

Penn Dutch Pacers Volksmarch Club • Lancaster, Pa 

Penn Dutch Pacers **the pacer pulse**

September, October, November 2015

LANCASTER **Penn Dutch PACERS**
 "Walking for Health, Fun & Fitness"

Time to Put Another Pin in It!

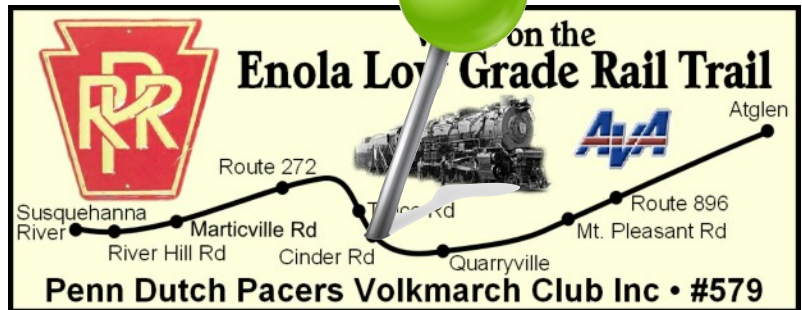
What you will be able to put another pin in is the Enola Low Grade Trail patch precisely where Truce Road crosses the rail trail which is where the Penn Dutch Pacer's third adventure on the rail trail will get its start on Saturday, September 26th. Back on September 14 & 15, 2013 the Penn Dutch Pacers sponsored their second walk along a section of this 23+ mile, essentially flat, rail trail. The trail runs over a former freight 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 1% grade anywhere along its path which was great for the locomotives and is awesome for walking.

This 3rd rail trail walk will explore a completely new section of the rail trail that we haven't walked before. This time we'll be walking further to the west from a somewhat familiar startpoint. We say somewhat familiar startpoint because those of you who joined us for walk #2 saw this location used as the 10k checkpoint back in 2013. This time we're using the pavilion at Providence Church as our startpoint. We'll be leaving the pavilion and walking west along the rail trail as it makes a large sweeping left-hand turn in preparation to make a perpendicular crossing of route 272 as route 272 ventures due south below Willow Street.

One other thing those of you who have walked either of our two previous rail trail walks will notice on this portion of the rail trail immediately upon setting foot on the rail trail is the new surface. Although not macadam the new fine stone dust surface was put into place with a paving machine which makes for an awesomely smooth surface to walk on.

With this third rail trail walk you will be walking west on the rail trail to Saw Mill Road where you exit for about 2K until you get back onto the rail trail at Hollow Rd. Although the rail trial is flat you will experience a gradual incline on an access road from the rail trail up to Saw Mill Road and then when you return to the rail trail at Hollow Rd there is a foot path with a short steep and narrow incline.

The Enola Low Grade, built between 1903 and 1906 by



the Pennsylvania Railroad, was a marvel of engineering for its time and location.

Its construction from Chester Co. to Harrisburg which is almost entirely flat and with curves no sharper than 2 degrees was unique in this geographical region. The intent of the rail line was to provide efficient transport of freight from the East coast to the Midwest freeing up the existing heavily used and less efficient lines for passenger use.

Accomplishing this feat through the relatively inaccessible and often rugged terrain of southern Lancaster County required the efforts of many laborers, both local and immigrant, as well as much of the heaviest equipment of the time. The landscape was significantly changed as evidenced by the large areas of cut and fill. The cuts were achieved through dangerous blasting, while many elevated areas of track were constructed on raised pilings, some as high as one hundred and fifty feet, allowing side dumping cars to be driven on top dumping loads of fill until pilings were encased and the track supported by the fill. Topping off, or rather holding up, this amazing feat of earth engineering are the many stone arch tunnels along the line.

Constructed over roads, creeks and streams, some small, some tall, (as high as 60'), most simple arches and some angled with ribbing, all constructed with 3' x 3' x 6' to 8' stones.

In all, the totality of this engineering and history have earned the Low-grade a place in the National Historic Registry.

Come join us for another fun walk on the rail trail and get another pin in your patch. And of course if you don't have a patch you can get one of those at the finish point so that you have some place to put the pin for this walk and future rail trail walks as well.

Let's Make America a Healthier Place and Start Walking

By Jay Walljasper

People from across America will gather in D.C. this fall to proclaim walking as human right.

Walking is moving fast these days.

We may think of it as a slow activity, but travel by foot is quickly being recognized as an effective prescription for health, a convenient means of transportation, a great way to meet people, a smart strategy for saving money and a lot of fun.

--The US Surgeon General is soon expected to announce a Call to Action urging Americans to walk more, which medical studies show prevents diseases ranging from diabetes and heart disease to depression and dementia by rates of 40 percent or more.

--Secretary of Transportation Anthony Foxx recently announced an all-out effort to make walking safer across America. "Bicycling and walking are as important as any other form of transportation," he says, noting how little federal policy has focused on pedestrian and bike safety until now.

--The federal Centers for Disease Control and Prevention (CDC) set a daily minimum for walking and other forms of physical activity: 30 minutes a day five days a week for adults, and 60 minutes seven days a week for youth.

--Health care providers are embracing walking as a vital sign of health. Bernard J. Tyson, CEO of the 10-million member integrated health system Kaiser Permanente network, advises, "You don't have to be an athlete to be physically active, just walk, walk, walk!"

--Real Simple magazine extolled walking as "America's untrendiest trend" in a cover story last year. And this spring, the New York Times Magazine devoted its entire issue to walking. One of the most popular recent music videos ---Pharrell Williams's "Happy" with 675 million views---is a joyful celebration of stepping down the street.

---Six in ten Americans now take a walk at least once a week, and 20 million more of us now walk for recreation, transportation and exercise than in 2005, according to the CDC. It's free, relaxing and easy-to-do almost anywhere at any time.

--And coming up October 28-30 is the second 2nd National Walking Summit, when health professionals, business leaders, government officials and everyday citizens gather in Washington, DC to draft plans for getting more people on their feet and making our communities more walkable. It brings together folks in the growing walking movement to meet and share stories.

"There's a huge shift going on as people see the benefits of walking," says Scott Bricker, Director of America Walks, a coalition of more than 530 local advocacy groups in all 50 states. "The Summit is a chance for everyone to learn and strategize and find resources about how to take walking to new levels back in their communities. We also want to celebrate all that's happening."

"For people from across the country, it will broaden the sense of what's possible by seeing and hearing what's going on in other places," adds Kate Kraft, National Coalition Director of America Walks and the Every Body Walk! Collaborative, a diverse network of organizations from AARP and NAACP to the National PTA.

The Summit features a major address about walking as a right for all Americans by Dr. Robert Bullard, an early champion of the

environmental justice movement. Conference participants are invited to "Walk Capitol Hill" for meetings with Congress members about policies to promote walking. There will be many opportunities for "netwalking"---strolling conversations with conference speakers and fellow participants. Field trips will fan out to noteworthy destinations across the DC area---heralded by some observers as America's best metro region for walking.

Workshops and panels will showcase experts in many fields offering what they've learned from years of successful research, advocating, organizing, lobbying, designing and implementing ideas to make life more safe, convenient and comfortable for everyone on foot. Subjects range from making walking easier for kids and seniors to new technologies to empower pedestrians. Success stories from Maine to San Diego, rural Tennessee to Detroit, Brownsville, TX to Syracuse NY are already on the schedule.

The Summit follows up on the first ever National Walking Summit held in 2013. Tyler Norris, one of that event's organizers and a Kaiser Permanente vice-president, remembers, "At first we wondered whether people would come, and we wound up with a standing-room-only crowd of 400 from 41 states. Last time Kaiser Permanente, which powers Every Body Walk!, was the sole event sponsor working in partnership with America Walks. But this year we've got more than 20 sponsors already, including AARP, the National Association of Realtors, Local Initiative Support Corporation and many philanthropies including WK Kellogg and Robert Wood Johnson Foundations."

"We are expanding our focus this year," he says, "to make sure walking is accessible for everyone, especially vulnerable populations in lower socioeconomic communities where infrastructure has not been invested in and pedestrian and public safety are significant issues."

"Every body, no matter their income or race, deserves to have freedom of choice when it comes to transportation," agrees Kate Kraft. "It's a question of fairness." (To ensure wide diversity at the Summit itself, America Walks is offering scholarships for conference fees and, in some cases, transportation.)

Other headline themes at the summit include:

Walkable Communities Advocacy 101-- Unlike motorists and bicyclists, who are vocal in championing their rights, walkers have been largely silent about what they need for safety and convenience---until now. The walking movement is now speaking out about how to improve walking conditions for people on foot in cities, suburbs and small towns. Learn techniques and tactics from folks who are making a difference in their own hometowns.

Vision Zero-- People killed walking across the street (as well bicyclist and motorist fatalities) are often viewed as an unfortunate but inevitable fact of life, just as drunk driving and domestic abuse once were. But those tragedies have declined over the past 30 years thanks to vigorous public education campaigns and more vigilant law enforcement---and the same can happen with traffic fatalities, as has been shown in Sweden where both pedestrian and motorist deaths have declined by half since 2009. The

PRESIDENT'S COMMENTS



*By
Pete Byrne*

What a glorious summer! The weather has been so cooperative for walking. I hope you have been out on the trails. It will be interesting to see the 3rd quarter YRE statistics.

Our Manheim Township Community Park walk was a success, even though the numbers were down. We did introduce many walkers to this excellent recreational venue. I'm now looking forward to our September walk along the Enola Low Grade rail trail. It is encouraging to see so many new rail trails and river trails being developed. We'll have new walking locations for years to come.

You may recall that three newsletters ago (Dec '14 – Jan, Feb '15) we talked about the concept of an Event Coordinator who would assume responsibility for coordinating all of the activities necessary to put on a walk. Note that I said coordinating, not doing! Our upcoming walk in December will be an example of a walk developed and coordinated by one of our members. That member came up with the theme concept, obtained approval, confirmed the start point, created a draft trail, and wrote the trail instructions. Other members will support the walk by obtaining volunteers to staff the start/finish and checkpoints. If you have an idea for a walk, develop your idea and bring it to our regular monthly meeting. We'll help you put it together so you can see your idea become a reality.

At our annual meeting in January 2016, we must elect a President and

MEMBERS & MILESTONES

WELCOME NEW MEMBERS

- Ruth Myers
- James and Evelyn Bailey

**RENEWED FOOTPRINTS
ON THE TRAILS**

- Bonnie and Bart Eckhardt
- Kitty Glass
- John and Cheryl Cooney
- Barry Hitchcock
- Elaine Bornstein
- Patricia and Joe Strausbaugh
- Jeanne Schopf
- Richard and Anita Lipkowski
- Rosalie Angeline
- Bob and Letty Zook
- Doug and Toni Hoey

two Vice Presidents. In accordance with our by-laws, I cannot be reelected. Thus, we must identify candidates who are willing to run for the office of President. If you are willing to serve your club as its President, let me know. Anyone willing to serve as a Vice President, Secretary, Treasurer, Membership Coordinator, Sales Coordinator, Publicity Coordinator, or Historian will be welcomed with wide open arms, especially by those who have been doing these jobs for many years. It is time to allow some of our long-time volunteers to put down their load and enjoy the walks without having to work. It is time for some of our newer members and long-term members who haven't contributed to step up. I'm looking at YOU!

Call me. *-Pete*

Cont'd Renewed Footprints

- Kathy and Edward Schoenberger
- Terry Brown
- Steven and Carol Schell
- Leroy and Janice Copenhaver
- Nancy Fellenbaum
- Valerie and Henry Cifuni
- Mary Ann and Edward French
- Carol and Dietmar Pilz
- Anna and Steven Brennan
- David, Monica, Tiernan & Maura Barber

*From American Wanderer
April/May 2015*

75 Events

Angela and Charles Horn

125 Events

Tiernan Barber

350 Events

David Barber

450 Events

John Cooney

**Completion of Walking
the USA "A to Z"**

David, Monica,
Tiernan & Maura Barber

Cont'd from Page 2 – Let's Make America a Healthier...

Volksmarching With Children - Episode 3

By Monica & David Barber

Our volksmarching vacation began with an early flight to San Francisco, CA. We drove directly to Zamora, CA to walk the 5 Km to get a “Z” for our Walking the USA, A

to Z book. After completing this walk which skirted an almond grove, we headed on to Sacramento, CA.



Zamora, CA town hall (Tiernan, Maura, Monica)

As an interesting aside, we received a great note from the Sacramento Walking Sticks President, Barbara Nuss when we arrived home after our trip. She was interested to hear about our volksmarching experiences because we included a note thanking the club for having a “Z” walk and how we would be finishing our A to Z book on this vacation. What a fun correspondent she has been!

Our second day found us zipping over to Carson City, NV to pick up the capital 10 Km for both our Walking the 50 States and 50 Capitals books. We also stamped our “X” in the A to Z book, using the “wildcard” option. This was a better than expected walk – we walked past old Carson City with some interesting architecture, through a newer development area, and by the Capital building and state museum. We walked with plenty of water as the temperatures in this desert town were well in the 90s. Tiernan had a great time checking out a three story slide tower in a playground area we passed. The scenery both driving to the walk – around Lake Tahoe – and during the walk was quite spectacular. Pictures do not really capture the grandeur. As a kid friendly activity, we drove to Reno, NV for the University of Nevada’s Fleishmann Planetarium – interesting exhibits and planetarium shows. We walked the Sacramento, CA 11 Km for the capital. This walk passed some interesting sculptures in the downtown area and Fort Sutter (named for the same General Sutter that is the namesake of Lititz’s General

Continued on Page 5, Column 2,

solution: moving toward the goal of zero fatalities by taking practical steps to deter distracted drivers, curb speeders and improve the streets for all people on foot, on bikes and in vehicles. New York adopted similar policies and practices in 2014, and saw a 27 percent drop in people walking killed by cars---the lowest in a hundred years. Chicago, Los Angeles, Pittsburgh, Boston San Francisco and Portland are launching similar campaigns. Local activists along with leaders from a new national organization will be sharing their vision of safe streets for all at the Summit.

Healthy Habit-- New scientific research confirms the key role walking plays in fostering good health. A major study from Cambridge University tracking 300,000 people over 12 years found that lack of exercise is twice as deadly as obesity. “Walking is like medicine for my patients. If walking was a pill or surgical procedure,” it would be all over the news, says Dr. Bob Sallis, a family practitioner in Fontana, California. Sallis is just one of many health care providers, researchers and policymakers planning to attend the Summit.

Other Benefits of Walking--Beyond better health, walking has been proven to improve lives in other important ways by strengthening social connections, revitalizing our communities, lowering health care costs improving kids’ school performance and cutting household expenses.

“The benefits of walking are becoming widely understood--- it’s fun. It’s good for your health. It builds community, and so much more,” notes Tyler Norris.

More information about attending the National Walking Summit Oct. 28-30, 2015 can be found here. Apply for a scholarship here.

Reprinted with permission from the author. Jay Walljasper is a writer and speaker who explores how new ideas in urban planning, tourism, community development, sustainability, politics and culture can improve our lives as well as the world.

Health Benefits of Walking Barefoot

- * Connect to Nature
- * Decreases emotional upset and anxiety
- * Absorb free energy from the Earth
- * Pushes off the body’s dirty electricity absorbed from electronics
- * Strengthens and stretches the muscles, tendons, and ligaments in your feet, ankles, and calves
- * Provides free reflexology and toe stretching
- * Improves Circadian rhythms
- * Delivers all the benefits of Grounding and Earthing

David Avocado Wolfe

Overlook Follow Up

On a clear, sunny, and warm day, 84 pleasantly surprised walkers enjoyed the winding trail through Overlook Community Park. The walk offered several excellent bird-watching opportunities for those so inclined and a chance to explore the Manheim Township Public Library. The well-marked crossing at the Fruitville Pike continued on a path along a small stream through a stand of younger trees – did you run into the Canada geese? Many walkers were able to catch a few Little League baseball games in the neighborhoods around Bucher elementary school as they skirted the school’s ball fields. Some walkers also witnessed a “fun run” in the morning as that course overlapped our volksmarch trail. Our finish point workers reported many positive comments about this event.

Please remember to grab a few brochures for our upcoming events and distribute them when you walk other club’s events.

Overlook Park Results	5k	10k	Totals
Award & Credit	2	14	16
Credit Only	15	40	55
Non-IVV	4	9	13
Totals	21	63	84

Sutter Inn.) The majority of the walk was city sidewalks with the last 1 Km in the touristy Old Town Sacramento. The buildings were interesting along the boardwalk – old exteriors with modern tourist shops inside – reminding us quite a bit of Tombstone, AZ.



Funky animal statues outside the Sacramento, CA Courthouse (Tiernan and Maura)

Our drive to the Yosemite area took in some spectacular, and spectacularly dry, scenery. Do you know what a red flag warning is? We saw these signs along the highway and had to look it up on the highway patrol’s site. If you see a lightning strike and smoke, call 911 to report. The fear of wildfires is very real in California during this extended drought. We stayed

Continued on Page 7, Column 2, bottom



Both hard working volunteers and walkers at the pavilion startpoint in Overlook Community Park



Hi I'm George Resh PDP's 1st Vice President

Hi I'm David Barber PDP's Trailmaster

Hi I'm Karmi Keiser PDP's Volunteer Coordinator

Hi I'm Chris Resh PDP's Historian

2015 - 2016 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

September 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
05	W	Virginia Volkssport Association	Tappahannock VA	757-766-3065
06	W	Virginia Volkssport Association	Warsaw VA	757-766-3065
07	W	Virginia Volkssport Association	King George VA	757-814-1417
12	W	Annapolis Amblers	Upper Marlboro MD	301-805-4278
12	W	Germanna Volkssport Association	Colonial Beach VA	540-455-0772
12	W	Princeton Area Walkers	Hillsborough NJ	908-208-9821
12	W	Northern Virginia Volksmarchers	Burke VA	703-644-0189
12	W	Germanna Volkssport Association	Colonial Beach VA	540-455-0772
12	W	Gator Volksmarch Club	Norfolk VA	757-421-0070
13	W	Columbia Volksmarch Club	West Friendship MD	410-290-6510
16	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
19	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
19	W	Cumberland Valley Lead Foot	Mt. Holly Springs PA	717-677-6511
19	W	Peninsula Pathfinders of Virginia	Newport News VA	757-930-4538
20	W	Liberty Bell Wanderers	Macungie PA	610-906-6252
24	GB	York White Rose Wanderers	Damascus VA	717-677-6511
26	W	<i>Penn Dutch Pacers Volksmarch Club</i>	<i>New Providence PA</i>	<i>717-786-7118</i>
26	W	Susquehanna Rovers Volksmarch Club	Eagles Mere PA	717-567-6815
26	W	Seneca Valley Sugarloafers	Frederick MD - Oktoberfest	301-431-6668
26	W	Loudon Walking & Volksmarch Club	Lovettsville VA	703-737-2175
27	W	Annapolis Amblers	Annapolis MD	410-224-0907
28	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808

October 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
03	W	Seneca Valley Sugarloafers	Frederick MD	301-431-6668
03	W	Loudon Walking & Volksmarch Club	Boyce VA	703-737-2175
03	W	Princetown Area Walkers	Bordentown NJ	609-259-2365
03-04	W	Fort Belvoir - DFMWR	Fort Belvoir VA	703-805-2394
03	W	Virginia Vagabonds	Yorktown VA	757-766-3065
10	W	Lee Lepus Volksverband	Powhatan VA	804-768-0055
10-11	W	Susquehanna Rovers Volksmarch Club	Lingelstown PA	717-599-5033
16-18	3W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
16-18	S	US Freedom Walk Festival Club	Arlington VA	703-209-0174
17	W	Freestate Happy Wanderers	Laurel MD - Laurel Municipal Pool	301-717-3604
21	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
24	W	Columbia Volksmarch Club	Elkridge MD	410-290-6510
23-25	W	Liberty Bell Wanderers	Willow Grove PA :: Evansburg State Park	610-906-6252
23-25	W	Liberty Bell Wanderers	Willow Grove PA :: Norristown Farm Park	610-906-6252
23-25	W	Liberty Bell Wanderers	Willow Grove PA :: Tyler State Park	610-906-6252
23-25	W	Liberty Bell Wanderers	Willow Grove PA :: Washington State Park	610-906-6252
24-25	W	First State Webfooters	Rehobeth DE	302-697-1191
31	W	Seneca Sugarloafers	Rockville MD	240-753-0009
31	GB	York White Rose Wanderers	Rockville MD - Rock Creek Park	717-677-6511

November 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
07	W	Germanna Volkssport Club	Spotsylvania VA	540-455-0772
07	W	Baltimore Walking Club	Forest Hill MD	410-638-7043
14	W	Seneca Valley Sugarloafers	Sandy Spring MD	301-980-8932
14	S	York White Rose Wanderers	Gettysburg PA	717-677-6511
14	W	York White Rose Wanderers	Ortanna PA	717-677-6511
13-15	W	York White Rose Wanderers	Gettysburg PA :: Pickett's Charge	717-677-6511
13-15	W	York White Rose Wanderers	Gettysburg PA	717-677-6511
13-15	W	York White Rose Wanderers	Gettysburg PA :: Ghost Walk	717-677-6511
13-15	W	York White Rose Wanderers	Gettysburg PA :: Ortanna Winery Walk	717-677-6511
14	W	Seneca Valley Sugarloafers	Sandy Spring MD	301-570-4235
18	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		

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

2015- 2016 Atlantic Region Calendar

December 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
05	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
11-12	NW	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
11-13	S	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
12-13	W	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
12	W	Annapolis Amblers	Annapolis MD	301-509-6748
19	W	Germanna Volkssport Association	Fredericksburg PA	540-455-0772
31	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
31	W	Gator Volksmarch Club	Smithfield VA	757-421-0070

January 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
01	W	Gator Volksmarch Club	Smithfield VA	757-421-0070
16	W	Seneca Valley Sugarloafers	Cabin John MD	301-385-0054
20	M	PDP Monthly Meeting :: Annual Dinner Meeting Location TBA		

April 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
09	W	Lee Lepus Volksverband	Palmyra VA	804-731-2863
16	W	Peninsula Pathfinders of Virginia	Hampton VA	757-357-5355
20	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		

May 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
18	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
21	W	Peninsula Pathfinders of Virginia	Newport News VA	757-357-5355

Legend: W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, NB=Night Bike, GB=Guided 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 5 – Volksmarching with...



Walking Yosemite Valley (Maura and Tiernan)

just outside Yosemite's entrance at Tenaya Lodge. We'd highly recommend this accommodation to anyone traveling in this area. The cottages were comfortable and well-appointed with views of beautiful redwood trees. The volksmarch

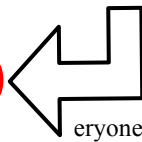
registration for the Yosemite walk is in the little town of Mariposa which we happened to have to drive through to get to our lodging, so we registered as the distance from the registration to the walk start point was at least an hour's drive on somewhat intimidating mountain roads. Our lodging was also an hour from the actual start point within the park so we started our day for the 21 Km walk in Yosemite Valley very early to avoid the worst of the heat – 108 degrees reported while we were there. The walk was along what would normally be a fairly large stream/river, but it was

definitely showing us just how dry the area had been. We enjoyed views of El Capitan, Half-Dome, Bridal Veil and Yosemite Falls along with a stop off at the Visitor's Center. The brief film shown emphasized John Muir's preservation efforts and the impact he had on Theodore Roosevelt's conservation mentality. Did you know that Abraham Lincoln issued the grant for part of what eventually became part of Yosemite National Park on June 30, 1864? This grant protected Yosemite Valley and the Mariposa Grove of giant redwoods. Theodore Roosevelt extended the Yosemite National Park to include a much broader area encompassing 748,036 acres. Before leaving the Yosemite Valley we visited the Mariposa Grove of giant redwoods which is now being restored (as of July 5, 2015). The area will be returned to a more natural state to better protect the habitat of these magnificent trees that live 2,000 or more years! The National Park Service is removing roads and making it an area that will only be reachable by hiking in so the tree roots will be protected from further damage. We were thrilled to be able to visit just prior to the area being closed for this restoration work. From the very hot, dry Yosemite Valley to the cool mists of San Francisco! What a difference in the

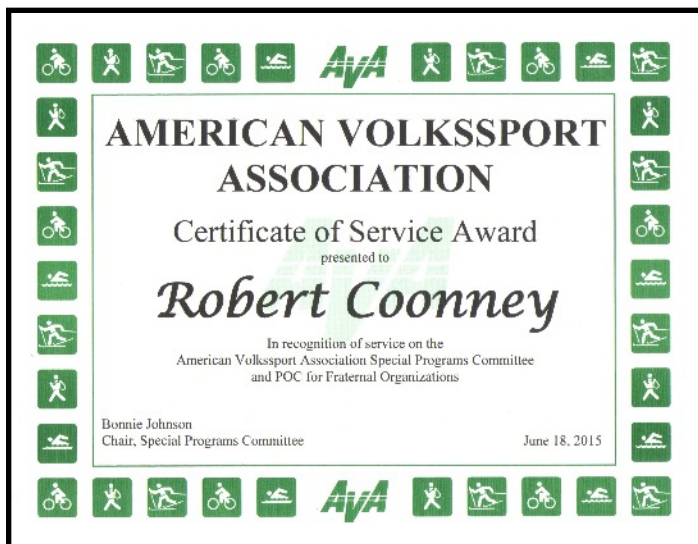
2nd Quarter YRE Update

2015	AT15/	1st Quarter			2nd Quarter		
		Paid	Free	Subtotal	Paid	Free	Subtotal
EPHRATA	Y0174	11	1	12	24	0	24
LANCASTER Downtown	Y0178	3	1	4	9	1	10
LANCASTER West	Y1117	1	0	1	25	1	26
LITITZ History	Y1283	10	0	10	25	4	29
LITITZ North	Y0123	4	0	4	8	0	8
MANHEIM	Y1929	10	0	10	13	0	13
MILLERSVILLE	Y1882	9	0	9	13	0	13
NEW HOLLAND	Y1372	8	0	8	8	0	8
SUSQUEHANNOCK	Y1284	0	0	0	30	4	34
2015 stats		56	2	58	155	10	165
2014 stats		128	3	131	117	4	121
2013 stats		111	7	118	179	9	188
2012 stats		197	17	214	124	13	137

If you remember when we reported on the PDP YRE events after the first quarter things didn't look too good. All we can say is what a difference three months makes. We've included the 1st quarter along with the results from the 2nd quarter in the grid to the left so you can see the difference for yourself. The results from the 2nd quarter of 2015 are the second highest in the last four years and our newest YRE at Susquehannock State Park hit a home run after bombing out in the first quarter. (There's more on the Susquehannock State Park walk in the article on page 9.) The next two quarters will have to be stellar to make up for the dismal 1st quarter. We'll give you the stats for the 3rd quarter and the round up at the end of the year and we'll see where we end up. Thanks to everyone who has walked any of the YREs and also thanks to Ginny Hunsberger for doing a great job as YRE Coordinator and of course for all the stats in the adjoining chart.



Bob Coonney Recognized



Programs Committee Chair, Bonnie Johnson with the certificate and patches shown here.

We would also like

weather – actually chilly! We experienced the famous San Francisco mist, but it does not dampen the enjoyment of



Waiting for San Francisco Cable Car (Tiernan, Maura and David)

For a number of years now the Penn Dutch Pacers have been the sponsor of several Special (Walking) Programs. PDP currently sponsors the Fraternal Organization program which ends 12/31/2015 and before that sponsored the Museum Walk America program. The only reason that PDP has been able to sponsor these programs is that we have a very dedicated individual who doesn't often get enough credit for all that he does to make PDP's special programs possible.

Bob Coonney has recently been recognized by the AVA Special

to take this opportunity to again thank Bob for all the work he does behind the scenes to make PDP's Special Programs the success they are for the participating walkers and also for PDP as well.

The programs generate additional interest for walks that qualify and also help PDP to continue financially.

A BIG

THANK YOU

for all you do Bob!

volksmarching in this fun city. The start point of the Highlights of San Francisco walk was the Museum de Mechanique – an interesting museum of working penny arcade games/shows up to present day video games. You could spend hours and many quarters in this museum! The start point lacked directions for the walk we wished to do, but the contact was able to email us the directions so we were able to do this HILLY walk! Our FitBits

Continued on Page 11, Column 1

Getting a Slow Start

This getting a slow start article could really be about any of us getting up in the morning when it would feel so much better to stay snuggled under the covers for another hour or so. But what the article is really about is our newest YRE event (should have been a Seasonal Event [more on that later]) at Susquehannock State Park in Southern Lancaster County. This YRE was originally conceived as part of the KSVPA Pennsylvania State Parks & Forest Challenge that runs through 2016.

When we reported the first quarter participation in the June, July, August edition of *The Pacer Pulse* our YRE events participation at

Susquehannock State Park stood at a big fat zero.

Although the walk in Susquehannock State Park was originally sanctioned as a YRE event we soon realized that it was not realistic to expect folks to walk the challenging remote trails in the park all year round since the winter weather dramatically influences the trails walk-ability and safety.

Thus the deployment of the Susquehannock State Park walk box was purposely delayed until early April and the walk did not officially kick off until mid April when the first walker hit the trails. The fact that the walk wasn't available for walkers in the first quarter easily explains the fact that there were zero walkers.

You can see the 2nd quarter YRE results opposite on page 8 of this

newsletter and will notice there that attendance for the 2nd quarter at Susquehannock State Park was a respectable 34. In fact Susquehannock State Park beat out the other eight YREs for the quarter.

So the Susquehannock State Park walk is well on its way after it finally got started.

We had mentioned earlier that the Susquehannock State Park walk in retrospect should have been sanctioned as a seasonal and in fact next year (2016) it will be a Seasonal Walk and not a YRE. In 2016 the Susquehannock State Park walk will be available from April 1st thru October 31 only. And although still to be decided more than likely than not the walk will be closed before the end of year but that all depends on how

much Winter weather we have in November & December. Stay turned for the exact closing date though on the PDP website at www.penndutchpacers.org and on the AVA site at www.ava.org.

By the way if you're never been to Susquehannock State Park it's well worth the trip for the YRE but even if you

don't do the YRE it's worth the trip just for the vista from Hawk's Point overlooking the Susquehanna River. And here's some very good news... for those that have been to the park before you most certainly noticed the pot-holed and rutted pavement that severely needed patching or repair and that may have landed your vehicle in a service bay for realignment. We are joyous to report that when we checked the start box for stats at the end of June that the entire park road has been gloriously re-paved and is as smooth as a proverbial baby's butt. No more pot holes or realignments!



Just in case you were wondering where the start box is at Susquehannock State Park you can see above it's neatly tucked away in the corner of the information kiosk so that you easily find it.



Hawk Point Overlook offers visitors a glimpse of the Conowingo Reservoir, the northernmost and largest of several hydroelectric impoundments on the lower Susquehanna. Straddling the Pennsylvania and Maryland border, the reservoir generates hydroelectric power and cooling water for the Peach Bottom nuclear reactors while also serving as a popular boating and fishing destination. Located downriver on the far left of Hawk Point, visitors can see Mount Johnson Island, the world's first bald eagle sanctuary. For many years, Mount Johnson Island hosted a pair of nesting bald eagles. Visitors can use the optical viewer or binoculars to spot eagles, osprey, turkey vultures and black vultures that regularly soar by these cliffs using columns of rising air called thermals. Wisslers Run Overlook gives an excellent view of the Susquehanna's naturally rocky riverbed. The overlook also provides a view of the Muddy Run pump storage hydroelectric plant with the impressive 21-span Norman Wood Bridge and Holtwood Dam in the background. The Osprey nest on the large power line towers in front of the overlook.

WILL YOU CONTRIBUTE FOOD OR FOOD SERVICE FOR OUR RAIL TRAIL WALK?

Our previous rail trail walks have started in Huffnagle Park in Quarryville close to which there are plenty of places to grab a bite to eat. The trails even walked by some. But our third walk on the rail trail is much more remote and doesn't offer anyone any close opportunities to fuel up before, after or during the walk.

This is where the Penn Dutch Pacers step in with a food concession at our start point in the pavilion at Providence Church. The pavilion offers cover along with a gas grill and outlets for things like slow cookers. So what we offer food wise is only limited by our imagination and creativity. So if you have that special dish

that you love to prepare and take to covered dish type events please make it to share at the food concession. We of course are also looking for donations of baked goods. Think cupcakes, cookies, bars, cake, pie, etc. If you will be donating

baked goods it would be appreciated if they would already be packaged to sell when you deliver them to the pavilion the day of the walk. You know, a couple of cookies or a bar or two in a zip lock bag, a cupcake, a piece of cake or a slice of pie individually wrapped. Fresh fruit, like bananas & apples work also.

Also slow cooker type things like soups and stews go extremely well too! You can even do baked potatoes in a slow cooker. And if you can provide the slow cooker that's even better and we'll be sure to get it back to you after the event. It should be said here that donations are of course appreciated but we realize that someone may want to contribute by making something but may not feel comfortable donating it. If that is the case please feel free to provide a bill and PDP will be glad to compensate you for the ingredients or if you purchased it for the purchase price.

It's worth saying again that selling food at an event is sometimes the only thing that allows us to complete an event in the black. And in the case of Rail Trail #3 it's not so much a matter of making money but more a matter of providing a service to the walkers by having food since there is no other close source.

Thanks in advance to everyone who contributes to our Rail Trail #3 walk in any way, but especially to those who contribute to our food sales by contributing food or volunteering your time at the concession. Everyone will appreciate your efforts.

If you have any questions or concerns regarding preparing or providing food for the walk, please contact Barb Weatherholtz, who is coordinating food for Enola Rail Trail #3 at 717-625-3533 or e-mail her at bjweather22@gmail.com.



How About You for President!

You might be thinking that the most important election in 2016 will be held in November but you would be wrong. The most important election for you and your club, the Penn Dutch Pacers, will be in January.

Although we are about four and a half months from our next Penn Dutch Pacer election of officers we thought it would be advantageous to mention the fact now that our current President Pete Byrne's second term will be ending in January. And if you're thinking that Pete will just continue as president we'd like to remind you of the fact that the PDP by-laws specifically limit the President to only two consecutive two years terms which gives all of

YOU the opportunity to step forward to serve your club in this most important capacity. It should be said also that this is Pete's second go round as president thus he will have already given eight years of leadership to YOUR club.

In order for the Penn Dutch Pacers to continue to move forward we of course need leadership. And

although the leadership isn't exclusively from the President since it comes from all the officers and named positions collectively as well as those who show up faithfully to the monthly meetings it is important to have a president that can move YOUR club forward for the next two years (probably four years). Is that person you?

You have a little time to think about whether this is a contribution you are willing to make. If you would like to lead your club for the next two years, please attend the

next meeting and make it known to Pete or any of the other officers and they can provide any information that you may need to finalize your decision. Someone has to do it for PDP to continue.... how about you?



Thought of the Moment:

Let's not be that person who shows kindness only when we need something. Let's be that rare person whose motives are never questioned.

Cont'd from Page 8 – Volksmarching with...

showed 135 floors! We enjoyed croissants before the walk at Boudin's Sourdough Bakery (and lunch there afterwards – so yummy). Chinatown was truly like stepping into a Chinese market area. The walk passed by one of the Boy Scout Sea Bases, a Maritime Museum, Coit Tower, and most of Fisherman's Wharf. Walking down Lombard Street and viewing all the beautiful homes

and gardens was one of our favorite sights. After the volksmarch was done, we logged plenty of steps checking out the sights on Fisherman's Wharf. As good tourist's do, we stood in line to ride a San Francisco cable car – definitely a one-of-a-kind experience worth the wait. Our second day in San Francisco we ferried to Alcatraz National Park and took in the sights, sounds and smells.

Wow is the cell block audio tour creepy – even on a bright, sunny day. Absolutely fascinating. We told the kids that we especially liked the prison's Regulation #5: "You are entitled

to food, clothing, shelter and medical attention. ANYTHING ELSE YOU GET IS A PRIVILEGE." That pretty well summed up a prisoner's experience on Alcatraz. The Park Service actually had a former inmate on sight to discuss his experiences while imprisoned at Alcatraz. The Junior Ranger program at this site took you all over the island. We learned



Junior Ranger program on Alcatraz (Maura and Tiernan)

about the history of the island before it became the prison and that now the return of native seabirds is being encouraged. After such an intense start to the day, the San Francisco Aquarium was a fun stop when we returned to the mainland. The sea otters provided us comedy relief with their antics. The aquarium is small, but highly involved with protection of the area's sea life and sustainable fishing practices.

Our trip home was a long one on July 4th, but we did get to see fireworks on the last leg of our flight home – just from the air rather than the ground!

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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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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**Penn Dutch Pacer Meeting
Night is the
3rd *Wednesday* of the Month**



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MEMBERSHIP APPLICATION/RENEWAL

FAMILY NAME _____ FIRST NAME _____ SPOUSE _____

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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 _____

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