

CVC PATHWAYS



Editor: John Dye; Publisher: Karen Dye; Distribution: Linda Toole

CVC President’s Column

By John Dye

Our June walk will be the first Saturday in June. We will be employing our usual early start times (7:30 am to 9:00 am) to beat the heat. It will start in the revamped Wilde Lake Village Center. It will proceed down and under Twin Rivers Road into Bryant Woods. The Trail will then proceed on the Wilde Lake Loop next to Wilde Lake. At the dam end of Wilde Lake, the 5K and 10K trails will split. The 10K trail will go into Running Brook. Both trails will meet up at the checkpoint by the Boathouse and continue on the Wilde Lake Loop. The return is through Faulkner Ridge to Wilde Lake Village Center. I think Tony has developed a trail that all can enjoy.

Our July walk will be in Harper’s Choice featuring the Village of Harper’s Choice and Howard Community College.

Due to a number of issues we will not be hosting an August walk this year.

We hope to see you there as a walker or better yet as a one-hour volunteer to support the club and the event.

See you on the trail,
John

2018 Traditional Walk Schedule

Spring – April 14 - Meadowbrook Park

Summer -

- June 2 – Wilde Lake
- July 14 – Hickory Ridge
- ~~August – TBD~~

Fall – October 27 - Sykesville



Saturday June 2

Columbia Village of Wilde Lake

**Starting in the
Wilde Lake Village Center**

Start Times 7:30 – 9:00



Still good 1-hour volunteer slots available for our June 2nd Walk.

Contact Ron Looper, ronlooper@aol.com

Kevin Theall

Kevin is retired and moving to Central Pennsylvania. Over the past 20 years, Kevin has been our most devoted participant in Columbia Volksmarch Club Year Round Events. He has done 4,576 CVC YRE events. He has averaged 199 CVC YRE events per year. He achieved a high of 527 CVC YRE events in 2010. That is well over 46,000 Kilometers in CVC YRE events. Kevin was always the first to volunteer for our walks. He liked the late shift so he could get 20 or more kilometers in before sitting at the table and chatting with finishers. I am sure we will see Kevin on the trail.



Wilde lake Dam

Columbia Volksmarch Club Meeting Schedule

7:00 pm
 May 14, 2018 – Owen Brown Community Center
 June 11, 2018 – Owen Brown Community Center
 July 9, 2018 – Owen Brown Community Center
 August 2018 – NO MEETING
 September 10, 2018 – Owen Brown Comm Center
 October 8, 2018 – Owen Brown Comm Center

2018 CVC YRE

Event	Registration	
River Hill	Feet First	10
Centennial Lake	Roger Carter Center	22
King Contrivance	Kings Contrivance McDonalds	20
Ellicott City	Roger Carter Center	74
Wilde Lake	Feet First	20
Mall	Starbucks Columbia Mall	67
Total		213

CVC YRE Sponsors

Feet First back in the Wilde Lake Village Center



Kings Contrivance McDonalds



Roger Carter Center



Starbucks at Columbia Mall



Looking Up the Trail to the Month Ahead

Hit-or-Miss Impressions / Recommendations

Warning Use at your own Risk

John Dye

June 2018

Enjoy the following.

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

"Wisteria woke me this morning,
And there was all June in the garden;
I felt them, early, warning
Lest I miss any part of the day.

Straight I walked to the trellis vine.
Wisteria touched a lifted nostril:
Feelings of beauty diffused, to entwine
My spirit with June's own aura."
- Ann McGough, Summons

Saturday June 2 - Summer Walk in Wilde Lake Village

Columbia, MD

5K/10K Walk

Start at the Wilde Lake Village Center by the relocated Feet First

Trail will be on hard surface pathways and sidewalks in the Columbia Village of Wilde Lake.

Start 7:30-9; Trail Rating 2A

7 mi; 11 mins (from John's house in Columbia)

14 mi; 26 mins (from Rich's house in Laurel)



Wilde Lake

Saturday June 9 Piney Orchard Street Festival
Odenton, MD

5K/10K Walk

The 10K walk will take you through many neighborhoods, a few small hills, and dip into the Nature Preserve for some natural path walking and possible wildlife viewing. The 5K walk will be (almost) all paved sidewalks or paved trails.

SPECIAL NOTE: The walk takes place during the 7th Annual street festival, where there will be plenty of food, games, raffles, live music, children's entertainment, and more. Please plan to stroll the booths on Stream Valley Drive and enjoy the festival—it's free! The festival will be open until 6 pm.

Start 9 – 1; Trail Rating 1A

16 mi; 23 mins (from John's house in Columbia)

12 mi; 22 mins (from Rich's house in Laurel)

Saturday July 14 Summer Walk in Columbia Village of Hickory Ridge

5K/10K Walk

Starting at the Hickory Ridge Village Center, the trail will be on hard surfaces on pathways and sidewalks in the Columbia Village of Hickory Ridge.

Start 7:30-9; Trail Rating 2A

4 mi; 11 mins (from John's house in Columbia)

13 mi; 23 mins (from Rich's house in Laurel)



Wilde Lake Boathouse

Volksmarching

From Wikipedia, the free encyclopedia

Volksmarching (from German "*Volksmarsch*", *people's march*) is a form of non-competitive fitness walking that developed in Europe in the mid-late 1960s. By 1968, the International Federation of Popular Sports (better known as the "IVV") was formed by Germany, Austria, Liechtenstein and Switzerland. The national emblems of these four countries were placed in a wreath to form the symbol IVV.^[1] The IVV Headquarters is located in Altötting, Germany (Bavaria) and the official languages of the IVV are English and German, though French is also used unofficially.^[2]

Though walking is the primary activity, the volkssporting movement also includes bicycling, swimming, cross-country skiing or snow-shoeing, and other approved activities.^{[3][4]} Special provisions also allow for the physically challenged to participate in most events. Participants typically walk 5 kilometers (3.1 mi), 10 kilometers (6.2 mi), 20 kilometers (12 mi) or longer, on a pre-determined outdoor path or trail, with the aid of posted signs or markings, or a map and a set of written directions. Volksmarching associations offer incentive awards (including certificates, pins and patches) for participating in a certain number of events and for covering different cumulative distances over time.



Volksmarching participants enjoy recording distances and event participation in international record books.^[5]

IVV members around the world organize more than 7,500 events each year for an estimated participation of 10,000,000 people.^[3] People of all ages and abilities participate. As of 2016, IVV Membership includes 31 National Federations (Australia, Austria, Belgium, Brazil, Canada, China, Czech Republic, Denmark, Estonia, Finland, France, Germany, Great Britain, Greece, Hungary, Italy, Japan, Korea, Luxembourg, Netherlands, Norway, Poland, Romania, Slovakia, Sweden, Switzerland/Liechtenstein, Southern Tyrol, Taiwan, Turkey and the United States) as well as 11 additional "direct members" in Andorra, Croatia, Ireland, Indonesia, Lithuania, New Zealand, Russia, Serbia, Slovenia and Spain—representing 4,000 local clubs and making volkssporting available in at least 40 countries worldwide. Members are loosely organized under three geographic groupings: IVV-Europe, IVV-Asia and IVV-Americas.^[6]

Less frequently used terms are *Volkswanderung* and *Volkswalk*.



UPCOMING VOLKSSPORTING EVENTS

June 2018 through December 2018

Day	Mon	Location	Event*	Description	Contact
02	Jun	Columbia, MD	5K/10K	Start at the Wilde Lake Village Center, 5305 Village Center Dr, Columbia, MD 21044 between 7:30 and 9:00.	John 410.290.6510
02	Jun	Sterling, VA	5K/10K	Start at the Claude Moore Park Visitors Center, 21544 Old Vestals Gap Rd, Sterling VA 20164, 703-421-0443 between 8:00 - 1:00.	Bob or Suzanne 703.737.2175
09	Jun	Odenton, MD	5K/10K	Start at 2400 Stream Valley Dr., Odenton, MD 21113 between 9 - 1 and finish by 3 pm.	Deb 410.695.0112
09	Jun	Ohiopyle, PA	5K/10K/15K/20K	Start at the Ohiopyle State Park Visitor's Center, 124 Main Street, Ohiopyle, PA 15470 between 9 - 1 and finish by 4.	Lori (724) 858-5965
16	Jun	Duncannon, PA	5/10K	Duncannon Area Park, Chestnut Street, Duncannon Pa 17020. (40.3967, -77.0315)	Marcy (717)9979-3960
20	Jun	Greenbelt, MD	5K/10K	Start/Finish: Greenbelt Community Center 15 Crescent Rd, Greenbelt, MD 20770 Start Time: Start 4 to 5:30 finish by 8:30	Yvonne 571.217.9851
14	Jul	Columbia, MD	5K/10K	Start at the Hickory Ridge Village Center, 6470 Freetown Rd, Columbia, MD 21044 between 7:30 - 9:00.	John 410.290.6510
18	Jul	Greenbelt, MD	5K/10K	Start/Finish: Greenbelt Community Center 15 Crescent Rd, Greenbelt, MD 20770 Start Time: Start 4 to 5:30 finish by 8:30	Yvonne 571.217.9851
04/05	Aug	Dillsburg, PA	5K/10K	Start at the Dillsburg American Legion Post 26, 301 S. Route 15, Dillsburg, PA 17019 between 8 and noon and finish by 4 pm.	Brenda 717.891.1945
11	Aug	Elkton, MD	5/10K	Start at the Fair Hill Natural Resources Management Area.	James 410.638.7043
15	Aug	Greenbelt, MD	5K/10K	Start/Finish: Greenbelt Community Center 15 Crescent Rd, Greenbelt, MD 20770 Start Time: Start 4 to 5:30 finish by 8:30	Yvonne 571.217.9851
01/03	Sep	Blacksburg, VA	5K/10K	Register at La Quinta Inn Radford, 1450 Tyler Ave, Radford VA 24141, where you will be given driving directions to Blacksburg. Register between 9 am and 4 pm Saturday and Sunday; 9 am and noon on Monday.	Sandy 757.476.5789
01/03	Sep	Burke's Garden, VA	5/10K	Register at La Quinta Inn Radford, 1450 Tyler Ave, Radford VA 24141, where you will be given driving directions to Burke's Garden. Register between 9 am and 4 pm Saturday and Sunday; 9 am and noon on Monday.	Sandy 757.476.5789
01/03	Sep	New Castle, VA	5K/10K	Register at La Quinta Inn Radford, 1450 Tyler Ave, Radford VA 24141, where you will be given driving directions to New Castle. Register between 9 am and 4 pm Saturday and Sunday; 9 am and noon on Monday.	Sandy 757.476.5789
01/03	Sep	The Cascades, VA	5K/7K/10K	Register at La Quinta Inn Radford, 1450 Tyler Ave, Radford VA 24141, where you will be given driving directions to The Cascades. Register between 9 am and 4 pm Saturday and Sunday; 9 am and noon on Monday.	Sandy 757.476.5789
08	Sep	Bladensburg, MD	5/6/10K	START LOCATION: Bladensburg Waterfront Park 4601 Annapolis Road, Bladensburg, MD 20710. START/FINISH: Start anytime between 9:00 AM and 1:00 PM. All walkers must finish by 4:00 PM.	Yvonne 301.431.6668
15	Sep	Fort Washington, PA	5K/10K	Start at Fort Washington State Park, 500 Bethlehem Pike, Fort Washington, PA 19034.	Dave 610.906.6252
15	Sep	Williamsburg, VA	5K/10K	Start at Waller Mill Park, 901 Airport Road, Williamsburg, VA 23185 between 9 - 12.	Sandy 757.476.5789
16	Sep	Princeton, NJ	5/10 Km	Start at the Frist Bldg., 33 Washington Ave/Ivy Lane, Princeton, NJ between 10 - 1 and finish by 4 pm.	Diane 609.658.7724
22	Sep	Atglen, PA	5K/10K	Start at the Wolf's Hollow County Park in the main entrance parking area, 1399 Schoff Road, Atglen, PA 19310 between 9- 12:30.	Jeanne 484.432.8541
23	Sep	Stevens/Kleinfeltersville, PA	7/11K	Start at Willow Point, Middle Creek Wildlife Management Area, Hopeland Road. GPS 40°16'54.0"N 76°14'32.1"W between 8 - 1 pm and finish by 4 pm.	Dave 717.626.6103
27	Sep	Damascus, VA	27K	Start at Blue Blazes Bicycle and Shuttle Service, 226 W Laurel Ave, Damascus, VA 24236 (276) 475-5095. Arrive by 10:00 for a 10:30 departure.	Tom 717.677.6511
28	Sep	Max Meadows, VA	13/29K	Start at the Bike Rentals, New River State Park, 176 Orphanage Dr, Max Meadows, VA 14360. Arrive by 9:30 for a 10:00 am departure.	Tom 717.677.6511
29	Sep	Frederick, MD	6K/10K	Frederick Fairgrounds	Jone 301.385.0054
29	Sep	Marlinton, WV	13/29K	Start at the Trailhead for Greenbrier River Trail, across the street from 309 8th St., Marlinton, WV 24954. Arrive by 9:00 am for a 9:30 am departure.	Tom 717.677.6511
06	Oct	Upper Marlboro, MD	5K/10K	Start at Darnall's Chance House, 14800 Governor Oden Bowie Drive.	Pam 410.987.7231
06	Oct	Smithfield, VA	5/10K	Start at Smithfield Station, 415 South Church Street, Smithfield, VA 23430 between 9 - 10 and finish by 1 pm.	Annette 757.814.1417
06/07	Oct	Ft Belvoir, VA	5K/10K	Start at Fremont Field, Ft Belvoir, Oktoberfest Site.	Kristin 703.805.2394
13	Oct	Gaithersburg, MD	5k/10K	Start - TBD	Jone 301.385.0054
13	Oct	Hopewell, VA	5k/10k	Start at Hardee's Restaurant, 2915 Oaklawn Blvd, Hopewell, VA 23860.	Dee

					804.731.2863
19	Oct	Arlington, VA	5K/10K	Start at the Holiday Inn Rosslyn at Key Bridge, 1900 N. Fort Myer Drive, Arlington, Virginia 22209 between noon and 3 pm and finish by 6 pm.	Dolores 703.209.0174
19/20	Oct	State College, PA	5/8/10/13/15K	Register at the Super 8 State College, 1663 S Atherton St., State College, PA 16801, on Friday between 9 am 5 pm and Saturday between 8 am 1 pm. Finish by 4 pm on Sunday. After registering, participants must drive to the walks in Penns Valley.	Tom 717.677.6511
19/21	Oct	State College, PA	5K/10K	Register at the Super 8 State College, 1663 S Atherton St., State College, PA 16801, on Friday between 9 am 5 pm and Sunday between 8 am 1 pm. Finish by 4 pm on Sunday. After registering, participants must drive about 5 miles to the Target on Colonnade Blvd.	Tom 717.677.6511
19/21	Oct	State College, PA	5K/10K	Register at the Super 8 State College, 1663 S Atherton St., State College, PA 16801, on Friday between 9 am 5 pm, Saturday between 8 am 1 pm and Sunday between 8 am 1 pm. Finish by 4 pm on Sunday. After registering, participants must drive about 17 miles to Stone Valley.	Tom 717.677.6511
19/21	Oct	State College, PA	5K/10K	Register at the Super 8 State College, 1663 S Atherton St., State College, PA 16801, on Friday between 9 am 5 pm, Saturday between 8 am 1 pm and Sunday between 8 am 1 pm. Finish by 4 pm on Sunday.	Tom 717.677.6511
19/21	Oct	Arlington, VA	300m	Start at the Holiday Inn Rosslyn at Key Bridge, 1900 N. Fort Myer Drive, Arlington, Virginia 22209. Friday: Start: noon., End: 5:00 pm; Saturday: Start: 10 am., End: 4:00 pm; Sunday: Start: 10 am., End: 3:00 pm.	Dolores 703.209.0174
19/21	Oct	Arlington, VA	13K/25K	Start at the Holiday Inn Rosslyn at Key Bridge, 1900 N. Fort Myer Drive, Arlington, Virginia 22209. Friday start between 10 - 3 and finish by 6; Saturday start between 7 - 2 and finish by 5; Sunday start between 7 - 2 and finish by 4.	Dolores 703.209.0174
20	Oct	Arlington, VA	6K/11K/21K/42K	Start at the Holiday Inn Rosslyn at Key Bridge, 1900 N. Fort Myer Drive, Arlington, Virginia 22209. 6K & 11K start between 8 am and noon; 21K starts between 8 - 11; 42K starts between 7:00 - 7:30. All finish before 5 pm.	Dolores 703.209.0174
21	Oct	Arlington, VA	6K/10K/20K/34K	Start at the Holiday Inn Rosslyn at Key Bridge, 1900 N. Fort Myer Drive, Arlington, Virginia 22209. 6K & 10K start between 8 am and noon; 20K starts between 7 - 10; 34K starts between 7 - 8. All finish before 4 pm.	Dolores 703.209.0174
27	Oct	Sykesville, MD	5K/10K	Start at Sykesville Middle School, 7301 Springfield Ave. Sykesville MD 21784 between 8 -11 and finish by 2 pm.	Paul 443.612.9956
27/28	Oct	Rehoboth Beach, DE	5K/10K	Start at TBD Saturday 8 am - 2 pm, finish by 5 pm; Sunday 8 am - noon, finish by 3 pm.	Tom 302.697.1191
27/28	Oct	Rehoboth Beach, DE	25K	Start at TBD Saturday 8 am - 2 pm, finish by 5 pm; Sunday 8 am - noon, finish by 3 pm. There will be a guided bike ride starting at 1:30 Saturday but arrive at 1 pm.	Kathy 302.388.5740
03	Nov	Darlington, MD	5K/10K	Start at the Fishing Pavilion, Conowingo Dam, Shures Landing Road, Darlington, MD 21034, between 8 - 12 and finish by 3 pm.	James 410.638.7043
03	Nov	Finleyville, PA	5K/10K	Start at the Ebenezer Covered Bridge, Mingo Creek Park, 1327 Venetia Rd, Finleyville, Nottingham Twp, PA 15330 between 9 - 1 and finish by 4.	Lori (724) 858-5965
10	Nov	Reading, PA	5K/10K	Start at Angelica Creek Park.	Dave 610.906.6252
10	Nov	Reading, PA	25k	Starting at Angelica Creek Park	Dave 610.906.6252
17	Nov	Sandy Spring, MD	6K/10K	Start at Woodlawn Manor, 16501 Norwood Rd., Sandy Spring, MD 20860.	Tony 301-570-4235
23/24	Nov	Hershey, PA	5/10/20/22K	Start at the Hershey Recreation Center, 605 Cocoa Avenue, Hershey, PA between 8:00 - 1:30 and finish by 4:30.	Sharon 717.805.9540
23/24	Nov	Hershey, PA	5K/10K	Start at the Hershey Recreation Center, 605 Cocoa Avenue, Hershey, PA between 8:00 - 1:30 and finish by 4:30.	Sharon 717.805.9540
23/24	Nov	Hershey, PA	7/10K	Start at the Hershey Recreation Center, 605 Cocoa Avenue, Hershey, PA between 8:00 - 1:30 and finish by 4:30.	Sharon 717.805.9540
23/24	Nov	Hershey, PA	5K/10K	Start at the Hershey Recreation Center, 605 Cocoa Avenue, Hershey, PA between 8:00 - 1:30 and finish by 4:30.	Sharon 717.805.9540
07/08	Dec	Williamsburg, VA	5K/10K	Start at the Best Western Hotel, 351 York Street, Williamsburg, VA. GPS Coordinates: 37.268805, -76.686110 between 3 -6 and finish by 9. Don't forget a flashlight!	Annette 757.814.1417
07/09	Dec	Williamsburg, VA	300m	Start at the Best Western Hotel, 351 York Street, Williamsburg, VA. GPS Coordinates: 37.268805, -76.686110.	Annette 757.814.1417
08/09	Dec	Williamsburg, VA	5K/10K	Start at the Best Western Hotel, 351 York Street, Williamsburg, VA. GPS Coordinates: 37.268805, -76.686110.	Annette 757.814.1417
15	Dec	Baltimore, MD	5K/10K	Start at The Rotunda, 711 West 40th St., Baltimore, MD 21211 between 3 - 6 pm and finish by 9 pm. Bring a flashlight.	Don 410.825.4008
31	Dec	Savage, MD	5K/10K	Start at the Savage United Methodist Church, 9050 Baltimore St., Savage, MD.	Linda 410.437.2164
31	Dec	Savage, MD	5K/10K	Start at the Savage United Methodist Church, 9050 Baltimore St., Savage, MD.	Linda 410.437.2164

* 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/>