

“Time to Walk” Followup

Although the sun that was forecast never showed its face during our December 13th walk in Lititz a lot of walkers certainly used this opportunity to show their faces in Lititz during PDP's last double header walk in 2014. Walkers showed up in droves driven apparently by several compelling reasons. First and foremost we suspect that the most compelling reason

172 walkers showed up in Lititz is Lititz itself. Lititz has an indescribable feel that everyone wants to be part of. Lititz is a vibrant American small town and there's little wonder that in 2013 Lititz was celebrated



From the left Diane and Ed Sandnes (York), Pat Eby (Rovers), Tom Jackson (AT Dir), Pam and Jim Copenhaver (York), Alice Eckardt (Rovers), Barb (PDP), Ann (PDP)

as “America's Coolest Small Town”. Another of those compelling reasons besides the usual awesomeness of a PDP walk was that the Lititz walk was a designated *Time to Walk* Special Program walk and we are sure that quite a few of those who attended

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Thoughts on the January Meeting

We were trying to think of one word that would help us describe the PDP membership meeting that was held at Isaac's on the Manheim Pike in January to those who chose not to attend. The word we came up with was DISAPPOINTING. As we have done for years now, the January membership meeting has been held at a local restaurant so that we can share a meal together as well as take care of club business and in even number years we

also hold officer elections.

This January was probably the most critical dinner meeting in PDP's history even though there were no elections. As we related to you in detail in the last newsletter (and have been intimating almost ad infinitum for years) PDP has come to a critical juncture where not only our long time trailmasters retired (with two years notice BTW) but we also have others that want a change or are aging-out of their responsibilities and we have no one coming forward to fill these vital positions which means that we had some tough decisions to make. We laid out what the possibilities were and that we would be making critical decisions regarding the future of YOUR club at the January meeting. Since we figured that the walking events that PDP has produced over its 25 year history had some value especially to club members who have put down hard cash to be a member we figured that there was at least a better than even chance that folks would show up to show their support and present ideas for keeping the club viable and maybe even volunteer for not only for the trailmaster positions and maybe some of the other critical jobs, offices and positions that have been filled for years by folks who would like to make a change and allow others to take a turn. It is the synergy of all these jobs,

**IF IT IS IMPORTANT
 TO YOU, YOU WILL
 FIND A WAY.
 IF NOT, YOU'LL FIND
 AN EXCUSE.**

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Cont'd from Page 1 – "Time to Walk"...

were motivated to attend by this program. In fact we ran out of the Time to Walk patches and sold all but three or four of the PDP 'A' award patches. Success all around.

We reported 126 walkers on the trail at the appointed Time to Walk time of 10:11 AM. In fact nine walkers documented the fact that they were on the trail with a photo by the town clock exactly at the appointed hour of 10:11 AM. Be sure to see the photo accompanying this article.

Among the participants were walkers from surrounding area volksmarch clubs: the Liberty Bell Wanderers from the Philadelphia area, the Susquehanna Rovers from the Harrisburg area, and the York White Rose Wanderers from the York area and many other Mid-Atlantic clubs as well.



*Back Row (left to right) - Ron Nelson (in red) / Janet Nelson / Betty Good (in white) / ?- man in far back / ? - man in green jacket.
Front Row (left to right) - Pat Crisfulla / Jennifer Quinn / Dee McKnight / ?-Youngster
?- woman in white & blue hat / Joyce Deibert*

Cont'd from Page 1 – Thought on the January...

offices and positions, all these dedicated people, that are essential to not only keeping the club going but that also allows PDP to continue to provide quality walking experiences in South Central PA.

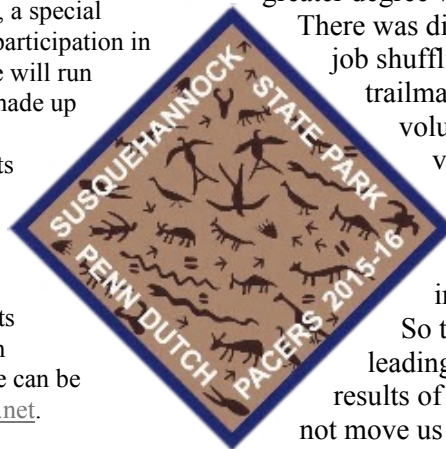
The disappointing part that we alluded to earlier comes from the fact that we had the fewest people attend this dinner meeting of any in recent memory which we guess points to the whole problem that we seem to be having. If we can't get people out to a meeting to try to solve the problem then our dilemma becomes even more baffling. How can we possibly move forward? And to an even greater degree why would we want to.

There was discussion at the meeting of some possible job shuffling that could result in the job of trailmaster being filled with someone new volunteering to do the job possibly being vacated. Those developments are certainly a move in the right direction but there are a lot of things that need clarified and ironed out and that need to fall in place in order to make that happen.

So the January meeting although maybe leading to a temporary solution depending on the results of the negotiation regarding the job swap, did not move us any closer to sanctioning any walks for 2015 nor did it move us any closer to solving our long term problem which basically revolves around dwindling participation and apathy among our members. Any ideas? We'd love to hear them.

New YRE @ Susquehannock State Park

Our club has established a new Year-Round-Event walk within Susquehannock State Park in Drumore Township, southern Lancaster County. The walk was created in support of the Pennsylvania State Parks & Forests Challenge, a special challenge created by the KSVA to encourage participation in member club sponsored events. The challenge will run for two years, through 2016, and is currently made up of twenty separate YREs and seasonal events sponsored by member clubs. Each event has its own unique embroidered patch as an 'A' award. Ours shows the petroglyphs associated with the Susquehannock Indians who once resided in this area. In addition, participants who complete ten qualifying events will receive a separate embroidered patch from KSVA. More information about the Challenge can be found on the KSVA web site <http://www.ksva.net>.



The 224-acre Susquehannock State Park is on a wooded plateau overlooking the Susquehanna River in southern Lancaster County. Besides the outstanding view, the park offers a variety of recreational opportunities for year-round fun.

Panoramic views of the Susquehanna River can be seen from the 380 feet high overlooks of the park complex. Hawk Point Overlook offers visitors a glimpse of the Conowingo Reservoir, the northernmost and largest of several hydroelectric impoundments on the lower Susquehanna. Located downriver on the far left of

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SAD NOTE: Just as we were going to press with this edition we found out that Mary Angeline who shared publicity duties with her sister Rose died on February 22nd after a brain injury from a fall in her home. We will remember Mary in the next edition of The Pacer Pulse.

PRESIDENT'S COMMENTS



*By
Pete Byrne*

you're shivering. I'm hopeful that Spring is just around the corner.

It looks like we've stepped back from the brink of extinction. Dave Barber has agreed to take on the responsibilities of

Trailmaster, with mentoring from our Trailmasters Emeritus, Barry Weatherholtz and Don Young. Dave's former duties as YRE Statistician will be

assumed by Ginny Hunsberger. Our thanks to both of you for stepping up and saying, "I will."

One of the more interesting ideas that surfaced during our "where do we go from here" discussions is that of Event Coordinator, in which any member who would like to have a traditional event at a certain location takes full responsibility for creating the event, from identifying and arranging for a start point, to suggesting a trail, to helping with the design

of the award, to helping with the brochure, through to ensuring that there are sufficient volunteers to hold the event. As we've said many times, the dozen or so core volunteers who have been carrying this club for years are suffering burn-out. If YOU want the club to hold traditional walks then YOU need to contribute. Start by attending our monthly meetings to learn how it works. I hope to see you there.

-Pete

Darn Groundhog! Six more weeks of this?! I need to get outside and get some exercise, but five layers of sweaters, vests, and coats cramp my style - and it's hard to walk when

Cont'd from Page 2 - New YRE ...

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. An osprey nest can be seen on the large power line towers in front of the overlook.

More than 80 picnic tables and 20 grills are spread throughout both sunny and shaded areas of the park. Parking, water fountains, restrooms, a playground, volleyball court, horseshoe pits, and two softball fields with backstops and benches are easily accessible. Two large picnic pavilions with grills, water, electric outlets and lights can accommodate larger groups and special events.

Scenic hiking trails offer a variety of interesting habitats and evidence of past use of the area. Native holly, rhododendron, spring and summer wildflowers, and a variety of other plant life await discovery. Sit quietly or walk along a trail to observe deer, songbirds, lizards, and many other forms of wildlife. From the overlooks, watch for vultures, hawks, osprey, and even bald eagles. Several trails also feature remnants of old homestead sites.

Our YRE utilizes portions of the park's hiking trails to create two 5 km trails. One trail, the 'clockwise' loop, takes the walker to both Hawk Point and Wisslers Run overlooks as it circumnavigates the perimeter of the park. The other trail, the 'counter clockwise' loop uses trails in the interior of the park, although it too goes to Hawk Point overlook. Both trails present rocky and root-strewn footing and significant hills, which makes this event unsuitable for strollers or wheelchairs. Solitary walking is discouraged because many areas of the park are remote, with little or no cell phone coverage. The walk is available from 8 a.m. until dusk year round, although walking is discouraged after snowfall or heavy rains.

If you've been looking for a more challenging walk in the great outdoors, come to Susquehannock State Park and enjoy nature.

PLEASE NOTE: Although this walk is a YRE it will NOT be open until the snow and ice are gone from the trail. Please check the PDP website to see when the walk will be open.

Milestones

EVENTS

10 Events
Jessica Roshon

75 Events
Angela and Charles Horn

125 Events
Tiernan Barber

250 Events
Charlotte Haugh

350 Events
David Barber

525 Events
Russ Bechtold

700 Events
Rose Grumbling

DISTANCE

2500 KM
Charlotte Haugh

7000 KM
Rose Grumbling

The Incredible Benefits of Humankind's Most Basic Form of Exercise—Walking

Four reasons walking has become America's 'untrendiest trend.' Hint: It's not just health.

December 3, 2014 | Walking is going places.

Humans' most common pastime--forsaken for decades as too slow and too much effort-- is now recognized as a health breakthrough, an economic catalyst and a route to happiness. Real Simple magazine (circulation: 2 million) declared "walking America's untrendiest trend" in its February 2014 cover story. A month later Builder magazine (a construction trade journal) announced on its cover, "Walkability. Why we care...and why you should too." The reason? Simple: "Increasingly, the market is demanding places where homeowners can hoof it." The New Yorker weighed in last September quoting the new book *A Philosophy of Walking*, which asserts that walking "makes it possible to recover the pure sensation of being, to rediscover the simple joy of existing." This sheer pleasure of walking is highlighted in one of the year's top music videos, "Happy" by soul singer Pharrell Williams. It's an exuberant celebration of life on foot showing all kinds of people (including Magic Johnson, Steve Carrell and Jimmy Kimmel) strutting, stepping, striding and sashaying down city streets. It's been viewed 465 million times on YouTube.

There is sure to be continuing coverage of foot power next year when the Surgeon General's office releases a Call to Action on the health and social benefits of walking and walkable communities--a step some are comparing to the 1964 Surgeon General's Report on the dangers of smoking.

Already the federal Centers for Disease Control and Prevention recommends all adults engage in 30 minutes of physical activity such as walking five days a week based on the proven connection between moderate physical activity and lower incidences of major medical problems--not just heart disease, diabetes and obesity, as you'd expect, but also depression, dementia, anxiety, colon cancer, osteoporosis and other serious conditions.

This flurry of attention about walking is more than a flash-in-the-pan. Evidence that millions of Americans' are now rediscovering walking for transportation, fitness and fun is as solid as the sidewalk beneath our feet.

Americans Are Getting Back on their Feet

"Walking is the most common form of physical activity across incomes and ages and education levels," explained Thomas Schmid of the Centers for Disease Control and Prevention at the Pro-Walk, Pro-Bike Pro-Place conference in Pittsburgh this fall. The CDC's most recent research shows the number of Americans who take a walk at least once a week rose from 56 percent in 2005 to 62 percent in 2010-- which represents almost 20

million more people on their feet.

Speaking on the same panel, Paul Herberling of the US Department of Transportation noted that 10.4 percent of all trips Americans make are on foot--and 28 percent of trips under a mile. For young people, it's 17 percent of all trips. Americans walk most frequently for exercise, errands and recreation, according to the National Highway Traffic Safety Administration.

Last year the first-ever Walking Summit was held in Washington DC, drawing more than 400 people from 41 states and Canada representing 235 organizations ranging from the PGA Tour to the Sioux Falls (South Dakota) Department of Health. A second summit is scheduled for October 28-30, 2015 in Washington, DC.

The 2013 summit, which sold out weeks in advance, marked the birth of a new walking movement committed to: 1) encouraging everyone to walk more; and 2) boosting policies, practices and investments that make communities everywhere more walkable. It was convened by the Every Body Walk! Collaborative, a joint effort of more than 100 influential organizations across many fields to promote walking as part of the solution to problems ranging from chronic disease and health care costs to climate change and the decline of community.

The Every Body Walk! Collaborative (EBWC), which was catalyzed by Kaiser Permanente includes major institutions like AARP, NAACP, the PTA and the American College of Sports Medicine as well as grassroots organizations. America Walks, a coalition of pedestrian advocacy groups, helps lead EBWC.

"In addition to the health benefits of getting regular physical activity, people's health can be correlated to having strong relationships, and living in connected communities with high levels of social cohesion," said Kaiser Permanente vice-president Tyler Norris at the Pro-Walk Pro-Bike Pro-Place conference.

"Among the important determinants of this sense of belonging is 'Do I know my neighbors?' A walkable community fosters these connections every day by helping us meet people we otherwise wouldn't." Americans overwhelmingly view walking as a good thing, according to a national survey from GfK Research sponsored by Kaiser Permanente. Here are some of benefits of walking shown in the survey:

- * Good for my health (94 percent)
- * Good way to lose weight (91 percent)
- * Great way to relax (89 percent)
- * Helps reduce anxiety (87 percent)
- * Reduces feelings of depression (85 percent)

Americans Are Voting With Their Feet

Even the American dream is being remodeled to meet the public's growing enthusiasm for walking. Sixty percent of Americans would prefer to live in a neighborhood with stores and services within easy walking distance, according to a recent survey from the National Association of Realtors, nearly twice as many who want to live where stores can be reached only by car.

This is especially true for the millennial generation, who are now entering the workforce and housing market in large numbers. "With drastically different views of transportation from those of generations that came before them, millennials are transforming communities," notes another report from the National Association of Realtors...." Millennials own fewer cars and drive less than their predecessors. They'd rather walk, bike, car-share and use public transportation--and want to live where that's all easy."

Why Walking? Why Now?

What's driving the growing passion for walking? "It's a convergence of factors", says Christopher Leinberger, a real estate developer, George Washington University business professor and a leading advocate that walkable communities are crucial to our future prosperity:

1. The well-established link between walking and better health, which is reinforced by recent research pointing to the dangers of sitting for long periods. A comprehensive study charting 240,000 Americans between ages 50 and 71 published in the *Journal of Clinical Nutrition* found that "overall [time] sitting was associated with all-cause mortality".
2. The accelerating costs of owning one, two or more cars, which many Americans, especially younger people, find a poor investment of their resources. Transportation is now the highest cost in family budgets (19 percent) next to housing (32 percent). In auto-dependent communities--where walking is inconvenient and unsafe-- transportation costs (25 percent) approach housing costs (32 percent).
3. Metropolitan areas with many walkable neighborhoods do better economically than those with just a few. Leinberger's recent report *Foot Traffic Ahead* finds that walkable metropolitan areas "have substantially higher GDPs per capita" as well as a higher percentage of college graduates. Office space in walkable locations enjoys a 74 percent rent-per-square-foot premium over offices in auto-oriented developments in America's 30 largest metropolitan regions.
4. More people discovering the personal satisfactions of walking. "Seeing friends on the street, walking to work, strolling out for dinner or nightlife," are among the pleasures of

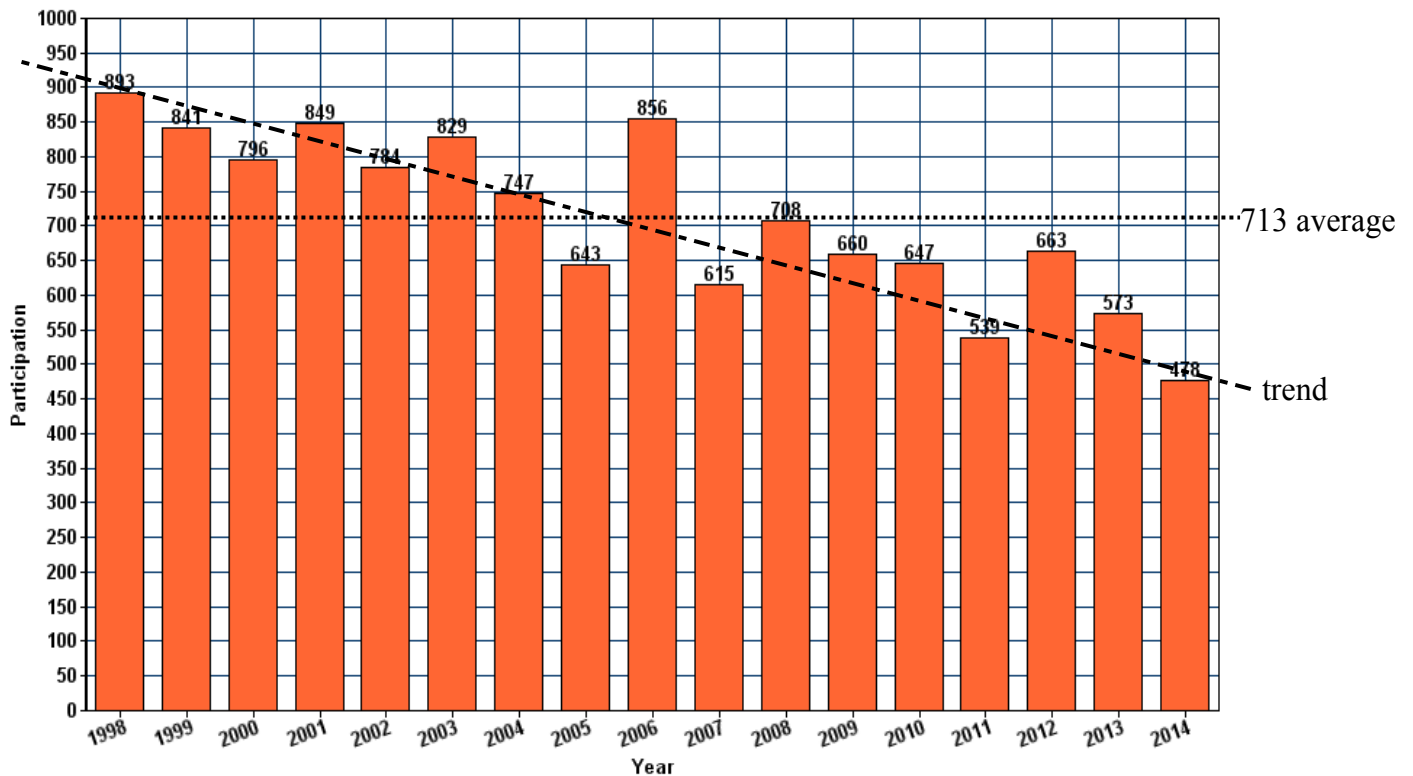
YRE & Seasonal Walk Results

2014		1st Quarter			2nd Quarter			3rd Quarter			4th Quarter			TOTAL
	AT12/	Paid	Free	Subtotal	Paid	Free	Subtotal	Paid	Free	Subtotal	Paid	Free	Subtotal	
EPHRATA	Y0174	19		19	13	1	14	16	0	16	15	5	20	69
LANCASTER Downtown	Y0178	28	1	29	2		2	14	2	16	10	0	10	57
LANCASTER West	Y1117	4		4	16		16	13	1	14	5	1	6	40
LITITZ History	Y1283	33	2	35	21	2	23	14	4	18	16	2	18	94
LITITZ North	Y0123	7		7	13		13	12	1	13	10	0	10	43
MANHEIM	Y1929	12		12	20		20	9	1	10	13	3	16	58
MIDDLE CREEK Lake	S1277	2		2	10	1	11	9	0	9	0	0	0	22
MILLERSVILLE	Y1882	12		12	12		12	13	0	13	8	0	8	45
NEW HOLLAND	Y1368	11		11	10		10	18	0	18	9	2	11	50
2014 stats		128	3	131	117	4	121	118	9	127	86	13	99	478
2013 stats		111	7	118	179	9	188	141	5	146	111	10	121	573
2012 stats		197	17	214	124	13	137	176	6	182	123	7	130	663

As we have done pretty much every year at this time we take a look at how our YRE and Seasonal walks did the previous year. You can see the stats for the nine individual YRE and Seasonal walks that were compiled by our YRE Chair David Barber and are shown in the spread sheet above. You can also see the 2014 stats compared to those from 2013 & 2012. Unfortunately 2014 continued the downward trend that you can see clearly on the bar chart below that

shows the YRE and Seasonal results for the last 16 years. Our average participation at our YRE and Seasonal walks over those 16 years is 713. As you can see from the chart since 2007 yearly participation has been below the average and in 2014 participation was 236 or 33% below PDP's average participation. We've had two bumps since 2007 one in 2008 (still below the average) followed by a downward trend which bottomed out in 2011. Then another

bump in 2012 with a continuing downward trend through last year. The 2014 figure suffered even though the Atlantic Region Conference was held in Lancaster and quite a few attendees took advantage of PDP YREs and Seasonal events while in Lancaster. There is a new YRE at Susquehannock State Park in 2015. It remains to be seen whether that new walk will give a bump to 2015 year end figures.



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

March 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
18	M	PDP Meeting • Wellness Center Conference Room #1, 2nd Floor •Lancaster Health Campus at 7:00 PM		
21	W	Columbia Volksmarch Club	Columbia PA	410-290-6510
28	2W	Baltimore Walking Club	Baltimore MD	410-592-3171
28	W	Virginia Vagabonds	Hampdon VA	757-766-3065

April 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
11	W	Lee Lepus Volksverband	Richmond VA	804-768-0055
12	W	Cavalier Volkssporting Club	Charlottesville VA	434-924-3791
15	M	PDP Meeting • Wellness Center Conference Room #1, 2nd Floor •Lancaster Health Campus at 7:00 PM		
18	W	Baltimore Walking Club	Darlington MD	410-638-7043
18	W	Peninsula Pathfinders of Virginia	Hampton VA	757-851-9252
18-19	W	Liberty Bell Wanderers	Wyomissing PA	610-496-6723
25	W	Peninsula Pathfinders of Virginia	Hampton VA	757-851-9252
25	W	Freestate Happy Wanderers	Laurel MD	301-490-5850
25	W	First State Webfooters	Smyrna DE	302-359-7217
25	W	Gator Volksmarch Club	Chesapeake VA	757-421-0070
26	W	Princetown Area Walkers	Princeton NJ	609-658-7724

May 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
02	W	Germana Volkssport Association	Quantico VA	540-455-0772
02	W	Seneca Valey Sugarloafers	Westminster MD	301-926-0915
03	W	Princeton Area Walkers	Westfield NJ	609-259-2365
09	W	Virginia Vagabonds	Newport News VA	757-766-3065
16	W	Liberty Bell Wanderers	Huntingdon Valley PA	610-287-3065
16	W	Northern Virginia Volksmarchers	Lorton VA	703-455-1878
23	W	Virginia Volkssport Association	Staurts Draft VA	757-814-1417
24	W	Virginia Volkssport Association	Monterey VA	757-814-1417
25	W	Virginia Volkssport Association	Harrisonburg VA	757-814-1417
30	W	Peninsula Pathfinders of Virginia	Gloucester VA	757-357-5355
30	W	Loudon Walking & Volkssport Club	Sterling VA	703-737-2175

June 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
06	W	Freestate Happy Wanderers	Millersville Md - Kinder Farm	410-437-2164
20	W	Gator Volksmarch Club	Chesapeake VA	757-421-0070

July 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
11	W	Virginia Vagabonds	Williamsburg VA	757-766-3065

August 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Columbia Volksmarch Club	Columbia MD	410-290-6510
08	W	Finger Lakes Volksmarch Club	Montrose PA	607-754-1979
22	W	Great Greenbelt Volksmarchers	Greenbelt MD	301-937-3549

September 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
07	W	Virginia Volkssport Association	King George VA	757-814-1417
12	W	Germana 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	Germana Volkssport Association	Colonial Beach VA	540-455-0772
12	W	Gator Volksmarch Club	Norfolk VA	757-421-0070
19	W	Cumberland Valley Lead Foot	Mt. Holly Springs MD	717-677-6511
19	W	Peninsula Pathfinders of Virginia	Newport News VA	757-930-4538
26	W	Seneca Valley Sugarloafers	Frederick MD - Oktoberfest	301-431-6668
26	W	Loudon Walking & Volksmarch Club	Lovettsville VA	703-737-2175

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

2015 - 2016 Atlantic Region Calendar

October 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
03	W	Princetown Area Walkers	Bordentown NJ	609-259-2365
03	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
16-18	4W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
17	W	Freestate Happy Wanderers	Laurel MD - Laurel Municipal Pool	301-717-3604
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
31	W	Seneca Sugarloafers	Rockville MD	240-753-0009

October 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
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

November 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
14	W	Seneca Valley Sugarloafers	Sandy Spring MD	301-570-4235

December 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
11-13	NW	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
11-13	W	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
11-13	S	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
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

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

Special Walking Programs That Have Expired

This is for any of you who are participating in any of the Special Walking Programs. As many of you know the Special Walking Programs are sanctioned for a 3 year period and at the end of three years you have yet another year to finish your books and send them to the sanctioning club to get credit and your award.

Following is a list of the Special Walking Programs that officially ended on December 31, 2014 which means you have til the end of this year to complete the events for these



walks. Check your Special Program books now and if you have any of these books that aren't complete you'd better get walking.

- America's Bakeries
- Celebrating Golden Cinemas
 - Classic American Diners
 - Strolling Somewhere Over the Rainbow
 - Struttin' Down Main Street
- Work Projects Administration
- Walking Americas Murals.

Remember participants have 1 year from the end date to complete and send the books to the clubs that hosted the special program for processing of the awards. Please do not send the completed books to AVA Headquarters. They can't verify the book nor do they have the awards.

We'll Miss You Marv!



On December 22nd we were extremely saddened to learn that Marv Albert suddenly left us transitioning to whatever comes next for all of us sooner or later. We weren't ready to say goodbye to Marv who was always a familiar fixture at PDP meetings and events and could always be counted on to do whatever was necessary and who for many years was our very

dedicated Sales Coordinator. After learning of his passing we remembered when we had last seen him and interacted with him, not knowing it would be the last time. Inge Koenig, PDP's unofficial photographer, dug through her archives and pulled together the photos on



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these two pages that will help us to remember Marv and all the he contributed to PDP and all of us personally as well over all the years. We wish we could have thanked you face to face Marv for all your contributions to PDP and had you understand how much those contributions meant to all of us. Who knew we would not have the chance.



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Tribute to

Marv: "Marv was a faithful and dedicated member of Penn Dutch Pacers. As sales coordinator he was most willing to order whatever was needed - our book supplies and new member packets were always 'in stock'. He patiently explained the new member packets to new walkers. We will miss seeing him sitting behind his "sales counter" concentrating on the crossword puzzle he was always working on. His chicken corn soup was the top seller at our food sales. We have lost a good friend and good man" - Kitty Glass



1. Marv (with his wife Dale on the left) at his Sales Table post during our walk on the campus of Masonic Village in Elizabethtown.
2. Marv with his oft seen walking companion enjoying the water in the Conestoga River during our Lancaster County Central Park walk.
3. Marv consulting Trailmaster Don Young at the conclusion of one of the PDP meetings.



4. We loved that smile Marv (at the Kelly's Run Walk)
5. Taking a rest during the Cornwall prewalk.
6. Just thinkin'!
7. Often Marv would don the chef's hat. Here he was tending the grille at Kelly's Run.
8. At the Neffsville walk a knowledgeable Marv was explaining the event and distance books.



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walking that enrich our lives, says Leinberger.

Walking Means Business

Firms in the booming tech, information and creative industries are at the forefront of the trend toward walkable communities because the coveted young talent they need to stay competitive in fast-changing fields want to work in places a short stroll from cafes and cultural attractions.

The first thing Google did after buying the electronics firm Motorola Mobility was to move its headquarters away from the freeways and strip malls of Libertyville, Illinois to the walkable environs of downtown Chicago. “They felt like they couldn’t attract the young software engineers they needed” to an isolated 84-acre complex, says Leinberger. Other companies that recently moved from suburban Chicago to the city include Medline, Walgreen’s, Gogo, GE Transportation, Hillshire Brands and Motorola Solutions. “Two things seem to resonating for businesses about the importance of walkability--how to attract the best workforce and wanting to locate in communities where health costs are lower,” says Mark Fenton, a former US National Team race walker who now consults on public health planning and transportation. Employees with more opportunities to walk at work and at home are healthier, meaning lower insurance rates for their firms.

From his vantage point at the CDC, Thomas Schmid observes, “If a business is located in a community that is not healthy, they’re paying more to be there. Think of it as a tax or cost of doing business because of health care costs.” One company relocating to Chattanooga, he said, would do so only if a walking and bike trail was extended to their facility.

The Challenges to a More Walkable America

The walking movement has picked up a lot of momentum in a very short time. “The wind is behind our sails,” says Kate Kraft, a public health expert working with EBWC and America Walks. But she goes on to note that “it took 80 years to make America unwalkable, and it will take a lot of work to make it walkable again”.

Last year’s national survey on Americans’ attitudes to walking accentuates these challenges. By a huge majority, people say that walking is good for them but also admit that they should walk more (79 percent) and that their children should walk more (73 percent). Only 11 percent say they meet the CDC’s recommended daily minimum for walking--half an hour a day five days a week.

Common reasons cited for not walking are:

* My neighborhood is not very walkable (40 percent)

* Few places within walking distance of my home (40 percent)

* Don’t have time (39 percent)

* Speeding traffic or lack of sidewalks (25 percent)

* Crime in my neighborhood (13 percent)

Solutions for a More Walkable America

Here are some of the promising developments, strategies, messages and tools that are now emerging to promote walking:

Vision Zero for Safe Streets: 4500 Americans are killed crossing the street every year, a tragedy that few people acknowledge. But there’s hope that will change now that New York City, San Francisco, Oregon and other places are implementing Vision Zero campaigns to reduce traffic deaths through street improvements, law enforcement and public education. Similar policies in Sweden cut pedestrian deaths in half over the past five years and reduced overall traffic fatalities at the same rate. “Vision Zero is the next big thinking for walking,” says Alliance for Biking & Walking president Jeff Miller.

Federal Action Plan on Pedestrian Safety: New US Secretary of Transportation Anthony Foxx recently announced an all-out effort to apply the department’s resources to boost bike and pedestrians safety the same as they do auto and airline safety. Secretary Foxx, former mayor of Charlotte, North Carolina, notes that pedestrian deaths rose 6 percent since 2009. One thrust of his Action Plan on Bike and Pedestrian Safety “Bicycling and walking is as important as any other form of transportation,” he says.

Safe Routes to Schools: Half of kids under 14 walked or biked to school in 1969. Now it’s less than 15 percent. Safe Routes to School campaigns work with families, schools and community officials to identify and eliminate barriers that block kids from getting to school under their own power. “We’re finding that the best interventions include both infrastructure improvements and programming. You put the sidewalks in but also get parents involved,” explains Margo Pedroso, deputy director of the Safe Routes to Schools National Partnership.

Walking as a Basic Human Right: Walking has been shown to optimize our health and strengthen our communities, which means everyone should have equal opportunity to do it. But low-income people often find it difficult or dangerous to take a walk in their neighborhoods, which often lack sidewalks and other basic infrastructure. Studies show that pedestrians in poor neighborhoods are up to four times more likely to be injured in traffic accidents.

Communities for People of All Ages: The mark of a great community is whether you’d feel calm about letting your 80-year-old grandmother or 8-year-old son walk to a nearby park or business district, says Gil Penalosa, former park director of Bogota, explaining why he founded 8-80 Cities. Too many young and old people today live under virtual house arrest,

unable to get anywhere on their own because driving is the only way to go.

Complete Streets: The simple idea that all streets should offer safe, convenient and comfortable travel for everyone--those on foot, on bike, on transit, in wheelchairs, young, old or disabled. Twenty seven states and 625 local communities across the US have adopted Complete Streets policies in some form.

The Healing Properties of Nature and the Outdoors: Not all exercise offers the same health benefits, according to a growing body of research showing that outdoor physical activity, especially in nature, boosts our health, improves our concentration and may speed up our natural healing process. A walk in the park is not only more interesting than a work-out at the gym, it may be more healthy too. The Wingspread Declaration--recently signed by 30 of America’s leading health officials, researchers and non-profit leaders--calls for business, government and the health care sector to step up efforts to reconnect people with nature.

Walking as a Medical Vital Sign: There’s an initiative afoot to encourage health care professionals to chart patients’ physical activity the same as they do weight, blood pressure, smoking and family health.

Walk With a Doc: Walking has the lowest drop-out rate of any physical activity, which is why Ohio cardiologist David Sabgir started Walk With a Doc: to sponsor events where people can talk to health care professional while outwalking. Walk With a Doc now operates in 38 states.

Signs of the Times: Many people are so out of practice on walking, they don’t realize how convenient it is. That’s why architecture student Matt Tamasulo posted signs in Raleigh, North Carolina explaining that key destinations were only a few minutes away by foot. The city soon embraced his guerrilla campaign, and official walk wayfinding signs are found around town. Tamasulo has launched Walk [Your City] to help other communities show how easy it is to get around on your own power.

Walking is Fun: “Walking is still not seen to be as sexy as biking,” says Robert Ping, program manager for Walking and Livable Communities Institute. “We could focus more on walking as recreation-- the stroll through the neighborhood after dinner, going around the block, walking down to the park, meeting your neighbors. Something that’s not only utilitarian and good for the environment, but that’s fun!”

Jay Walljasper writes, speaks, edits and consults about creating stronger, more vital communities. He is author of The Great Neighborhood Book and All That We Share: A Field Guide to the Commons. His website: JayWalljasper.com

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Creamy Dreamy Chocolate Peanut Butter Cake

So let's get down to business. This cake is chocolate. This cake is peanut butter. This cake is like a little slice of heaven on a plate. It is fluffy, decadent, peanut buttery, creamy dreamy goodness.



Ingredients

For the cake

- * 1 Cup Almond Milk
- * 1 tsp Apple Cider Vinegar
- * ½ Cup Olive Oil
- * 2 Tbs Ground Flax Seed
- * 1 tsp Vanilla Extract
- * 1 Cup Black Coffee
- * 2 Cups Flour
- * 2 Cups Sugar
- * ¾ Cup Unsweetened Cocoa Powder
- * 2 tsp Baking Soda
- * 1 tsp Baking Powder
- * 1 tsp Salt

For the frosting

- * 2 Cups Peanut Butter
- * 1½ Cup Vegan Butter
- * ¼ Cup Maple Syrup

For the syrup

- * 1½ cups granulated sugar
- * 1 cup cocoa powder
- * dash sea salt
- * 1½ cups water
- * 1 teaspoon vanilla

Instructions

1. Preheat oven to 350 Degrees and grease two 9" cake pans
2. Mix together almond milk and apple cider vinegar and whisk to combine
3. Add in the oil, vanilla, coffee, and flax. Mix to combine
4. In a separate medium bowl, sift together flour, baking soda, baking powder, salt, and cocoa
5. Add sugar to dry ingredients and stir to combine
6. Add wet ingredients to dry ingredient and mix until thoroughly combined
7. Pour into 2 cake pans and gently tap on counter to release any bubbles
8. Bake for 25 to 30 minutes or until fork placed in center comes out clean.
9. Let cool
10. For frosting, use a mixer to whip peanut butter, butter, and maple syrup until smooth
11. Place in fridge until ready to use
12. When Cake is cool, spread half the frosting on the first layer
13. Add the second layer and add remaining frosting
14. In a small saucepan, combine all chocolate syrup ingredients and bring to boil over medium heat. After 2 minutes, turn heat to low and continue to stir until sauce thickens to desired consistency.
15. Let cool for 30 minutes and pour over cake upon serving

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 has Changed!

Next Meeting is Wednesday, March 18th

Now 3rd Wednesday of the Month



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