

Pacer Pondering

Pacers Elect New Vice President

Hooray, the office of Vice President has been filled by Judy Myers. Welcome Judy, and thanks from all the members for taking over this important position. Jerry continues to be a very active and energetic President and Linwood VanHorn does a great job making sense out of the meeting notes. Carl continues to do an outstanding job keeping us out of the red. Our best wishes to him as he recovers from by-pass surgery. Hope you will be able to join us on the trail again soon.



Achievements

Events

Linda Felker – 30
Carolyn Garber – 125
Ocie Sigley – 200
Chuck Merkel – 1350
Jerry Baugher – 2200

Distance

Carolyn Garber 1000 Km
Ocie Sigley 2000 Km

Pacer Event May ----

Our first event of 2010 is fast approaching, May 1st. Richard Lippy has laid out a trail and has the directions available for anyone who wishes to do a workers walk. If you would like to check out this trail, give Richard a call or email him at 410-374-9258. If you are available to work at this event, give Joanne a call, 410-795-7855, or email her at jlmerkel@comcast.net. This is a memorial walk in honor of Mary Ruth Lippy, so let's all come out and make this a great success.

August 21st will be the Augustoberfest in Hagerstown and again, workers are needed. This is always a well attended walk so please volunteer if you are available for that day, give Jerry a call, 301-829-3685, or email him at jgbaugher@aol.com.

A Note From Our President

Spring has sprung after a very harsh winter with record breaking snows. Just 7 weeks ago we were dealing with more snow than we knew what to do with. This week we have temperatures over 20 degrees above normal. What a difference a few weeks make. Hope you enjoyed the Cherry Blossoms. There is still time if you hurry. The first weekend they were at their peak in D.C. and I went down with a group to enjoy them. It has been a while since I walked around the tidal basin when it was that crowded, but the colors were spectacular. Hope you are shaking your cabin fever and enjoying some great walking weather. Join us at our club meeting this coming Monday night, April 12 where Rich Lippy and I will share pictures and some of our experiences hiking the highest mountain in Africa, Mt. Kilimanjaro 19,340 feet. Don't forget to mark your calendar for the Piedmont Pacers' first event of the season on May 1 in Manchester.

TOP Ten YRE's – have you walked any of these?

1. Silver Falls, Oregon

The clear winner for 2009 is this classic Northwest hike in a canyon with nine waterfalls, including three that you can walk behind. You get the full flavor of the Northwest with tall timber. This walk is only open mid-April through mid-November. Wear trail shoes or boots, and bring a hiking stick, as the trail can be narrow and slippery. [

2. Great Allegheny Passage, Ohio Pyle State Park, Pennsylvania

Nominator Skip Magee says, "This is a little known but spectacular walk along the Youghiogheny river in Pennsylvania's Laurel Highlands. A wild river, spectacular views from two bridges, and waterfalls are featured on the laurel lined trail. This walk is just up the road from the Frank Lloyd Wright Fallingwater Estate, a great place to visit and have lunch after a beautiful morning walking in Ohio Pyle State Park. Truly a day to remember!" Other voters agreed. It is a seasonal walk open April through December.

3. Jenny Lake, Grand Teton National Park, Wyoming

This is an "extreme" walk at high altitude -- 7000 feet above sea level. You can arrive via a boat ride across Jenny Lake to the trail by Hidden Lake up to Cascade Canyon. The trail is more challenging to Inspiration Point, and after that is a gentle climb to Cascade Canyon. Hikers often see marmots, pika and moose. Due to the remote location, the club will send a map of the trail.

4. Colorado Springs Garden of the Gods, Colorado

The Garden of the Gods walk near Colorado Springs, Colorado takes you into a stunning natural area of fantasy rock formations. It is a frequent finalist for the top 10 walks. The start is at the Garden of the Gods Trading Post, 324 Beckers Lane. The 11 kilometer (7 mile) trail is rated moderate on trails and roads and is at an altitude of 6412 ft.

5. Biltmore Estate, Asheville, North Carolina

Had enough woodsy walks? Come see one of the great estates, strolling the grounds and touring the mansion built by George Vanderbilt, the Biltmore Estate. The admission price is steep at \$50/\$55. But our walkers say it was worth it. It is an easy walk.

6. Truckee River Trail, Reno, Nevada

This is one of my favorite strolls. It is a wonderful walk along a pleasant river,

with all of the thrills of downtown Reno at the National Automobile Museum start/finish. On a sunny day, you can watch everyone playing in the river park with kayaking and body surfing in the rapids.

7. Celebration, Florida

Disney built Celebration as an ideal town, with designs and ideas from yesterday, today and tomorrow. The walk instructions explain the unique architecture. The town and the route change every year, each time bringing new discoveries.

8. German Village, Columbus, Ohio

Walk a bit of Germany in the USA. This walk is mainly in historic German Village with a side trip around the State Capitol building. Soak up the Bavarian ambiance of Planks Bier Garten, Hausfrau Haven, the original Max & Ermas, King Gambrinus in the Brewery District, Soldiers' Wall of Letters, Schmidt's Sausage Haus, Schiller Park and many lovely German residences.

9. Bryce Canyon National Park, Utah

This stunning walk is open April through October. The 11 kilometers combine the Queens Garden Trail, the Wall Street Trail, and the Peekaboo Loop. It is "all views, all the time" as you hike through the hoodoos and rock formations. Make sure your camera has a fully charged battery and lots of memory space! The walk is rated most difficult due to hills and altitude. It is at 8000 feet altitude, and weather can be extremely hot or extremely cold. Registration for this walk is 90 minutes away in Cedar City, Utah -- or you can register ahead of time with the club.

10. Sacramento, California

Enjoy this walk through historic Old Sacramento, including the State Capitol, Sutter's Fort and the old Governors House.

Chuck and Joanne make it an annual event stopping in Columbus Ohio to do the German Village walk on their way to Wisconsin. Great walk with good food and beverage at the end of the trail.



Directions:

FROM NORTH: Take PA-94 south. PA-94 becomes MD-30 at the PA/MD state line. Approximately 5.5 miles south of PA/MD state line, turn left on Maple Grove Rd. then left on access road to Manchester Valley High School

FROM EAST: Take Baltimore Beltway I-695 to exit 19, I-795 north towards Owings Mills/Reisterstown. At end of I-795 take exit 9A to MD-30 toward Hanover. Continue north on MD-30 for approximately 13 miles. About 2 miles north of the Wal-Mart Shopping Center on MD-30, turn right on Maple Grove Rd. and then left on access road to Manchester Valley High School.

FROM SOUTH: Take I-270 north to exit 16 Father Hurley Blvd toward MD-27 Damascus. Father Hurley Blvd. becomes Ridge Rd. (MD-27). Continue on MD-27 north through Damascus, Mt. Airy, and Westminster. Approximately 9 miles northeast of Westminster, turn right at T intersection with MD-30 (Sheetz Gas Station ahead) turn right on MD-30 for one mile. Turn left onto Maple Grove Rd. then left on access road to t Manchester Valley High School.

FROM WEST: Take I-70 east to Mt. Airy and head north on MD-27 to Westminster. Approximately 9 miles northeast of Westminster, turn right at a traffic intersection with MD-30 in Manchester. Turn right on MD-30 for one mile. Turn left onto Maple Grove Rd. then left on access road to Manchester Valley High School.

Pacer 2010 Events

August 21 – Augustoberfest, Hagerstown, MD

September 18 – Sykesville, MD

October 2 and 3 – Octoberfest, Frederick, MD

**Piedmont Pacers
Memorial Walking Event
Honoring Mary Ruth Lippy**



**Manchester, Maryland
May 1, 2010**

Event # 85954

5 Km Trails Rated 1+

10 Km Trail Rated 2+

SPECIAL PROGRAMS

***CEMETERY STROLL
HISTORIC CHURCHES
MUSEUMS***



Member, Maryland Volkssport Association

Start/Finish: Manchester Valley High School
3300 Maple Grove Road, Manchester, Maryland 21102.

Distance: 10Km & 5Km trails are offered

Sponsor: Piedmont Pacers Volksmarch Club - AVA-476.

Sanctioned by: The American Volkssport Association (AVA) a member of the International Federation of Popular Sports (IVV).

Date: Saturday May 1, 2010

Start Time: 8:00 a.m. - 12:00 Noon, finish by 3:00 p.m.

Trail Description: The 5Km trail is rated 1+ and the 10 Km trail is rated 2+ The trail is on sidewalks, natural surfaces, wooded paths and roadsides. There are several small hills.

Eligibility: EVERYONE!! Children under 12 must be accompanied by an adult. Groups are welcome.

Registration/Fees: This event is FREE for those who wish to participate without receipt of IVV credit or award. Fee for IVV credit is \$3.00.

Procedure: At the start point each participant signs a waiver and receives a start card to be carried, presented, and stamped at the checkpoint. The individual start cards are turned in at the finish table upon completing the walk.

Pets: Pets may be taken on the trail, but they must be leashed. You must clean up after your pet. Pets are not allowed in the school

Award: There will be no award for this event. The patch pictured on the front of this brochure may be purchased for \$3.00.

Conditions: This event will be held regardless of weather conditions. Please NO LITTERING on the trail.

Disclaimer: Neither the sponsors of the event, volunteers, school personnel nor the City of Manchester will be liable for accidents, theft, or material damage. Every reasonable effort will be made to make this a safe, enjoyable, and memorable event.

Refreshments: Water and candy will be available at the start and control point. Food may be purchased at businesses along the route

IVV Books: This event counts towards IVV achievement awards. New books will be available for purchase at \$5.00.

Restrooms: Available at the start/finish and at various locations on the trails.

Information: For further information call Jerry Baugher at (301) 829-3685 or e-mail me at JGBaugher@aol.com



On August 9, 2008, we lost an active member of The Piedmont Pacers, Mary Ruth Lippy after a long battle with cancer. Mary Ruth had been a past treasurer of the Pacers and had walked the entire length of the C & O Canal with other club members. She also enjoyed biking and playing bridge. She laid out walks in Manchester and Hampstead for our club. She was always available to help at walks and never missed any of our social events. She was a beautiful person, wonderful friend, and is greatly missed by our club and her family.

*Sadly missed,
Lovingly remembered*

Atlantic Region Calendar

(Official Regional Director's Calendar)

This information last modified 03/30/10

Date	ype	T Club	Location	PoC Phone
April 2010				
10	W	Baltimore Walking Club	Baltimore, MD (Rotunda)	410.252.3165
10	W	Lee Lepus Volksverband	Henrico, VA (Deep Run Pk)	804.768.0055
10/11	W	Susquehanna Rovers	Newport, PA ()	717.567.9537
16/17	W	Germanna Volkssport Association	Fredericksburg, VA (Dorothy Hart Comm Ctr)	540.786.6550
17	W	Freestate Happy Wanderers	Laurel, MD (Fairland Reg Park)	301.572.5574
17	W	York White Rose Wanderers	Hallam, PA (Emig Park)	717.337.1667
17	W	Germanna Volkssport Association	Warrenton, VA (Galloping Grape)	540.842.8094
18	W	Washington DC Area VM Club	Washington, DC (Marriott)	703.765.3128
20	W	Washington DC Area VM Club	Alexandria, VA (Barrett Br Lib)	703.765.3128
24	W	Annapolis Amblers	Pasadena, MD (Pasadena)	410.960.6226
24	W	Loudoun Walking & Volkssport Club	Leesburg, VA (Leesburg)	703.737.2175
25	W	Virginia Volkssport Association	Washington, DC (Old Post Office)	757.766.3065
May 2010				
01	W	Piedmont Pacers	Manchester, MD (Manchester)	301.829.3685
01	W	Peninsula Pathfinders	Hampton, VA (Sandy Bottom Nature Park)	757.851.9252
08	W	Liberty Bell Wanderers	Huntingdon Valley, PA (Lorimer Park)	215.345.1723
08	W	Loudoun Walking & Volkssport Club	Leesburg, VA (Morven Park)	703.737.2175
08/09	W	Susquehanna Rovers	Fayetteville, PA (Fayetteville)	717.761.1338
08/09	W	Penn Dutch Pacers	Willow Street, PA (Willow Street)	717.625.3533
09	W	Chesapeake Bay Country Wanderers	Upper Marlboro, MD (Rosaryville St Pk)	301.805.4278
10	W	Northern Virginia Volksmarchers	Fairfax Station, VA (Fairview Elem Sch)	703.455.1878
15	W	Annapolis Amblers	Severna Park, MD (Severna Park)	410.960.6226
15	W	Liberty Bell Wanderers	West Chester, PA (Barnaby's)	215.699.9246
15	W	Gator Volksmarsch Club	Virginia Beach, VA (Bayville Park)	757.490.9324
18	W	Washington DC Area VM Club	Alexandria, VA (Barrett BR Lib)	703.765.3128
21	W	York White Rose Wanderers	Washington, PA (Connellsville)	717.337.1667
22	W	Annapolis Amblers	Indian Head, MD (Chapman S.P.)	410.960.6226
22	W	York White Rose Wanderers	Washington, PA (Mingo Creek St Pk)	717.337.1667
22	W	York White Rose Wanderers	Washington, PA (Hampton Inn)	717.337.1667
22	W	Northern Virginia Volksmarchers	Lorton, VA (Occoquan Reg Pk)	703.455.1878
23	W	York White Rose Wanderers	Washington, PA (Greensburg)	717.337.1667
29/31	W	Baltimore Walking Club	Cumberland, MD (Canal Place)	410.252.3165
29/31	W	Baltimore Walking Club	Cumberland, MD (Canal Place)	410.252.3165
June 2010				
05	W	Great Greenbelt Volksmarchers	Beltsville, MD (Beltsville AG Res Ctr)	301.937.3549
05	W	Loudoun Walking & Volkssport Club	Sterling, VA (Claude Moore Park)	703.737.2175
12	W	Seneca Valley Sugarloafers	Silver Spring, MD (Wayne Ave Garage)	301.946.5496
12	W	Virginia Vagabonds	James City, VA (Freedom Park)	757.766.3065
14	W	Northern Virginia Volksmarchers	Fairfax Station, VA (Fairview Elem Sch)	703.455.1878
15	W	Washington DC Area VM Club	Alexandria, VA (Barrett BR Lib)	703.765.3128
19	W	Freestate Happy Wanderers	Solomons, MD (Visitor Center)	301.498.7338
26	W	Baltimore Walking Club	Baltimore, MD (Notre Dame)	410.252.3165
26	W	Virginia Vagabonds	Hampton, VA (Oasis Family Restaurant)	757.766.3065
July 2010				
10	W	Baltimore Walking Club	Baltimore, MD (Digital Harbor HS)	410.383.2722
10	W	Peninsula Pathfinders	Hampton, VA (Hampton History Museum and Visitors Center)	757.890.9220
24	W	Annapolis Amblers	St. Michaels, MD (St. Michaels)	410.224.0907
31	W	Columbia Volksmarch Club	Columbia, MD (Nightmare Graphics)	410.290.6510
31/01	W	York White Rose Wanderers	Hanover, PA (Yesteryear Antq Ctr)	717.632.4589
August 2010				
07	W	Liberty Bell Wanderers	Hatboro, PA (Hatboro)	215.674.9064
07	W	Liberty Bell Wanderers	Hatboro, PA (Hatboro)	215.674.9064
07	W	Susquehanna Rovers	Port Royal, PA (Fort Royal)	

17	W	Washington DC Area VM Club	Alexandria, VA (Barrett BR Lib)	703.765.3128
21	W	Piedmont Pacers	Hagerstown, MD (FEST Tent)	410.795.7855
28	W	Annapolis Amblers	Severna Park, MD (Severna Park)	
28	W	Annapolis Amblers	Severna Park, MD (Severna Park)	410.960.6226
September 2010				
11	W	Freestate Happy Wanderers	Laurel, MD (Montpelier Art Center)	301.717.3604
13	W	Northern Virginia Volksmarchers	Fairfax Station, VA (Fairview Elem Sch)	703.455.1878
16	W	Gator Volksmarsch Club	Norfolk, VA ()	757.490.9324
18	W	Piedmont Pacers	Sykesville, MD (TBD)	410.795.7855
18	W	Northern Virginia Volksmarchers	Burke, VA (Unitarian Ch)	703.455.1878
21	W	Washington DC Area VM Club	Alexandria, VA (Barrett Br Lib)	703.765.3128
25	W	Baltimore Walking Club	Owings Mills, MD (Soldier's Delight)	410.825.4008
25	W	Liberty Bell Wanderers	Philadelphia, PA (Pennypack Park)	215.442.1337
25	W	Loudoun Walking & Volkssport Club	Lovettsville, VA (Game Preservation Assoc)	703.737.2175
25	W	Virginia Vagabonds	Newport News, VA (Start TBD)	757.766.3065
October 2010				
02	W	Ft. Belvoir Outdoor Recreation	Alexandria, VA (Ft. Belvoir)	703.805.9472
02/03	W	Piedmont Pacers	Frederick, MD (Frederick Fairgrounds)	410.795.7855
03	W	Liberty Bell Wanderers	Perkasie, PA (Perkasie)	215.529.5686
03	W	Liberty Bell Wanderers	Perkasie, PA (Perkasie)	215.529.5686
09	W	Washington DC Area VM Club	Clarksburg , MD (Little Bennett Park)	301.588.1913
09	W	Peninsula Pathfinders	Hampton, VA (Fort Monroe)	757.890.9220
09	W	Gator Volksmarsch Club	Hampton, VA (Hampton)	757.490.9324
15/17	W	Nittany Nomads	State College, PA (State College)	814.234.1368
15/17	W	Nittany Nomads	State College, PA (State College)	814.234.1368
15/17	W	Nittany Nomads	State College, PA (State College)	814.234.1368
16	W	Lee Lepus Volksverband	Hopewell, VA (McDonalds)	804.768.0055
22	W	US Freedom Walk Festival Club	Washington, DC (TBD)	703-209-0174
23	W	Loudoun Walking & Volkssport Club	Lucketts, VA (Tarara Winery)	703.737.2175
24	W	US Freedom Walk Festival Club	Arlington, VA (Start TBD)	703-209-0174
30	W	Seneca Valley Sugarloafers	Derwood, MD (Agri Hist Farm Park)	301.869.0698
31	W	Virginia Vagabonds	Chincoteague, VA (McDonalds)	757.766.3065
November 2010				
06	W	Peninsula Pathfinders	Newport News, VA (Newport News Park)	757.890.9220
13	W	Gator Volksmarsch Club	Norfolk, VA (Van Wyck Br Library)	757.490.9324
20	W	Baltimore Walking Club	Darlington, MD (Conowingo Dam)	410.638.7043
20	W	Seneca Valley Sugarloafers	Gaithersburg, MD (Seneca Cr St Pk)	301.926.8580
20	W	Seneca Valley Sugarloafers	Gaithersburg, MD (Seneca Creek St Pk)	301.926.8580
20	W	Virginia Vagabonds	Newport News, VA (Deer Park)	757.766.3065
December 2010				
04	W	Washington DC Area VM Club	Alexandria, VA (Barrett BR Lib)	703.292.7301
10/11	W	Peninsula Pathfinders	Williamsburg, VA (Clarion Hotel)	757.766.3065
10/12	S	Peninsula Pathfinders	Williamsburg, VA (Clarion Hotel)	757.766.3065
11/12	W	Peninsula Pathfinders	Williamsburg, VA (Clarion Hotel)	757.766.3065
18	W	Germanna Volkssport Association	Fredericksburg, VA (Visitor Center)	540.786.6550
31	W	Freestate Happy Wanderers	Columbia, MD (OBCC)	410.437.2164
31	W	Gator Volksmarsch Club	Smithfield, VA (Smithfield)	757.490.9324
31	W	Gator Volksmarsch Club	Smithfield, VA (Smithfield Station)	757.490.9324
January 2011				
01	W	Freestate Happy Wanderers	Columbia, MD (OBCC)	410.437.2164
01	W	Gator Volksmarsch Club	Smithfield, VA (Smithfield)	757.490.9324
01	W	Gator Volksmarsch Club	Smithfield, VA (Smithfield Station)	757.490.9324
08	W	Virginia Vagabonds	Hampton, VA (TBD)	757.766.3065
February 2011				
19	W	Freestate Happy Wanderers	Beltsville, MD (Vansville)	301.572.5574
March 2011				
26	W	Freestate Happy Wanderers	Laurel, MD (Pallotti)	301.717.3604
October 2011				
21/23	W	US Freedom Walk Festival Club	Arlington, VA (Holiday Inn)	703-209-0174
October 2012				
19/21	W	US Freedom Walk Festival Club	Arlington, VA (Holiday Inn)	703-209-0174

W - walk, GW - guided walk, GDW - guided day 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 - snow shoe, G - group walk, M - meeting or convention