

# CVC PATHWAYS



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

## CVC President’s Column

*By John Dye*

Our July walk was one of our early starts to beat the heat events. It started in Hickory Ridge shopping center and featured the Village of Hickory Ridge, passing the grounds of Atholton High School and went through Howard Community College. Hopefully you know all that because you participated in the event. We thank the faithful volunteers who made the event possible. The list of volunteers appears in this newsletter.

Our Fall Walk will be a Paul Lubell-developed event in Sykesville. It will be the last Saturday in October. 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

## Columbia Volksmarch Club Meeting Schedule 7:00 pm

August 2018 – NO MEETING  
 September 10, 2018 – Owen Brown Comm Center  
 October 8, 2018 – Owen Brown Comm Center



## Thanks to CVC's Volunteers, 14 July 2018

Ron Looper  
 CVC Volunteer Coordinator

Karen and John, Irv and Jan, Donna, Carol and Najad, Alex and Judy, David, Mike and Carol, Brad and Elizabeth, Tony and Marilynn, Darrell, and Fran,

Most walkers, and volunteers, beat the heat at today’s volkswalk in Hickory Ridge. Two volunteers signed up already to work at our next event on October 27<sup>th</sup> in Sykesville.

A thank you to each and every one of you Very Important Participants, for your volunteer support at the Start, Finish or Checkpoint tables today at the CVC 2<sup>nd</sup> Summer event on 14 July. Plus, those hearty trail makers and checkers.

CVC president John Dye will recognize each of you publicly in the club newsletter, but I wanted to personally thank you for making my job as the club's Volunteer Coordinator enjoyable at another CVC event.



**Hickory Ridge Walk July 14**

**Thanks** to the volunteers at the July 14, 2018 walk:

**Jan & Irv Hite**

**Donna Lyman**

**Carole Graves**

**Najad Tuffaha**

**Judy & Alex Estrin**

**David Grabineer**

**Karen & John Dye**

**Carol & Mike Quinlan**

**Brad Rice**

**Elizabeth Goldstein -Rice**

**Ron & Fran Looper**

**Darrell Neily**

**Marilynn & Tony Willoughby**

## Ellicott City YRE Reopen

After another devastating flood on May 27, 2018, Main Street Ellicott City was closed to vehicular and pedestrian traffic. As this is the heart of Columbia Volksmarch Club YRW 109144 event, we had no choice but to temporarily close the Year Round Event. Now with the reopening of Main Street, our Ellicott City YRE which starts at the Roger Carter Center is open.



Howard County officials lifted Ellicott City's state of emergency July 20. It was put in place in the aftermath of the May 27 deadly flash flood.

## July 14 Hickory Ridge Event

Participation Report.

Total Participants: 85

Credit: 70

Free: 15

10K: 60

05K: 25

10K Credit: 53

05K Credit: 17

10K Free: 7

05K Free: 8

Howard County: 36

Maryland: 80

Virginia: 5

## Elections

Our somewhat Annual June Election of officers took place a month late at our July meeting. After an exhaustive effort, we have been able to count and recount the non-existent ballots and are with great confidence able to declare winners in this highly uncontested election. Our four elected offices are President, Vice President, Secretary and Treasurer.

## CVC Officers

President - John Dye

6887 Garland Lane, Columbia, MD 21045-4616,  
410-290-6510, johndye@comcast.net

Vice President – Still open

temporary coerced acting VP – Ron Looper

Treasurer - Paul Lubell

443-612-9956, paul.lubell@verizon.net

Secretary - Karen Dye

410-290-6510, karendye@comcast.net

Volunteer Coordinator - Ron Looper

410-969-8661, ronlooper@aol.com

Trailmaster - Tony Willoughby

410-461-5758, arwill7@msn.com

Webmaster – Jim McDonald

mcdon20708@gmail.com

## 2018 Traditional Walk Schedule

Spring – April 14 - Meadowbrook Park

Summer -

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

Fall – October 27 - Sykesville

## Looking Up the Trail to the Month Ahead

*Hit-or-Miss Impressions / Recommendations*

**Warning Use at your own Risk**

*John Dye*

### August 2018

Enjoy the following.

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

"If you look for the truth outside yourself,  
It gets farther and farther away.  
Today walking alone, I meet it everywhere I step.  
It is the same as me, yet I am not it.  
Only if you understand it in this way  
Will you merge with the way things are."  
- Tung-Shan

Saturday August 11 Fair Hill, Elkton, MD  
5/10K walking trails in the Fair Hill Natural Resources Management Area. Fair Hill is a 5,656 acre Natural Resources Management Area formerly part of the duPont's estate  
Start 7:30 - 11; Trail Rating 2B  
12 mi; 23 mins (from Karen Family beach house on the Elk River)  
73 mi; 1 hr 23 mins (from John's house in Columbia)  
78 mi; 1 hr 26 mins (from Rich's house in Laurel)

Saturday August 18 Augustoberffest  
Hagerstown, MD 5K/10K  
The newest Maryland club, the Antietam Pathfinders Volksmarch Club, start at the entrance of the festival tent on Potomac Street. The trails are on sidewalks and roadsides through the city of Hagerstown. You will pass by stately houses, churches built in the late 1700 to 1800's, the City Farmers Market, the historic Hager House/Museum, through City Park, Washington County Fine Arts Museum, the new Memorial Park, and the Welcome Center. NEW: Hagerstown Cultural Trail  
Start 8 - 11; Trail Rating 1A  
68 mi; 1 hr 8 mins (from John's house Columbia)  
70 mi; 1 hr 13 mins (from Rich's house in Laurel)

## 2018 CVC YRE

Event	Registration	
River Hill	Feet First	13
Centennial Lake	Roger Carter Center	39
King Contrivance	Kings Contrivance McDonalds	29
Ellicott City	Roger Carter Center	77
Wilde Lake	Feet First	29
Mall	Starbucks Columbia Mall	102
Total		289

## 2019 CVC YRE

We have not finalized our plan for the 2019 Year Round Events program as of yet but we are very close. Here is our almost completed plan.

Continue with six (6) events at the existing four registration sites.

Roger Carter Center in Ellicott City for both the Ellicott City / Oella Walk and the Centennial Lake Walk. Both would be basically unchanged from 2018.

Starbucks at the Mall for the Mall indoor and outdoor alternative trail which would remain the same. New construction at Merriweather may alter this trail.

Feet First at Wilde Lake would be the start point for just the Wilde Lake YRE. We will use the trail from the June walk.

McDonalds at Kings Contrivance would host two events. The existing Kings Contrivance walk and a relocated River Hill walk which will become a walk around Lake Elkhorn.

## 5 Reasons Walking Is the Best Workout

BY ASHLEY LAURETTA  
MAY 2, 2018

There is a simple activity that you do every day — one you don't even think about — that is actually one of the easiest forms of exercise. Though it may not register when you think about a cardio workout, walking for fitness is a great way to get your heart pumping and improve your overall health and well-being.

If you don't have any interest in becoming a runner, the good news is you don't have to run to get a sufficient workout. More than a way to get from point A to point B, walking just 30 minutes a day is enough to meet current exercise guidelines — and take a minute to slow down in our fast-paced world.

Here are five simple reasons walking is one of the best workouts you can do:

### 1 IT IS ONE OF THE MOST ACCESSIBLE FORMS OF EXERCISE

There is no exact date when a baby will take its first steps, though most are doing so by their first birthday. Because it is an activity that is such an integral part of our everyday lives, it is understandable to forget that it is, in fact, exercise. When it comes to cardio, our first thought often goes straight to running, even though walking is its foundation.

“For many of my clients, because of age or ability, running is not even an option,” explains Barry Bouthiette, The Walking Coach and author of “Feel the Zest: 89 Ways to Be Fully Energized.” “The beautiful thing is that walking doesn't require any special skill, is wonderfully accessible to most people and can be done just about anywhere, anytime.”

Walking is one of the most uncomplicated workouts there is — no equipment or fee required — and it is all you need to meet the physical activity guidelines recommended by the Centers for Disease Control and Prevention (CDC).

### 2 IT CAN BE JUST AS EFFECTIVE AS RUNNING

As stated above, walking is often thought of as a lesser workout than running. However, it can be just as effective if done right.

RELATED: 6 Scenic Walks in Major Cities From L.A. to New York

“Walking is our default gait; we are born to walk,” reminds Judy Heller, personal trainer, walking coach and owner of Wonders of Walking. “The definition of ‘pedestrian’ is dull and ordinary. If everyone can do it, it seems to minimize the benefits of the act of walking.”

Bouthiette points out that while walking demands less from our cardiovascular system, “it can be as effective as running when it comes to promoting cardiovascular health and burning calories.” To achieve these benefits, you must walk at a fairly high intensity, which will vary from person-to-person. Bouthiette advises clients focus less on time, mileage and heart rate and simply walk for exercise by feel.

“If you are more aware of your lungs and heart and leg muscles during a walk, that's a good sign,” he adds. “It means you're digging deep enough to derive some health benefits from the activity. If we feel better after a walk than before started, we're onto something healthy. No rocket science here.”

### 3 IT CARRIES A LOW INJURY-RISK

There is a risk of injury when walking as no activity is immune, however, many injury statistics note distracted walking — such as looking down at a smartphone — and, according to the National Safety Council, pedestrian fatalities involving a motor vehicle, as the main concerns.

Just as with any type of workout, you need to be mindful of not doing too much, too soon and gradually incorporate walking for fitness into your daily routine. If you are balancing your routine with other forms of exercise, such as yoga, spin or weight lifting, keep that in mind when setting your goals and mileage for the week.

“Dramatic increases in distance or speed can lead to injury or illness,” notes Heller. “Remember doing too much too soon can lead to an unnecessary injury ... If you tend to push yourself and discover you do not feel up to a workout, that is OK; take the day off. Rest is just as important as training and it may do you some good.”

According to Harvard Medical School, walking 5–6 miles over the course of a week can even ease joint pain and arthritis flare ups. Keeping your body moving with such a low-impact activity is a great way to keep joints loose and prevent stiffness throughout the body.

#### **4 IT IS A VERSATILE WORKOUT**

Walking may seem like a pretty static workout, however, you can increase the difficulty quite easily. For example, Bouthilette mentions the mantra, “the more hills, the better, baby!” Just as with running, switching up the terrain can do a world of wonders for your fitness level and also help make each workout feel fresh and new.

“You can increase the intensity of your walking by using your arms to walk faster, walk hills for endurance or even take stairs to increase resistance and improve muscle toning,” explains Heller. “A key benefit is that it can be done for leisure, health, fitness or competition — fast walking and Olympic-style racewalking. Do not train the same distance, same pace or the same course every day.”

Even though walking is a mainstay of your day, remember even stepping on the treadmill and increasing the incline can boost the cardiovascular difficulty and build up a strong base.

#### **5 IT BENEFITS YOUR MENTAL HEALTH**

Studies have found that spending time in nature can have marked positive effects on your mental health. Physical activity is known to reduce anxiety and depression, and walking for exercise is a simple way to get moving and take advantage of those benefits.

“Walking — physical activity in general — is a true ‘keystone’ activity,” shares Bouthilette. “It can have a great ripple effect because we usually feel more energetic after walking, as well as motivated to take on other challenges in life. I can’t think of two more important reasons to keep on walking.”

The National Alliance on Mental Illness (NAMI) notes that 16 million adults in the U.S. have at least one major depressive episode in a year’s time. Taking 30 minutes out of your day — especially on your lunch break to step away from your desk and the stressors of work — to go for a walk can help boost your mood and decrease daily anxieties.

## UPCOMING VOLKSSPORTING EVENTS

August 2018 through December 2018

Day	Mon	Location	Event*	Description	Contact
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
18	Aug	Hagerstown, MD	5K/10K	Start at the entrance of the festival tent on Potomac Street.	Ann 301.302.5810
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	Catonsville, MD	5K/10K	Start at the New Hope Church, 200 Ingleside Ave, Catonsville, MD 21228.	John 410.719.7032
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, 797 E Patrick St., Frederick, MD 21701 between 9 - 12 and finish by 3 pm.	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
30	Sep	Annapolis, MD	5K/10K	Start at Taylor Ave. & Annapolis St., Annapolis, MD 21401 at the Ambler's Tent between 8 - 12 and finish by 3 pm.	Diane 410.224.0907
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 at MedImmune/AstraZeneca, 200 Orchard Ridge Dr., Gaithersburg, MD 20878 between 8 - 12 and finish by 3 pm.	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	Tom

				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 5 miles to the Target on Colonnade Blvd.	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 310 Munson Street, Rehoboth Beach, DE 19971 Saturday 8 am - 2 pm, finish by 5 pm; Sunday 8 am - noon, finish by 3 pm.	Tom 302.697.1191
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	Dec	Annapolis, MD	5K/10K	Start at the Annapolis Athletic Club, 1031 Bay Ridge Ave., Annapolis, MD 21403 between 12 pm - 2 pm and finish by 5 pm.	Marie 301.509.6748
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/>