

CVC PATHWAYS



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

CVC President’s Column

By John Dye

Just Walking in the Rain may have been the theme song for our Fall Walk. It was a shame that the weather did not cooperate more. Paul Lubell put an inordinate amount of effort to make this a top notch event. And it was. If only mother nature had not kept so many away. The reviews from those who did make it were overwhelmingly positive. I guess with the weather the way it has been this year, it was meant to be.

We will close out the year in our usual fashion with a night walk and member appreciation party on the second Monday in December. Mark your calendars on December 10 for this event. It often is cold, icy and/or snowy for the walk, but the party will go on whatever the weather. Please plan on attending.

See you on the trail,
John

Is it time to renew?



CVC Membership runs on a yearly basis. If it is time for you to renew, there is a membership renewal form attached to this newsletter. Don’t get left out or you will miss all the pithy commentary in the monthly newsletter and the repeated requests for volunteers.

2018 CVC YRE

Event	Registration	
River Hill	Feet First	17
Centennial Lake	Roger Carter Center	472
Kings Contrivance	Kings Contrivance McDonalds	40
Ellicott City	Roger Carter Center	79
Wilde Lake	Feet First	42
Mall	Starbucks Columbia Mall	132
Total		357

Columbia Volksmarch Club Meeting Schedule

Normally the 2nd Monday of the month at 7:00 pm
 November 12 7:00 - Owen Brown Community Ctr
 December 10 Night Walk & Party Dye House
 January 14 7:00 - Owen Brown Community Ctr
 Febuary 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



Monday December 10
CVC Member Appreciation Party
And Night Walk

Sykesville Statistics

By Paul Lubell

10 K
 Paid 7
 Free 6
 Total 13

8 K-skipped one of the loops
 Paid 3
 Free 3
 Total 6

6 K
 Paid 4
 Free 5
 Total 9

Total Event
 Paid 14
 Free 14 (13 volunteers)
 Total 28

Anne Arundel 6
 Baltimore County 1
 Carroll County 1
 Howard County 13
 Prince Georges 3
 Montgomery 4

Thanks for CVC's Volunteers, 27 Oct 2018

By Ron Looper

Paul, Karen and John, Donna, Alex and Judy, Karen, Kristine, David, Mike and Carol, Brad and Elizabeth, Tony and Marilyn, Darrell, and Fran,

A rainy 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 Fall event on 27 October. Plus, those hearty trail makers and checkers.

A Very Special thank you to TWO first time CVC volunteers: Karen Fernandez and Kristine Tuori.

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.

See you the Dye Haus for the holiday walk and party,
 Ron L
 CVC Volunteer Coordinator



Volunteers

*CVC Fall Event Sykesville
27 October 2018*

Thanks for all you do!!

Event Coordinator

Paul Lubell

START - FINISH Point

**Donna Lyman,
Dave Derheim
David Grabineer**

Alex Estrin

Judy Estrin

Karen Fernandez**

Kristine Tuori**

**first timers for CVC

CHECKPOINT

Fran Looper

Ron Looper

Mike Quinlan

Carol Quinlan

Elizabeth Goldstein-Rice

Brad Rice

Trail

Paul Lubell

Tony Willoughby

Marilynn Willoughby

Darrell Neily

Ginger Kincaid

Karen Dye

John Dye

Thanks to all the walkers

Who braved the weather.

Richard Paronto, Deb Peak, Bob Schmick, Stephe Forehead, Judy Chioli, David Reed, Christina Reed, Jeffrey Giddings, Alice Filemyr, Pam Potto, Don Smith, Claire Filemyr

THE BENEFITS OF WALKING IN THE RAIN

Ian Banyard

<https://www.ianbanyard.com>



Rain is often associated with sad moments or sad feelings. In movies, we often see actors walk in the rain during the depressing moments of the plot, when somebody dies, cries, or loses in life. This will usually be accompanied by sad and melancholic music.

In real life it would be really weird if it started raining every time something sad and depressing happened, but thanks to TV and the movies we now generally associate rain with upset, sadness and depression.

Perhaps that's why we Brits often run and hide away from the rain preferring to bathe in the sunshine when it makes a rare appearance. When I was working in the Middle East or on holiday in hot climates people would come out and dance and play in the rain. In hot countries locals tend to hide away from the sun. How does the saying go? "Only mad dogs and English men" went out in the sun.

Why are we so afraid of getting wet?

When we avoid going out in wet weather we miss out on some great mental benefits that come from walking in the rain.

1. RAIN Relieves our inner burdens.

Charlie Chaplain once said "no one can see you cry in the rain" which is an obvious benefit of walking in the rain. Particularly for us roughty-toughty men. Although you'd still have to work

really hard on your body posture if you wanted to hide the "inner sadness".

In my experience walking in the rain when I'm feeling a bit down helps relieve my inner burdens. I like the primal connection between my body and Nature particularly when the weather is rough, that stimulates and invigorates me..

It's also very comforting returning from a wet gloomy walk to a hot bath or shower, fresh towels and a cup of something hot.

2. RAIN Cools your head

It is impossible to avoid conflict, whether in yourself or as the result of an argument or disagreement with another person (or object in the case of men). I find going for a walk in the rain can quickly cool things down, balance my emotions and bring a fresh perspective to the situation. Have you ever noticed the smell of the earth after a storm – "Petrichor" it has a natural calming effect.

3. RAIN Helps us to see things in a different perspective

The world in the rain is a different place. It's like looking at reality through a different lens. The streets are empty and quiet, steam rises from the ground and the weather is cool. There is something about the rain that changes our association to a place.

4. RAIN Gives us Space

Because fewer people go out in the rain it gives us a better sense of space, for our thoughts and emotions to roam free, run wild and allow us to notice them. There is great healing associated with expressing suppressed thoughts and emotions.

5. RAIN Teaches us Acceptance

Rain represents something beyond our control, like the absurdities that happen in our daily lives. Accepting things as they are and choosing to continue to go about our business of living life in a positive mood leads to greater happiness. Life is still waiting to be lived despite the rain. "It's just a state of mind".

...enjoy the journey!

Looking Up the Trail to the Month Ahead

Hit-or-Miss Impressions / Recommendations

Warning Use at your own Risk

John Dye

November 2018

Enjoy the following.

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

"Walking is a man's best medicine."

- Hippocrates

Saturday November 3 Conowingo Dam
Darlington, MD

The 5K/10K walk is along the old Philadelphia Electric Rail trail beside the Susquehanna River. This railroad operated in the 1920s from Havre de Grace to the Conowingo dam site.

The area below the dam is excellent for bird-watching. At least 170 species of birds have been observed and recorded at the dam including large groups of great blue herons and bald eagles.

Start 8 - Noon; Trail Rating 1B
62 mi; 1 hr 9 mins from Columbia

Saturday November 17 Sandy Spring, MD
Underground Railroad Trail

This 6K/10K Seneca Valley Sugarloafers trail is through the woods and around fields which demonstrates the typical terrain faced by escaped slaves making their way to freedom on the underground railroad. You will appreciate their experiences as you read the sign markers on the trail.

In addition to this underground railroad trail, the walk will pass the Sandy Spring, where water still flows; the Harewood Farm, summer and weekend home of Dean Acheson, Secretary of State under President Harry Truman; and pass the Friends Meetinghouse, the center of the local Quaker Community.

Start 8 - 11; Trail Rating 2B
16 mi; 23 mins from Columbia

Friday/Saturday November 23/24
Hershey Walkfest - 2018

Four walks are available for your walking pleasure!

CandyLane Trail AT18/110874 10K or 7K rated 1A consists mostly of sidewalks and paved walkways with some roadside walking.

South Hershey Trail AT18/110871 22/20K, 10K or 5K rated 1A Our South Trail goes to the quiet neighborhood areas and close to the massive Penn State Hershey Medical Center.

Three Subway Trail AT18/110873 10K or 5K rated 1A takes you through downtown Hershey and passes the hedge "Hershey" sign, Hummelstown Trail AT18/110876 10k or 5K rated 1A Hummelstown is a small town a few miles west of Hershey. You will drive to Hummelstown after registering at the Hershey Recreation Center.

Start 8 – 1:30;
104 mi; 1 hr 47 mins from Columbia

Monday December 10 Columbia, MD
CVC Nightwalk and Party

5K/10K trails starting at the Dye house, 6887 Garland Lane, Columbia, MD between 5:30 and 6:30 pm and finish by 9:30. Bring a flashlight. You can start the Holiday Party anytime after 7:00 PM.

Start 5:30 pm – 6:30 pm; Trail Rating 1A
0 mi; 0 mins from Columbia

2019 CVC YRE

Event	Registration
Lake Elkhorn	Kings Contrivance McDonalds
Centennial Lake	Roger Carter Center
Kings Contrivance	Kings Contrivance McDonalds
Ellicott City	Roger Carter Center
Wilde Lake	Feet First
Mall	Starbucks Columbia Mall
Total	

Baltimore County-area trails remain closed in Patapsco Valley State Park after May storms, flooding

Cody Boteler Reporter Catonsville Times

Portions of the Avalon area within the Baltimore County side of Patapsco Valley State Park remain closed almost four months after flooding and historic rainfall washed through Ellicott City, flooded the Patapsco River and damaged homes in Howard and Baltimore counties.

The popular Grist Mill Trail and other trails leading to it remain closed, as do portions of the Buzzards Rock, Saw Mill, Forest Glen and Vineyard Springs trails. The Glen Artney area of the park, which was closed in the immediate aftermath of flooding and storms in late May, has reopened.

“I was there while it was raining the entire time, and I didn’t think we were going to have much of anything left on our hillside,” said Rob Dyke, park manager. The damage to the park has caught the attention of area state legislators, including Dels. Eric Ebersole, Clarence Lam, Pat Young, Charles Sydnor and staff from Del. Terri Hill’s office, all of whom toured damaged parts of Patapsco in mid-August. Ebersole described the damage as “clear and extensive.”

Before the flooding, the Grist Mill Trail ran for about 5 miles along the Patapsco River in Baltimore County, and was paved and flat so that the trail and its landmarks — a swinging bridge, the Bloede Dam — would be accessible to visitors.

But now, according to Ebersole and park officials, the pavement is ripped up, damaged and “washed away.”

‘Not navigable’

Lam said that there are “sections of the [Grist Mill Trail] that are not navigable. There are bridges that were blown out by the pressure that came down from some of the streams that flowed into the Patapsco River.

“There’s going to be a lot of need for resources [and] financial support to rebuild some of the structures that were lost [and] bring some of the trails back to navigable shape.”

The Howard County side of the Avalon area around the Patapsco River, and much of Patapsco Valley State Park, which encompasses more than 16,000 acres, were largely untouched or have already recovered, Dyke said.

The Baltimore County side of the Patapsco River was a different story, however. When nearly 10 inches of rain fell in late May in about four hours, much of it was on the Baltimore County side of the park, where streams funnel through tunnels that are below railroad crossings for CSX. When the rain fell, the path of least resistance was for the water to rush along parallel to the trails, washing them out, Dyke said.

Conversely, in Howard County, many of the trails have been rehabilitated recently and had more of a “back and forth” pattern rather than an “up and down” pattern on the Baltimore County side, Dyke said. Water in Howard County traveled down slopes perpendicular to trails, washing out only parts of them, rather than traveling parallel to trails as it happened in Baltimore County.

Dyke said he spoke with the former park manager of Patapsco Valley State Park, Robin Melton, in late September at a park-wide event.

“In her six years at the park, the roads flooded twice. This summer, the roads have flooded in the Avalon area seven times,” he said.

Funds for rebuilding

Ebersole said he and the other delegates are in a “holding pattern” on any definitive solutions to the washed-out trails since the Maryland General Assembly is not in session until January.

Ebersole said he’d support a measure before the legislature to secure additional funding for repairs in the park once the session begins. “If we could find a proper avenue” for that money to come from, he said. “It’s a tremendous resource in this suburban area to have a park that large. It’s got a wilderness feel to it that you can’t get everywhere,” Ebersole said.

Young, who serves on the Appropriations Committee in the House of Delegates, said the Maryland Department of Natural Resources could be eligible to receive federal funds from FEMA to help with flood repair because a national disaster was declared at the time of the heavy rains in Baltimore and Howard counties.

If federal dollars don’t come through or if the money is not sufficient to cover restoration of the trails, Young said, he would support DNR if it asked the legislature for a larger capital budget.

Dyke said he did not know when visitors could expect the closed trails to reopen.

“There’s no temporary work you can do to get people on those trails. It’s going to have to be a permanent fix. I think we’re too far out to be able to tell you a good timeline on that,” he said.

19th Annual Winter Week Night Walk through the Holiday Lights of Owen Brown Monday December 10, 2018

#AT2018/ 112838

10km/05km Distance Rated 1A

SPONSORED BY: The Columbia Volksmarch Club (AVA 264).
<http://www.mdvolks.org/CVC>

SANCTIONED BY: The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), promoting leisure sports in the interest of family health, recreation, fun and companionship.

START/FINISH: Village of Owen Brown, Karen & John's House, 6887 Garland Lane, Columbia, MD. (410) 290-6510


STARTING DATES & TIMES:

Monday Evening, December 10, 2018.

You can start the walk anytime from 5:30 PM to 6:30 PM.

You can start the Holiday Party anytime after 7:00 PM.

You must complete by 9:30 PM because it's John's bedtime.

TRAIL DESCRIPTION: Sidewalks on marginally well lighted streets. The walk will be after sunset to allow participants to view the Christmas decorations in the Village of Owen Brown. There will be written directions. A flashlight is highly recommended 

ELIGIBILITY: All are welcome to participate without charge, but must register at the start. Children under 12 must be accompanied by an adult throughout the entire trail. All pets must be leashed.

PROCEDURE: Each walk participant must be able to remember and sign their name to a walk registration log. Only those participants who return will be eligible for the IVV Credit.

AWARD: Liquid B-Awards will be available at the Finish. CVC will administer strict quality control on all liquid awards.



WALK REGISTRATION: There is no pre-registration for this event. There is no fee to walk the trail without receiving the IVV Credit.

CONDITIONS: The walk will be held during all weather conditions, including cold, pouring rain like the first year. The party will be held even if John and Karen are the only two who make it. Littering along the trails & in the house is prohibited. County law requires that all pets and drunken husbands must be leashed.

CHRISTMAS PARTY: Only those in a jovial spirit will be eligible to attend the Columbia Volksmarch Club Christmas Party. The Annual CVC Member Appreciation Christmas Party will be held from 7:00 PM to 9:30 PM at the same location. Each Party participant will be expected to wassail throughout the merriment. Clean minds and bodies are recommended but not required. Party participation policy states:

You do not have to Walk to Party!

You do not have to Party to Walk!!

You can do one, both, or neither!!!

COSTS/FEES: The participation fees are:

- ✓ IVV Credit Columbia Volksmarch Club members: \$0.00
- ✓ IVV Credit non CVC members: \$3.00
- ✓ Club membership: \$10.00
- ✓ Christmas Party: Priceless

REFRESHMENTS: Food & drinks will be provided as part of the Columbia Volksmarch Club Christmas Party. Rest rooms will be available at the Start/Finish point. There will be at least one rest room on the 10KM route.

DISCLAIMER: The Columbia Volksmarch Club shall not be liable for accidents, theft or material damage. Every reasonable effort will be made to make this a safe, enjoyable, memorable and dry event.

Directions to Winter Walk Start

From Rt 95:

Take Rt. 32 to Columbia.

Take First Exit, Broken Land Parkway toward Owen Brown.

Right onto Cradlerock and proceed about a mile.

Right on Garland Lane.

Go 3 blocks to first house facing Garland Lane on the left.

From Broken Land Parkway coming from Rt. 29:

Turn left onto Cradlerock Way.

Pass library, school and convenience store to left on Garland Lane.

Go 3 blocks to first house facing Garland Lane on the left.

UPCOMING VOLKSSPORTING EVENTS

November 2018 through March 2019

Day	Mon	Location	Event*	Description	Contact
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
03	Nov	Fredericksburg, VA	5/6/10K	Start at the Colonial Tavern, 406 Lafayette Blvd. Fredericksburg, VA 22407 between 8 - 1 and finish by 4 pm.	Sharon 540.809.6227
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	Dec	Lancaster, PA	5/10K	Start at Isaac's Deli, 25 N Queen St, Lancaster, PA 17603 between 8-1 and finish by 4 pm.	Dave 717.626.6103
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
10	Dec	Columbia, MD	5K/10K	Start at the Dye house, 6887 Garland Lane, Columbia, MD between 5:30 and 6:30 pm and finish by 9:30. Bring a flashlight. You can start the Holiday Party anytime after 7:00 PM.	John 410.290.6510
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
31	Dec	Smithfield, VA	5/10K	Start at Smithfield Station (Restaurant) 415 Church St. Smithfield, VA. 23431 between 9 - 1 and finish by 4 pm.	Don 757.576.0966
01	Jan	Savage, MD	5K/10K	Start at the Savage United Methodist Church, 9050 Baltimore St., Savage, MD.	Bill 410.533.5805
01	Jan	Smithfield, VA	5/10K	Start at Smithfield Station (Restaurant) 415 Church St. Smithfield, VA. 23431 between 9 - 1 and finish by 4 pm.	Don 757.576.0966
19	Jan	Cabin John, MD	5/10/11K	Carderock Recreation Area at C&O Canal Towpath	Jone 301.385.0054

* 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/>