



The Rover Reporter



The Newsletter of the Susquehanna Rovers Volksmarch Club

April-May-June 2025

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www.avaclubs.org/SRVC

President's Message

Hi Rovers,

In case you didn't know, I became president of this fine organization on January 1, 2025.

Bill Rhoat did a great job as president since 2018. The terms for president are two years with a two term limit. Bill went an extra term since he couldn't find a replacement. So a great BIG THANK YOU! Unfortunately for him, he is now the Treasurer.

Gloria Grabenstein was the Susquehanna Rovers Treasurer for more than 25 years. We can never thank her enough! Another BIG THANK YOU! Bill and Gloria on at the bank to make the necessary changes. They both look happy about it.

Our secretary, Regina has been taking the minutes for more than 25 years. She also developed our website. Many thanks to her. We couldn't do without her either.

Mary Watts has been our Membership person for more than 20 years. She is a gem. She could use someone to take over for her. It is a matter of sending out postcards to remind people to renew their memberships and taking in the money when they do.

Our club needs some other folks to step up to help run the club. We could especially use someone that likes to post on Facebook or Instagram to encourage folks to walk at our group or traditional events. We need someone to ask folks to volunteer to help at our traditional events. We hope to have two this year. For several years, except last September, we usually only have the club officers that manage the events.

We also need another Vice President. Please come to our meetings. Thanks for thinking about helping. If you are interested, please let me know.

Hope to see and talk to you on the trail - Pat



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Group Walk Schedule

Definition of Group Walk - Several walkers get together to walk a Traditional, Seasonal or Year Round event. They start off together and then walk at their own pace. Maybe they get together to eat along the way or at the end. This type of walk will not be on ava.org list of events. GP is used on our listing for these events.

York White Rose Wanderers (YWRW) are hosting their group walks 2025. They make these walks feel like a traditional event by giving walkers a range of time to start usually 9 am to noon. The complete list for the year is on their website, ywrw.org Call Gloria Reedy at 717-495-0518 to check if they will be walking if weather is iffy. **April 5** - Gettysburg Walk #1 (Deb Choiniere Memorial Walk), #2, or #3, Gettysburg YWCA, 909 Fairfield Rd, Gettysburg. **May 3** - Manchester (Brenda Weirich Memorial Walk), Goodyear Brooks/Huff Tire, 95 Sunset Dr, Manchester. **June 7** - Your Rail Trail #3, North or South Hanover Junction Station, 2433 Seven Valleys Rd, Seven Valley, **July 12** - York Rail Trail #2, South Brillhart Station, 2400 Brillhart Station Rd, York.

The **Susquehanna Rovers** meet at a certain time to sign up and go at our separate paces and maybe meet for lunch. If you can't meet us, these are year-round events and can be walked anytime during daylight hours. The time to meet is with the event. Call Pat if you want a ride. 717-379-8945.

April 12 - Fort Hunter, West parking lot, 5300 N. Front St, Harrisburg. Rated 1A. Meet at 9.
May 10 - Mifflintown Meet at 10. Juniata County Library, 498 Jefferson St, Mifflintown. Rated 2B.
June 14 - Selinsgrove Meet at 8 at Park N Ride in Dauphin or the start point in Selinsgrove at Police Station parking lot, 100 W Pine St. Let me know if you need directions. I will have the stamp.
June 21 - Traditional Walk in Duncannon. See page 6.

Contact Pat 717-379-8945 for information or if weather is bad to see if we are walking.

Please join us. We miss seeing you.

AVA has moved again!

Be sure to use this address when mailing your books.

AVA Headquarters
 1032 S. Alamo St, San Antonio TX 78210
 210-659-2112



Meeting Location

The next club meetings will be held at the Harrisburg East Shore Library. They start at 6 pm on the last Tuesday of the month.

Contact Pat with any questions at 717-379-8945 or patriciaeby@verizon.net

All are invited and encouraged to attend.

AVA and CVF Multiday Events

Tri State Lighthouse Weekend - May 16-18, 2025

A weekend of walking past beautiful New England lighthouses! The walks will be in Gloucester, Massachusetts, Portsmouth, New Hampshire, and Cape Elizabeth, Maine. Information can be found at:

https://www.walkescv.org/25NEWeekend/tri_state25Brochure.pdf

US FreedomWalk Festival - Oct 17-19 2025

The 24th US FreedomWalk Festival® is a three-day, non-competitive, social walking challenge bringing participants of all ages and abilities together for fun, fitness, and international friendship. It is being held on October 17-19, 2025.

The event is co-hosted by American Volkssports Association, IML Walking Association, Arlington County, Virginia, BikeArlington & WalkArlington. Events will start at American Legion Post 139, 3445 Washington Blvd, Arlington VA.

Come walk with us for a world class walking adventure alongside walkers from around the world! It is held Friday, Saturday and Sunday of the third week in October. It includes:

- 3 Days of Fun, Fitness, and International Friendships.
- Walk for the FreedomWalk Medal
- IML Trails from 6 to 14 miles (10 to 22 kilometers)
- AVA/IVV Welcome Walk 3 or 6 Miles (5, 10 Kilometers)
- 5/6km walks for Saturday & Sunday (*NO IML CREDIT*)
- One Bike Event and One Swim Event

Canada National Walking Festival in Yellowknife 2026

Northern Lights Walking Club is hosting the Canada's Walking Club Festival in Yellowknife June 12-14, 2026. Registration for the festival and for the bus trips are open. <https://walks.ca/cvf-fcv-2026-festival/> Four bus tours are being organized by the Volkssport Association of Alberta - All four tours will enjoy the same experience including four nights in Yellowknife.

Group Walks

Hummelstown Memorial Walk – 11-29-2024



A large crowd - Rose O'Meara, Bill Rhoat and Ginny Hunsberger. What a selfie!

But also signing up that day at Karns for the Hershey year round were the Betars and Lardizabels. They used to bring their whole family for our Hershey Walkfest.



Marietta - 12-14-2024

Marietta had a larger group. From the left: Roy and Sis Clugston, Ginny Hunsberger, Rose O'Meara, Marcy Lucas, Sherri Brendlinger, Lorraine Jackson, Pat Eby, Tom, Jackson, Bill Lore.

A couple did the 10K and the rest did the 5K. The 5kers met up for lunch at an Irish pub part way through the



walk to eat and socialize. This is one of the great things to do in a volksmarch. Make new friends, exercise, and eat. There were folks there from three clubs. Showing that groups can get along very well. Try to take in another club's group walks. You might make some new friends. I have done just that over the years.

New Year's Day 2025



A nice group showed up to walk Harrisburg on New Year's Day. Dave Derlinger, Judy Chioli, Sherry Brendlinger, Marcy Lucas, Bill Lore, and Bill Rhoat. This was the first January 1st walk that I have missed since this year round opened in 1994. I still remember the ribbon cutting ceremony at the front door. None of the people pictured were at that ceremony. Great fun and then the exercise made you hungry for your big dinner. We always tried to get a late breakfast at the Alva, then off to City Island to watch the Penguin Plunge.

Carlisle Ice Festival 2-1

Since this was my first walk since surgery, I only walked 3/4 of a mile. Pictured are John Satterlee, Dave Derlinger, Judy Chioli, Roy Clugston, Rose O'Meara, Sis Clugston and Bill Rhoat. I missed getting one of Marcy Lucas. But a great day for a walk. *(continued on page 5)*



2025 Seasonal and Year Round Events

Events listed are year rounds unless stated as seasonal.

Susquehanna Rovers

These walks will have a start box unless stated OSB.

Altoona - Blair County

Wingate by Wyndham Hotel, 909 Chestnut Ave. Altoona. Walk Dawn to Dusk. 5 or 10K Rating 1A Ask at reservation desk for walk box.

Judy Yost jpost820@gmail.com 814-932-3334

Camp Hill - Cumberland County

Pat Eby's house - front porch, 19 N 27th St, Camp Hill. Dawn to dusk. 5 or 10K Rated 1A.

OSB or Physical Start Box is on porch.

Pat Eby, patriciaeby@verizon.net 717-379-8945

Carlisle - Cumberland County

Comfort Suites, 10 South Hanover St. Carlisle Dawn to Dusk. 6 or 10K Rating 1A Ask at reservation desk for walk box.

Pat Eby 717-379-8945 patriciaeby@verizon.net

Columbia and Marietta - Lancaster County

Northwest Lancaster County River Trail - **Bike** 35k Rated 2A

Columbia Walk - 5 or 10K Rated 1A

Marietta Walk - 5 or 10K Rating 1A

Columbia Crossing River Trail Center, 41 Walnut St.

Columbia Open 10 am to 4 pm Tuesday - Sunday

Ask at desk for the walk box. They open at 10.

Bill Rhoat 717-847-3567 rhtpr@aol.com

Ephrata - Lancaster County

Hampton Inn & Suites, 380 E Main St, Ephrata. 5 or 10K Rated 1B Ask at reservation desk for walk box.

Bill Rhoat 717-847-3567 rhtpr@aol.com

Harrisburg - Dauphin County

Capital and Wildwood Park

Quality Inn -Riverfront, 525 S Front St. Harrisburg Dawn to dusk. 5 or 10K **Capital Trail** Rating 1A

Wildwood Trail Rating 3C; 5K trail is easier and can be a 1B. Ask at reservation desk for the walk box.

Pat Eby 717-379-8945 patriciaeby@verizon.net

Fort Hunter, Harrisburg- Seasonal 4-1 to 9-30. 5 or 10K Rated 1A. OSB or contact Regina Zapotosky at 717-545-4982 rmzapoto@gmail.com

Hershey - Dauphin County

Bullfrog Valley Trail (5 or 10K) and

Town (5 or 10K) Both are rated 1A

Hummelstown Seasonal - Oct 1 to Dec 31, 2025

Karns Food, 731 Cherry Dr. Hershey

Ask at the Service Counter for the walk box.

Dawn to dusk.

Bill Rhoat 717-847-3567 rhtpr@aol.com

Lebanon - Lebanon County

Lebanon Valley Family YMCA, 201 N 7th St. Lebanon

Hours vary - call 717-273-2691

5 or 10K Rating 1A

Ask at the service counter on the right for the walk box.

Bill Rhoat 717-847-3567 rhtpr@aol.com

Mechanicsburg - Cumberland County

Rutter's #29, 714 W Main St. Mechanicsburg Dawn to

Dusk 5 or 10K Rating 1A

Walk box is on window sill in café area.

Pat Eby 717-379-8945 patriciaeby@verizon.net

Milton - Most in Northumberland and rest in Union County.

Seasonal - 4-1 to 9-30. 5 or 10K rated 1B. OSB or

contact Bill Rhoat 717-847-3567 rhtpr@aol.com

Mifflintown - Juniata County

Juniata County Library, 498 Jefferson St, Mifflintown, PA 17059 Closed Wed and Sun. Open Mon, Tue, Thurs 9 am to 5 pm, Fri 2 pm to 7 pm and Sat 9 am to 3 pm.

5 or 10K Rated 2B

Walk box is in the library under a table.

Joyce Krow 717-527-4798 jakrow@centurylink.net

Selinsgrove - Snyder County Seasonal 4-1 to 9-30.

Rated 1B 5K or 10K. OSB or contact Pat Eby

State College - Centre County

Arboretum and Boalsburg

Super 8 Motel, 1663 S Atherton St. State College Dawn to

dusk Arboretum Trail Rated 1A, Boalsburg Trail Rated 2B, Both have 5 or 10K trails.

Ask at reservation desk for walk box.

Pat Eby 717-379-8945 patriciaeby@verizon.net

KSVA Events

Appalachian Trail - Walking across PA - Many options

are available. **OSB only.** Marcy Lucas 717-979-3960

Lucas_mj@hotmail.com

Contact person for other events is Tom Jackson

717-677-6511 thomasjackson@embarqmail.com

Fayetteville - Pine Grove Furnace State Park - walk

Rutter's, 6837 Lincoln Way East, Fayetteville PA 17222,

5K, 10K or 14K Rated 3C

Harper's Ferry WV - Online or physical start point

ATC Visitor Center, 799 Washington St.

5K, 10K, 15K or 20K Rated 3C

Waterville - Bike Pine Creek Rail Trail - 10K to 240K. OSB

Group walks on the AT: Saturday, April 26th. It is an

out and back walk. We will walk for 1.5 hours and turn

around for a total of 3 hours. As always wear sturdy shoes,

bring poles and water. A porta pot is at the start. Carpool

as parking is limited. Meet at 8:45am, Scott's Farm

Trailhead, 301 Bernheisel Bridge Rd, Carlisle. Timed walk

north from 9 to 11 am. Lunch after at Middlesex Diner,

1803 Harrisburg Pike, Carlisle. Bluebells should be

blooming along this easy level portion of AT. **RSVP Marcy**

via text 717-979-3960.

Our traditional Walk at Duncannon will also qualify for AT

credit. If you are interested in keeping track of your AT

walks in PA, we do have books for sale at our walks.

More Group Walks (continued from page 3)



At Carlisle I did get to take a picture of Marcy in an ice sculpture while out on the trail. She was kind enough to slow, slow walk with me.

Lititz - February 15

Another fine day for a walk. Lots of folks showed up.

Below are Roy and Sis Clugston, Bill Rhoat, Kim and Luther Zarfoss, Marcy Lucas and Bill Lore.



Below are Alice Eckardt's daughter Judy Karper with her children, Max, Kaylee and Tucker.



Above are Brian Fichthorn, a friend of Judy Chioli and Dave Derlinger.

It was a great day for the Fire and Ice Festival. Lots of sculptures, food trucks and people enjoying themselves. Luckily the festival ran for two weekends, as the first weekend's weather was not as good. With Marcy and Bill Lore's help, I managed almost two miles at Lititz.

Hershey March 8



The folks above are Marcy Lucas, Sis and Roy Clugston, with Bill Rhoat in the front.

To the right is Rose O'Meara and Bill Lore. Bill Rhoat and Rose O'Meara were the only ones in the group to do the 10K



Marcy and Bill Lore were true friends. I did manage almost 3 miles in Hershey but at a very slow, slow pace. I couldn't have done it without them.

Will you try to come to our next walk? You are missing out on getting some much needed exercise, enjoying nature, the company of old or new friends, otherwise an adventure..

If you can't do a 5K, you can do as much as you are able, while still getting event credit.

We would love to see you at our next group walk at Fort Hunter in April. The daffodils should still be blooming in the park and the world will be getting greener.

With Sympathy

We have had two deaths that have affected our walking group.

Dave Berry from Hatboro passed away in June of 2024. He was a long time member and used to love to come to Hershey Walkfest and help at the start point.

Gloria Rudacille always came with her husband Ray who passed away a few years ago. She didn't walk but was always happy to help our at start points.



Duncannon - June 21, 2025

A volksmarch during the Appalachian Trail Festival in Perry County



The event starts at the Duncannon Borough Office, 428 N High St, Duncannon.

Start time is between 8:30 and 12:30, **finish** by 3:30.

Trail ratings are 3C for the 10K and 2A for the 5K.

Duncannon is an Appalachian Trail (AT) community. Many businesses and residents support trail hikers on a daily basis. The Susquehanna Rovers have had walking events during past festivals. Both trails will go along the AT in town and through the festival area. Some changes to the past routes will be to highlight current special programs and to see parts of town that we haven't seen for a while. Any direction out of town is up, so expect at least one hill on the distance you select. This year the 10K will go up to Hawk Rock for a great view of the river and surrounding countryside.

The Festival is open from 10 to 4. Dogs are permitted on the trail but not inside the Borough Building. Sidewalks are uneven in town. Sturdy shoes and poles are recommended for both trails.

Special Programs are Grain Elevators, Par-for-the-Course, Step to the Beat, The Appalachian Trail, Walking with America's Veterans. It also qualifies for the KSVVA challenge for the Appalachian Trail in PA. and County Programs.

Point of Contact is Marcy Lucas
lucas_mj@hotmail.com 717-979-3960
A call or text is preferred.

Driving directions: From US 322/22 W and E take the PA-849 W Exit. After going under the railroad bridge, stay straight onto N Market St. Turn Right onto Cherry St, turn right on N High St. Start point is on the right.

From US-11/15 N, take PA 274 W Duncannon Exit, turn left onto S Market St, turn left onto Cherry St. Turn right onto N High St. Start point is on the right.



Three of the many sights that you will see along the trail, mural along Market Street, Doyle Hotel and 3B Ice Cream Stand. All highlights of the town.



Holiday Party

We had a lovely holiday party at Regina's house. Rover even provided gifts under the tree. The group was small, only four of us, but we had a great time eating and enjoying each others company. We also had a small meeting to elect officers. Since we didn't have a quorum, we called Bill Lore and he attended the meeting by phone. Regina is still Secretary, Marcy is VP, Bill Rhoat is Treasurer, and Pat is President. Also pictured is Mary Watts, Membership.



2025 ATLANTIC REGION CALENDAR of EVENTSFrom ava.org as of March 17, 2025Be sure to check with the [ava](http://ava.org) website or point of contact before traveling a great distance to an event.**April**

3	GP	Lansdale PA	LBW mjpark@gmail.com	
5	TEW	Swathmore PA	LBW billri12@yahoo.com	215-767-5079
5	W	Kensington MD	dmfere@rcn.com	301-651-1875
5	W	Gloucester VA	ce_kelly@comcast.net	804-909-9916
5	GP	Gettysburg PA	YWRW ywrw.org	717-495-0518
10	GP	Philadelphia PA	LBW mjpark@gmail.com	
12	GP	Harrisburg PA (Fort Hunter)	SRVC patriciaeby@verizon.net	717-379-8945
12	GP	Yardley PA	LBW mjpark@gmail.com	
12	W	Huddleston VA	outdoorsy-guy1@yahoo.com	703-217-3140
24	GP	King of Prussia PA	LBW mjpark@gmail.com	
26	W	Doswell VA	roger@everydaygiving.com	540-429-2239
26	W	Princeton NJ	glace@rutgersrep.org	609-658-7724
29	M	Harrisburg PA 6:00pm	SRVC patriciaeby@verizon.net	717-379-8945

May

1	GP	Easton PA	LBW mjpark@gmail.com	
3	GP	Bryn Mawr PA	LBW mjpark@gmail.com	
3	GP	Manchester PA	YWRW ywrw.org	717-495-0518
8	GP	Philadelphia PA (West)	LBW mjpark@gmail.com	
10	GP	Mifflintown PA	SRVC patriciaeby@verizon.net	717-379-8945
10	TEG	Huntingdon Valley PA	LBW mjpark@gmail.com	845-774-5335
15	GP	Shippack PA	LBW mjpark@gmail.com	
17	GP	Collegeville PA	LBW mjpark@gmail.com	
17	W	Burke VA	shkrgk@gmail.com	703-867-1073
22	GP	Bethlehem PA	LBW mjpark@gmail.com	
24	GP	Quakertown PA	LBW mjpark@gmail.com	
26	GP	AT in Carlisle PA	SRVC Marcy Lucas see page 4	717-979-3960
27	M	Harrisburg PA 6:00pm	SRVC patriciaeby@verizon.net	717-379-8945
29	GP	Souderton PA	LBW mjpark@gmail.com	
31	W	Boyd's MD	rockpic001@gmail.com	301-520-6507
31	GP	Philadelphia PA (Bridge)	LBW mjpark@gmail.com	

June

5	GP	Phoenixville PA	CCRR clancygirl1@verizon.net	484-432-8541
7	GP	Seven Valleys PA (RT #3 or 4)	YWRW ywrw.org	717-495-0518
7	GP	Easton PA	LBW mjpark@gmail.com	
14	W	Millersville MD	wahasse1798@verizon.net	410-437-2164
14	GP	Selinsgrove PA	SRVC patriciaeby@verizon.net	717-379-8945
21	W	Duncannon PA	lucas_mj@hotmail.com	717-979-3960
21	W	Milford DE	fdezjuankaren@comcast.net	410-802-6106
24	M	Harrisburg PA 6:00pm	SRVC patriciaeby@verizon.net	717-379-8945

July

10	TGW	Windlestrae Park PA	LBW billri12@yahoo.com	215-767-5079
12	GP	York PA (RT #2)	YWRW ywrw.org	717-495-0518
29	M	Harrisburg PA 6:00pm	SRVC patriciaeby@verizon.net	717-379-8945

August

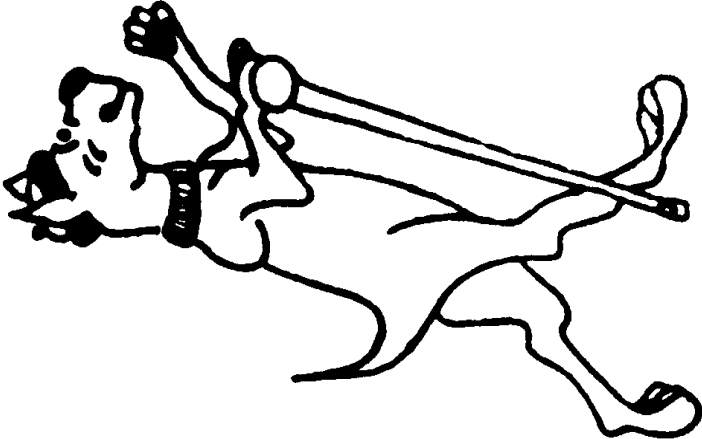
2	GP	New Freedom PA (RT#6)	YWRW ywrw.org	717-495-0518
26	M	Harrisburg PA 6:00pm	SRVC patriciaeby@verizon.net	717-379-8945

(M is Meeting; G is a Guided Walk; NW is a Night Walk; GP is a Group Walk; TGW is a Traveling Guided Walk, W is a Walk, S is a Swim, B is a Bike)

PA events are in italicized; **Susquehanna Rovers are bold and italicized.**

Dated Materials

**The Rover
Reporter**



April - May - June 2025