

## Walking the Enola Rail Trail No 2 SEPTEMBER 14 & 15

When we held our first event on the Enola Low Grade Rail Trail that crosses Southern Lancaster County from Atglen for approximately 23+ miles to the Susquehanna river on October 13th and 14th of 2012 we always intended that walk to be the first of many walks that we would have on this exceptional walking trail. For those of you who don't already know the trail runs over a former freight (essentially flat) rail line that ran from Atglen in Chester County to Safe Harbor in Lancaster County, where it joined the Columbia & Port Deposit Branch. The reason that we say essentially flat is that the rail line portion of the trail has no more than a 3% grade anywhere along its path.

Last Fall we began our adventure in Huffnagle Park and walked east to pick up the rail trail as it ventured toward Atglen. This year we also begin in Huffnagle Park and again head east to join the rail trail but instead of going east on the rail trail we go west and traverse the width of Quarryville walking west as we see the borough from a whole different perspective. Both the section of the rail trail in Quarryville Borough and the section of trail that we will be walking west of the borough in Providence Township are maintained by Providence Township.

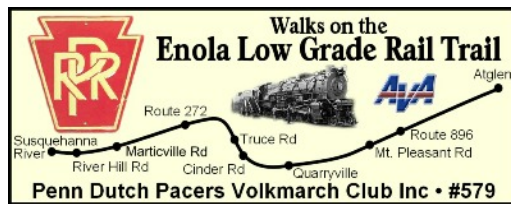
This section of the rail trail has two breaks in it with the removal of the bridge at Oak Bottom Rd and also the tunnel at Route 222. So we will walk the rail trail til we get to Oak Bottom Rd where we will take a slight detour along Oak Bottom Rd then a right onto Route 222 to Fairview Rd where we will rejoin the rail trail at the trail head. From the Fairview Rd trail head you will find stone dust on the surface of the trail. We continue walking west until we reach our checkpoint in a pavilion at New Providence Church of God. From the pavilion we follow Fairview Rd back past the trail head to Oak Bottom Rd and return to Huffnagle Park

through Oak Bottom Village and then State St to Summit Avenue.

Our September adventure will take place in part on a rail line that it's last owner, Conrail abandoned in 1989. After Conrail abandoned the line, many groups dreamed of and talked about using the right-of-way as a rail trail. The process to get it where it is today has been tumultuous at best, including an eminent domain proceeding by the County of Lancaster, lawsuits to rescind that proceeding by the seven townships through which the trail runs, and the

sale of the line by Norfolk Southern to the townships. What finally made the trail possible was the stimulus monies that the Federal Government made available to spur growth following the 2008 recession. Some of those funds were allocated to replace the power poles that carry electricity from the Holtwood Dam to the Amtrak main line. The plan was to replace the twin poles that bordered each side of the right-of-way with half as many mono poles. Originally the mono poles were to be galvanized steel and placed in the center of the rail-bed right-of-way. Through negotiation and arm twisting by many it was agreed that the new mono poles would be 'rusty' steel and would be placed to one side of the right-of-way. In addition, and critical to finally setting a continuous rail trail, it was agreed that a bed of crushed stone would be laid along the center of the entire length of the rail trail as part of the mono pole installation.

Most of the townships that the rail trail runs through



# Walking with children

By David & Monica Barber

We follow a simple formula for volksmarching with our children who are currently 8 and 10 years old. We have found the key to be balancing the volksmarches with kid friendly activities, some unplanned free time and FLEXIBILITY. We know our children are not up to two walks a day yet so we incorporate the child friendly activities to break up the walks for them. David is able to change reservations and check walk availability via his smart phone which makes it much easier to be flexible.

Here is our most recent vacation as an example of how we incorporate fun, fitness and education into our trips. This trip was inspired by Tiernan's recent study of the Lewis and Clark Expedition and Maura's enjoyment of the Little House on the Prairie series of books. We are working toward the Fifty States/Capitals, Walk the US from A to Z, and our third AVA Master Program logbook.

Day 1: Early departure from Dulles for a direct flight to St. Louis. After picking up our rental car we were on our way toward Jefferson City, MO by about 10:45 AM. We enjoyed the Jefferson City VM – especially the unexpected stop by a Lewis and Clark park near the state capital building. The park contained a sculpture showing: Lewis, Clark, York (Clark's slave), Seaman (Lewis' dog) and George Drouillard. We drove on to Independence, MO for the night.

Day 2: Whoops, the government sequester has resulted in the Truman Historic site (the start point for Independence being closed on Sundays and

Mondays) so we do some juggling. Instead of doing this walk today, we will pick it up on our way back south from Nebraska. We find a walk in Kansas City at Line Creek Trail to do instead. This turns out to be a very enjoyable walk – very walker friendly trail, lots of shade and butterflies which the children enjoyed. The afternoon was spent at Science City Museum in Kansas City, MO where Tiernan rode a suspended bicycle, Maura ran to power a turbine, and both of them tried out the tornado chamber! Dinner was at the T-Rex Café in Kansas City, KS.

Day 3: We walked Topeka, KS early in the morning with glorious clear weather and a nice breeze. One checkpoint was in the capital building and had to do with famous Kansas natives (Amelia Earhardt, John Brown, Eisenhower among others). This checkpoint was well worth the time to see the beautiful capital building. From Topeka we headed to the Tall Grass Prairie National Park and Reserve. This is one of our newer National Parks and is restoring and preserving native prairie habitat, wildflowers, and wildlife. A herd of bison is also present at the preserve. Tiernan and Maura completed the Junior Ranger program for this park and earned their Jr. Ranger badges. We headed to Lincoln, NE for the night.

Day 4: The Lincoln, NE walk incorporated the campus of the University of Nebraska besides walking near the capital building. This walk did not stand out to us as particularly interesting, but we did enjoy more beautiful weather. Henry Doorly Zoo and Aquarium in Omaha, NE was the activity for the remainder of the day and was a hit with everyone. This zoo has a great domed desert habitat display as well as a rainforest habitat and displays of nocturnal creatures. Maura was especially enamored with the fruit bats flying all around us in the rainforest habitat.

Day 5: Back to Independence, MO. We incorporated our visit to the Harry S. Truman historic site and the completion of the Jr. Ranger program into our walk.

The tour of the Truman home was fascinating – the house is exactly as it was from the time Bess Truman passed away, truly like stepping back in time. We were surprised at how much both Tiernan and Maura enjoyed this tour. Maybe tanking them up on pizza right before the tour helped! The volksmarch passed the monument to the formation of the United Nations, the Truman

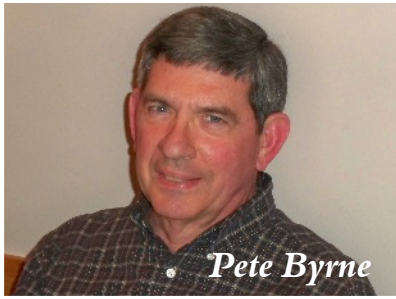
Library, Harry Truman's childhood home. Tired children as we drove east to St. Louis.

Day 6: Up early to walk downtown St. Louis before July 4th crowds swelled. The Downtown St. Louis walk incorporates sculpture parks, a walk out over the Mississippi to get a good view of the Gateway Arch and the grounds of the Westward Expansion museum at the base of the Arch as well as passing Busch Stadium (home of the Cardinals). The trip up the Arch was the highlight of the day for Tiernan and Maura.



Maura & Tiernan Barber in Jefferson City, MO. Statue of York, Meriwether Lewis, Seaman (dog), William Clark, and George Drouillard.

**PRESIDENT'S COMMENTS**



*Pete Byrne*

The dogs are enjoying these recent 'dog days' and their cooler temperatures. Fine walking weather! I hope you are planning to join us for our pre-walk, picnic, and meeting on September 8th; it should be a fun day.

Last newsletter I mentioned that we are looking for new volunteers to help with trails. Barry's interesting article in this issue will give you an idea of what is involved. If you'd like to know more, talk to Barry or Don at our next walk.

Also last time, I mentioned that the Penn Dutch Pacers will be preparing the trails for the biennial Atlantic Region Conference, to be held in Lancaster in March 2014. We have decided to offer our previous "Shop 'til you drop" trail from the Host Resort to the Tanger and Rockvale outlets, the East Lampeter Township trail, and a revised Strasburg trail. In addition, we will use the conference start table as the start point for our Year-Round trails in Lancaster, Lititz, New Holland, and Ephrata so conference attendees can do these YREs also. Additional conference information will be in our next newsletter.

I've been reading the recent Lancaster newspaper series about walking trails with great interest. Hopefully, these articles will cause more people to become interested in walking. I'm especially looking forward to the opening of the Manor Township portion of the Low Grade rail trail and to our first Volksmarch on it. With all of the various trails in that portion of the county we should be able to put

**NEW MEMBERS  
WELCOME**

**Thomas Burger**  
**Beverly Vogelsong (Andrea,  
Mike)**  
**Anna and Steven Brennan**  
**Jim and Elizabeth Abel**

**RENEWED FOOTPRINTS  
KEEP ON WALKING THE  
TRAILS**

**2014**

**Jeanne Schopf**  
**Phil and Sherry Allamong**  
**Rick and Sue Evans**  
**Nancy Fellenbaum**  
**Marryann and Edward French**  
**Ralph and Claire Greenawalt**  
**Roger E. Johnson (Bonnie)**  
**Mimi and Herb Kegerize**  
**Frances and Robert Patterson  
(Tara, Bobby)**  
**Steven and Carol Schell**  
**Patricia and Joseph Strausbaugh**  
**Peter and Andrea Cacka**

**2015**

**Rosalie and Mary Angeline**  
**John and Cheryl Coonney**  
**Leroy and Janice Copenhaver**  
**Barry and Linda Hitchcock**  
**Barbara Kauffman**  
**Carol & Dietmar Pilz (Mica,  
Mila)**

**2016**

**Charles & Jeanne Coombs**  
**Treasa and Bill Gross**  
**Charles and Angie Horn (Will)**  
**Carmelita Keiser**  
**Edward and Karen Nescot**  
**Daniel and Patsy Stoltz (Sara,  
Jonathan, Josiah)**

**CLUB MEMBERS  
ACHIEVEMENT AWARDS**

**50 Events**  
**Beverly Vogelsong**

**250 Events**  
**Caroline Garber**

**400 Events**  
**Robert Coonney**

**425 Events**  
**Lynne Haffner**

**450 Events**  
**Lynne Haffner**  
**Flo Bechtold**

**475 Events**  
**Lynne Haffner**

**500 Events**  
**Lynne Haffner**

**750 Events**  
**Catherine Glass**

**1450 Events**  
**Mike Quinlan**

**500 KM**  
**Beverly Vogelsong**

**3000 KM**  
**Monica Daniel-Barber**

**8000 KM**  
**Catherine Glass**

**16000 KM**  
**Mike Quinlan**

**5000 KM Bike**  
**Mike Quinlan**

**Records from the  
August/September '13 issue of  
*The American Wanderer.***

together some very interesting walks, especially if we have some new, charged-up Trailmaster apprentices!

See you in September!

# A (Long) Walking Weekend in Ohio

by Kitty Glass

The York White Rose Wanderers (led by John McCoy) sponsored a “Cleveland Rocks” Volksmarch Trip on May 16-19. I was one of the 34 individuals who had an enjoyable four days walking in several towns in Ohio and seeing the Rock and Roll Hall of Fame in Cleveland.

Our first walk was in Orrville, Ohio. We were greeted by the mayor and all the businesses had “Welcome Volksmarchers” in their windows. Orrville is the home of



Smuckers known for its jams and jellies. It was a good walk to start our trip – no hills just an interesting walk through the town. We stopped at the Smucker’s store afterwards where we were able to buy some of its products.

After our overnight stay at the Crown Plaza Motel, Cleveland, we did the morning walk in the Cultural District of Cleveland – past Cleveland Museum of Natural History and Cleveland Museum of Art – a beautiful area of the city of Cleveland. In the afternoon we did the downtown Cleveland walk –ending up at the Rock and Roll



The Rock & Roll Hall of Fame – Cleveland OH

Hall of Fame. A tour of this

facility had us reliving the early days of Rock and Roll. A dinner at the Hard Rock Café revived us after walking most of the day.

Saturday had us walking in Bonnie Park, Strongsville, Ohio. I was joined by my daughter and granddaughter who live in Cuyahoga Falls, Ohio and we had a good walk through the wooded trails of Bonnie Park. Afternoon walk in Berea, Ohio took us through some parks and past the Berea Falls and the former Berea Railroad



depot where trains still travel through most of the day. People were sitting on their lawn chairs watching the trains go by.

Chagrin Falls, Ohio was our last walk of the trip. This was a pleasant walk through an interesting and historical town. I would recommend this walk to anyone venturing into this region of Ohio. An ice cream shop at the end of the walk was popular for most of us.

Arriving back in York on Sunday evening we were tired but we all agreed John did an excellent job in making arrangements for the trip. We all had a good time (with lots of snacks and goodies to keep us fortified). Not sure where his next trip will be but I will be looking forward to it.



The raging waters of Rocky River that formed the Berea Falls are a piece of glacial history. Post-glacial river water found its way along the Berea sandstone, seeping through fissures and cracks to the soft shale below. As the shale eroded, the sandstone on top was undermined and began to break off. Those breaks in turn became the Berea Falls.

## Trailmastering?

(Or is it the Trail that Masters You)

By Barry Weatherholtz

The term “trailmaster”, in my opinion, is a huge misnomer and is impossible to achieve. After several years of volkswalking I was asked to become the trailmaster for the club. Why sure I said – there’s nothing to it, just lay out a route, measure it, mark it, and tear it down. Ha Ha. Let me tell you some of the lessons learned (and relearned) while trying to be a “trailmaster”.

The first painful experience taught me was to never, ever place trail markings on anything covered with the infamous “leaves of three”. This procedure has a double whammy, putting on and taking off. It has a lasting effect for weeks. This process is learned on the first lesson.

When marking a trail using a pick-up truck with the tailgate down (to hold your tools, signs, arrows, ribbon, etc.), do not make a right turn into two lines of fast moving traffic. It’s not a pretty sight and can be very nerve racking trying to retrieve everything without getting run over.



## Fraternal Organizations Behind the Scenes

As you are probably aware the Penn Dutch Pacers are currently sponsoring an AVA Special Event Activity Program. Not only do we have to plan the Special Program from inception and then submit all the details to get approval from AVA to hold the Special Program in the first place, but we also have to administer it while it is running.

That administration involves two members of PDP who take care of the day to day tasks that are required to run the program. Bob Cooney, who also administered our first Special Program, Museum Walk America, is again taking care of book requests as well as processing the completed books and sending out the patches. Kitty Glass, our treasurer, who is also the person who takes care of getting PDP’s mail from our post office box not only forwards Special Program related mail to Bob but also deposits the checks for the books and then compiles the semi-annual required reports along with writing the checks to AVA .

July 1st marked the first reporting period for the Fraternal Organization Special Program and here is what was reported for the period January 1, 2013 through June 30, 2013.

Number of participants this period: 124

Number of completed books this period: 9

Income: Sale of program books: (\$10.00 a book) : \$1240.00

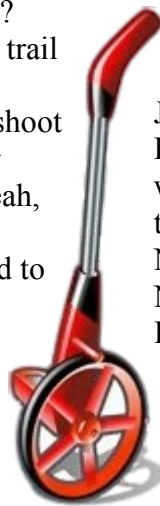
Expenses: \$638.76 (Includes Printing ,Postage, Awards, Supplies, etc.)

Income less expenses (Net income): \$602.24

Amount due AVA = 50% X Net Income: \$301.00

Amount sent to AVA with this report: \$301.00

So the Fraternal Organization Special Program is off to a good start. Thanks to all those folks that support it by buying the books and thanks especially to Bob & Kitty for all their hard work along the way.



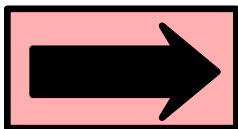
Walkers like to hear about most wildlife encountered while measuring or marking a trail---But NEVER mention snakes.



People get funny faces and make weird gestures when legless critters are referred to as possibilities for observance along a path???

Prior to GPS, measuring a trail meant hours pushing the “wheel” around the mapped route. All in vain! One walker could shoot all that work down by saying, “My pedometer indicates this trail is a little long (or short). Yeah, right?”

I like the use of ribbons and arrows as opposed to mapped routes. No matter what is used



somebody will undoubtedly question the directions or miss a turn. Frequently the thing that you hear a

lot is “there was no turn marked at such and such a street”, when checked there it is—a big (maybe small) arrow on the telephone pole right in plain sight.

It is also advisable not to have a tall person putting up ribbons and a short person removing them!

# 2013 - 2014 Atlantic Region Calendar

This calendar is a compilation of the data taken from the AVA Walking Events list on the AVA website. Since new walks are always being added we would suggest referencing the AVA calendar for a definitive up to the minute list of current walking events in the region. Here is the link to AVA Calendar - [http://www.ava.org/ava\\_search.asp](http://www.ava.org/ava_search.asp)

## September 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	W	Virginia Volkssports Assn.	Martinsville VA	757-766-3065
2	W	Virginia Volksmarch Assn.	Lynchburg VA	757-766-3065
7	W	Freestate Happy Wanderers	Laurel MD	301-490-5850
7 & 8	W	Susquehanna Rovers Volksmarch Club	Tamaqua PA	717-567-6815
9	NW	Northern Virginia Volksmarchers	Fairfax VA	703-971-6468
14	W	Great Greenbelt Volksmarchers	College Park MD	301-937-3549
14	W	Viriginig Vagabonds	Hampton VA	757-766-6065
14	W	Northern Virginia Volksmarchers	Burke VA	703-644-0189
14	W	Liberty Bell Wanderers	New Britain	215-442-1337
14 & 15	W	Penn Dutch Pacers	Quarryville PA (Enola Rail Trail #2)	717-393-6700
19	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
21	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
21	W	Gater Volksmarch Club	Norfolk VA	757-421-0070
22	W	Liberty Bell Wanderers	Macungie PA	215-442-1337
22	W	Maryland Volkssport Assn.	Annapolis MD	410-507-0924
28	W	Piedmont Pacers	Frederick MD	301-922-1592
28	W	Loudon Walking & Volkssport Club	Lovettesville VA	703-737-2175

## October 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
5	W	Virginia Vagabonds	Hampton VA	757-766-3065
5	W	Baltimore Walking Club	Baltimore MD (Druid Hill Park)	443-504-5552
5	W	Princeton Area Walkers	Bordentown NJ	609-259-2365
5 & 6	W	Ft. Belvoir Outdoor Rec/DMWR Special Events	Fort Belvoir (Alexandria), VA	703-805-2394
6	W	Liberty Bell Wanderers	Perkasie PA	215-442-1337
12	W	Freestate Happy Wanderers	Cambridge MD	410-437-2164
12	W	Lee Lepus Volksverband	Colonial Heights VA	804-768-0055
12	W	Susquehanna Rovers	Carlisle PA (Carlisle Barracks Octoberfest)	717-379-8945
17	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
18	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
19	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
19	W	Columbia Volksmarch Club	Ellicott City MD	410-290-6510
19	W	Penninsula Pathfinders of Virginia	Hampton VA	757-851-9252
20	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
26	W	Virginia Vagabonds	Newport News VA	757-766-3065
26	W	Seneca Valley Sugarloafers	Rockville MD	240-753-0009
26 & 27	W	First State Webfooters	Rehobeth Beach DE	302-227-2551

## November 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
2	W	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
2	W	Piedmont Pacers	Sykesville MD	301-922-1592
3	W	Germanna Volkssport Association	Fort AP Hill VA	540-455-0772
8-10	3W	York White Rose Wandereers	Gettysburg PA	717-677-6511
9	S	York White Rose Wandereers	Gettysburg PA	717-677-6511
9	W	York White Rose Wandereers	Gettysburg/Ortanna PA	717-677-6511
16	NW	Seneca Valley Sugarloafers	Gaithersburg MD	301-385-0054
21	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
23	W	Baltimore Walking Club	Darlington MD (Conowingo Dam)	410-638-7043
29 & 30	3W	Susquehanna Rovers	Hershery PA (Walkfest)	717-379-8945

## December 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
7	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
7	W	Penn Dutch Pacers	Lititz PA (HolidayWalk)	717-625-3533
14	W	Maryland Walking Assn.	Annapolis MD	301-509-6748
13-14	NW	Penninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
13-15	S	Penninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065

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

}] = Penn Dutch Pacer Event

# 2013 - 2014 Atlantic Region Calendar, cont'd

## December 2013 - cont'd

Date	Type	Sponsoring Club	Event Location	Contact Phone
14-15	W	Peninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
21	NW	Germana Volkssport Association	Fredericksburg VA	540-846-1133
31	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
31	W	Gator Volksmarch Club	Smithfield VA	757-421-0070

## January 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
1	W	Gator Volksmarch Club	Smithfield VA	757-421-0070
4	W	Virginia Vagabonds	Hampton VA	757-766-3065
16	M	<b>PDP Meeting Dinner Meeting • Isaac's Restaurant</b>	<b>Manheim Pk, Lancaster • Dinner prior on your own • Meeting/Elections @ 7:00 PM</b>	
18	W	Seneca Valley Sugarloafers	Cabin John MD	301-385-0054

## February 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
8 & 9	W	York White Rose Wanderers	York PA (Walk Winter Walk Fest)	717-292-3777
20	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		

## March 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
14-16	3W	Keystone State Volksmarch Assn.	Lancaster PA (Atlantic Region Convention)	717-677-6511
14-16	S	Keystone State Volksmarch Assn.	Lancaster PA (Atlantic Region Convention)	717-677-6511
20	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
29	W	Virginia Vagabonds	Norfolk VA	757-766-3065

## April 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
5	W	Seneca Valley Sugarloafers	Germantown MD	301-926-0915
5	W	Virginia Vagabonds	Glouster VA (Daffodil Festival)	757-766-3065
12	W	Lee Lepus Volksverband	Petersburg VA	804-768-0055
17	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
19	W	Peninsula Pathfinders of Virginia	Glouster VA (Beaverdam Park)	757-357-5355

## May 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
3	W	Germana Volkssport Assn.	Fredericksburg VA	540-455-0772
15	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
24	W	Freestate Happy Wanderers	Savage MD	301-572-5574
31	W	Peninsula Pathfinders	Hampton VA (Gosnold's Hope Park)	757-851-9252

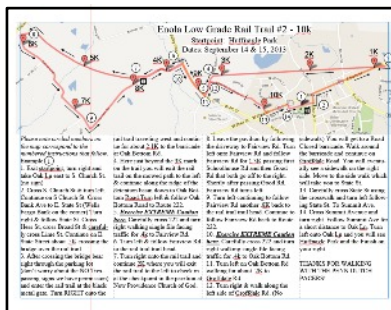
**Legend:** W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, S=Swim  
 Sk=Ski, XSk= Cross Country Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe M=Meeting  
**] = Penn Dutch Pacer Event**

Cont'd from Page 1 – Walking the Enola...

have embraced the trail, they see it as an asset, and have installed or are installing trail heads and signage. You will see a marked difference in the two sections of the trail that we will be walking. That's because the rail trail is a work in progress and will continue to be enhanced as more and more people find out about it. Finally we have a tremendous walking resource along a corridor running from Atglen to the Susquehanna River and eventually north along the river, connecting to other established

trails in the area. You will be provided with a detailed, annotated map with written directions for this walk. And if you haven't done so you can get our Enola Rail Trail patch. If you already have the patch you can purchase a pin for \$1.00 to add to your patch for this walk. So, please join us for what will surely be an enjoyable

adventure on an exciting new section of a great walking resource that has been made available to us. And even as we are anticipating this walk in September we are working on bringing you more sections of this great trail. So stay tuned so you won't miss any of our future adventures on the Enola Low Grade Rail Trail.



We also enjoyed the Westward Expansion Museum and movie of the Lewis and Clark journey. The Missouri Botanical Gardens near Forest Park provided a relaxed afternoon with plenty to explore. There were glass installations by Dale Chihuly, pincushion gardens and fountains.

Day 7: No official volksmarches today. Onondaga Cave State Park south of St. Louis was on the agenda to cover Maura's penchant for bats and Tiernan's for caves. This was a great tour for both of them and Maura was able to see live bats (including a mother with a youngster) in a natural habitat - a highlight of Maura's trip. We visited a childhood friend of Monica's and the children had a great time playing with new friends and having a picnic dinner.

Day 8: Started the day with a volksmarch in Hartford, IL, site of a Lewis and Clark state historic site – Camp DuBois, where Lewis and Clark overwintered from 1803-1804 prior to departing in May of 1804. A display packed museum and reconstructions of the fort and cabin on site were full of information. The walk took us to the overlook of the confluence of the Mississippi and Missouri Rivers where Lewis and Clark really began their expedition. We took a break for lunch and then visited White Haven National Park – site of President Grant's home. Another Jr. Ranger opportunity. This park is located just beside the tourist attraction of Grant's Farm, but was not busy at all – a great way to end our busy week as we flew home early on Day 9.



venture in this gem of a park in Southern Lancaster County. We originally held a weekend walk in Muddy Run Park followed by several years of a sponsored seasonal event starting from the camp store. (Another Muddy Run seasonal walk may be in the offing. Stay tuned.) For our second walk of 2013 the weather again smiled on us with Saturday in the mid 80's with a light on and off breeze. Our start point in what is known as the upper pavilion, based on the fact that it is the pavilion situated at the highest elevation in the park, is nestled in the edge of woods and provided an excellent, comfortable startpoint with a breeze both days. On Sunday temperatures made it into the lower 80's with an overcast sky which made for pleasant walking in the slight mugginess.

The help that pre-walkers provide is always extremely valuable but on the Muddy Run Pre-walk much like the pre-walk in Bainbridge the walkers found a 10k trail that couldn't be safely walked as originally laid out. Unlike Bainbridge where trees from a storm the previous week blocked the trail and between the pre-walk and the actual walk the township cleared the trees. The clearing solution was not an option at Muddy Run.

Two particular areas of the trail walk were not safely passable. The first area was not walkable because a combination of the steep, slippery terrain and a number of downed entangled trees, one on top of the other, made it a very dangerous area to get through and the other portion was a trail that was marked but was so grown up that it couldn't be found from the direction we intended to walk it.

The first area was by-passed by changing the location of the checkpoint and joining the yellow blazed lake trail beyond the downed trees and the second area was by-passed by simply staying on the lake trail (we had originally included a section of another supposed trail that left the lake trail and rejoined it at the dam) the entire perimeter of the lake.

We have another great PDP walk in books thanks again to all the volunteers including the pre-walkers that put in

## Muddy Run Wasn't

What it wasn't was... muddy and what it was was a resounding success. There are not many woods walks anymore either by the Penn Dutch Pacers or other clubs for that matter at least in the mid-Atlantic and apparently there was a pent up demand for a good walk in the woods.

And a good walk in the woods is what the trail in Muddy Run Park provided. It had been a been decade since our last

*Cont'd in the next column*

Muddy Run Results	Award & Credit	Credit Only	Non IVV	Totals
5K	15	30	9	54
10k	25	48	9	82
<b>Totals</b>	40	78	18	<b>136</b>

untold hours doing what they know how to do for the benefit of all PDP 's walkers.



# Change in Fee for Non-IVV Walkers

If you missed the July meeting we'd like to make you aware of a change that was voted on and passed that will take effect with walks that the Penn Dutch Pacers sanction in 2014.

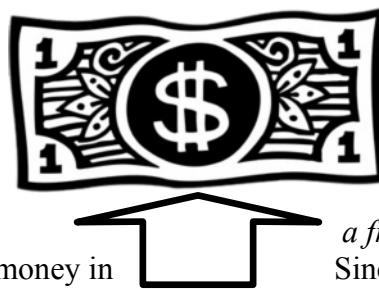
The change has to do with the amount that we charge Non-IVV walkers. Currently we charge walkers that don't participate in the IVV program but who want to walk our events \$2.00. That is a dollar less than if you are participating in the IVV program where you purchase books and get them stamped and send them in when full to get certificates and awards. The reality here though is that the person who is participating in the IVV program and the one who is not participating is getting the same exact thing. They walk the same trails, have access to the same literature and brochures, eat the same food, use the same startpoint, go through the same checkpoints and park in the same parking lots all of which costs the club money in many instances. So why should the person who is simply not recording their walks in books pay less.

For a long time AVA promoted walking FREE however it's been sometime since PDP has had free walkers since we realized that in order to stay viable financially it was only fair for all walkers who walked our events to help defray the considerable costs involved with producing a walk. The other thing is something called "perceived value". The perception is that if something is "free" that it has no value and conversely that if there is a cost involved, however minimal, that they are getting something in return for the monies paid. Something that has value. In the case of a volksmarch event they are getting huge value for their money. They receive the benefit of in many cases of hundreds of combined volunteer hours plus all the other amenities, many of which cost the club money, that come along with a well planned and executed walk.

PDP was one of the first clubs to eliminate free walkers and some folks were not happy about it to say the least. That's why its so ironic when our former Atlantic Region Director Sam Tollet recently penned the following:

*"Historically free walkers very seldom convert to Volksmarchers who maintain IVV Event /Distance Books. Once an individual has been convinced and encouraged by a club member to walk for free, then seldom will they ever become a true*

*VOLKSMARCHER. These free walkers will just continue to delete the money in the club's checking account. Very few clubs realize that these free walkers never contribute financially to the club hosting a walk. The free walkers consume the club's money at each walk, where the walk route is not completely marked, because they require the club to present them trail route instructions. This trail instructions cost, at an average, \$0.50 each. For each 10 free walkers, at an event, your club will have to spend \$5.00 to \$7.00. Eliminate free walkers. Charge each Volksmarcher \$3.00 and indicate that they are either walking as*



*"credit only" or "Non-IVV". Keep your club from losing money. AVA has lost money for the last three years. Reason – free walkers. Each time a free walker participates at your walk, the AVA loses \$1.25 income. Also, each time you have a free walker, your club loses \$1.75 income."*

Since Sam wrote the above the NEC (National Executive Council of the AVA) will be taking up the question of FREE walkers and apparently will consider what the Penn Dutch Pacers have already decided to do at our July meeting. Beginning with walks sanctioned after Decemeber 31, 2013 all walkers at PDP weekend events and YRE/Seasonal events (except children 12 and under) will pay \$3.00 whether participating in the IVV program or not. We will have two categories of walkers which we will report to AVA, i.e. Credit Only and Non-IVV.

So in essence we've simplified things, if you come to a PDP event expect to pay \$3.00 across the board to walk and of course if you want a patch that's extra and icing on the cake for both the club and the walker, no matter whether you participate in the IVV program (which we would encourage everyone to do) or not. Thanks in advance for everyone's continued support of the Penn Dutch Pacers.

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*Cont'd from Page 10 – PDP Picnic ...*

of go with the flow of the day. The approximate times are for those who may not be able to do the pre-walk but want to come for just the picnic or meeting. We must be cleaned up and out of the pavilion well before 2:00 PM since someone else has reserved the pavilion for the remainder of the day. It will most certainly be a fun day so, please plan now to attend.

# PDP Picnic

## & Enola Rail Trail #2 Pre-walk Combo

Up till three years ago PDP held their annual picnic and July meeting together which worked fine except for a couple of years running the July heat was not terribly pleasant. Two years ago we didn't have a picnic for no other reason than we forgot to schedule one.

Last year we again held a picnic but in the cooler month of October in combination with our first Enola Low Grade Rail Trail pre-walk on October 7, 2012. This year we have again scheduled a picnic but in September this time in conjunction with our second Enola Rail Trail pre-walk on Sunday September 8th. Actually we've made it a trifecta by scheduling the September membership meeting as well for the same day, the 8th.

We will be gathering at the pavilion in Huffnagle Park for our pre-walk, picnic and meeting. Here's what the schedule for the day looks like:

• **9:00 AM Sharp** - Start of what is essentially a group walk of our Enola Low Grade Rail Trail Walk #2. There will be a group walking 10K and a group walking the shorter distance as well.

• **11:30 AM (approx.)** - Potluck Picnic – 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 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 Weatherholtz (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.

Our picnic like all our meetings is open to all our members and perspective members and this is your personal invitation to attend our picnic even if you don't regularly attend our other meetings. Please come and join us!

• **12:30 PM (approx.)** - September Membership Meeting (lasting about 45 min)

The time table above except for the 9:00 AM sharp start time for the pre-walk is flexible and we will sort



Did you know that the Penn Dutch Pacers have a Facebook page? Yes we do and the reason we do is that if our goal is to get new walkers and members then we need to reach a new audience instead of continually reaching out to people who already know about the Penn Dutch Pacers and volksmarching. Facebook is a place to share information about the Penn Dutch Pacers.

Facebook is a memo board... you can think of it much like leaving a note for family. Using Facebook is like walking to your fence and talking to your neighbor who could be anywhere in the world. And using Facebook is just like turning on the TV and watching news that is posted on fan pages.

Facebook began as a college networking website and has expanded to include anyone and everyone. Facebook was founded in 2004 by Harvard student Mark Zuckerberg and originally was called thefacebook. It was quickly successful on campus and expanded beyond Harvard into other Ivy League schools. With the phenomenon growing in popularity, Zuckerberg enlisted two other students, Dustin Moskovitz and Chris Hughes, to assist. Within months, thefacebook became a nationwide college network website.

In essence, Facebook is a website or "social network" made up of the very friends, family and acquaintances that we want to tell about the Penn Dutch Pacers and volksmarching. These are very people that we need to get involved if we don't want volksmarching to die which it slowly is although nobody wants to say that or admit it.



Facebook allows for quick, personal interaction between club

members and perspective members. Facebook gives PDP and it's membership the ability to easily share club anything including — videos, photos, presentations. Facebook allows for easy notifications to club members and perspective members alike. It is highly unlikely that non PDP members sign up on the PDP e-mail list to get PDP e-mails or look at and read The Pacer Pulse when it comes out.

What Facebook allows PDP to do is to get our

Cont'd from Previous Page

message to people who probably wouldn't see it otherwise. It allows us to encourage and invite those people to come out and to get involved. Facebook allows us to expand our reach at NO monetary cost. The only thing it costs is the very little slice of time it takes for YOU to login to Facebook and then to LIKE the Penn Dutch Pacer page and then to add information for others to see. You might share information on a fun walking experience you had or why you attend Penn Dutch Pacer walks or why you're involved with PDP and why you think others should be. You might share what you like most about volksmarching. The

idea is for each and every one of you to share something which is then shared far and wide. Currently additions to the PDP Facebook page are being done by only ONE person. It is essential that others (read everyone) contribute by adding content. Will you help? Our efforts to get the word out about Volksmarching and the Penn Dutch Pacers on Facebook won't work without you. So if you're in front of your computer now reading this take a moment now to go the the PDP Facebook page by clicking the link below -

[Go to the PDP Facebook Page](#)

The folks listed below are the people that have stepped forward & give their time & talents to make PDP work for you.

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## Sweet Corn and Black Bean Salad

And easy quick, healthy and delicious recipe that you can take anywhere.

**Ingredients:**

- \* 2 cups fresh or frozen and thawed corn kernels
- \* 1/2 cup finely chopped red onion
- \* 2 tablespoons seasoned rice vinegar
- \* 1 tablespoon extra-virgin olive oil
- \* 1 tablespoon lime juice
- \* 1/4 teaspoon sea salt
- \* 1/2 teaspoon ground black pepper
- \* 4 cups no-salt-added cooked black beans, rinsed and drained
- \* 1 red bell pepper, cored, seeded and chopped
- \* 1/3 cup cilantro leaves, finely chopped (Note: People either like or don't like cilantro. If you don't like it lease it out)



**Method:** Bring a medium pot of water to a boil. Add corn and cook for 1 minute, then drain well, rinse in cold water and drain again. (If using frozen corn, skip this step.) Meanwhile, rinse onions in cold water to remove some of their sharp, acidic flavor; drain well and set aside.

In a large bowl, whisk together vinegar, olive oil, lime juice, salt and pepper to make a dressing. Add beans, corn, onion and bell pepper and toss until just incorporated. Cover and chill for about 2 hours. Add cilantro and toss again before serving.

**Nutritional Info:**

Per Serving: 240 calories (40 from fat), 4g total fat, 0g saturated fat, 0mg cholesterol, 220mg sodium, 42g carbohydrate (12g dietary fiber, 4g sugar), 12g protein

**The Pacer Pulse**

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

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Check us out at [www.penn dutch pacers.org](http://www.penn dutch pacers.org)

### MEMBERSHIP APPLICATION/RENEWAL

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  I AM CURRENTLY A LIFETIME MEMBER *All membership fees are renewable in June.*

Membership with virtual delivery of the newsletter -  \$10.00 • 1 year  \$18.00 • 2 years  \$25.00 • 3 years

Premium Membership with USPS delivery of the newsletter -  \$18.00 • 1 year  \$34.00 • 2 years  \$49.00 • 3 years

For *current lifetime members only* - USPS Delivery of the newsletter -  \$8.00 • 1 year  16.00 • 2 years  \$24.00 • 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