready to go for sometime in 2012 (actual dates have yet to be determined). Join us to get this first look at this exceptional rail trail.

Once done with the walk we will be gathering back in the pavilion in Huffnagle Park for a picnic lunch approximately at noon. Please bring two selections of food to share. You could bring a salad and a dessert or a casserole and a salad. You get the idea. If you'd like please also bring copies of your recipe to share with others. We can also

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Mt. Gretna Followup

Mt. Gretna	Award & Credit	Credit Only	Non Participating	TOTALS
5K	3	22	5	30
10K	18	52	19	84
Totals	21	74	19	114

Our walking adventure as planned in Mt. Gretna was a glorious walk in a wonderful environment on a trail that allowed exploration of not only Mt. Gretna but also the Clarence Shock Park at Governor Dick.

Most of the walk was on natural surfaces and the climb to Governor Dick required a trail rating of 3.

The trail was walked and measured by our trailmasters. The trail was then pre-walked the Sunday before the scheduled event and because of the length of time it took (a rated 3 walk on a natural trail takes longer) to walk and also the readings of one of the participants pedometers the trailmasters again measured the trail after the pre-walk to verify that in fact it was a 10k walk, which it was.

So everything that could be done to make this a spectacular walk was done in aces. The only thing that we never have control over is the weather. Ever since the Monday previous to the walk the forecast was for some rain during the weekend. As the weekend got closer the precipitation percentage increased by Friday to 80% chance for both Saturday and Sunday. It's a no brainer that when there is a forecast for rain we lose a certain percentage of walkers that may have come otherwise and when we have a natural trail that is rated a 3 the number of walkers that decide not to make the trip is greater still.

The irony after the fact was that on Saturday the most rain that we experienced was a mist and although there was some rain over night on Saturday night the trail on Sunday was perfectly fine and the overcast gave way to some blue sky and we even saw the sun. So, so much for weather forecasts. Those that joined us to walk in Mt. Gretna gave glowing reviews and enjoyed the great varied trail and all the hard work that lots of Penn Dutch Pacers put in to making this another PDP success. Thanks to everyone who contributed in any way. You know who you are, we couldn't do it without you.



Photo by Phil Allamong

The Mt. Gretna Startpoint at the Mt. Gretna Fire Company was a hit and afforded people a place to gather, talk and eat.



Photo by Phil Allamong

Roy Simmers greets returning walkers at the Finish Table towards the end of the walk on Sunday.



Photo by Phil Allamong

The kitchen crew had their own domain at Mt. Gretna and served up wide variety of foodstuffs for the walkers and volunteers alike.

President's Message

This issue of the newsletter is somewhat unique in that in



the time frame that it covers, June, July & August we do not have any weekend walking events scheduled, although as you will read there will be a unique walking opportunity available in July. Also you will read about our somewhat out of the ordinary meeting during this time frame. Be sure to join us if you can it will be fun and get you ready for our 2012 walking season. Yes we are working on walks for 2012 already.

One of the perks for working at a PDP event or any AVA sanctioned event for that matter is that you can obtain a free event credit in your event book just for working the event. PDP is thrilled to pay a Participation Fee for any worker that would like an event credit in their event book for working the walk. Keep in mind though that working the event does not get you any distance credit. To get distance credit in your book you will need to actually walk the event.

We talk constantly in this newsletter (almost every issue) about volunteering. One of the problems that I think we face and when I say we I'm including all the AVA member clubs is that potential volunteers really don't understand what the job that they are volunteering to do entails. We have in the past given brief descriptions of the volunteer positions that are available within PDP but we have not provided detailed descriptions. Detailed descriptions I think would help ease peoples fears and maybe would get us more volunteers.

To this end AVA has put together the first of, from what I understand, are to be guides for the many

positions within an AVA affiliated club. The first guide to be available is the Trailmaster Guide and Trailmaster Certification manual which has been posted to the AVA website home page www.ava.org under the link called Help For Clubs. A copy is also posted under the Publications-Forms link. Many have contributed so much to this project. Hardworking Club volunteers will know the latest information on selecting and marking event trails. The more knowledge you have, will surely help the participants have a great time at your event.

We tell you all the time how much work our Trailmasters do. If you want to know exactly what they do read the guide and you will see exactly what they do. Or if you think you might want to help with the trails one day, read the manual and find out what's involved. Thanks to all of you who consistently contribute untold hours to the benefit of everyone who walks our YRE, Seasonal and weekend events.

RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS

2012

**MaryAnn & Edward French
Kitty Glass
Edward & Kathy Schoenberger**

2014

**Terry & Charlotte Haugh
Barbara Horst**

CLUB MEMBERS ACHIEVEMENT AWARDS

KILOMETER MILESTONES

**1000 Km
Deborah Mundy**

**6000 Km
John Cooney**

**6500 Km
William Price, Jr.**

**7000 Km
William Price, Jr.**

**7500 Km
Charles Halsey
Muriel Halsey**

**11,000 Km
Paul (Roy) Simmers**

CLUB MEMBERS ACHIEVEMENT AWARDS

EVENT MILESTONES

**75 Events
Deborah Mundy**

**100 Events
Deborah Mundy**

**125 Events
Deborah Mundy**

**475 Events
Ruth Price**

**550 Events
John Cooney**

**650 Events
William Price, Jr.**

**700 Events
William Price, Jr.**

**750 Events
Charles Halsey
Muriel Halsey
Barry Hitchcock
William Price, Jr.**

**900 Events
Paul (Roy) Simmers**

**Source: *The American Wanderer*
Records as of 5/30/2011
Pete Byrne**

A New Way to Volunteer

We are constantly looking for ways to make it easier for you to volunteer your time during our weekend walking events. And you will be pleased to know that we have devised yet another way to make your deciding when to volunteer (notice we didn't say 'if' to volunteer) as easy as pie.

Since any of us can remember volunteering your time at a PDP event meant adding your name personally or letting someone, most likely the Volunteer Coordinator (didn't know we have one? It's Donna Bashaw

someone has to be responsible for it, not only to know where it is but they also need to keep it up-to-date and make sure it gets to the actual event so that those staffing the event know who is volunteering and in what positions and at what time they are volunteering. Since the only time anyone who would likely volunteer would see the Volunteer Sheet was at events and sometimes at monthly meetings it wasn't really convenient to volunteer.

So what we had come up with orig-

Dates Remember

Thursday, June 16th -

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

Sunday, July 24th -

Annual Walk/Picnic/Meeting of the Penn Dutch Pacers in the pavilion of Huffnagle Park in Quarryville. Meet at the park at 9:00 AM to walk the Enola Low Grade Rail Trail walk. Picnic lunch at approximately Noon and a short meeting at approximately 1:00 PM

NO MEETING IN AUGUST -

There are two months out of the year that the Penn Dutch Pacers do not hold meetings one is in August, the other is in December.

Cont'd from Page 1 • Name the Newsletter . . .

OK so there you go... decide, deliberate and then vote. You say how do I vote? There are several ways. The easiest way is to go to the PDP website at www.penn dutchpacers.org and then choose the bottom menu option that says **Vote for New Name**. You will then be presented with a form that asks your name and you will see the three names shown above. Click the radio button beside your choice and click SUBMIT and you're done. If you'd rather not or can't use the website you can e-mail your choice to phil@solanco.com or call 717-786-7118 during regular business hours to let us know your choice. You will know which one won by looking at the masthead of the next edition of the newsletter.

Time Period	Startpoint	Finish	Checkpoint #1	Checkpoint #2	Food Sales	Merchandise Sales
Volunteer Chart for East Lampeter -- Saturday, Sept 24th -- Click the time frame under the task where you would like to Volunteer. If there is not a name and phone number there already, input your Name and then your phone number. Make sure the spreadsheet is saved before exiting. Thank you for your help.						
8:00 to 10:00 AM						
10:00 AM - Noon						
Noon - 2:00 PM						
2:00 PM - 4:00 PM						
Here is an example of how your name and phone number should appear in the appropriate box above >>>					John Doe	
					717-123-4567	

This is what our NEW Volunteer Grid looks like.

for those who didn't know) add your name to the Volunteer Sheet that is always present somewhere on the Start/Finish table during a weekend event. That Volunteer Sheet of course is for the NEXT event. The Volunteer Sheet includes a grid showing two hour time frames and where (at what volunteer position) we need volunteers for the two days of the event. So, you decide to volunteer at the next event and you're at one of our weekend events you find the Volunteer Sheet and you put your name in one or more of the available time slots that doesn't already have a name in it. It's easy since you can see instantly what time slots are full and what slots need volunteers.

Since the Volunteer Sheet is a single piece of paper it means that

inally to try to make it easier was an on-line questionnaire which potential volunteers filled out to indicate that first of all they were interested in volunteering and also what day or days, times and positions they would be interested in. A few (very few) souls chose to fill out the questionnaire. The problem was that someone then had to fit the people that filled out the questionnaire into the schedule which means that they then had to be contacted so they would know where they were in the volunteer schedule.

So onto the current solution which we think will simplify things a whole lot for everyone. Now if you go to the PDP website at www.penn dutchpacers.org and then select the Volunteer Page from the

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Cont'd from Page 4 • A New Way . . .

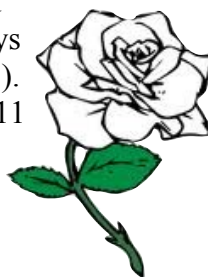
menu. Then on the Volunteer Page click the link to volunteer for the next walk. You will be taken to a spreadsheet the we created to look very similar to the paper volunteer sheet that everyone has been familiar with some more than others. As you can see in the graphic with this article, across the top are the Volunteer Positions, Startpoint, Finish, etc. and down the left side are two hour time frames starting at 8:00 AM, etc. As with the paper sign up sheet if the block corresponding to the Volunteer Position and time frame doesn't have a name and phone number in it we are still looking for someone to volunteer for that position. To add your name simply click in the appropriate block and input your name and phone number and tap the ENTER key. If you are signing up for more than one time frame click in the next appropriate box and repeat. If you make a mistake, double click in the box where you made the mistake. Make the necessary corrections and tap the ENTER key. The spreadsheet is saved every few seconds, but make sure that your additions or changes were saved by checking the upper right hand corner of the window where it should say saved. If it says SAVE NOW clicking on the icon will save your additions and changes immediately. That is all there is to it. Not only will it make it easier for you to volunteer (HINT, HINT) but everyone, the volunteers, the volunteer coordinator and the people at the actual event will be working from the same information which they can access anytime.

If you ever have problems with the volunteer sheets, please e-mail pallamong@gmail.com or call 717-786-7118 for help. And thanks in advance to all those who volunteer, you are the life blood of the Penn Dutch Pacers.

York White Rose Wanderers Invade Manheim, Pa.

by Don Young

It was a dark and dreary day (I always wanted to say that!). Indeed April 5, 2011 dawned wet, windy and gloomy, not your ideal VolksWalk day.



Julie Geyer, president of the York White Rose Wanders had notified our club that they were planning a group walk on Tuesday, April 5 at 9 AM in Manheim, the site of our latest YRE venture. Julie inquired about the possibility of having a Penn Dutch Pacer volunteer meet and walk with them on that day. By now you must have guessed who got the assignment (retired people have loads of free time). On the appointed day, I arrived at the registration site (Country Inn & Suites on the Manheim Pike) at 8:45 AM. At that time the weather had gone from bad to worse. Heavy rain and blustery winds made my entrance into the motel office difficult. My thought was, surely these people will not even show up today. Who would want to do a walk under such ugly weather conditions. Much to my surprise upon entering the motel lobby, I was greeted by six enthusiastic York White Rose Wanderers They had already registered in the log book, filled out their start cards and had the cash ready for payment. They were obviously going to do the walk come "hell or high water", which was a definite possibility. Two more brave souls soon arrived to join our group. Thus we had now assembled eight adventurous walkers and their "not so fearless" leader.

Fate must have smiled upon us that

In Memoriam



We are sad to report that Brian S. Grumbling, 54, of Lititz, passed away unexpectedly on Tuesday, May 11th

The unexpected passing of Penn Dutch Pacer Bri-

an Grumbling, 54, brings to mind the fact that Brian was an early contributor to the development and growth of the Penn Dutch Pacers. He was an individual who elected not to sit on the sidelines but jumped in feet first and served as the club's First Vice President, Trails Committee Chairman and eventually Club President. Brian listed many achievements in Volkssporting in fact Brian had recently achieved a milestone of 1050 events. Traveling far and wide to do Volkssporting events was never a problem. Most notably, he did volkswalks in all 50 states. Brian enjoyed a variety of hobbies including photography, history, cats, traveling, attending musicals and classical music. Thanks for all you did for volkssporting and most importantly for the Penn Dutch Pacers. Brian, we will miss you on the trail. The Penn Dutch Pacers made a donation to the Humane League of Lancaster in Brian's Memory.

"Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best."

-- Theodore Isaac Rubin

2011 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 05/20/2011. Since new walks are always being added we would suggested referencing the AVA calendar for a definitive up to the mintue list of current walking events.

June 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
04-05	W	Susquehanna Rovers Volksmarch Club	Boiling Springs PA (Spring Meadows Park)	717-567-9537
04-05	W	York White Rose Wanderers	Gardeners PA (Pine Grove State Park)	717-677-6511
04-05	W	Susquehanna Rover Volksmarch Club	Newville PA (VFW Post 6070)	717-567-9537
04	W	Greenbelt Volksmarchers	Beltsville MD	301-937-3549
04	W	Loudon Walking & Volksmarch Club	Leesburg VA	703-737-2175
04	W	Loudon Walking & Volksmarch Club	Sterling VA – National Trails Day	703-737-2175
11	W	Columbia Volksmarch Club	Cooksville MD	410-290-6510
11	W	Gator Volksmarch Club	Chesapeake VA (Northwest River Park)	757-490-9324
13	W	Northern Virginia Volksmarchers	Farifax Station – Evening Walk	703-352-5135
16	M	Penn Dutch Pacer Monthly Membership Meeting, Lancaster Health Campus - @ 7:00 PM		717-786-7118

July 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
02	W	Northern Virginia Volksmarchers	Fairfax VA (Lord of Life Luthern Church)	703-978-2032
09	W	Columbia Volksmarch Club	Highland MD (Schooley Mill Park)	410-290-6510
16	W	Annapolis Amblers	Severna Park – Summer Walk on B & A Trail	410-960-6226
21	M	Penn Dutch Pacer Monthly Membership Walk/Picnic/ Meeting :: Haffnagle Park Quarryville		717-786-7118
25	NW	Washington DC Area VM Club	Alexandria VA (Barret Branch Library in Old Town)	703-765-3128

August 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
06	W	Columbia Volksmarch Club	Elkridge MD (Rockburn Branch Park – West Area)	410-290-6510
20	W	Liberty Bell Wanderers	New Britain – Lake Galena	215-442-1337
20	W	Great Greenbelt Volksmarchers, Inc.	Greenbelt MD (Greenbelt Lake)	301-937-3549
22	NW	Washington DC Area VM Club	Alexandria VA (Barrett Bracn Library in Old Town)	703-765-3128
27	W	Piedmont Pacers	Hagerstown MD (Augustober Fest Tent)	410-795-7855

September 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
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
15	W	Lee Lepus Volksverband	Powhatan VA (Fighting Creek Park)	804-768-0055
15	W	Great Greenblet 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
20	M	Penn Dutch Pacer Monthly Membership Meeting, Lancaster Health Campus - @ 7:00 PM		717-786-7118

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

2011 Atlantic Region Calendar, continued

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

November 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Princeton Area Walkers	Bordentown, NJ	609-259-2365
05	W	Columbia Volksmarch Club	Gaithersburg _ Moonlight Walk	301-926-8580
05	W	Penninsula 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	Penninsula 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
25-26	3W	Susquahanna Rovers	Hershey Walkfest – Hershey Recreation Center	717-761-1338

December 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
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- Annaoplis Lights Boat Parade	410-867-7511
10-11	W	Peninsula Pathfinders of Virginia	Williamsburg VA (Clarion Hotel)	757-766-3065
17	NW	Germanna Volkspor Association	Fredericksburg VA	540-455-0772
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

Cont'd from Page 5 • York White Rose . . .

Cont'd from Page 9 • Our Convention . . .

day. Upon arriving at the parking area in downtown Manheim, the wind ceased blowing and the rain slowed to a light drizzle. A rain jacket and cap proved to be adequate for the entire walk.

Tom Jackson became our leader for the 10k walkers and Julie Geyer lead the 5k group. The 10k walk was done at a brisk pace in just over two hours, probably due to the risk of another severe weather disturbance. Several suggestions were made to correct and clarify the walk instructions. All the walkers agreed that the map was correct, although a bit difficult to follow. The good news is that no one actually got lost, although at least one walker suggested that I should "get lost" immediately!

The walk instruction corrections and clarifications were duly noted and presented to our Manheim YRE guru, Trailmaster Barry Weatherholtz. At this writing all corrections have been addressed and the trail revised to include the Manheim Covered Bridge as a welcome addition to the walk trail.

Thus what began as a walk being done in a weather disaster, turned into an enjoyable tour with the York White Rose Wanderers. The group thanked me for my guidance and patience. I thanked them for their attendance and their contributions toward making our Manheim YRE an even more pleasant walking experience.

you might have suspected they became very active in the club in Colorado and at the same time kept their membership with PDP. When we found out that Russ and Flo will be attending the Iowa convention it was only natural to choose a PDP member who is extremely active and knowledgeable in the politics of AVA. Thus we selected Russ Bechtold as our primary delegate and Flo is the backup or secondary PDP delegate to the convention. As has been customary for all PDP delegates to conventions in the past they will receive the usual stipend to help offset any expenses they may have on PDP's behalf.

The convention is coming up shortly and should you as a PDP member have any concerns that you would like Russ to voice or have specific positions that you think he should consider, please do not hesitate to

Cont'd from Page 11 • Atlantic Region

of even five walkers at each event will start a reverse in the trend which has shoved the Atlantic Region into being recognized as the region who has lost the most participants recently. National can not increase the number of walkers at each of our events. This falls on the shoulders of each and every volksmarcher. Good luck on increasing your clubs participation rate.



Cleaning the Trail

When you read the title *Cleaning the Trail* if you immediately thought of someone with a broom making sure that the trail was free of debris then you have the wrong idea about what we are going to talk about here.

The cleaning of the trail takes place at the end of every walk that the Penn Dutch Pacers have ever had and it basically involves taking down everything the trailmasters laboriously put up prior to the walk. All the signs directing you to the startpoint, all the water coolers, card tables, chairs and candy at the checkpoints and all those ribbons that are tied with care and the occasional arrows that keep you from getting lost on the trail have to be taken down as though they were never there.

As with putting up all the ribbons and signs taking them down takes a lot longer than just doing the walk. Typically once our startpoint closes at 1 PM the trail cleaning crew gets started. Sometimes one person will clean the whole trail but more often than not the task is split between several individuals. Each person takes a portion of the trail and the clean up goes quicker. During our last walk in Mt. Gretna one person walked the portion of the trail that was along the rail trail, another person walked the portion of the trail that included Gov Dick back to the startpoint and the other person picked up signs, trail markings and checkpoint paraphernalia that could be accessed by car. The whole process took three people about 2 hours after most everyone else was cleaned up and gone. When they were done no one could tell that the Penn Dutch Pacers even had an event there which actually is the whole point of cleaning the trail in the first place. Cleaning the trail is mostly uneventful although there were a few notable moments during the task at Mt. Gretna. As mentioned previously one person cleaned the trail that passed the tower on top of Gov Dick and since as any one who walked the 10k trail knows there is a labyrinth of trails covering the top of the mountain it was decided that taking along a map of the trails in Gov Dick would be a good idea. And as it turned out the map wasn't needed by the person cleaning trail (since all that cleaning the trail required was

following the ribbons) but it was a help to two runners who were on the top of Gov Dick who queried about where a certain trail ended up.

There were many interactions with folks commenting on the ribbons and wondering what they were for. It was an excellent opportunity to proselytize about volkssporting. There was a couple walking with two golden lab puppies who indicated they were from Lancaster that they walked on Gov Dick at least once a week with their dogs. They inquired about whether they could take dogs on Volksmarches.

One of the essential pieces of equipment for someone cleaning the trail is some type of bag in which to collect all the ribbons and the occasional arrows that kept everyone on track while they walked the trail. All the person cleaning the trail, has to do even if they hadn't walked it previously, as was the case in this instance, is to follow the ribbons and to take them down as you see them and to try not to miss any.

So ribbon after ribbon came down around the tower and down the other side of Gov Dick. Things were going well, ribbons were coming down in rapid succession on the down hill leg and then right there in the center of the trail lays a cell phone. No one was around. It was on Verizon and had a full signal. Since there was no way of knowing how long the phone had been laying there it was decided to wait until later to get into contact with the owner and get the phone back to them. So the phone was added to the bag with the ribbons.

So on with the mission at hand... taking down the ribbons, that is until the phone that was now at the bottom of the bag of ribbons rang. It took a few seconds to realize what that sound was and where it was coming from since the ring tone was not a familiar one. Finding the phone meant thrusting a hand into the ribbon bag and finding the heaviest thing in it. Finally the phone. It was flipped open and there was a gentleman on the other end. After explaining that the phone had been found on one of the trails at Gov Dick and discovering that the gentlemen on the other end was the son of the lady that it belonged to, the son explained that his mother, had lost it, was still at Gov Dick and wondered how we could meet up to get it back to her. During the conversation it came up that the lady was walking with her husband and two golden labs and it was indicated that in fact they had been seen on the other side of the tower going in the oppo-



Cont'd from Previous Page .

Our Convention Representatives

site direction. Remember that we mentioned earlier that the person cleaning the trail had not walked this trail before and was simply following the ribbons to take them down. This fact made it impossible to know where the ribbons were going and where the lady who lost the phone could be met to give her her phone back.

So it was determined that the easiest thing to do was to wait til tomorrow and call and get an address and simply drop it in the mail. So the phone goes back in the ribbon bag and it was back to taking down ribbons until... you guessed it, the phone rang again.

This time it was the lady who owned the phone calling, we suppose from her husband's phone. A conversation similar to the one that was had with her son ensued, again with an explanation that the only thing that was for sure is that the ribbons ended at the fire company and that is where the phone would eventually end up. After it was determined that it was futile to try to figure out where she and her husband were in relation to where the ribbons were being taken down it was decided to meet at the fire company to get her phone back to her.

So on with taking down the ribbons. The ribbons led to a trail that ended on a street in what was a secluded wooded development of homes. The ribbons made several turns on a slightly down hill course through the development and came onto a long stretch on a straight street. Intent on taking down the ribbons but at the same also hearing a vehicle that slowed as it approached, it was soon realized that the car was slowing to come to a stop right beside where the latest ribbon was being detached from it two-day display. Low and behold it was the folks with the two golden labs. They knew that the person who had the phone was taking down the ribbons and figured if they followed them they'd find their phone, which they did. It was nice to be able to finally hand the phone over to its owner. They drove off happy that they now had the phone they thought they lost and the new knowledge of volkssporting and hopefully with a very good impression of those who enjoy the sport.

There were only a few short blocks of ribbons left til the Mt. Gretna Fire Co. was in site. One of the other people who walked a portion of the trail was already there and the person who was clearing things by car was just pulling in. After taking some time to load the rest of the things everyone said there goodbyes and thank yous and another great Penn Dutch Pacer walk was in the history books.

Every other June the AVA holds a convention. This year it's in Des Moines Iowa. Although the AVA convention offers a splendor of great walking opportunities, actual walking is not the sole purpose or maybe depending on how you look at it not even the main purpose of the convention.

A large portion of the time at the convention is spent in business meetings. These meetings are attended by delegates from all the eligible clubs in the US and these delegates have voting privileges. And these delegates are the ones who represent the views of individual club to the NEC (National Executive Council).

This convention will also be eventful since there are elections for seats on the NEC after the resignation earlier this year of the President and Vice-President following what can only be described as the hiring/firing debacle of the new executive director that started last Fall. Many people feel that the decisions made at this AVA convention this year are more crucial than ever since the bad stumble with what appeared to be an Executive Director that had good ideas for taking the AVA forward. Many feel that the AVA has not had the leadership to take AVA forward and to find a way to stem the decline of participation and the demise of many clubs.

In addition to the leadership issues the club representatives will also be addressing changes to the AVA by-laws. So maybe by now you've asked yourself the question, who is the Penn Dutch Pacer delegate to this year's convention.

The selection process for a delegate started some months ago. The first thing we do is to try to find out if there is someone who is a member who is locally involved in the club who is going to the convention who is willing to be a delegate. If there is not a member who is locally active who is going to the convention, which is the case this year, then if the Penn Dutch Pacers want to be represented at the convention we need to look at a PDP member who is not local but is active in volkssporting or designate a person to be our proxy at the meeting which means usually someone from another club in the Atlantic Region.

Those of you who have been active in the Penn Dutch Pacers for a while know Russ and Flo Bechtold. Between them they probably held every office and did every job that there was to do for PDP for many years until they moved to Colorado to be with their daughter which has to be approaching a decade ago now. As

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New AVA Trail/Route Rating System

The days of the number only trail rating system are coming to an end since beginning January 1, 2012 all trails including YRE and Seasonal Walks will need to be rated with the NEW two part trail rating system that is being implemented by all AVA affiliated clubs. The event brochure including the AVA electronic

Part 1 – INCLINE	Part 2 - TERRAIN
1. Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs. Elevation gain from Starting Point: up to 500 feet.	A. Almost entirely on pavement. Probably suitable for strollers and wheelchairs.
2. Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs. Elevation gain from Starting Point: 500 - 1500 feet.	B. A significant part of the route is on well-groomed trails with very few obstacles. Probably suitable for strollers but may not be suitable for wheelchairs.
3. Some significant hill or stair climbing. Not suitable for strollers or wheelchairs. Elevation gain from Starting Point: 1500 - 2500 feet.	C. A significant part of the route is on somewhat difficult terrain (rocky/ rooted paths or soft sand). Not suitable for strollers and wheelchairs.
4. Lots of significant hills or stair climbing. Elevation gain from Starting Point: 2500 - 3500 feet.	D. A significant part of the route is on very difficult terrain.
5. Many steep hills. Elevation gain from Starting Point: more than - 3500 feet.	E. The majority of the route is on very difficult terrain.

event listing (Walking Events – Event Details) must identify a trail rating for all events except swimming, boating and skating events. In addition, any route obstacles or special conditions must be explained to describe the level of difficulty of the event. Although any rating system is somewhat subjective the new two-part numerical/alpha rating system will give event organizers a reliable tool so participants have an idea about what to expect on a route whether it is for walking, biking, cross-country skiing, or snowshoeing. They need to know about major elevation gains, heavy traffic, narrow road shoulders, construction detours, roaming dogs, cattle guards, and the like on the route. Also, this is a safety issue since an improperly or underrated event could have serious consequences for someone who is not physically prepared for more strenuous route conditions. The sponsoring club will decide this rating based on the scale given below. The Regional Director should work with chartered clubs to achieve uniformity in the assignment of all trail ratings. This new trail rating system will be a change and a learning process for everyone involved in Volksmarching and will take some time to understand and become familiar with.

Officer Elections January 2012

We know that January is six months off but we'd like you to seriously take the time to ponder serving your club, the Penn Dutch Pacers at a higher level. At



the January 2012 meeting elections of officers will be held. We are sure that the position of President will be open since our by-laws only allow the president to serve two consecutive terms. Other offices maybe open if the persons serving in them decide not to run again. In most cases the people serving you in elected positions have been doing so for many years. This is the president's second time at a two term stint as president. Many of the other officers have simply remained in place for extended periods of time or shuffled to other positions mostly because there aren't other

people that step forward to fill them. We can't say THANK YOU often enough or loud enough to these people who have decided that the Penn Dutch Pacers are important enough to make the extra commitment necessary to hold a PDP office position. Without qualified, enthusiastic, dedicated individuals to volunteer their time to fill the named positions with the Penn Dutch Pacers your club which continually produces walks that you enjoy will cease to exist. Don't think it could happen. Think again. At one time The Lebanon Baloney Stompers was a thriving club that eventually dwindled to just a hand full and then basically one person hanging on til the end. They are no more! We don't want to keep sounding like a broken record, but the truth is that unless we can get other people involved at the core of PDP and at the same time somehow introduce our sport to new people and get them enthused about it, no matter what happens at the national level, the Penn Dutch Pacers will fade into the sunset and join the list of clubs that have ceased to exist like the Baloney Stompers. None of us want that to happen. With your help we can make the Penn Dutch Pacers strong for generations to come. Thanks in advance to anyone and everyone who can help.

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share favorite recipes in future issues of the newsletter. You will also need to bring your plates, utensils, cups and serving utensils for your food contributions. Drinks along with Dogs by Don and/or Weiners by Wetherholtz (we're not quite sure who yet) will be provided.



There is electricity in the pavilion if you need electricity for a crock pot, electric fry pan, roaster, etc. There are also two rather new charcoal grilles that border the pavilion, if you care to use them. Obviously you would need to bring charcoal and charcoal lighter if you plan to use the grilles.

Once lunch is over we will hold our July meeting at about 1:00 PM in the pavilion. The meeting shouldn't be too long so you will have the rest of your Sunday free. All times provided except the 9:00 AM start for the walk are approximate since we will attempt to go with the flow for the rest day.

Our picnic like all our meetings are open to all our members and interested parties and this is your personal invitation to attend our walk/picnic/meeting even if you don't regularly attend our other meetings. Please come and join us for this casual walk/picnic/meeting.



Easy Raspberry Vinaigrette

Vibrant and colorful raspberry vinaigrette is a great choice to serve on a nutty or fruity salad. Toss a handful of cranberries, pine nuts or walnuts on your salad along with raspberry vinaigrette salad dressing for a sweet treat.

Ingredients:

- * 1/2 cup raspberries, fresh or frozen
- * 1/4 cup apple cider vinegar
- * 1/4 cup balsamic vinegar
- * 2 tsp sugar
- * 1 tbsps dijon mustard
- * 1/4 cup vegetable oil

Preparation:

Add all ingredients, except oil to a blender or food processor and puree until smooth. Slowly add oil until well combined.

Keep in mind that you can try exchanging the raspberries for any fresh fruits that are available during the season. Experiment there is nothing better than homemade salad dressing to make your salad something special.



Dramatic Decrease in Atlantic Region Walkers

from Sam Tollett
Atlantic Region Director

If you had reviewed the AVA participation report for 2008 – 2010 that was sent out earlier you might have noticed this trend. In 2008, the Atlantic Region had 32,214 participants. In 2010, we had 28,843 participants. That is a decrease of 7,371 walkers between these two years. AVA nationally had 9,649 less participants. That means that 76% of the reduction of walkers nationally were from the Atlantic Region.

I know that since I assumed the office of Atlantic Regional Director that many individuals have informed me that their clubs average participation has dropped by 15 to 50 walkers per event. We need to make a conscientious effort to reach out to the public and inform them of our events. We need to have all events advertised in local newspapers and radio stations, fliers posted on the windows of every store in town, personally invite everybody we know to come to our event, go to our friends home to pick them up and take them to the walk, and insure all former walkers know we are having a walk. A slow gain

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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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PENN DUTCH PACERS NEWSLETTER

The PDP Newsletter 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.

Editor.....Phil Allamong

Contributors : Pete Byrne, George Resh, Don Young, Sherry & Phil Allamong

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Check us out at www.penn dutchpacers.org

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
 PUBLICITY CHECKPOINTS NEWSLETTER WHERE NEEDED