

The Pacer Pulse

The Official Publication of the Penn Dutch Pacers Volksmarching Club

December 2016

Member Milestones

50 Events:
Maria Roshon

700 Events:
John Cooney

900 Events:
Janice Copenhaver

5000 KM:
Robert Cooney

7500 KM:
John Cooney

Centurion 2015:
Michael Quinlan

Membership Statistics

Renewals (6/01/5016):

Carolyn Garber
Chuck & Angie Horn
Carmie Keiser
Ed & Karen Nescot
Joe & Pat Strausbaugh
Steven & Carol Schell
Kitty Glass
Jane Holmes
MaryAnn & Ed French
Nancy Fellenbaum
John & Cheryl Cooney
Treaasa & Bill Gross
Leroy & Jan Copenhaver
Joan Simmers
Michael & Susan Snyder
Daniel & Patsy Stoltz

New Member:
Ceil Sheffy

A Word from the President

It has been a great first year being the President of the Penn Dutch Pacers, and I'm so glad that I was able to meet so many of our members at our traditional walks. I would like to thank every member of our club for making 2016 a successful year for the PDP. Without our members volunteering and participating in our walks, PDP would not be able to continue, so a huge thanks to all of you!

I'm very excited for some of our upcoming events. We are having a traditional walk in Ephrata on December 10, starting at Isaac's Restaurant & Deli on Route 272. Please plan on staying at Isaac's for lunch. They will be donating a portion of each guest check to support Ephrata Area Social Services.

We have also confirmed February 18, 2017, as the date for the Lititz Fire and Ice Festival Walk. Hopefully, the temperature will be just a little bit warmer than the -5 degree wind chill we had in 2016.

I also want to give you an update on our YREs for 2017. We have decided to retire the Manheim, Millersville, and New Holland walks. They are being replaced by some brand new walks in Lancaster County Park, a walk and bike in the Bird-In-Hand/Intercourse area, two walks and a bike in Mount Joy, and a walk in Strasburg. We have combined the two Lititz walks into one and have a completely new walk in downtown Lancaster featuring Thaddeus Stevens. The Ephrata and Susquehannock walks will remain the same.

And last but not least, we are excited to be partnering with the Susquehanna Rovers, York White Rose Wanderers, and Susquehanna Heritage to host Susquehanna River Towns Weekend on April 28-30. There will be walks in Columbia, Marietta, and Wrightsville, and a bike on the Northwest Lancaster County Rail Trail. Please plan to attend at least one day even if you'd just like to sit by the river to enjoy the company and the view!

Finally, I hope you can join us at our Annual Membership Meeting (see information below). Wishing you all a safe and happy Holiday Season,

Maria Roshon

Annual Membership Meeting Coming Up!

January 11, 2017, 6:00 PM

Isaac's at Granite Run

RSVP to Maria at 717-330-8715 or

Losgann10@comcast.net

Camp Mack Report

Only 47 walkers participated in the meander through Camp Mack in Newmanstown, PA on September 17, 2016. Most chose the 10 K option and the remaining walkers split between the 7 K and 5 K options given. Feedback on this walk suggests that most volksmarchers in this area prefer urban trails with minimal hill climbs.

The weather was slightly warmer and more humid than expected for mid-September, but the trail was mostly shaded so those walking did not experience heat related difficulties. The flora and fauna were in abundance – many woodpeckers, titmice, nuthatches and cardinals were to be enjoyed. The overlook from Eagle’s Rock was a great reward for those making the climb.

We hope the weather cooperates for a more robust turnout at our December walk in Ephrata and February “Fire and Ice” walk in Lititz.



David, Carmie and Kitty at Camp Mack pre-walk; those who have never participated in a pre-walk have no idea how much fun they’re missing!

YRE Third Quarter Report

2016	1st Quarter			2nd Quarter			3rd Quarter			TOTAL
	Paid	Free	Subtotal	Paid	Free	Subtotal	Paid	Free	Subtotal	
EPHRATA	9	0	9	4	0	4	22	0	22	35
LANCASTER Downtown	6	0	6	3	0	3	7	0	7	16
LANCASTER West	4	0	4	4	1	5	9	0	9	18
LITITZ History	7	0	7	10	0	10	9	0	9	26
LITITZ North	7	0	7	4	0	4	3	0	3	14
MANHEIM	15	0	15	6	0	6	20	0	20	41
MILLERSVILLE	11	0	11	9	0	9	5	0	5	25
NEW HOLLAND	3	0	3	14	0	14	3	0	3	20
SUSQUEHANNOCK	0	0	0	10	0	10	5	0	5	15
2016 stats	62	0	62	64	1	65	83	0	83	210

Comparative Statistics Report

	1st Quarter			2nd Quarter			3rd Quarter			4th Quarter			TOTAL
	Paid	Free	Subtotal	Paid	Free	Subtotal	Paid	Free	Subtotal	Paid	Free	Subtotal	
2015 stats	56	2	58	155	10	165	100	5	105	80	7	87	415
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



Year-Round Events Slate for 2017

By Virginia Hunsberger

Lititz—This trail takes you on a tour of historic downtown Lititz, past the Moravian Church and the cemetery where General Sutter is buried. Past Linden Hall, Sturgis Pretzel factory and Wilbur Chocolate store. You travel through residential communities and Lititz Springs Park on paved paths, sidewalks and roads. The 15K walk will go through a portion of the north side of Lititz and the Lititz rail trail.

Ephrata—Nestled amid the rolling hills of agriculturally-rich northern Lancaster County, downtown Ephrata is a quaint blend of old and new. Cars, busses, and buggies share a wide Main Street that has been 20th Century "streetscaped" with brick sidewalks, old fashioned lamp posts, and benches. Buildings dating back a hundred years and more are filled with rustic shops and cafes.

Drumore - Susquehannock State Park (seasonal walk, available 4/1/2017 to 10/31/2017)—The trail is rated 3C and is NOT suitable for strollers and wheelchairs or anyone that has trouble walking on uneven, hilly, and rocky terrain with abrupt elevation changes. Walking alone or without someone knowing where you are is NOT advisable. Because of the terrain this walk will take you considerably longer than you would expect. Please plan accordingly. Hiking boots and a walking stick are highly recommended. It is NOT advisable to walk when there is snow or ice on the ground and it may not be safe in the rain especially in the Fall. Cell service along the river is inconsistent and should not be counted on should you need assistance. Two separate 5 km trails are available. Walk either one or walk both for 10 km.

Lancaster/Thaddeus Stevens—Thaddeus Stevens was a prominent attorney, politician and abolitionist who lived in Lancaster from 1842-1859. This walk passes Stevens' home & law office, Thaddeus Stevens College of Technology, Stevens' grave and a bridge named after him. You'll also walk through Old Town Lancaster neighborhood, historic districts, near Central Market and past many boutiques and restaurants.

Lancaster County Park—Cross a covered bridge and walk alongside the Mill Creek and ball fields in the park. The 10k will also walk on the wildflower trail and will walk along the Conestoga River around the picnic area and will pass the Garden of the Five Senses. There are a few steep descents and one section of the 10k is narrow.

Strasburg—Take a stroll down Main St. in Historic Strasburg and pass many historic homes, beautiful gardens and the Strasburg Creamery...make sure you stop for ice cream. You'll also pass through mature neighborhoods with beautiful farmland views and will end the walk with a trip thru the Strasburg Railroad complex.

Mount Joy/Two Covered Bridges—The core of this route is a 6K loop that goes past farms and B&Bs, through a small residential neighborhood, and crosses Little Chiques Creek twice via historic covered bridges. You will be walking on rural country roads that aren't heavily trafficked, but there will be car traffic. There's some very pretty farmland scenery. There are sections with tree cover and sections besides fields that are open and exposed, so if you walk in the heat please wear sun protection. The 12K route adds on another section of country roads past more scenic farms.

Mount Joy/Six Parks and a Cemetery—The 10K walk goes through six named city parks in Mount Joy including Rotary Park, Cove Outlook Park, Borough Park, Little Chiques Park, Memorial Park, and Mount Joy Grandview Park. You will also walk down Main Street with its quaint shops, B&Bs, post office, restaurants, and coffee shop. The 10K trail also includes the Mount Joy Cemetery with wonderful views of the surrounding countryside.

Bird-in-Hand Amish Farmland (seasonal walk, available 4/1/2017 to 12/31/2017)—This walk is in the heart of Lancaster County Amish farmland. After registering at the start, you will drive a couple of miles to do the walk. The walk is on country roads passing many Amish farms, crop fields, one-room schoolhouses, and a few Mennonite churches. You'll see lots of farm animals of all types on this route and probably lots of horses and buggies too. There is one hill but it's mostly flat.

Ricketts Glen State Park (seasonal walk, available 4/1/2017 to 11/15/2017)—The 6k walk (rating 3C) is a loop along the waterfalls. Shoes with good tread are needed as the trail is usually wet. Cannot be walked in winter. The 7k walk (rating 2B) is a lollipop route that goes to the highest point in the park and goes through three counties (Columbia, Sullivan, and Luzerne). It follows trails through the woods and passes a fire tower. The 13k walk combines the two routes.

New Bike Event—Mount Joy

This bike route is mostly on country roads with a few short sections of neighborhood streets. This is a lovely "town & country" route which features two covered bridges (you'll ride through them), lovely farms, scenic old historic buildings, and lots of rural scenery. The terrain is mostly gently rolling though there are a couple of short hills you may want to walk up!

New Bike Event—Bird-in-Hand Amish Farmland (seasonal bike, available 4/1/2017 to 12/31/2017)

This bike route is in the heart of Lancaster County Amish farmland. After registering at the start, you will drive a couple of miles to do the bike. The bike is on country roads passing many Amish farms, crop fields, one-room schoolhouses, stone bridges, small villages, and an old mill.