

newsletter

December 2010, January, February 2011

Walking in Lititz, Sun., November 28th

We are back again for the 3rd year in a row in Lititz as the second leg of a wonderful walking weekend in Central Pennsylvania. We encourage you to take advantage of the wonderful walks that are available in Hershey provided by the Susquehanna Rovers on the Friday and Saturday immediately prior. We have again been afforded the availability of using the Freeze and Frizz on N Broad St as our startpoint and our trailmasters have come up with an exciting trail that includes some new territory as well as some of the familiar haunts that people have come to love.

We are hoping for some fabulous weather much like we experienced last year. No matter what the weather Lititz is always a fabulous place to walk.

Since we have been in Lititz quite a few times previously we have talked about a lot of the history and the people that have put Lititz on the map so to speak but we really haven't explored until now the unique history of the park that sits right across the street from our startpoint and provides us with a portion



Lititz Springs Park

of our trail, Lititz Springs Park. So let's take a look at how Lititz Springs Park came to be and how it has

evolved to what we experience today.

Back in time veiled in the mists of the dim, ancient past, the seven-acre expanse that became the Lititz Springs Park was traversed and inhabited, many centuries ago, by Native Americans. The area, endowed by Nature with extraordinary beauty, was initially a watering place for cattle in the neighborhood. The Lititz Creek, flowing through the Park, was known for many years as Carter's Run, named after Richard Carter who, emigrating from Warwickshire, England, in 1729, was one of the region's earliest settlers. In Carter's day, the headwaters of the Springs were marshes fed by several converging, underground streams that originated in the hills to the northwest of Lititz.

Describing the limited social activity at the time, a community observer wrote that "there lived on Owl Hill an old man, one Daddy Huhn, who remembered going, as a small boy, to the Spring to fetch home a horse that his father had bought from the Indians living there. That was in 1730."

The first reported use of the Lititz Springs Park as a pleasure place was in May of 1778 when Tobias Hirte, a local music teacher, and a small orchestra of the town's young men gave evening concerts. This lively entertainment was viewed as trifling and too worldly by the "Aufseher Collegium," the said Moravian governing authority. But the soldiers of the Revolutionary War battles of Brandywine and Germantown, convalescing in the hospital at the Moravian Brethren's House, immensely enjoyed the

Cont'd on Page 4, column 1



Downtown Lancaster Sat., January 8th

The Penn Dutch Pacers are starting off 2011 with another exciting walking adventure in downtown Lancaster. Our past Lancaster walks have garnered a wonderful response and we are eager to keep the excitement going for the ever evolving cityscape of our hometown, Lancaster.

A familiar friend will host our startpoint as we start our walking adventure from the cozy and welcoming environs of Isaac's Restaurant just north of Penn Square, home to the Soldiers and Sailors Monument which is the centerpiece for our 'A' award patch. This monument has an interesting history which will further enhance your walking experience in this ever changing, ever exciting city.

The Soldiers and Sailors Monument is a 43-foot (13 m) tall Gothic Revival memorial which stands in Penn Square in downtown Lancaster, Pennsylvania. It was dedicated on July 4, 1874, at its present site on the Northeast intersection of



A photo of the Soldiers and Sailors Monument in Penn Square taken on the day of its dedication on July 4, 1874.

King and Queen Streets. The monument's original intention was to pay tribute to Lancastrian Union soldiers killed during the American Civil War. However, today the Soldiers and Sailors Monument represents all those killed in every American military conflict since its 1874 dedication.

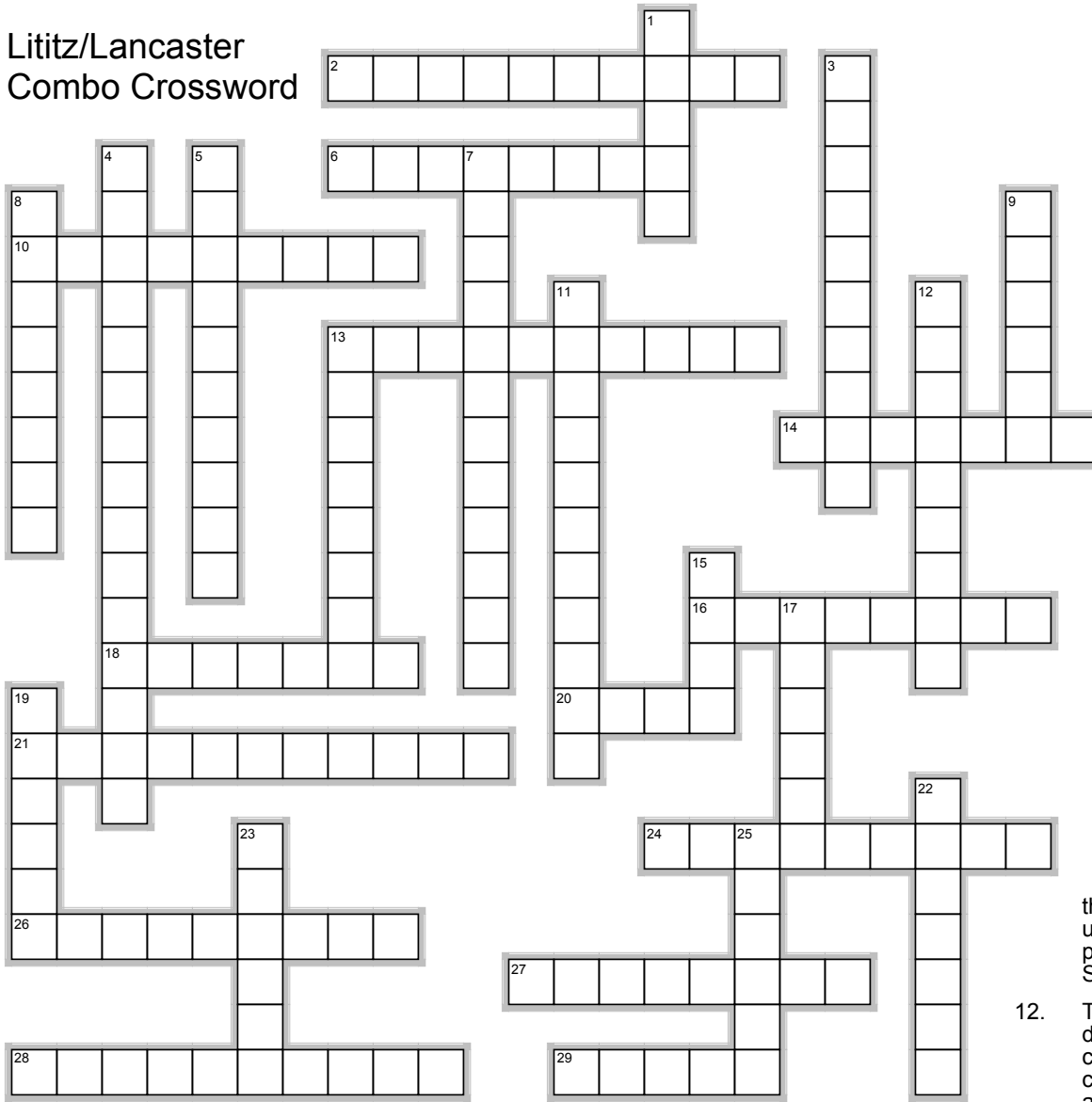
The 1744 Treaty of Lancaster between the British and Iroquois was signed in the old Lancaster courthouse which stood on the site of the monument at the time.

The Soldiers and Sailors Monument also stands on the exact spot where the Second Continental Congress met during the Revolutionary War on September 27, 1777, in the old Lancaster Courthouse. The courthouse later burned down in 1784. The monument has been listed on the National Register of Historic Places since April 2, 1973.

The Lancaster Soldiers and Sailors Monument features a 43-foot (13 m) tall Rhode Island, rectangular granite pillar topped with a statue of a robed woman on a pedestal known as the "The Genius of Liberty". The Genius of Liberty holds a drawn sword and a shield. Her head is crowned with stars. She faces north which, according to legend, allows her to turn her back on the former Confederate States of America, which were defeated in the war. Statues of four men representing the four branches of the

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Lititz/Lancaster
Combo Crossword



Down

1. Who was the president of the US at the time of the Solders & sailors monument dedication?
3. Where the Soldiers & Sailors Monument is located.
4. Who originally inhabited the land that is now Lititz Springs Park?
5. What was the Fulton Opera House called in 1865?
7. What was Penn Square called in 1865?
8. What gave Lititz Springs Park an unexpected boost in 1863?
9. What type of fence originally surrounded the Solders & Sailors monument?
11. What state was the granite from that was used for the tall central pillar of the Solders & Sailors monument?
12. The Lititz Springs Park was decorated in 1857 by a carving of what? This same carving was desecrated just a few year ago by vandals.

Across

2. The Lititz creek which runs through the Lititz Springs Park was originally known as what?
6. What building was built behind the spring-head in Lititz Springs Park?
10. The four branches of the service at the time of the Civil War are represented by the four figures at the base of the Soldiers & Sailors monument - those that fired big guns.
13. The Soldiers & sailors monument was built where what building once stood.
14. What stone is the large pillar on the Soldiers & Sailors monument made of?
16. What did they propose to do with the Solders & Sailors monument in the 1950's?
18. One of the first recorded events at Lititz Spring Park in May of 1778 was a _____.

20. The four branches of the service at the time of the Civil War are represented by the four figures at the base of the Soldiers & Sailors monument - those that served on the water.
21. The monument was _____ and cleaned in both 1905 and 1924.
24. The town fathers in 1792 were afraid that Lititz Springs Park would encourage too much worldliness and they used this German word to indicate such?
26. What kind of stone forms the elliptical design around the spring head in Lititz Springs Park?
27. Another word for a memorial.
28. In 1856 Lititz Spring Park was dedicated as what?
29. What is one of the things that the figure at the very top of the Soldiers & Sailors Monument is holding which is long and sharp?

13. The Solider's & Sailors monument was originally erected to honor solider's from what war?
15. The four branches of the service at the time of the Civil War are represented by the four figures at the base of the Soldiers & Sailors monument - those that served on land.
17. The type of trees that were planted in Lititz Springs Park in 1810?
19. Our Lancaster walk startpoint.
22. The four branches of the service at the time of the Civil War are represented by the four figures at the base of the Soldiers & Sailors monument - those that road horses.
23. The style that the Soldier & Sailors monument is built in.
25. What is one of the things that the figure at the very top of the Soldiers & Sailors Monument is holding which is meant for protection?

President's Message

It's hard to believe that twenty ten is winding down. The Penn Dutch Pacers have lots on their



plate in the next month plus with two one day walks, first in Lititz in just a few days and then in Lancaster the beginning of January. If you read this newsletter from front to back you have already read about the exciting times that the PDP team have planned for you in both of these locations. Please be sure to support the efforts of everyone involved by attending both of these very popular walking events.

After our initial walk in 2011 which covers familiar territory we venture into unfamiliar territory with the rest of the walks that we have planned or are planning for the rest of 2011 except maybe our holiday walk for 2011 which still has to be decided. As we repeat in this publication almost ad nauseam we need **YOUR** help all along the path of walk development from the inception of the idea of the place to walk to the actual execution on the weekend of the walk. Please consider in 2011 of going to the next level by actively supporting the mission of the Penn Dutch Pacers which essentially is providing great walking experiences for health, fun and fitness.

We will be keeping you up-to-date in these pages on all the exciting walking opportunities that will come your way in 2011 as they are sanctioned and become actual Penn Dutch Pacer walks.

We are again as discussed in the article on page 10 having our Annual Dinner Meeting at Isaac's Restaurant on the Manheim Pike. Please make note of one change this year where we are asking folks that are planning to attend to sign up so that we can give the folks at Isaac's a heads up to the number attending. Information on accomplishing the sign up is in the article.

It was nice to have some contributions from others to include in this issue. The two contributions from Kitty Glass one on her recent Tator Tour adventure and the other her collaboration on the Kitchen Crew article are welcome contributions. And of course I'd like to thank Letty Zook for her delightful article on her families experience at the Ephrata YRE.

It is articles like these that you all have within you. You just need to get them down and submit them for publication.

To conclude this last President's Message of 2010 I would like to wish everyone the best that this season has to offer, may your every wish come true and may the health and happiness of you and your families exceed your wildest expectations.

NEW MEMBERS WELCOME TO THE CLUB

Charlotte & Leon Glover
Victoria Granados
Denise & Ron Helm
Rebecca & Klaus Lehmann

RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS

2012
Barry & Linda Hitchcock
Dan & Patsy Stoltz
Pat & Joe Strausbaugh

2013
Jerre & Jeanne Heft
Charles & Angie Horn
Deb Mundy

CLUB MEMBERS ACHIEVEMENT AWARDS KILOMETER MILESTONES

1500 Km
Virginia Hunsberger

2500 Km
Monica Daniel-Barber

CLUB MEMBERS ACHIEVEMENT AWARDS EVENT MILESTONES

30 Events
Maura Barber

50 Events
Tiernan Barber

150 Events
Virginia Hunsberger

250 Events
David Barber
Monica Daniel-Barber

475 Events
Rose Grumbling

Source: *The American Wanderer*
October/November 2010

Records as of October 29, 2010

A New Club Forms in the Atlantic Region

By Sam Tollett

There will be a new club in Virginia shortly. The club will be sponsored by the University of Virginia and called the

CAVALIER VOLKSSPORTING

CLUB. Paperwork for the creation of this new club is nearly completed. I

might be wrong, but I believe that this club will be the only AVA club which is on a major university campus in the United States.

Their first official event will be on April 17, 2011. Event registration from 9 am to 1 pm. There will be a mass start after a short address by the UVA President starting at 1:15 pm. Participation at this event is expected to be over 4,000 walkers.



It's Coming

Many of the times you hear this expression during the Fall Season, it is in reference to Christmas or the upcoming New Year. Not so today!----well maybe partially. What is coming, on the 2nd of January, is a new YRE in Manheim. A new and slightly different event for the Penn Dutch Pacers Club.

This will be our 1st and only YRE that the start point does not coincide with the beginning of the trail. Walkers will register at the Country Inn & Suites south of Manheim on Rte 72, then drive north 2 1/2 miles to the square to start the trail.

Parking is free in the Square along Main St. The trail will be entirely on sidewalks and paths within the borough of Manheim.

The PD Pacers have walked several times before in this old town full of history dating back to the days of Baron Stiegal and pre-revolutionary time. Those previous walks were always just before Christmas, now we have the opportunity to walk during warmer days---or even colder if you so prefer.

The trail will be rated 1+ and will include passing these special program qualifiers: Historic Churches, Veterans Memorial, Fire Houses, Law Enforcement, and Museums.

Let's open this walk with all club members participating in 2011. And let's not forget our other trails, 2 in Lancaster, Lititz, and New Holland, and 1 in Ephrata, Millersville, and Middle Creek (seasonal). Let's get walking, see you on the trail (s).



concerts.

In 1780, the basin was surrounded with a rough stone wall. A broad swamp extended several acres on the northern side, and "in the springtime the water was of sufficient depth to admit boats being rowed upon its surface." However, it was not until 1792 that a meeting of Lititz citizens was called to take additional steps to improve the Springs. The town fathers, who were afraid that such a "Lustplatz" would encourage too much worldliness, reluctantly gave their permission to use an acre of ground around the "Big Spring" and to begin work, thus providing a location for recreational activities. Trees were planted, arbors were built and walks were laid. Also at the same time, the arched stone bridge was constructed.

As the Springs became an increasingly popular gathering place, the need for additional upgrading of the environs was recognized. In 1810, the young men of Lititz "planted an avenue of locust trees leading from near the Springs' head, on the south side, along a lane by the base of the hill to the Manheim road." It was not until 1835 that further efforts were initiated to improve and beautify the spring and the grounds. The town committee gave its approval for fences to be built by voluntary labor. The cost of construction was thirty dollars. "Work was done each year," an interested resident observed, "and from 1835 to 1840, first one thing and then another was added to the place, which was already becoming a thing of beauty."

From 1846 to 1856, the Lititz Springs Park was placed under the care of John Beck, the Principal of the Lititz Academy, who expended a considerable amount of his own resources to plant trees, thereby enhancing the overall attractiveness of the grounds. When the steep bank around the spring head was contoured in 1855, three additional springs, which have continued to flow from the wall, were uncovered.

In 1856, a committee of the town's civic-minded men, having accepted sandstone-in-the-rough from the Colemans of Brickerville, placed fountains and coping around the head-end of the Springs, which was constructed in a graceful, elliptical design. At the foot of a ledge of rocks which formed the Springs' western terminus, water gently bubbled to the surface and, from here, moved slowly along an easterly route through a narrow, walled channel shaded on both sides by beautiful trees. The Springs, dedicated in 1856 as a public park, had now become a favorite spot at which townspeople leisurely gathered.

In addition to its beautiful stream, its shaded walkways and its well-kept, natural environment, the Park was decorated in 1857 by a lion's head elegantly carved by J. Augustus Beck, a native of Lititz; and strategically placed to the right of the spring-head near the steps. Sometime later, Paul E. Beck, his father, Abraham; and his brother, Herbert, put a stone tablet into the wall at the Springs' head-end, upon which was engraved a German inscription, Gottes Brunnlein hat Wasser die Fulle ("God's Fount is never failing.")

To the perseverant men who began and, then, oversaw the improvements to the Lititz Springs Park, the possibility that the facility would become a much-used picnic ground was never envisioned. But, with the completion of the railroad in 1863, visitors from Reading and elsewhere frequently traveled to Lititz. Thus, Sunday-school picnics and other community group outings permanently became regular social activities in the Park.

In 1884 the Lititz Moravian Congregation leased a parcel of land situated on the northeast corner of the Springs Grounds to the

Philadelphia and Reading Company. On this site a new passenger and express station was erected. Because of the station, the yearly July Fourth celebration in the park attracted more and more people.

In 1880, the Round House (oldest building on the grounds), which was probably removed from a fairground near Lititz, was reconstructed in the Park. In 1906, a new octagon shaped music pavilion was constructed by Neidermyer Bros. near the site of the present-day refreshment stand. The structure was designed by Paul E. Beck, maestro of the Beck Concert Band. In 1927, on the hill behind the Spring's head-end, the Log Cabin was built by Lititz Boy Scout Troops 2 and 3.

In January, 1937, P. F. Snyder, representing the Lititz Springs Park governing body, addressed the Lititz Chamber of Commerce upon the need of reawakening the interest of the people of Lititz; suggested that the Chamber sponsor some much-needed improvements in the Springs Park. From his talk and subsequent discussion came the Park Improvement Project which included the construction of the present day band shell (dedicated to the memory of Paul E. Beck) and a comfort station. Improved landscaping of the grounds also occurred.

Lititz Springs Park is a community legacy which has provided the back drop for many community functions. As a multifaceted community celebration in Lititz, the observance of Independence Day has been, for 179 years, the most significant public occasion that has annually brought countless people to the Lititz Springs Park. During its history, the Park, however, has provided a naturally beautiful environment in which various other noteworthy events have occurred.

In 1908 for three days (August 13, 14 and 15), Belshazzar's Feast, an immense musical spectacle, under the guidance of Calvin S. Loeffler, a local school teacher, was presented. From 1912 through 1914, meetings of Chautauqua were held in the Park. The week-long meetings encompassed such varied and wholesome recreational activities as dramatic productions, lectures, philosophical discussions and orchestral concerts. On July 25, 1914, the Honorable William Jennings Bryan, the Secretary of State in the Woodrow Wilson Administration, was the guest speaker. Many local veterans of the Grand Army of the Republic held reunions and encampments in the Park. The final encampment of Stevens Post No. 517 of the G.A.R. was held on Decoration Day, May 30, 1929. In July of 1940, the Lititz Dramatic Theatre was organized and the comedy, George Washington Slept Here, was presented in the Park's Band Shell.

Ravaged by both time and Nature, the Park by the mid-1950's, required improvements that would both beautify and modernize its physical appearance. During the summer of 1956 when Lititz celebrated its Bicentennial, Elmer H. Bobst, an internationally-known philanthropist and the Chairman of the Board of the Warner-Lambert Pharmaceutical Company, returned to his boyhood home of Lititz for the celebration and surprised the community by announcing a bequest of \$100,000 for the complete rehabilitation and restoration of the Park.

On October 29, 1956, the Lititz Moravian Congregation, although continuing to retain ownership of the Park, relinquished its managerial responsibility for the facility and, by a perpetual "declaration of trust" placed the actual operation of the Park under the control of an incorporated, community-represented, twelve-member Board of Trustees, which, under the terms, was to include a cross section of other churches in the community.

The trust also stipulated that the famous Fourth-of-July celebration "shall continue in keeping with the traditions of Lititz." Thus on Sunday, September 14, 1958, the Park, with its priceless historical and sentimental values, was rededicated and entrusted to the community.

During the celebration of the Nation's Bicentennial, a 250-voice community chorus sang at a Christian Heritage Music Festival on July 4, 1976. To conclude the local participation of Lititz in the country's 200th anniversary observance, the Bicentennial Christian Heritage Community Night was held on September 5. The featured speaker was The Honorable Walter H. Judd, a medical missionary to China and a former United States Congressman.

On July 14, 1979 and again July 5, 1980, Fred Waring and his Young Pennsylvanians performed in the Park. The renowned American and his thirty-member chorus presented a vocal extravaganza of varied songs.

The historic significance of two anniversaries- the 300th observance of the chartering of Pennsylvania and the 225th commemoration of the founding of Lititz- was fittingly noted, on July 19, 1981, with a festive celebration and a thanksgiving service in the Park. The Honorable Richard L. Thornburg, the Governor of Pennsylvania, gave an address. In honor of the commemorative event in Lititz, he also read a formal proclamation which was graciously accepted and acknowledged by the Honorable Raymond S. Reedy, the Mayor of Lititz.

The playground equipment selected during the the Park's renovation of 1957-58 served well for many years. Over time many changes and improvements were made, but more were needed. Finally it became necessary to consider a total revision of the existing play areas. It was "Our Kids' Turn" for playground renewal and expansion! In 1992, a committee was established to raise funds and construct a new accessible children's area, older youth area, fitness course and beach volleyball. This all became possible through the unselfish support of the Lititz community. The new playground was dedicated July 4, 1993.

December of 1993, the American Civil Liberties Union, acting on behalf of at least one local resident's complaint, asked the Borough of Lititz to remove the creche from the square because of a possible Constitutional violation. The controversy raised the question of who owns the triangular parcel of land known as the Lititz Memorial Square. Through the research by John Pyfer, a Lancaster attorney, the Lititz Moravian Congregation ascertained that they owned the square. At a congregational meeting held Sunday, August 14, 1994, the Moravian Congregation voted to enter into a Declaration of Trust that allowed the Board of Trustees of Lititz Springs Park to "maintain, operate and develop the square for the benefit of the residents of Lititz." In addition, the Trustees shall "continue the annual Christmas Nativity Scene in a manner and form which will be in keeping with the history and traditions of the Christmas celebration of Lititz." At the August 16, 1994 meeting, the Park Board of Trustees accepted the Declaration of Trust.

A memorial fountain was placed in the basin at the main entrance by Lititz Springs Post No. 1463, Veterans of Foreign Wars and the Ladies Auxiliary and was dedicated July 2, 1994. This beautiful fountain was provided for all to enjoy and to remember those who made the ultimate sacrifice so we might be able to live in freedom and continue to celebrate our Nation's Birthday.

December 2, 1994, the Lititz Springs Park Board, in cooperation with the Lititz Retailers' Association worked together to bring the community a new tradition, "Christmas in the Park": a wintertime delight, which featured the lighting of the Community Christmas Tree and the illumination of 1,000 candles on the stream by the youth of Lititz.

To generations of community residents, the Lititz Springs Park has always been an important place to gather. Visitors, who once came to town by train and trolley, now travel to Lititz by automobile over the roadways that have facilitated access to the Park. The community's commitment to preserving the Park, as an idyllic retreat from the effects of an ever-changing society, is recognized in the cooperative spirit of volunteerism by which the facility's attractive physical appearance is maintained. So, each year, many volunteers give countless hours of time and effort to its continued upkeep. The community's churches, various civic groups and individuals contribute to its financial support. Additional operating resources are derived from the admission fees charged for the Independence Day celebrations, and rental fees for the Spring and Labor Day antique shows and the rents collected from family reunions and other events. Although the Park is available every day for the community use, the season of its busiest activity is during the summer months. During July and August of each year, various worship services and musical programs, sponsored by the Warwick Association of Churches under the auspices of the Warwick Area Ministerium, are held every Sunday evening.

With its incomparable beauty and its scenic serenity, the Lititz Springs Park is certainly a community legacy. It is a place of gala celebration and family gathering and individual quietude. It is indeed a place of community pride.

We hope you will join us to enjoy not only the amenities of Lititz Springs Park but also all that Lititz has to offer. See you in Lititz!

Information on Lititz Springs Park is from www.lititzspringspark.org and was researched and written by R. Ronald Reedy

“Life is too short to wake up in the morning with regrets, so love the people who treat you right, forget about the ones who don't, and believe that every thing happens for a reason. If you get a chance, take it.

If it changes your life, let it. Nobody said life would be easy, they just promised it would be worth it.”

2010 & 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 10/15/2010. Since new walks are always being added we would suggested referencing the AVA calendar for a definitive list of current walking events.

November 2010

Date	Type	Sponsoring Club	Event Location	Contact Phone
26/27	W	Susquehanna Rovers	Hershey Walk Fest (Hershey Rec Center)	717-761-1338
28	W	Penn Dutch Pacers	Lititz PA (Freeze & Frizz)	717-625-3533

December 2010

Date	Type	Sponsoring Club	Event Location	Contact Phone
04	W	Washington DC Area Volksmarching Club	Alexandria VA (Barret Branch Library)	703-765-3128
10/11/10	NW	Peninsula Pathfinders	Williamsburg VA (Clarion Hotel)	757-766-3065
10/12/10	S	Peninsula Pathfinders	Williamsburg VA (Clarion Hotel)	757-766-3065
11/12/10	W	Peninsula Pathfinders	Williamsburg VA (Clarion Hotel)	757-766-3065
13	NW	Columbia Volksmarch Club	Columbia MD (Dye Home)	410-290-6510
18	NW	Germanna Volkssport Association	Fredericksburg VA (Fredericksburg Visitor Center)	540-786-6550
19	W	Northern Virginia Volksmarchers	Springfield VA	703-455-1878
31	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
31	W	Freestate Happy Wanderers	Columbia MD (Owen Brown Community Center)	410-437-2164

January 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
01	W	Freestate Happy Wanderers	Columbia MD (Owen Brown community Center)	410-437-2164
08	W	Penn Dutch Pacers	Downtown Lancaster (Isaac's Restaurant)	717-625-3533
08	W	Virginia Vagabonds	Hampton VA (TBD)	757-766-3065
15	W	Seneca Valley Sugarloafers	Cabin John MD	301-385-0054
20	M	Penn Dutch Pacer Annual Dinner Meeting :: Isaac's Restaurant, Manheim Pike Lancaster Dinner on own before 7 PM		

February 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
05/06	W	York White Rose Wanderers	York	717-292-3777
17	M	Penn Dutch Pacer Monthly Member Meeting, Lancaster Health Campus, Harrisburg Pike, Lancaster 7 PM		
19	W	Freestate Happy Wanderers	Beltsville MD (Vansville Community Center)	301-572-5574
26	W	Baltimore Walking Club	Baltimore MD	410-5923171

March 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
12	W	Seneca Valley Sugarloafers	Bethesda MD (Rock Creek Knights of Columbus)	301-229-1356
12	W	Peninsula Pathfinders	Hampton VA (Dandy Point Marina)	757-851-9252
12	W	Baltimore Walking Club	Baltimore MD	410-592-3171
17	M	Penn Dutch Pacer Monthly Member Meeting, Lancaster Health Campus, Harrisburg Pike, Lancaster 7 PM		
19	W	Seneca Valley Sugarloafers	Bethesda MD	301-229-1356
26	W	Freestate Happy Wanderers	Laurel MD (Pallotti High School)	301-717-3604
26	W	Virginia Vagabonds	Gloucester VA (Walter Reed Hospital)	757-766-3065

April 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
02	W	Virginia Vagabonds	Yorktown VA	757-766-3065
09	W	Columbia Volksmarch Club	Ellicott City MD	410-290-6510
09	W	Lee Lepus Volksverband	Richmond VA	804-768-0055
09-10	W	First State Webfooters	Smyrna DE (Blackbird State Forest)	302-697-1191
16	W	Annapolis Amblers	Chester MD	410-224-0907
16	—	Atlantic Region Meeting - Region Director Election TBD 757-766-3065		
16-17	W	Germanna Volkssport Association	Fredericksburg VA (Dorothy Hart Community Center)	540-786-6550
17	W	Virginia Vagabond	Charlottesville VA	757-766-3065
21	M	Penn Dutch Pacer Monthly Member Meeting, Lancaster Health Campus, Harrisburg Pike, Lancaster 7 PM		
23	W	Washington DC Area Volksmarching Club	Alexandria VA (Baerwald Residence)	703-765-3128
25	NW	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128
30	W	Seneca Valley Sugarloafers	Takoma Park MD (Wayne Avenue Garage)	301-946-5496
30	W	Peninsula Pathfinders	Williamsburg VA (New Quarter Park)	757-890-9220

May 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
07	W	Virginia Vagabonds	Newport News VA	757-766-3065
07	W	Virginia Vagabonds	York County VA	757-766-3065
19	M	Penn Dutch Pacer Monthly Member Meeting, Lancaster Health Campus, Harrisburg Pike, Lancaster 7 PM		
23	NW	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128

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

Another Tater Tour Experience

By Kitty Glass

When I saw that Mary Placek's September Tater Tour had the Biltmore Estate on its schedule, I registered immediately as seeing the



Biltmore Estate

Vanderbilt mansion was one of the places on my "must see" list. Several other stops and walks were included on the "Virginia, Tennessee, and North Carolina" tour. September was a perfect month to experience some city and woody walks.

First stop: Staunton, Virginia : Historic town . The walk took us past the Woodrow Wilson Library, his birthplace, through Mary Baldwin College, Gypsy Hill Park and Thornrose Cemetery. The sun was shining brightly so the walk was enjoyed by all – 10K to my credit.

Second stop: Knoxville, Tennessee : a varied YRE walk. We strolled past the site of the World's Fair of 1982, through the campus of the University of Tennessee, and along the promenade of the Tennessee River. Sun again - good walk – 20 K to my credit.

Third stop: Gatlinburg, Tennessee : woody trail. Gatlinburg itself is a commercial hodge-podge but our walk was along the Little Pigeon River and Sugarlands Nature Trail. Made it back to the hotel before the rain shower – 30 K to my credit.

Fourth stop: Biltmore House in Asheville, North Carolina : spectacular mansion home of the Vanderbilt family. The tour through the mansion counted as 3K. The strenuous trail through the surrounding gardens and fields was rated a 3+ and it definitely was that! It is well worth seeing – should be spectacular in the spring with azaleas and other blooming flowers. - 43 K to my credit.

Fifth stop: Asheville Arboretum Walk – The walk took us along forest roads and trails, along babbling streams and over bridges. A really nice walk – however it started raining when we were half way through and we were rather a wet bunch of walkers getting back on the bus. - 53 K to my credit.

Sixth stop: Downtown Asheville canceled because of rain. Visited a museum instead.

Seventh stop: Old Salem, North Carolina walk: The trail went through quiet neighborhoods of the historic West End, along the strollway – a segment of Rails-to-Trails, and Old Salem, a reconstructed early Moravian town. - 63 K to my credit.

Eighth stop: Bethabara Park walk. Trail went along an unpaved greenway, on natural woodland paths, and on a boardwalk across a wetland area. Temperature was up this day – rather warm walking – 73 K to my credit.

Ninth stop: Winston Salem : Walk through city streets and historic sights – 83 K to my credit.

Tenth stop: Salem Lake walk : The trail circled the lake – luckily it was in the shade as the temperature was close to ninety degrees. - 84 K to my credit.

Eleventh stop: Greensboro, North Carolina: Tannenbaum Park - Lots of Revolutionary War history on this walk – 94K to my credit.

Twelfth stop: Greensboro City – Trail went through the town and past the Woolworth Building which was the site of the 1960 sit-in that helped launch the civil rights movement – hot and sunny walk – 95 K to my credit.

Thirteenth stop: Durham, North Carolina – walk through Duke University. The Sarah P. Duke Memorial Gardens were a highlight of the trip -as was the historic chapel of the University. A great walk to end our trip – 105 K to my credit! This walk I highly recommend.

This was a busy, varied, and interesting eight days of Volkswalk experiences. I highly recommend a Tater Tour outing for anyone wanting to have fun as well as getting lots of walking exercise.

The Walk Before the Walk that No One Will Forget

By Phil Allamong

For all of those new to the Penn Dutch Pacers and Volksmarching and also those of you who have been lurking on the sidelines for a while, we should before we get to the story explain exactly what we mean when we talk about a PRE-WALK.

After all the planning that goes into a weekend walking event, i.e. making arrangements for the startpoint, finalizing the trail, getting a patch and brochure designed and printed there is one more thing that usually takes place one week (sometimes two weeks) before the actual walk. You guessed it, it's the PRE-WALK which is sometimes referred to as the worker's walk or the walk that takes place before THE WALK.

There are a number of reasons for the pre-walk. First, most of the time all those folks you see manning the startpoint, food concession, sales tables and handling all the other jobs that need to be done during the actual walk ironically don't have time to do the walk during the event and thus the pre-walk or worker's walk gives those folks an opportunity to actually do the walk which after all is what it's about.

Second the pre-walk is a way to make sure written directions are accurate, i.e. street names are correct, turn indications are correct (that you are not directed to turn left when you should be turning right) and there are times that the pre-walk is where the trail is checked again for accurate distance so you might see someone walking a measuring wheel instead of their dog. In other words if we say it's a 10K walk we like it to be just that. The pre-walk also is the time we make sure that the trail is OK in every respect for the folks that are coming to do the walk usually the following weekend.

Now with the introduction out of the way. We can get to the story. This particular pre-walk was for our walk in Bainbridge which took place on October 2nd & 3rd . It started like most any other pre-walk with about a dozen folks who would be working the walk or missing it for another obligation, meeting at the Bainbridge Firehouse at 1 PM the Sunday before the walk. For the most part pre-walks are group walks with maybe a fast walker group and a slower group. Since with the Bainbridge walk both the 10K and 6K trails followed the same northern route everyone was walking the same trail for the first 6K at which time the folks that were walking only the 6K walk would go back to the startpoint and the rest would do the southern loop which included the Haldeman Mansion.

So off we went walking north out of Bainbridge on the barely traveled country road which runs parallel to the river, the canal trail and the railroad. We then ventured on Route 441 for a short distance. We of course were walking north so that we could return on the canal trail. The northern most terminus of the canal trail is in Falmouth but we weren't going to walk the entire trail. Instead we were going to access the trail on Prescot Rd which is about 1.89K north of the southern trail head in Bainbridge.

Once we turned onto Prescott Rd. we went down hill and came to the railroad which we crossed and then turned left. We walked past a few cottages and found the canal trail and were on our way...we thought. We walked the trail for probably ½ kilometer when we came upon a huge tree that had fallen and completely blocked the trail. There was a fairly severe storm the previous week and unbeknownst to us the trail that we planned to walk wasn't passable. We spent some time trying to see if there was a way around the downed tree which blocked more than 30 feet of the trail and when we had exhausted all the options for getting

Cont'd on Page 9, column 2

American armed services surround the granite shaft near its base. The four branches represented by the men are the United States Navy, United States Army, Artillery and the United States Cavalry.

The names of several Civil War battles are carved on the monument's central granite pillar, as the memorial's original intent was to honor those killed in that particular war. The inscriptions include the Battle of Antietam, the Battle of Chickamauga, the Battle of Gettysburg, the Battle of Malvern Hill, the Battle of Petersburg and the Battle of the Wilderness.

Several bronze plaques have been added to the Soldiers and Sailors Monument since its construction, memorializing members of the American armed forces. One plaque specifically commemorates the role of African Americans in the military. Other separate plaques honor those killed in World War I, World War II, the Korean War, Vietnam War and the Persian Gulf War. Recently, the PA Society of Sons of the Revolution added a plaque memorializing the citizens of Lancaster who served in the American Revolution.

The base of the Soldiers and Sailors Monument is carved with the inscription, "Erected by the people of Lancaster County to the memory of their fellow citizens who fell /in defense of the Union /in the War of the Rebellion /1861-1865"

The idea for a memorial to Lancastrian Union soldiers killed during the American Civil War was conceived soon after the end of hostilities in 1865. The funding for the memorial was championed by a women's civic organization called the Patriot Daughters of Lancaster and its leader, Rosina Hubley. The Patriot Daughters of Lancaster held a ladies fund raising fair sale in December 1867 at the nearby Fulton Hall, now called the Fulton Opera House, to help finance the construction of the proposed monument. The event raised approximately US\$3,500 the ultimate goal of \$20,000. The remaining funds for the monument's construction were raised through either military taxes and funds released by the Lancaster County Treasury or through private donations. The total cost of the Soldiers and Sailors Monument is believed to be \$26,000 at the time.

Centre Square, as the present-day Penn Square was called at the time, was chosen as the site of the new Soldiers and Sailors Monument. The monument was formally commissioned on November 4, 1872. It was formally unveiled and dedicated on July 4, 1874, and was originally surrounded by stockade fencing and dirt streets at the time. President Ulysses S. Grant sent his regrets for being unable to attend the ceremony. The large crowd which watched the dedication included Civil War veterans and a group of girls from the Mount Joy Soldiers Orphan Home. The Soldiers and Sailors Monument was officially dedicated at 1:00 pm in the afternoon while the girls from the orphanage sang *My Father's Grave*. The Genius of Liberty on top of the monument was draped in an American flag.

Rosina Hubley, who had led the efforts to construct the Soldiers and Sailors Monument, remarked on July 4, 1874, that she believed it would be a "perpetual reminder to all people of the country as they gather week-to-week to barter and chaffer in the market place, that there is something higher and better than self or produce, bargains or bank notes."

An iron fence and granite wall enclosure were added to the monument in 1877, replacing the original picket fence. The monument was sandblasted and cleaned in both 1905 and 1924. A

plaque containing the Gettysburg Address and a picture of Abraham Lincoln were added on June 8, 1931. New lights were placed on the monument in 1956, 1972 and again in the early 2000s.

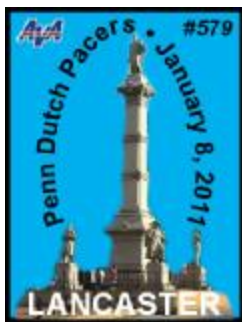
A proposal was floated during the 1950s to relocate the monument to an alternative site in a city park in order to ease traffic congestion in downtown Lancaster. However, the relocation idea was abandoned and the memorial remained at its original location.

Traffic passed around all four sides of the monument until the 1970s. A new traffic pattern was devised for Penn Square and the monument in 1972. A brick plaza was constructed in tandem with the expansion of the nearby Fulton Bank building, closing off traffic on the monument's northeast corner and opening it to pedestrians. The size of the monument's base was shrunk from its original 35 feet (11 m) down to 17 feet (5.2 m) as part of the reroute of traffic. The iron railing, added in 1877, was removed and new granite curbing was added to protect the monument from traffic collisions.

On November 12, 1978, a woman committed suicide by crashing her car into the monument, causing damage to the sailor statue, which represents the United States Navy. The sailor statue's base and legs were repaired using cement.

As you can see, the monument depicted on our patch has a colorful history as does the city known as Lancaster. Be sure to join us for this Saturday only walk to help welcome in the New Year, Twenty Eleven.

The information on the Soldiers and Sailors monument in this article is from Wikipedida.



This is our patch featuring the Solders & Sailors Monument

Kudos to the Kitchen Crew

by Kitty Glass & Phil Allamong

The food served at the Penn Dutch Pacer's walks has received high acclaim. Walkers look forward to the brats, hot dogs, soups, chili, veggie options and baked goods that are available during the walks. Not many realize the hard work and organization that is required for these food sales to be so successful not only from the standpoint of having the food available but also as a source of income for the club. Food sales more often than not make the difference between profit and loss. Not that profit is the prime motivator for PDP. However, it is only through profit that we can continue to finance future events.

The folks that you have seen primarily in the various kitchens over the past few years have been Roy Simmers, Barb Weatherholtz and Kitty Glass known collectively as the Kitchen Crew.

These folks have worked diligently as one behind the scenes bringing you the delicious food you have come to expect at PDP events.

At our most recent Bainbridge Walk Roy Simmers spent the two days hiding in the sometimes smoky kitchen. But while he was hiding he was busy preparing the browned to perfection hot dogs and bratwursts – and hamburgers with cheese. He made sure the crock-pots of soup, chili, and sauerkraut

We'll be Home for Year-Rounds

By Letty Zook

The first volksmarch Bob & I ever walked was also the first event of the brand-new Penn Dutch Pacers at the Lancaster County Park in April, 1989. We had no idea what to expect, weren't sure how far 10 kilometers really was, and wondered if we could do the walk in the time allotted. But from that first walk we caught the volksmarch addiction, bought our first books, and were ecstatic when year-round events were added to the schedule. Now we could "do walks" every weekend, whether the club had a regular event or not. January, 2000, Bob retired and we moved to Florida, not as snowbirds, but as year-round residents. Here in Florida we belong to the Mid-Florida Milers Walking Club; and since we are retired, we can walk any day of the week and don't have to wait until weekends.



front row left to right:
Steph Smith, Lindsay Smith, Letty Zook, Bob Zook
back row left to right:
Matt Smith, Al Smith, Stew Smith

To this day, though, we remain Penn Dutch Pacer members also for sentimental reasons and to at least give back a small token to the folks who got us started in our favorite activity. After living ten years in Florida, we have become acclimated to feeling anything below 70 degrees is "chilly"; therefore, we only travel to Lancaster County, Pennsylvania for a couple weeks in the summer. We never seem to be "home" for regular events, but we love the Penn Dutch Pacer year-round events and do as many as we are able in between the required family and friend visits. We were especially excited when the Ephrata walk was started, especially since many of my family members live in Ephrata and that is the town we stay in while visiting. This year when we decided to take the walk, some of our family decided to accompany us—Dad, two brothers, a sister-in-law, and niece. Since sister-in-law, Steph, was born and raised in Ephrata she served as tour guide along the route telling us tidbits of history, both family and cultural. Though all have visited the Ephrata Cloister many times over the years, we still enjoyed shopping in the gift store. My high-school age niece, Lindsay, of course, was familiar with the football stadium; and coincidentally, we ran into some of their family friends and found out the husband was on the board which maintains the Ephrata Memorial. We quizzed him concerning when the memorial was "unveiled and dedicated" since that was the checkpoint. (From kindness we won't reveal he was slightly off on it). There were more reminiscences as we passed the Eicher building where brother Matt, and Steph had their wedding reception. Ephrata pool, Ephrata Playhouse, Ephrata High School brought forth one interesting story after another. Then, for one additional treat, Steph said to us, *If you don't mind walking a little further, we can go down this hill "a ways" and there's a Turkey Hill where you get Slushies.* I'm proud to say the whole crew eagerly added those steps to the trail and enjoyed sipping their frozen treats for the remainder of the walk.

We had to share this good time with our PA volksmarching club, though we didn't see any club members, and say thanks for the good walks and all the work that goes into maintaining them (we are involved in that here in Florida). Since as confirmed sun-lovers we'll not deliberately ever be "home for Christmas" we can assure volksmarch friends, we'll always be home for year-rounds!

After living ten years in Florida, we have become acclimated to feeling anything below 70 degrees is "chilly"; therefore, we only travel to Lancaster County, Penn-

sylvania for a couple weeks in the summer. We never seem to be "home" for regular events, but we love the Penn Dutch Pacer year-round events and do as many as we are able in between the required family and friend visits. We were especially excited when the Ephrata walk was started, especially since many of my family members live in Ephrata and that is the town we stay in while visiting. This year when we decided to take the walk, some of our family decided to accompany us—Dad, two brothers, a sister-in-law, and niece. Since sister-in-law, Steph, was born and raised in Ephrata she served as tour guide along the route telling us tidbits of history, both family and cultural. Though all have visited the Ephrata Cloister many times over the years, we still enjoyed shopping in the gift store. My high-school age niece, Lindsay, of course, was familiar with the football stadium; and coincidentally, we ran into some of their family friends and found out the husband was on the board which maintains the Ephrata Memorial. We quizzed him concerning when the memorial was "unveiled and dedicated" since that was the checkpoint. (From kindness we won't reveal he was slightly off on it). There were more reminiscences as we passed the Eicher building where brother Matt, and Steph had their wedding reception. Ephrata pool, Ephrata Playhouse, Ephrata High School brought forth one interesting story after another. Then, for one additional treat, Steph said to us, *If you don't mind walking a little further, we can go down this hill "a ways" and there's a Turkey Hill where you get Slushies.* I'm proud to say the whole crew eagerly added those steps to the trail and enjoyed sipping their frozen treats for the remainder of the walk.

around the downed tree we figured our only option was to retrace our steps.

We remembered that right along the railroad there was a service road that would hopefully get us back into Bainbridge without going back onto the main road. So we retraced our steps back to the railroad and started down the service road.

The service road was not ideal walking since it was covered by fairly large ballast that could easily turn your ankle if you weren't careful. As we walked we were hoping to find a way past the downed tree to get back onto the canal trail instead of walking along the railroad.

It so happened that when the probably 40" diameter tree fell across the canal trail it bent and pinned another sizable tree under it. This pinned tree was a very distinguishable landmark that we could see from the railroad service road and when we saw it several of us worked our way through the brush back to the canal trail with the rest of the group following carefully.



Trailmaster Don Young followed by Rose & Mary Angeline works his way through one of several places where fallen trees and brush blocked the canal trail.

Once back on the trail we were hoping that we were home free, but not so. We came upon at

least three other trees that were down all of which we could fortunately either crawl through or find a way around. We eventually made our way back to the Bainbridge trailhead.

The northern loop of our 10k trail was about 6k and would normally take a little over an hour to walk. On this day however it took about two hours to walk. Most of the pre-walkers elected to go directly back to the firehouse after our two hour adventure with a few continuing on to do the southern loop and finish the 10k walk.

This particular pre-walk had turned up a major problem with our trail... it was impassable and couldn't be walked as it was. It was decided that Conoy township would be contacted first thing Monday morning to see if there was a possibility that they could clear the trail for our walk the following weekend. Conoy Township came through with flying colors and cleared all the trees and brush so that all those folks that showed up the weekend of our event had the pleasure of walking a very enjoyable natural trail. None of us ever remember having a trail that was impassable on the pre-walk but after all that's what we do pre-walks for. Pre-walks are just another one of those things that helps to ensure that the trails are as they should be when the walkers show up for your event. And this experience just goes to show you never know what to expect. Thanks to all those intrepid souls that did the Bainbridge pre-walk.

*"I arise in the morning torn
between a desire to improve
the world and a desire to
enjoy the world. This makes
it hard to plan the day."*

~Elwyn Brooks White

Annual January Dinner Meeting 2011

As most you are aware by now the Penn Dutch Pacers hold two meetings a year where we not only



meet to take care of club business but also sit down together to enjoy a meal. One of those times is fast approaching and will take place in January on our regular meeting night, i.e. the third Thursday of the month, on January 20th.

Our meeting/dinner will be at Isaac's on the Manheim Pike. This is the fourth year we are meeting at this location for dinner since our past experiences there have been quite good. They have a menu with a wide variety of food to satisfy most palates and we encourage everyone to try to attend.

For those of you who haven't attended in the past and aren't familiar with where Isaac's is, going out the Manheim Pike Isaac's is located in the strip center right beyond Granite Run Drive. The restaurant itself sits sort of behind Chili's and Greystone Bank. If you need specific directions please contact one of the officers.

Our meeting will be at its normal time of 7:00 PM which means that you need to arrive in enough time in advance of the meeting to order your meal and eat it in a relaxed manner before the meeting. We suggest arriving to order and eat your meal anytime after 5:30 PM. Simply indicate to the host/hostess that you are with the Penn Dutch Pacers and indicate that you would like to be seated in the meeting room. You will be ordering your own meal from the menu as you arrive and paying for it along with the typical gratuity when you are done. The meeting portion of the evening will start promptly at 7:00 PM.

Our annual dinner meeting is an enjoyable no pressure event and we encourage everyone who has an interest in the Penn Dutch Pacers to attend. As with all PDP events our dinner meeting is informal and is a great way to meet others in the club. If you have been standing on the sidelines and have been looking for a way to engage those that steer the PDP ship, so to speak, the dinner meeting is a wonderful opportunity to get more involved and to see what goes on 'behind the scenes'.

So that Isaac's knows how many people to set up for we ask that you sign up to let us know you are coming. If you go to the PDP website at www.penn dutch pacers.org on the main page you will see an icon to click which will take you to a short form which asks for your name and contact info and how many people will be attending.

If you don't have computer access, please call Phil Allamong at 717-786-7118, to make your reservation before January 15th. Make your calendar now and don't forget to sign up.

Cont'd from Page 11 • Tips for Volkssporters.

The pleasures of volkssporting come in many forms. You may perceive why; you may not care. Your reason(s) need not be anyone else's.

Regardless, who cares what the other guy or gal thinks, so long as you find joy in volkssports.

There's enough to enjoy about volkssports for everyone. Find and cherish your personal pleasures!

Have ideas you want to share with fellow readers? Send them to me at 43224 Cardston Place, Leesburg, VA 20176-6459 or rwright2@jhu.edu.

were at the right temperatures. When all was finished he had the kitchen cleaner than when he began.

He kept his calm even when the orders were coming in fast and furious. Occasionally he would have to admonish one of the helpers for not putting lids on the crock-pots. He definitely ruled with an iron-hand as well as with an iron skillet! Barb Weatherholtz is skillful in organizing all the essentials needed for the food sales. Paper supplies, tablecloths, condiments, drinks, food supplies – she has them all in order for each event. The number of utensils and crock pots were always sufficient because she thinks ahead as to what would be needed. She also contacts members to ask for contributions of baked goods, soups, chili, etc. She in concert with her teammates always has food sales well under control.

Kitty Glass in addition to being the Penn Dutch Pacers treasurer spends many a weekend at Penn Dutch Pacer walks behind the food table taking care of the customers and making sure they have everything they ordered. Kitty's enthusiasm is infectious and she puts her heart into everything she does for PDP. The club owes Roy, Barb and Kitty a big THANK YOU for many jobs well done as they take a well deserved break from their food duties.

Currently we have no one who has come forward to assume the food sales operation. Thus until the time that someone does step forward to assume those duties PDP will NOT have food sales at future events.

The good news is that our next two events (Lititz & Lancaster) start at restaurants so we would not normally have PDP food sales anyhow, but unless we have one or more folks come forward to take care of the food at our Spring walk in 2011 (yet to be determined) it will be the first walk in a long time without a food sales table and subsequently the lack of income from the food sales that has allowed PDP to survive.

We have talked repeatedly in this publication about how important getting involved really is. Participating in PDP walks is great but without the dedicated people that make a choice to get involved behind the scenes things do NOT happen and all those great walking opportunities that are out there in the future will not come together. The small core of PDP volunteers that do 98% of the work could use some help. How about you? Show up at a meeting or contact one of the officers if you are interested in contributing your time and talents to the Penn Dutch Pacers particularly in regards to food sales. Thanks in advance for your help!!

Answer Key to the Crossword Puzzle on Page 2

25.	SHIELD
23.	GOTHIC
22.	CAVALRY
19.	ISAACS
17.	LOCUST
15.	ARMY
13.	CIVILWAR
12.	LIONSHIELD
11.	RHODEISLAND
9.	PICKET
8.	RAILROAD
7.	CENTRESQUARE
5.	FULTONHALL
4.	NATIVEAMERICANS
3.	PENNSQUARE
1.	GRANT
Down	
29.	SWORD
28.	PUBLICPARK
27.	MONUMENT
26.	SANDSTONE
24.	LUSTPLATZ
21.	SANDBLASTED
20.	NAVY
18.	CONCERT
16.	RELOCATE
14.	GRANITE
13.	COURTHOUSE
10.	ARTILLERY
6.	LOGCABIN
2.	CARTERSRUN

Across

Tips for Volkssporters

The Pleasures of Volkssporting

© Robert C. Wright, 2010

What is there about volkssports that give us pleasure? I can think of many reasons. For example,

Health

According to Natural Sport research a while back, women took up walking for physical and emotional reasons, but as they became more committed, those expanded to include mental, social, and appearance reasons. (I suspect research on men would turn up much the same conclusions, though perhaps for different reasons and in a different order.)

Do you get pleasure from the physical and psychological benefits?

Other Reasons

Others are drawn to the experience of new and/or different sights (and states and countries) or the challenge of greater distance or tougher terrain.

Some savor solitude while others companionship and friendship. Some have a personal goal in mind, like a personal best; others just enjoy the experience for no particular reason.

Perhaps the greatest joy of volkssporting is their non-competitive nature. You have all the time you need for whatever you want to make of volkssports.

Do you find pleasure for any or all of these reasons?

Where I Find Personal Pleasure

Personally, I relate to all of these reasons, favoring one or another at different times.

- ✓ I like walking in new states, but I'm not rushing to complete walks in all 50 soon.
- ✓ I love the beauty found on some walks but tolerate the base and ordinary for the pleasure of just walking.
- ✓ I've chosen walks for their challenges (e.g., 100 km in 24 hours, a 2,000-meter vertical rise, 50 km day after day, 300 km in a week, marathons), yet I treasure leisurely short walks with my wife.
- ✓ I backpacked my children until they could walk an IVV event unassisted (10 km in 4 hours), yet I still push myself to complete 10 km in fewer than 1-1/2 hours.
- ✓ I appreciate a well-designed award, yet equally cherish simple ones, be they functional, commemorative, or kitsch, and applaud the effort their designers put into them.
- ✓ I use volkssports to help control my weight, yet I gain a pound or two every now and then, yet find myself unable to shed them permanently.
- ✓ I cherish solitude on the trail so I can think, yet I thrive too on the company of others to talk, develop ideas, and promote our sport.

Bainbridge Followup

Bainbridge 2010	Award & Credit	Credit Only	Non-IVV	Totals
6K	1	8	3	12
10K	33	63	18	114
Totals	34	71	21	126

After the experience that we had on the canal trail the week prior to the walk (which you can read starting on page 7) and the up to eight inches of rain we got on the Thursday immediately prior to the walk you might get the idea that someone was trying to tell us something.

But fortunately most of Friday was dry and the wind picked up, the sun came out and then Saturday dawned with bright sun and a light breeze and temperatures got into the mid sixties which was perfect walking weather. Sunday dawned with clouds, lower temperatures and more breeze but it was still dry and great for walking the trail in Bainbridge. We were really fortunate with the timing of our walk since we awoke the following Monday morning to more rain.

126 walkers took advantage of all the hard work that Penn Dutch Pacer volunteers always put into our walks. Thanks to all those who contributed in any way to the success of the PDP Walk in Bainbridge.

Cont'd on Page 10, column 1

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, Kitty Glass, Barry Weatherholtz, Letty Zook, Sherry & Phil Allamong

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Return Service Requested!



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