

CVC PATHWAYS

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

CVC President's Column

By John Dye

The second in our 2017 summer series was held the first Saturday in August. It was an early start to beat the heat. The weather before the event was off and on hot with rain but it broke just in time for our event and the weather for walking was just about perfect. Trail Master Tony used an old year-round trail starting in Joseph Square, the Harper's Choice Village Center and then going past the Columbia Sports Park and Skate Park, Cedar Lane Park, Hobbit's Glen, and Swansfield in the Village of Harper's Choice. I believe all who came enjoyed it. Thanks to all who volunteered and made the event a success.

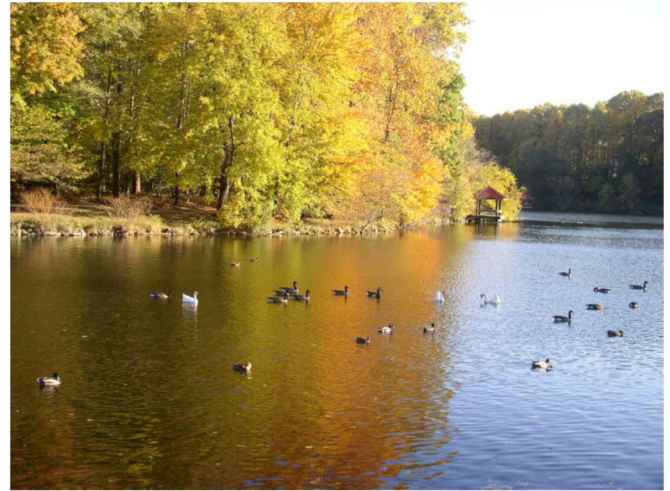
We conclude the summer series the second Saturday in September with a walk in the Village of Owen Brown, with limited hours ((8:00 – 9:30 finish by 1:30). We plan on commemorating another addition to our ever-growing Columbia Volksmarch Club 50th Wedding Anniversary Club with an under-the-top celebration event starting after 10:00 am at the Start. This basically is a testimonial to Karen for putting up with me for this long. Come join in the revelry and merriment.

Our Fall traditional event will be Saturday November 4 at Western Regional Park. It will start at the Gary Arthur Center in Glenwood/Cooksville.

We have renewed our six year-round events at the four registration points for 2017. There may be some minor tweaks but we expect them to basically be the same.

See you on the trail,
John

Saturday September 9



Lake Elkhorn, Owen Brown Village

The Start/Finish is at the Owen Brown Interfaith Center off Cradlerock Way. It is in the Owen Brown Shopping Center.

To get to the Start, turn into the Shopping Center between the Shell gas station and McDonalds; OBIC is straight ahead. 2 parking lots on the Left in front of the building

Note: This is a different Start area than the Owen Brown Community Center next to the schools.

The 5 kilometer and 10 kilometer will use the Lake Elkhorn Loop to circle Lake Elkhorn.

The 10 kilometer trail will continue onto the Elkhorn Branch Trail to Sewell's Orchard Pond.

The trails will be on hard surfaces asphalt paths and sidewalks.

Thanks to 5 August Volunteers,

Ron Looper, CVC Volunteer Coordinator

Once again very big **THANK YOU** to each and every one of you Very Important Participants, for your volunteer support at the Start, Finish or Checkpoint tables at the CVC summer event on 5 August. Plus, those who helped with the trail checking and marking.



KAREN DYE

JOHN DYE

DONNA LYMAN

DAVE DERHEIM

CAROLE GRAVES

NAJAD TUFFAHA

DAVID GRABINER

JUDY ESTRIN

ALEX ESTRIN

KEVIN THEALL

CAROL QUINLAN

MIKE QUINLAN

DARRELL NEILY

MARILYNN WILLOUGHBY

TONY WILLOUGHBY

FRAN LOOPER

I want to personally thank you for making my job as the club's Volunteer Coordinator enjoyable at another CVC event.

Thanks also to those who signed up early for the next event in September. Amazingly, there is only one timeslot left for the Start/Finish (8:45 – 9:45)! **Two even signed up very early for the November event.**

See you at the September 50th Anniversary event,
Ron L
CVC Volunteer Coordinator

Please Email Ron Looper (ronlooper@aol.com) if you can volunteer an hour to support any of our Columbia Volksmarch Club events

Participation 5 August

Summer Walk in Columbia Village of Harper's Choice
August 5, 2017

Total Participation: 92

Credit: 80

Free: 12

NWK Coupons: 2

10K: 65

5K: 27

10K Credit: 60

5K Credit: 20

5K Free: 7

10K Free: 5

Maryland: 86

Virginia: 6

Howard County: 33

50 years of marriage.



The extremely unofficial CVC 50-year assemblage is already sizeable.

Marylou & Jim McDonald
 Marilyn & Tony Willoughby
 Fran & Ron Looper
 Judy & Alex Estrin
 Carol & Mike Quinlan
 Judy & Rich Long
 Gale & Klaus Waibel

Come Celebrate as John & Karen join them on September 9th.

What was happening in 1967

50 years ago

The continued presence of American troops increased further and a total of 475,000 were serving in Vietnam and the peace rallies were multiplying as the number of protesters against the war increased.

The Boxer Muhammad Ali was stripped of his boxing world championship for refusing to be inducted into the US Army.

In the middle east Israel also went to war with Syria, Egypt and Jordan in the six-day war and when it was over Israel controlled and occupied a lot more territory than before the war.

Once again in the summer cities throughout America exploded in rioting and looting the worst being in Detroit on July 23rd where 7000 national Guard were bought in to restore law and order on the streets.

The Beatles continued to reign supreme with the release of "Sgt. Pepper's Lonely Hearts Club Band" album.

This year was also coined the summer of love when young teenagers got friendly and smoked pot and grooved to the music of "The Grateful Dead", "Jefferson Airplane" and "The Byrds".

The movie industry moved with the times and produced movies that would appeal to this younger audience including "The Graduate", "Bonnie and Clyde" and "Cool Hand Luke".

TV shows included "The Fugitive" and "The Monkees" Color television sets become popular as the price comes down and more programs are made in color.

Worlds First Heart Transplant

The first ATM

The first Super Bowl was played between Green Bay Packers and the Kansas City Chiefs.

Thurgood Marshall became the first black justice on the Supreme Court.

Lyndon B. Johnson was President of the United States

Cost of Living 1967

Year End Close Dow Jones Industrial Average 905

Average Cost of new house \$14,250.00

Average Income per year \$7,300.00

Average Monthly Rent \$125.00

Gas per Gallon 33 cents

Average Cost of a new car \$2,750.00

Movie Ticket \$1.25

The Federal Minimum Wage is increased to \$1.40 an hour

2017 Traditional Walk Schedule

Summer -

June 24 – River Hill in the books

August 5 –Harpers Choice in the books

September 9 – Owen Brown

Fall – November 4 – Western Regional Park

Winter – December 11

Looking Up the Trail to the Month Ahead

Hit-or-Miss Impressions / Recommendations

Warning Use at your own Risk

John Dye

September 2017

Enjoy the following.

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

"Try to remember the kind of September
When life was slow and oh so mellow
Try to remember the kind of September
When grass was green and grain so yellow
Try to remember the kind of September
When you were a young and a callow fellow
Try to remember and if you remember
Then follow--follow, oh-oh."
Lyrics by Tom Jones and Harvey Schmidt

Saturday August 26 Augustoberfest

Hagerstown, MD

6K/10K Walk

The 21th Year Augustoberfest pays tribute to the area's rich German heritage and supports scholarships for exchange students to Hagerstown's sister city Wesel, Germany

Antietam Pathfinders Volksmarch Club

Start 8 – Noon; Trail Rating 1A

68 mi; 1 hr 12 mins (from John's house in Columbia)

70 mi; about 1 hr 20 mins (from Rich's house in Laurel)

Saturday September 2 30th Anniversary Celebration

Greenbelt, MD

This 5k/10k Walk event is the 30th anniversary of the Great Greenbelt Volksmarchers' first event.

Start 10 - 2 Trail Rating 2B.

19 mi; about 31 mins (from John's house in Columbia)

7 mi; about 16 mins (from Rich's house in Laurel)

Saturday September 9 50th Wedding Anniversary Celebration

Columbia Volksmarch Club 10k/5k Walk in Columbia Village of Owen Brown. The trails will be on Columbia pathways and sidewalks.

Start 8 - 9:30; Trail Rating 2A

1 mi; about 3 mins (from John's house in Columbia)

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

Sunday September 10 - 9/11 Commemorative Event Laurel, MD

A New 5K/10K Trail

9/11 emphasis on Pentagon Flight 77 and Flight 93 victims. Walkers begin and finish in Howard County. They will span the Patuxent River and enter Prince Georges County. 10 K walkers further explore the Laurel Train station and take a brief excursion into Anne Arundel County. There is a 3B challenge segment A woods trail within High Ridge Park that includes walking along the Patuxent River.

Start 9 - Noon; Trail Rating 2A

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

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

Saturday September 23 - Bel Air, MD

5k, 6k, and 7k loops through the Harford County seat at Bel Air, MD. Each of the trails will offer a different tour of the city.

Start 10:30 AM - 1:30; Trail Rating 1A

54 mi; about 1 hr 5 mins (from John's in Columbia)

51 mi; about 1 hr 8 mins (from Rich's house in Laurel)

Sunday September 24 - West Annapolis Oktoberfest

5k and 10k trails will take you through some of the best that Annapolis has to offer. In addition, you will walk through the U.S. Naval Academy.

The West Annapolis Oktober- fest begins at 12 noon with a variety of food, music and unique entertainment.

Start 8 - Noon; Trail Rating 1A

30 mi; about 34 mins (from John's house in Columbia)

28 mi; about 33 mins (from Rich's house in Laurel)

Saturday September 30 - Frederick Fairground

NEW Trails again this year! There are 10 km and 6 km trails. Both trails will go on the campus of the

Maryland School for the Deaf, passing the Hessian Barracks; into Mount Olivet Cemetery; and return through Historic Frederick and along Carroll Creek Park. These are on sidewalks and roadsides.

Walkers will enjoy FREE ENTRY into the Oktoberfest! The Fairgrounds will be turned into a German Village with food and drink, music, dancing, many vendors, children's events, and more.

Start 9 - Noon; Trail Rating 2A

42 mi; about 42 mins (from John's house in Columbia)

47 mi; about 50 mins (from Rich's house in Laurel)

Saturday November 4 Western Regional Park

Cooksville, MD

Start at the Gary J. Arthur Community Center, 2400 MD-97, Cooksville, MD 21723 between 8 - 11. Note that the 5K is rated 2A and the 10K is 2B.

There is only one event with two trail choices. The basic 5-km trail will be on hard surfaces through Western Regional Park The 10-km will extend into nature surface trails.

Columbia Volksmarch Club

Start 8 - 11; Trail Rating 2A

17 mi; about 25 mins (from John's house in Columbia)

28 mi; about 36 mins (from Rich's house in Laurel)

Note: It is believed that Russians hacked the mdvolks data base. The September 9 CVC Walk and September 24 Annapolis were deleted from the listing.

2017 CVC YRE Participation

Event	Registration	Walkers
River Hill	Feet First/HR Sunoco	30
Centennial Lake	Roger Carter Center	46
King Contrivance	Kings Contrivance McDonalds	51
Ellicott City	Roger Carter Center	38
Hickory Ridge / HCC	Feet First	22
Mall	Starbucks Columbia Mall	91
....TOTAL....		278

Achievements

Compiled by Tony Willoughby

Club members with awards listed I the June/July 2017 issue of The American Wanderer are;

Events;

150 - David Grabiner

1500 - Judy Estrin

1500 - Alex Estrin

Distance;

1500K - David Grabiner

15000K - Judy Estrin

15000K - Alex Estrin

Club members with AVA awards in the August/September 2017 edition of the American Wanderer was

Darrell Neily with 650 events.



Columbia Volksmarch Club Meeting Schedule

October 9, 2017 - Owen Brown Community Ctr

November 13, 2017 - Owen Brown Community Ctr

10 Amazing Benefits of Walking

by JESSICA SMITH MARCH 25, 2017

Walking is not only the simplest form of exercise that almost everyone can do, it's also a free activity that can aid in weight loss and maintenance. But walking's benefits go even further — here are 10 more reasons to start, or keep, walking:

1. IT SHARPENS YOUR BRAIN

Walking for exercise may become increasingly important as we age and our risk for dementia and other brain disorders increases. It can even help reverse the effects of aging. One study published in

the Annals of Neurology found that the 69 participants ages 55–88 who met the exercise guidelines set by the American Heart Association showed a significantly lower risk of developing Alzheimer’s disease.

To improve your cognition even more, try walking backward. One Dutch study found that walking backward helped subjects literally think faster on their feet. Incorporating specific mind-enhancing moves into your workout — such as moving in certain patterns with coordinated arm movements — can also boost the brain benefits of walking.

2. IT STRENGTHENS YOUR BONES

Walking can help strengthen bones and reduce your risk of osteoporosis. One Nurses’ Health study found that women who walked for a minimum of 4 hours a week saw a 40% reduced risk of hip fractures. While other forms of vigorous exercise such as running, jumping and weightlifting offer bone-strengthening benefits, the good news is that walking appears to do the same. That’s great news for those just starting a workout routine, people who must complete low-impact exercise due to joint issues and, of course, anyone who loves walking.

3. IT BOOSTS YOUR MOOD

Having a rough day? Walk it off. Numerous studies have linked walking for exercise with improved mood and reduced stress levels. And it’s even better if you can take a stroll through nature — walking outdoors near greenery has been shown to help reduce feelings of frustration and may even help put your brain into a state of meditation.

4. IT ENHANCES YOUR CIRCULATION

Regular physical activity like walking is great for your heart. It enhances your circulation, helping to lower blood pressure and reduce your risk of stroke. And it doesn’t take much to reap the benefits: Walking briskly for just 30 minutes a day is enough to improve heart health.

5. IT REDUCES YOUR RISK OF TRIPPING AND FALLING

Stepping out on a regular basis could help prevent the trips and falls that can occur as we age. Balance loss and weak muscles in the shins can cause a shuffling gait that can put you at a higher risk of tripping or

falling. Regular walks can help improve balance by strengthening the lower body. Walking with an exaggerated heel-to-toe action can help strengthen these muscles even more by emphasizing the movement of the foot toward the shins (also known as dorsiflexion).

6. IT BOLSTERS YOUR MEMORY

Having a hard time remembering where your keys are? Walking regularly appears to help specifically bolster the hippocampus, the part of the brain involved in verbal memory and learning. A study of women ages 65 and older, performed by researchers at the University of California, San Francisco, found that age-related memory decline was lower in those who walked more.

7. LESSEN THE PAIN OF CONDITIONS LIKE ARTHRITIS AND FIBROMYALGIA

Walking most days of the week may help lessen pain and reduce symptoms for those with conditions such as arthritis and fibromyalgia. The moderate, low-impact nature of walking is enough to lower pain and improve function for most. (Just be sure to consult your doctor before beginning any exercise program.)

8. IT IMPROVES YOUR BLOOD GLUCOSE LEVELS

Walking can help improve your blood glucose levels at any time of the day or night but perhaps even more so right after a meal. One study published in the journal Diabetes Care found that a brief 15-minute walk after a meal was as effective at lowering blood sugar levels in 24 hours as a longer 45-minute walk.

9. IT RAISES YOUR IMMUNITY

Stay healthy with daily steps. A walk every day may even help your body fend off illness better. Regular exercise can also contribute to maintaining a healthy weight, which helps reduce your risk of diseases such as cancer and Type 2 diabetes.

10. IT IMPROVES YOUR SLEEP

Walking may help you fall asleep faster and sleep more soundly, especially if you suffer from insomnia. A morning walk outdoors may be particularly beneficial since exposure to daylight can help you stay in tune with your natural circadian rhythms.

UPCOMING VOLKSSPORTING EVENTS

September 2017 through December 2017

Day	Mon	Location	Event*	Description	Contact
02	Sep	Greenbelt, MD	5k/10k	Start between 10 and 1 Finish by 4. Walk starts at Holy Cross Lutheran Church 6905 Greenbelt Road, Greenbelt MD 20770. Walk through Greenbelt and the 63rd Annual Greenbelt Labor Day Festival	Yvonne 301.431.6668
02	Sep	Keysville, VA	5K/10K	Start at the Burger King, 660 King Street, Keysville, VA between 9 and noon and finish by 3.	Annette 703.766.3065
03	Sep	Crewe, VA	5K/10K	Start at Hardees, 200 East Virginia Avenue, Crewe, VA between 9 - noon and finish by 3.	Annette 703.766.3065
04	Sep	Waverly, VA	5K/10K	Start at Hardee's, 239 South County Drive, Waverly, VA between 9 0 no9on and finish by 3.	Annette 703.766.3065
09	Sep	Norristown, PA	5K/10K	Start at the Norristown Farm Park, Barley Sheaf Rd., & Germantown Pike, Norristown 19403 between 9 - 11 and finish by 3.	Dave 610.906.6252
10	Sep	Laurel, MD	5K/10K	Start at Riverside Park, 10100 Superior Ave., Laurel, MD.	Phill 301.717.3604
16	Sep	Burke, VA	5K/10K	Start at the Accotink Unitarian Universalist Church, 10125 Lakehaven Ct., Burke, VA 22015 between 8:00 - 1:00.	Browns 703.644.0189
16	Sep	Gloucester, VA	5K/10K	Start at the Shelter, Beaver Dam State Park, 9537 Fary's Mill Road, Gloucester, VA between 9 - 12.	William 757.357.5355
17	Sep	Laurel, MD	13K/25K	Start at the Visitor Contact Station, 230 Bald Eagle Dr, Laurel, MD 20724. Arrive by 9:30 am for a 10:00 am departure.	Darrell 301.466.4547
17	Sep	Princeton, NJ	5K/10K	Start at the Frist Campus Center, Princeton University between 10 - 1 and finish by 4.	Diane 609.658.7724
20	Sep	Greenbelt, MD	5K/10K	Start at the Greenbelt Community Center, 15 Crescent Rd # 200, Greenbelt, MD 20770.	Yvonne 301.431.6668
21	Sep	Damascus, VA	27K	Blue Blazes Bicycle and Shuttle Service.	Tom 717.677.6511
22	Sep	Max Meadows, VA	25K	Bike Rentals at Foster Falls, New River State Park	Tom 717.677.6511
23	Sep	Bel Air, MD	5K/6K/7K	Start at the Harford County Public Library at Bel Air, 100 East Pennsylvania Avenue, Bel Air, MD 21014 between 10:30 AM - 1:30 PM. Must complete by 4:30 PM.	James 410.638.7043
23	Sep	Damascus, VA	27K	Blue Blazes Bicycle and Shuttle Service	Tom 717.677.6511
23	Sep	Lovettsville, VA	5/11K	Lovettsville, VA Oktoberfest, Game Protective Association Hall, 16 S. Berlin Pike (Rte 287), 20180	Bob or Suzanne 703.737.2175
24	Sep	Marlinton, WV	13K/27K	Start at Appalachian Sport, 3 Seneca Trail, Marlinton, WV 24954 (304) 799-4050, at 9 for a 9:30 departure.	Tom 717.677.6511
30	Sep	Frederick, MD	6K/10K	Start at the Frederick Fairground.	Yvonne 301.431.6668
30	Sep	Alexandria, VA	5/10K	Start at Fremont Field, Ft Belvoir, VA www.belvoir.armymwr.com. Start/Finish on Ft. Belvoir Installation outside fest grounds at corner of Goethals and Constitution. Start between 10-2.	Kristin 703.805.2394
01	Oct	Alexandria, VA	5K/10K	Start at Fremont Field, Ft Belvoir, VA www.belvoir.armymwr.com. Start/Finish on Ft. Belvoir Installation outside fest grounds at corner of Goethals and Constitution. Start between 10-2.	Kristin 703.805.2394
07	Oct	Fredericksburg, VA	5K/10K	Start behind the Massad Family YMCA, 212 Butler Road, Fredericksburg, VA 22405 38.338475; -77.455597 between 8 - 1 and finish by 4.	Paul 540.455.0772
07	Oct	Smithfield, VA	5K/10K	Start at the Cypress Creek Golfers' Club, 600 Cypress Creek Parkway, Smithfield, VA between 9-10 and finish by 1.	Annette 703.766.3065
13	Oct	Arlington, VA	5/10 K	5/10 k walk celebrating international understanding and friendships while showcasing the USA by walking through the monuments, memorials and parks of Arlington and Washington, DC. A Award Patch Available. Events starts at the Holiday Inn Rosslyn at Key Bridge, 1900 N. Fort Myer Drive.	Dolores 703.209.0174
13/15	Oct	Arlington, VA	15K/30K	Event is a 3 day walk festival celebrating international understanding and friendships while showcasing the USA by walking through the monuments, memorials and parks of Arlington and Washington, DC. There is a walking event each day (6/10/20/42K, and IML trails Sat and Sun (20,34, 44k) and a 300m swim open to all available each day. There is also a 25/30K bike event every day. Events starts at the Holiday Inn Rosslyn at Key Bridge, 1900 N. Fort Myer Drive.	Dolores 703.209.0174
13/15	Oct	Arlington, VA	300 m	Event is a 3 day walk festival celebrating international understanding and friendships while showcasing the USA by walking through the monuments, memorials and parks of Arlington and Washington, DC. There is a walking event each day (6/10/20/42K, and IML trails Sat and Sun (20,34, 44k) and a 300m swim open to all available each day. There is also a 25/30K bike event every day. Events starts at the Holiday Inn Rosslyn at Key Bridge, 1900 N. Fort Myer Drive.	Dolores 703.209.0174

14	Oct	Havre de Grace, MD	6K/10K	Start at Hutchins Park, 100 Congress St., Havre de Grace, MD 21078. Start between 10 - 1 and finish by 4.	Susan 410.272.2654
14	Oct	Arlington, VA	6/10/20/42K	Event is a 3 day walk festival celebrating international understanding and friendships while showcasing the USA by walking through the monuments, memorials and parks of Arlington and Washington, DC. There is a walking event each day (6/10/20/42K, and IML trails Sat and Sun (20,34, 44k) and a 300m swim open to all available each day. There is also a 25/30K bike event every day. Events starts at the Holiday Inn Rosslyn at Key Bridge, 1900 N. Fort Myer Drive.	Dolores 703.209.0174
15	Oct	Arlington, VA	6/10/20/42K	6/10/20/42k walk celebrating international understanding and friendships while showcasing the USA by walking through the monuments, memorials and parks of Arlington and Washington, DC. A Award Patch Available. Events starts at the Holiday Inn Rosslyn at Key Bridge, 1900 N. Fort Myer Drive.	Dolores 703.209.0174
20/22	Oct	Downingtown, PA	6K/12K	Start at the Quality Inn - Pottstown, 61 W. King Street, Pottstown, PA 19464. Registration at the hotel on Friday and Saturday is from 8:30 am to 4:00 pm. On Sunday walkers may register starting at 8:30, but must finish by 1:00 pm.	Dave 610.906.6252
20/22	Oct	Elverson, PA	5K/10K	Start at the Quality Inn - Pottstown, 61 W. King Street, Pottstown, PA 19464. Registration at the hotel on Friday and Saturday is from 8:30 am to 4:00 pm. On Sunday walkers may register starting at 8:30, but must finish by 1:00 pm.	Jeanne 484.432.8541
20/22	Oct	Pottstown, PA	5K/10K	Start at the Quality Inn - Pottstown, 61 W. King Street, Pottstown, PA 19464. Registration at the hotel on Friday and Saturday is from 8:30 am to 4:00 pm. On Sunday walkers may register starting at 8:30, but must finish by 1:00 pm.	Jeanne 484.432.8541
20/22	Oct	Reading, PA	6K/10K	Start at the Quality Inn - Pottstown, 61 W. King Street, Pottstown, PA 19464. Registration at the hotel on Friday and Saturday is from 8:30 am to 4:00 pm. On Sunday walkers may register starting at 8:30, but must finish by 1:00 pm.	Dave 610.906.6252
21	Oct	Richmond, VA	5/10K	Richmond, Church Hill Section, VA	Dee 804.731.2863
28	Oct	Derwood, MD	6K/11K	Start at the Agricultural History Farm Park, 18400 Muncaster Rd., Derwood, MD 20855 between 8:30 -11:30 and finish by 3:30.	Colleen (301) 208-3224
28/29	Oct	Rehoboth Beach, DE	25K	Start at the Henlopen Hotel, 511 North Boardwalk, Rehoboth Beach, DE 19971. Saturday between 8 - 2 and finish by 5. Sunday between 8 - 12 and finish by 3. There will be a guided bike ride on Saturday at 1:30 and Sunday at 9:30. Arrive 30 minutes early for the guided bike ride.	Kathy 302.388.5740
28/29	Oct	Rehoboth Beach, DE	5K/10K	Start at the Henlopen Hotel, 511 North Boardwalk, Rehoboth Beach, DE 19971. Saturday between 8 - 2 and finish by 5. Sunday between 8 - 12 and finish by 3.	Tom 302.697.1191
04	Nov	Cooksville, MD	5K/10K	Start at the Gary J. Arthur Community Center, 2400 MD-97, Cooksville, MD 21723 between 8 - 11. Note that the 5K is rated 2A and the 10K is 2B.	John 410.290.6510
10/12	Nov	Gettysburg, PA	5K/10K	Start at the Days Inn, 865 York Rd, Gettysburg, PA 17325.	Tom 717.677.6511
10/12	Nov	Gettysburg, PA	5K/10K	Start at the Days Inn Gettysburg, 865 York Rd, Gettysburg, PA 17325.	Tom 717.677.6511
10/12	Nov	Gettysburg, PA	5K/10K	Start at the Days Inn, 865 York Rd, Gettysburg, PA 17325.	Tom 717.677.6511
11	Nov	Gettysburg, PA	5K/6K/11K	* Saturday ONLY * Start at the Adams County Winery, 251 Peach Tree Road, Orrtanna, PA 17353, from 9 - 12, finish by 3.	Tom 717.677.6511
11	Nov	Leesburg, VA	5/10K	Leesburg, VA Volksmarch for Veterans - George Marshall House, 217 Edwards Ferry Rd NE, Leesburg VA 20176	Bob or Suzanne 703.737.2175
18	Nov	Darlington, MD	5K/10K	Start at the Fishing Pavilion at Conowingo Dam, Shures Landing Rd., Darlington, MD 21034 between 8 -12 and finish by 3.	James 410.638.7043
08/09	Dec	Williamsburg, VA	5/10K	Night Walk - Williamsburg, VA - Clarion Hotel	Annette 703.766.3065
08/10	Dec	Williamsburg, VA	300 m	Swim - Williamsburg Clarion Hotel	Annette 703.766.3065
09/10	Dec	Williamsburg, VA	5/10K	Williamsburg, VA - Clarion Hotel	Annette 703.766.3065
16	Dec	Baltimore, MD	5K/10K	Start at The Rotunda, 711 West 40th St., Baltimore, MD 21211 between 3 pm - 6 pm and finish by 9 pm.	James 410.638.7043
16	Dec	Fredericksburg, VA	5K/10K		Paul 540.455.0772
31	Dec	Savage, MD	5K/10K	Start at the Faith Ministry Center, 9050 Baltimore St., Savage, MD.	Linda 410.437.2164
31	Dec	Savage, MD	5K/10K	Start at the Faith Ministry Center, 9050 Baltimore St., Savage, MD.	Linda 410.437.2164
31	Dec	Smithfield, VA	5K/10K	Start at the Smithfield Station (Restaurant), 415 Church St., Smithfield, VA 23431.	Don 757.576.0966

* 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