

CHESSIE PATHWAYS



President's Column

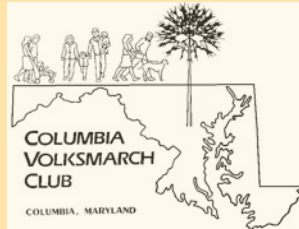
By John Dye

*Grab your coat and get your hat. /
Leave your shovel on the doorstep. /
The ice won't make you fall / on the
sunny side of the Mall.*

Yes, these are the days to get out early to the Columbia Mall and walk. You are more than likely to see fellow volksmarchers like Tony & Marilyn, Jhing, Will, Tim & Martha. And if you're interested in other indoor volksmarchs, there are several in the immediate Maryland area. Arundel Mills in nearby Hanover, Westfield Montgomery Mall in Bethesda near Cabin John Park, Lakeforest Mall in Gaithersburg, and White Marsh Mall, just off I-95 north of the Baltimore beltway.

It has been a season of cancellation; first around Christmas then almost the whole month of February. Even the hardiest of volksmarchers have fallen to the record-breaking snowfalls. Maybe we should go into the cross-country ski end of the sport.

Just a reminder that as the bitter cold breaks and you can finally see sidewalks and paths again, it is great to get out and enjoy the crisp outdoors again. However heed the oft repeated color warnings, beware of black ice. It is ever present in these days of melting during the day and freezing at night. Whatever you do, never eat the yellow snow.



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Vacant (Volunteer Coordinator)

Remember our spring event is this month. CVC is hosting a walk during the Atlantic Regional Conference, which is the closing event of the conference on Sunday March 21, 2010. We are going to start in Savage Park. The plan is to go through Savage Park and the Huntington neighborhood in the Columbia Village of Kings Contrivance. It will also use the Patuxent Branch Trail. The trail will be on asphalt and hard packed paths and concrete sidewalks. Hopefully there will be enough cleared trails to put on a 10 kilometer walk. Between the sewer line construction and snow, Tony has an interesting job in laying this one out.

We will need volunteers at the start/finish and checkpoint. Why not get the optimum, most superb spot by picking up the phone and calling Volunteer Coordinator Don Dressner at (410) 290-5788 or shoot him an email at dres@erols.com. You know you'll feel better once you do. Maybe you would like to help with the marking. Trail markers are always welcome. If you are interested give Tony or me a call.

See you on the trail,
John



Here's A
Free Hug...

LOOKING UP THE TRAIL TO THE MONTH AHEAD

Hit-or-miss impressions/recommendations
— John Dye

WARNING: Use at your own risk!!

March 2010

Let's hope that March is kinder to our volksmarch events than February was.

Enjoy the following.

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

• Saturday March 6 Bethesda, MD
Starting at Knights of Columbus and using the Bethesda Trolley Trail, the Seneca Valley Sugarloafers present a 10km trail with a 1km option to see Uncle Tom's Cabin. It's an easy walk on sidewalks and paved trails.

Special Classifications: Authors and Literary Landmarks, Firehouses, Railroad Heritage

16.7 mi – about 25 mins (from Rich's house in Laurel)

24.9 mi – about 31 mins (from John's house in Columbia)

Start 8 - 12; Trail Rating: 1

• Friday – Sunday March 19-21 Annapolis, MD

1st Walk Atlantic Region Conference start at Doubletree Hotel, 210 Holiday Court

You will register at the Hotel then drive to Maryland Hall for the Creative Arts for the walk. The walk route in mid Annapolis will feature the newest portion of Colonial Annapolis Maritime Heritage Trail. The route will pass through wetland wilderness areas, parks, and more of the self-declared Maritime Republic of Eastport.

Special Classifications: Cemetery Stroll, Firehouses, Forts of the United States, Historic Churches, Honoring Law Enforcement, Native American Culture, State Capital

26.5 mi – about 33 mins (from Rich's house in Laurel)

27.7 mi – about 31 mins (from John's house in Columbia)

Start Friday Noon, other days 8:00 AM, finish by 4; Trail Rating: 1+

• Saturday March 20 Annapolis, MD
2nd Walk AR Conf

The walk starts at the Doubletree Hotel and visits many of the highlites of outter Annapolis. The trail will take you out Riva road to the high school; past the very large Swim Center, back to the Annapolis Towne Center where you will see all that is New in Annapolis. Also you will visit the Largest Harley Davidson Cycle dealer.

Special Classifications: Hooray for Hollywood, State Capital

26.5 mi – about 33 mins (from Rich's house in Laurel)

27.7 mi – about 31 mins (from John's house in Columbia)

Start: 8 – 12; Trail Rating 1

• Sunday March 21 Savage, MD

3rd Walk AR Conf start at Savage Park

The walk will go through Savage Park and the Huntington neighborhood in the Columbia Village of Kings Contrivance. It will also use the Patuxent Branch Trail. The trail will be on asphalt and hard packed paths and concrete sidewalks. Savage Park

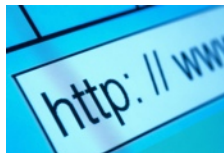
The event start point is the symbolic center of population for the State of Maryland.

Special Classifications: Riverwalk America

6.1 mi – about 15 mins (from Rich's house in Laurel)

6.8 mi – about 13 mins (from John's house in Columbia)

Start: 8 – 12; Trail Rating 2



Check out the hottest website on the internet:

<http://www.bangor59.com/cvc/>



Group Walking Schedule

03/01 – 03/31/10

03/06 Bethesda, MD – Bethesda Trolley Trail – Event – Montgomery.

03/13 Washington, DC – National Arboretum – YRE

03/19 – 03/21 Annapolis, MD – Atl. Region Conference – 3 walks – Events Anne Arundel

03/27 Manchester, MD – Mary Ruth Mem. Walk – Event - Carroll

Tips for Volkssporters

For a Happy Wandering

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How do you ensure you have happy wandering? Here's what I do.

•At home

Read the event flyer and/or information on the web carefully: start/finish times; route information; suitability for pets, children in strollers; directions; and entry fees.

Pack a small personal first aid kit (ointment, bandaids, moleskin, lip balm, tweezers, sterile needle, alcohol wipes), water (not every event provides something free to drink, or frequently enough), special medication, candy, and a few dollars.

Dress comfortably for the weather. Layer clothing so you may remove layers as you warm up and put them back on as you cool down.

Take a hat and umbrella or waterproof raingear in case you need it.

Grab your cell phone, GPS, and music player.

Check the weather report the night before. If it's questionable, consider confirming the event is still on.

Put necessary valuables in whatever you're going to carry them in on the walk; leave unneeded ones at home.

•At the start

Lock your car. Don't leave valuables in it.

Get one start card per person. Put your name and address on it; sign the waiver. (Cost: it's free to participate; pay the registration fee to receive an event award and/or IVV credit at the finish—registration for an event award includes IVV credit.)

•Getting underway

Set your own pace—don't rush, it's bad for your health. Stop whenever you wish to rest or look around.

Stay on the route; you may disturb a delicate ecological balance if you get off the route.

Keep pets leashed; it's often the law, and it helps keep them away from harm (like rabid animals). Clean up their messes—that's often the law too.

•Along the way

Read ahead in the directions; heed the next one, and watch for it.

Don't take shortcuts; you may miss a key marker.

Don't read and walk, lest you trip and fall.

Pay close attention where routes split to avoid making a wrong turn.

Drink water regularly to replenish fluids and prevent dehydration.

Be courteous:

Don't litter.

Don't disturb markers.

Use crosswalks on streets; don't jay-walk.

Move aside for faster participants to safely pass.

Pass slower participants with care.

Don't smoke. It's not healthy for those around you; in the woods it could be very dangerous.

Personally present your start card at each control point for validation.

•At the finish

Get your IVV log books stamped, then pick up the event award. (Participate for free? Just turn in your card, or buy a New Walker's Packet.)

Pick up information about upcoming events.

Have something to eat and drink before heading home.

Follow these simple steps too and have enjoyable walks.

Have ideas you want to share with fellow *TAW* readers? Send them to me at 43224 Cardston Place, Leesburg, VA 20176-6459 or rwright2@jhu.edu.

For publication in the April-May 2010 issue of *TAW*.

Mall	Starbucks at Columbia Mall	16
2009 Total		47

2010 CVC Year-Round Events

Walk Route	Start Point
Harper's Choice	Feet First at Hickory Ridge
Kings Contrivance	K C McDonalds
Ellicott City Centennial Lake	Long Gate Sunoco
Ellicott City North	Long Gate Sunoco
Hickory Ridge	Feet First at Hickory Ridge
Columbia Mall	Starbucks

2010 CVC YRE Totals a/o 2/19/10

Event	Start Point	Total
Centennial Lake	Long Gate Sunoco	3
Ellicott City North	Long Gate Sunoco	4
Hickory Ridge	Feet First/Hickory Ridge Sunoco	12
King Contrivance	Kings Contrivance McDonalds	7
Harper's Choice	Feet First/Hickory Ridge Sunoco	5

2010 CBCW Year-Round Events

Walk Route	Start Point
Bowie Walk	GNC Store at Bowie Mall
Odenton Walk	BP Gas Station at Piney Orchard Mall
Severna Park Bike & Walk	Pedal Pushers Bicycles

2010 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.

March 15th, 2010 (Note: 3rd Monday) ←

April 12th, 2010

May 10th, 2010

June 14th, 2010

• **CBCW Meetings** are the 1st Thursday only as shown below at 7:00 pm at the Anne Arundel County Police Station, Western Region, at corner of Telegraph Road (Rt 170) and Crossroads Drive, Odenton, MD.

Thursday, April 1st, 2010 ←

Dates beyond April TBD

