

CVC PATHWAYS



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CVC President’s Column

By John Dye

We have one (1) 2019 traditional weekend event scheduled. In April, we will return to Rockburn Branch Park in the Elkridge area of Howard County. Rockburn offers great nature surface, wooded trails for walkers. We have walked there before. It has always been a well-received event.

Our plan was to develop the rest of the calendar at our January meeting. However, mother nature decided that travel that evening could be hazardous to everyone health. Our meeting was cancelled as the Owen Brown Village Center closed its doors. Usually we host three summer (June, July and August) walks and one fall event. That is still our plan but as of this date we have not decided on any. So as of now it’s an open calendar. Not too late for you to provide input as to where you would like to volksmarch in Howard County.

Our six Year Round Events will continue into 2019. All six year rounds from four start locations are up and running. The new and improved Kings Contrivance McDonalds reopened in late December. The biggest change is we are switching away from the River Hill and will have a second walk from Kings Contrivance McDonalds. It will go out to and around Lake Elkhorn.

See you on the trail,
John

Columbia Volksmarch Club 2019 Weekend Events

April 6 - Rockburn Branch Park
Summer Series – TBD
June
July
August
Fall – TBD

2019 CVC YRE

Event	Registration	
Lake Elkhorn	Kings Contrivance McDonalds	5
Centennial Lake	Roger Carter Center	0
Kings Contrivance	Kings Contrivance McDonalds	5
Ellicott City	Roger Carter Center	3
Wilde Lake	Feet First	2
Mall	Starbucks Columbia Mall	9
Total		24

Columbia Volksmarch Club Meeting Schedule

Normally the 2nd Monday of the month at 7:00 pm
February 11 7:00 - Owen Brown Community Ctr
March 18 7:00 - Owen Brown Community Ctr
April 8 7:00 - Owen Brown Community Ctr
May 13 7:00 - Owen Brown Community Ctr
June 10 7:00 - Owen Brown Community Ctr

My Walk With Megan

*Reprinted from David Bagwell's blog
<https://meganwalk.blogspot.com/>
 with David's permission*

A Summary

I started my "Walk With Megan" in January 2018 and completed my goal one year later, 100K, in January 2019. This was done during her last ten months alive and ended some three months after her death which occurred on November 14, 2018.

This period of time was the most intense time for Megan and her family. Her ovarian cancer, that had been in remission, returned with a vengeance. She dealt with many tests and treatments, mostly done at the Sloan Kettering Memorial Hospital in New York City. After many operations her doctors had to convey to her that further invasive treatments could not be done.

I tried to explore what I could do to deal with this in my own life. Since I had been active in the Columbia Volksmarch Club, an organization that sponsors planned walks, it came to me to consider a pledge to walk 100K in honor of Megan. My first walk, January 2018, was a 5K distance inside the Columbia Mall, Columbia, MD, during a cold, wintry day. I commented on my Blog, <https://meganwalk.blogspot.com>, that this felt like a "Walk in Prayer." The walks became a time, not only to enjoy the activity, but also to reflect, in honor or in memory of Megan's life. The final walk was completed in January 2019, on a walk through Ellicott City, MD. Megan's brother, RJ, and his girlfriend, Elizabeth, accompanied me. My comment on this last walk was, "we grieve our loss....and remember our Megan to walk forward with her."

The range of my walks extended throughout the U.S. Most of the walks were located near our residence, but while travelling I took the

opportunity to take walks afar from our home. For instance, while in Albuquerque, NM., attending the Balloon Festival, I took time out to Walk With Megan. Also, when visiting my sister, in North Manchester, IN, on her 90th birthday, I completed a walk there. While visiting Megan's family in Binghamton, NY, I participated in a Volksmarch in that city. On a weekend trip to Ocean City, MD, I walked the boardwalk in Megan's honor.

I created a Blog, writing down my thoughts of each Walk With Megan, trying to relate some of the sights along my way, but also adding some comments of my thinking as it related to Megan's life. Here is a collection of some comments I recorded:

—"sunshine and natural beauty uplifts us from our normal cares" (Greenbelt, MD)

—"the trail is on ahead and I (We) will walk with her" (Patuxent Wildlife Refuge, Md)

—"Megan experienced ...a confluence of many medical contents...medicines, operations exams, etc" (Binghamton, NY)

—"hope she (Megan) enjoys the wonders of Spring and the colors of growth" (Columbia, MD)

—"it was good to include in my ventures an actual path where Megan walked" (Binghamton Univ.)

—"Megan enjoyed the sun and sand here" (Ocean City, MD)

I am happy to say I have completed my goal of 100K, about 62 mi., for Megan. It has been, not only a pleasant experience to walk the various places, but also it has served as a way to express my loss. I estimated that I took about 140,000 steps to complete my journey, based on a calculation of an average number of steps per kilometer. I don't think this venture is over. I intend to continue to walk, primarily in sponsored Volksmarches, in the future. My last words to Megan were, "We (Peggy and I) love you and we intend to walk forward with you."

Sunday, January 13, 2019

Walk with Megan....My goal has been reached!!

My goal for a 100K walk with Megan has been completed! Over a year's span I completed the commitment to walk in honor of Megan. On the last walk I was fortunate to have her brother, RJ, and his girlfriend, Elizabeth, to accompany me for the last segment of my goal. They were visiting Peggy and I over their college breaks and it worked out well to include them on this final walk.

We started at the Roger Carter Community Center, Ellicott City, MD. The walk took us through the streets of Ellicott City, MD, which had recently been flooded during a major storm. We walked up the hill to some residences and near a church which had been converted into an Historical Museum.



Coming on down the hill we came to main street where many of the shops were boarded up or were in a stage of renewal. On Main Street and across the bridge, which crosses the Patapsco River,

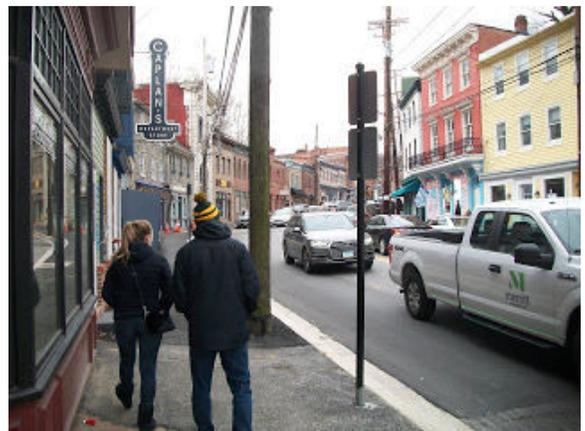


we ventured and then back across the bridge to the other side of Main Street.

We were curious about one antique store along the way, so we decided to pause and go inside. It was filled with many curios...old watches, cigarette

lighters, typewriters, costume jewelry, old signs and anything you could imagine. On down Main Street we saw a Syrian cafe and decided it was a good place to take a break and have a snack. We enjoyed some coffee, tea, cocoa and even a small baklava. Now on we went to the last leg of our trip ending up at our starting point.

This walk recalled some connections to Megan and her family. Just as this city had experienced devastation, so too, had our family felt such a loss. At the same time, we noticed several shops on Main Street rebuilding and trying to get their business back in order.



We experience now this same directive, although we grieve our loss, we do remember our Megan and walk forward with her. Go Megan!!!

Previous	95 K
<u>Current</u>	<u>5 K</u>
Total	100K Goal completed..Yea!!



Back at the Roger Carter Center with RJ and Elizabeth

Looking Up the Trail to the Month Ahead

Hit-or-Miss Impressions / Recommendations

Warning Use at your own Risk

John Dye

February 2019

Enjoy the following.

(For current information or more details, I always check http://mdvolks.org/new_walklist.php or <http://www.ava.org>)

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

- Edith Sitwell

Saturday February 2 York Winter Walk & Swim
5/10 k and swim

This York White Rose Wanderers winter walk starts at the Athletic Club of York and goes around and through the West Manchester Town Center and a West York neighborhood mostly on sidewalks and along the road. This is a winter walk so sidewalks may be icy or snow covered. Start 8:30 - Noon; Trail Rating 1A
66 mi; 1 hr 6 mins from Columbia

Saturday February 16 Lititz Fire and Ice
A Penn Dutch Pacers winter walk through downtown Lititz PA to see the Ice Sculptures and enjoy the Lititz Fire and Ice Festival. Both routes will pass Warwick High School (chili cookoff in the afternoon in the school (for an admission fee) and pass through the Lititz Springs Park and down Main Street where many Ice Sculptures are on display. The longer route will include additional sections of Lititz. The route will primarily be on sidewalks and paved walking trails. The path into the park will descend a set of stairs.

Start 8 – 1; Trail Rating 1A
96 mi; 1 hr 53 mins from Columbia

2018 YRE Participation

Most Walks

The following were our most frequent year round event walking participants in 2018

Theall, Kevin - 58
Tuori, Kristine - 39
Estrin, Alex - 25
Estrin, Judy - 25
Fernandez, Karen - 21
Filemyr, Claire - 16
Waibel, Gale - 15
Waibel, Klaus - 13
Willoughby, Marilyn - 12
Willoughby, Tony - 12
Jensen, Linda - 11
Palm, Robert - 11

All Six

The following did all six of our year round events in 2018

Estrin, Alex
Estrin, Judy
Fernandez, Karen
Jensen, Linda
Kaiser, Charles
Palm, Robert
Tuori, Kristine
Dye, John
Willoughby, Marilyn
Willoughby, Tony



UPCOMING VOLKSSPORTING EVENTS

February 2019 through December 2019

Day	Mon	Location	Event*	Description	Contact
02	Feb	York, PA	5/10 k	Start at the Athletic Club of York, 1785 Loucks Rd., York, PA 17408 between 8:30 and noon and finish by 3 pm.	Julie 717.633.7644
02	Feb	York, PA	300m	Start at the Athletic Club of York, 1785 Loucks Rd., York, PA 17408 between 10:30 and 1 and finish by 2:30 pm.	Julie 717.633.7644
16	Feb	Lititz, PA	6/10k	Start at St. James Catholic Church Room 104, 505 Woodcrest Ave, Lititz PA 17543 betweeb 8 - 1 pm.	Dave 717.626.6103
23	Mar	College Park, MD	5/10 k	Start at the College Park Airport, 1909 Corporal Frank Scott Drive, College Park, MD 20740 between 9 - noon and finish by 3 pm.	Yvonne 301.431.6668
30	Mar	Baltimore, MD	5/10/11K	Start at Future Care (Canton Harbor), 1300 So. Elwood Ave, Baltimore, MD 21224 between 8 - 12 and finish by 3 pm.	Frank or Marie 410.592.3171
30	Mar	Baltimore, MD	5/10/11K	Start at Future Care (Canton Harbor), 1300 So. Elwood Ave, Baltimore, MD 21224 between 8 - 12 and finish by 3 pm.	Frank or Marie 410.592.3171
30	Mar	Newport News, VA	5/10 k	Start at the Subway Restaurant, 3301 Washington Avenue, Newport News, VA. Start between 9 - 1 and finish by 4 pm.	Annette 757.814.1417
06	Apr	Elkridge, MD	5/10 k	Start at Rockburn Branch Park, 6105 Rockburn Branch Park Road, Elkridge, MD between 8-11 and finish no later than 2 pm.	John 410.290.6510
13	Apr	Rockville, MD	5K/10K	Start at Urban Bar-B-Que, Rock Creek Village Shopping Center.	Jeff 240.753.0119
13	Apr	Henrico, VA	5/10 k	Start at the Picnic Area, Dorey Park, 7375 Dorey Park Drive, Henrico, VA between 9 - noon and finish by 3 pm.	Gin 703.201.1987
13	Apr	Henrico, VA	10/25k	Start at the Picnic Area, Dorey Park, 7375 Dorey Park Drive, Henrico, VA between 9 - noon and finish by 3 pm.	Gin 703.201.1987
20	Apr	Annapolis, MD	5/10 k	Start at the Maryland Hall for the Creative Arts, 801 Chase St. Annapolis, MD 21401 between 8 - noon and finish by 3 pm.	Bob 410.960.6226
26/28	Apr	Marietta, PA	5K/10K	Start at the Columbia Crossing River Trails Center, 41 Walnut Street, Columbia, PA 17512 between 8 - 1 and finish by 4 pm.	Sharon 717.805.9540
26/28	Apr	Columbia, PA	15k to 35k or more	Start at the Columbia Crossing River Trails Center, 41 Walnut Street, Columbia, PA 17512 between 8 - 1 and finish by 4 pm.	Sharon 717.805.9540
26/28	Apr	Wrightsville, PA	6/10K	Start at the Columbia Crossing River Trails Center, 41 Walnut Street, Columbia, PA 17512 between 8 - 1 and finish by 4 pm	Pam 717.817.9724
27	Apr	Laurel, MD	5K/10K	Start at the Montpelier Mansion, 9650 Muirkirk Rd.	Rita & Michael 301.776.6484
19	May	Smyrna, DE	5/10 k	Start at Blackbird State Forest.	Jay 302.359.7217
01	Jun	Millersville, MD	5K/10K	Start at Kinder Farm Park 1001 Kinder Farm Park Rd.	Bill 410.533.5805
28	Sep	Frederick, MD	6/10k	Start at the Frederick Fairgrounds.	Jone 301.385.0054
05	Oct	Newport News, VA	5/10 k	Start at the Subway Restaurant, 3301 Washington Avenue, Newport News, VA between 9 - 1 and finish by 4 pm.	Annette 757.814.1417
05/06	Oct	Stewartstown, PA	5/10k	Start at Naylor Wine Cellars, 4069 Vineyard Road, Stewartstown, PA 17363 between 8 - noon and finish by 3 pm.	Pam 717.817.9724
12	Oct	Gaithersburg, MD	5/10 k	TBD	Jone 301.385.0054
26	Oct	Darlington, MD	13K	Start at the Fisherman's Pavilion, Conowingo Dam, Darlington, MD between 8 - noon and finish by 3 pm.	James 410.638.7043
26	Oct	Darlington, MD	5/10 k	Start at the Fisherman's Pavilion, Conowingo Dam, Darlington, MD between 8 - noon and finish by 3 pm.	James 410.638.7043
02	Nov	Laurel, MD	5/10 k	Patuxent Research Refuge	Yvonne 301.431.6668
08/10	Nov	Gettysburg, PA	5/10 k	Registration is at the Days Inn Gettysburg, 865 York Rd, Gettysburg, PA 17325. Registration on Friday and Saturday between 9:00 am - 5:00 pm; Sunday between 9:00 am - 1:00 pm.	Tom 717.677.6511

				Participants must finish by 4:00 pm on Sunday. This walk features haunted places in the northern part of town, on the campus of Gettysburg College, and downtown.	
08/10	Nov	Gettysburg, PA	5/10 k	Registration is at the Days Inn Gettysburg, 865 York Rd, Gettysburg, PA 17325. Registration on Friday and Saturday between 9:00 am - 5:00 pm; Sunday between 9:00 am - 1:00 pm. Participants must finish by 4:00 pm on Sunday. This walk features the microbreweries, wine shops, distilleries, and cider houses in Gettysburg. It also passes some of the sites of former businesses that no longer exist.	Tom 717.677.6511
08/10	Nov	Gettysburg, PA	5/10 k	Registration is at the Days Inn Gettysburg, 865 York Rd, Gettysburg, PA 17325 Registration on Friday and Saturday between 9:00 am - 5:00 pm; Sunday between 9:00 am - 1:00 pm. Participants must finish by 4:00 pm on Sunday. This walk features the southern end of the Gettysburg Battlefield and is different from the 2019 YRE starting from the same place.	Tom 717.677.6511
09	Nov	Gettysburg, PA	5/6/11 k	Registration is at the Days Inn Gettysburg, 865 York Rd, Gettysburg, PA 17325. Registration on Saturday between 9:00 am - 12:00 pm; Participants must finish by 3:00 pm. This walk has a 5K loop in the fruit orchards and vineyards above the winery and a 6K loop on country roads.	Tom 717.677.6511
09	Nov	Gettysburg, PA	300m	Registration and Start Location for Swim: YWCA of Gettysburg & Adams County, 909 Fairfield Road, Gettysburg, PA 17325 between 2:15-3:45 pm; finish by 4:30 pm.	Tom 717.677.6511
16	Nov	Gaithersburg, MD	6/10k		Tony 301-570-4235
13/14	Dec	Williamsburg, VA	5/10 k	Start at the Best Western Hotel, 351 York St, Williamsburg, VA between 3 -6 pm and finish by 9 pm. Bring a flashlight.	Annette 757.814.1417
13/15	Dec	Williamsburg, VA	300m	Start at the Best Best Western Hotel, 351 York St, Williamsburg, VA. Swim times are: Fri 3-6 pm, Sat 10 - 6, Sun 10-1.	Annette 757.814.1417
14/15	Dec	Williamsburg, VA	5/10 k	Start at the Best Western Hotel, 351 York St, Williamsburg, VA between 8 - 1 and finish by 4 pm.	Annette 757.814.1417

* Short walk available GW - guided walk, GDW - Guided Day Walk, GNW - Guided Night Walk

The above information is collected from event brochures and The American Wanderer. If your event is not here, or the description is not complete, contact Jim McDonald, 118 Winesap Lane, Dover, DE 19901, 302-535-8999, mcdon20708@gmail.com. Every effort is made to make this information as accurate as possible, but CVC can not be held responsible for any errors.

The complete event list can also be found on line at <http://www.mdvolks.org/>