

CHESSIE PATHWAYS

CBCW President's Column

By Mike Quinlan

Fellow volksmarchers recently sent me a copy of an article entitled "The Real Deal Maryland's B&A Trail", which appeared in the Fall 09 issue of [railstotrails](http://www.railstotrails.org) magazine. This is the official publication of the Rails to Trails Conservancy, "a non-profit organization based in Washington, D.C., whose mission is to create a nationwide network of trails from former rail lines and connecting corridors to build healthier places for healthier people." We in Maryland, and especially we volkssport participants, are very fortunate to be the beneficiaries of this organization's groundbreaking work and the excellent implementation by local municipalities and counties, especially Anne Arundel County.

The informative and complementary article describes a trip on the trail recently taken by the author. Reading it got me thinking about volksbikes, a threatened if not endangered species these days. Your club, CBCW, has sanctioned a Year Round bike event on the B&A Trail for many years. The event starts in downtown Severna Park, right on the trail. There are 26 kilometer, 37 kilometer, and 50 kilometer trail options. The latter includes the BWI Trail, which circles the airport. None of these distances are beyond the capabilities of the everyday recreational bicyclist, but we have very few participants. The trail amenities, interactions with other users, and sights make this an event not to miss. Biking is an excellent conditioning activity, particularly if one is recovering from injury or surgery. It also provides a great, low impact cross training opportunity for walkers.

So read the article on the Internet at the following URL



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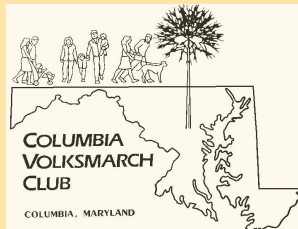
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<http://www.railstotrails.org/news/magazine/index> then click on "find a trail" beneath "I want to"; under the heading "Top Pages", click on "Rails-to-Trails Magazine" on the right; then click on "The Real Deal." It's worth the effort.

And then go out and enjoy the trail for yourself.

Remember, you do not have to purchase an official Bicycle Distance Record Book in order to obtain credit for bike distance completed. Bicycle event certification stamps may be entered in either the Bicycle Distance Record Book (same rules apply to the Bicycle Book that apply to the regular Distance Record Book) OR in the regular Distance Record Book (per AVA EC 1/2000).

Our club and the Freestate Happy Wanderers both have Year Round walks that use sections of the B&A Trail, so there is no reason not to check it out.

We have sanctioned the Severna Park (B&A Trail) walk and bike again in 2010, so there is plenty of time to do it. However, our other Year Round bike event in Pasadena (Downs Park) has not been renewed in 2010, so you better get saddled up if you want to do that one.

If anyone is interested in doing one of our bike events, but is concerned about riding skill or ability, my wife and I would be happy to accompany you on a ride. Just give me a call or send an e-mail and we'll arrange a convenient date and time.

As we bid farewell to summer, I hope to see you out on the trail. *Mike*



CVC President's Column

By John Dye

For August it could not have been much better. Temperatures were not too high and the humidity although there was not oppressive like it can be. Once again Trailmaster Tony Willoughby came up with a winner. Special thanks to Lakeside Coffee & Café in the American Cities Building in Town Center.

That leaves just one more event or actually two events on the same day, Sunday September 27th. We will be starting in Centennial Park at Pavilion "O". Bob Schmick will be there with his famous "Bob's Brats". You get to it from Centennial Lane past the tennis courts. It is part of the City Farm Celebration and will feature Clark's Elioak Farm including passing by the petting farm and Enchanted Forest displays. The second event that day will feature Centennial Lake itself and other nearby residential areas.

• August 15 Town Center Volunteers

Start/Finish: Jhing & Doug Weist, Ken Wilson, Jim McDonald, Kevin Theall, Linda Jensen
Checkpoint: Don Dressner, Karen Dye
Trail Design: Tony Willoughby
Trail Check and Marking: Karen & John Dye, Rich Long, Jim McDonald

See you on the trail. *John*

LOOKING UP THE TRAIL TO THE MONTH AHEAD

Hit-or-miss impressions/recommendations
— John Dye

WARNING: Use at your own risk!!
September 2009

September is like no other
It's days change color and weather
No other month can say quite the same
For every day, I can feel the change

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

• Friday September 11 Laurel, MD
This is a 9-11 Memorial walk to remember the victims of the Pentagon; Shanksville, PA and the World Trade Center, New York City. The trail is on natural surfaces, the grounds of Montpelier and sidewalks through the surrounding residential area.
Special Classifications: US Presidents TR 1+; Start 1 - 4
1.5 mi – about 4 mins (from Rich's house in Laurel)
14 mi – about 20 mins (from John's house in Columbia)

• Saturday September 12 Brookeville, MD
Piedmont Pacers offer natural wooded trails in Rachel Carson Conservation Park. This is a new, never before volks-used conservation park walk that goes by a stream and hidden pond.
TR 2+; Start 8 - 1
20 mi – about 46 mins (from Rich's house in Laurel)
18 mi – about 37 mins (from John's house in Columbia)

• Saturday September 19 College Park, MD
Starting at the College Park Airport, this trail is on paved and natural surfaces passing through historic sections of College Park and Riverdale.
Special Classifications: Railroad Heritage, Veterans Memorial, Walking the USA A-Z, Museum.
Start 8 – Noon
22 mi – about 30 mins (from John's house in Columbia)

10 mi – about 20 mins (from Rich's house in Laurel)

• Saturday September 26 New Market, MD
Trails are on quaint city streets in New Market -"The Antique Capital of Maryland"
Special Classifications: Cemetery Stroll, Firehouses, Historic Churches TR 1+; Start 8 - Noon
45 mi – about 56 mins (from Rich's house in Laurel)
35 mi – about 40 mins (from John's house in Columbia)

• Sunday September 27 Ellicott City, MD

Two Events; Two Trails
The Lake trail will feature Centennial Lake and the Ellicott City neighborhood of Centennial Estates. The trail is on paved pathways, sidewalks and lightly traveled residential streets.

The Farm trail will feature Clark's Elioak, a 540-acre working farm with a part which includes a petting area, playground, evergreen tree maze and displays from the original Maryland theme park, Enchanted Forest. There is a fee of \$4.50 to enter the area. The walk goes past but not into this area. The trail is mostly on farm truck roads.

For no extra charge, you could be a volunteer at this event. Wow! What an offer!!

TR 2; Start 8 - Noon
5 mi – about 13 mins (from John's house in Columbia)
18 mi – about 30 mins (from Rich's house in Laurel)

Statistics from August 15 walk at Town Center

Total: 144
Credit: 116
Non Credit: 28

20km: 2
10km: 113
06km: 29

Credit 06km: 19
Free 06km: 10
Credit 10km: 95
Free 10km: 18
Credit 20km: 2

Virginia: 12
Pennsylvania: 3
Maryland: 129
(Howard County: 53)

IVV and AVA Happenings

By Ron Bowers

IVV - Nothing new has been added.

AVA - The August AVA Checkpoint, which contained an enclosure with an updated AVA Bylaws, was posted on the AVA Web page at the end of July.

The September AVA Checkpoint, which contained an enclosure of the draft of the Minutes of the 2009 AVA Convention was posted on the AVA Web page on 7 August.

Please check out the AVA Web Page, at www.ava.org. It contains some very good information.

The next meeting of the AVA National Executive Council is scheduled for November 13-15, 2009, in Orlando, Florida. The actual location in Orlando has not been published as of yet. Clubs wishing to submit an item for this meetings agenda should send it to their Regional Director no later than September 14, 2009.

Don's Den - Notes From Your CVC Volunteer Coordinator

Hey ya'll. It was nice to see and talk to all you CVC members and friends at the Town Center Walk. All the "usual suspects" were there, plus a few "rookies" and transfers.

Speaking of "rookies," I had an interesting encounter with a "rookie" while working the first checkpoint in Wilde Lake last week.

This gentleman excitedly dropped all his starting booklets & info onto the stamping table and declared proudly that he was a "rookie" volkswalker. I complimented him on getting started and mentioned that there was actually another traditional thing we provide to our rookies, wherein I proceeded to take a roll of trainers tape out of my car and began to tape him to a nearby tree. At this point the nice gentleman became a bit worried and nervously asked me "what in the world this could be for?" I just said "haven't you seen the Redskins or Ravens "veterans" doing this to their "rookies" in training camp?" He didn't seem to know what to say at this point, but started to panic when I said "don't you know what's next (ice baths, pies in the face, etc.....)?"

Then I must have woken-up, finding myself still fantasizing about Redskin's Training Camp as well as several enthusiastic Volkswalk "rookies" I've met recently at our Checkpoints, who somehow thought it was relatively easy to be a "rookie."

To that I say: "Welcome all you fine Volkswalk rookies, but beware that first "Checkpoint!"

On another note, we really need help manning the "two" checkpoints (I can't do everything myself & maybe now you wouldn't want me to!) for our Elioak Farm / Centennial Lake Park "Double" Walk on **SUNDAY** September 27. We still need 4 volunteers to work 8:30 - 10:30 & 2 more for 10:30 - 12:30, plus 1 more for 7:45 - 8:30 at the Start. Contact me at dres@erols.com or (410) 381-6962.

Thanks again to all you great Town Center Walk Volunteers (John Dye's Article, Page 2)! See ya'll in the fall.....Don

Notable Days in September!

3rd - American Revolution Ends 1783
7th - Labor Day
8th - UN Literacy Day
13th - Grandparent's Day!!
15th - **Estimated Taxes Due**
22nd - **First Day of Autumn**
25th - Bill of Rights 1789
29th - VFW Established 1899
30th - 1st Book Printed 1452

Atlantic Region Nominating Chair

By Sam Tollett, ARD

Bob Wright is appointed the Chair of the 2011 Atlantic Region Nominating Committee

All queries dealing with the upcoming region director election should be directed to Bob at rcwright_va@comcast.net

This is a permanent position. The Atlantic Region Director may appoint another individual to fill this position, at his/her convenience.

The Atlantic Region Nomination Committee Chair is responsible for soliciting names for the position of Atlantic Region Director. He/she will follow the AVA Policy Manual and the AVA By-Laws in the nominating process. The Chair will transmit requests for Region Director nominations to all membership clubs in good standing. A club not in good standing will not be allowed to vote!

The Nomination Committee Chair WILL convene the election for Atlantic Region Director at the Atlantic Region meeting. He/she will introduce each of the candidates. The Chair will ensure each of the candidates has 5-10 minutes to speak at the meeting. The Chair will tabulate the vote for Region Director. The Chair will ensure only the winner's name is announced and at no time will the Chair announce

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cast in their favor.

The Nomination Committee Chair WILL announce the results of the election to the Atlantic Region at the meeting, by email to all the Atlantic Region membership clubs, to the American Volkssport Association, and to the members of the AVA National Executive Committee.

Sam Tollett, Atlantic Region Director
http://www.ava.org/clubs/reg_atlantic/index.htm



2009 Club Meeting Schedules

CVC Meetings are normally the 2nd Monday of the month at 7:00 pm at Owen Brown Community Center (OBCC), 6800 Cradlerock Way, Columbia, MD 21045.

- Monday, September 14th, 2009 ←
- Monday, October 12th, 2009
- Monday, November 9th, 2009
- Monday, December 12th, 2009 at the Dye House - Holiday Party/Walk

CBCW Meetings are normally the 1st Thursday of every other month at 7:00 pm at Anne Arundel County Police Station, Western Region, at corner of Telegraph Road (Rt 170) and Crossroads Drive, Odenton, MD.

- Thursday, October 1st, 2009 ←
- Thursday, December 3rd, 2009

2009 CVC Year-Round Events

Walk Route	Start Point
River Hill	R H McDonalds
Kings Contrivance	K C McDonalds
Dorsey Search	Long Gate Sunoco
Ellicott City North	Long Gate Sunoco
Hickory Ridge	Feet First at Hickory Ridge
Columbia Mall	Starbucks

2009 CVC YRE Totals a/o 8/16/09

Event	Start Point	Total
Dorsey Search	Hickory Ridge Sunoco	59
Ellicott City North	Long Gate Sunoco	32
Hickory Ridge	Hickory Ridge at Wilde Lake	34
King Contrivance	Kings Contrivance McDonalds	36
River Hill	River Hill McDonalds	40
Mall	Starbucks at Columbia Mall	95
2009 Total		296

2009 CBCW Year-Round Events

Walk Route	Start Point
Bowie	GNC Store at Bowie Mall
Odenton	BP Gas Station at Piney Orchard Mall

Pasadena Bike & Walk	Bogie & Bailey's Family Restaurant
Severna Park Bike & Walk	Pedal Pushers Bicycles

2009 CVC Event Calendar

- Sunday September 27 - Centennial Lake / Clark's Elioak Farm, Start 8:00 – Noon
- Monday December 14 – Holiday Party/Walk

2009 CBCW Event Calendar

- Saturday/Sunday November 7/8 - Maryland Sunrise Farm (Naval Academy Dairy Farm), Start 8:00 - 1:00 PM

Deadlines for Articles

Here is the **deadline** for the submission of articles to your Editor for newsletters through March 2010.

Newsletter	Article Due Dates
October C P	Sep 20, 2009
November C P	Oct 23, 2009
December C P	Nov 21, 2009
January C P	Dec 21, 2009
February C P	Jan 21, 2010
March C P	Feb 18, 2010

Conversion of the Day!

To convert Kilometers to Miles, multiply by .6214.