

Keystone State Volkssport Association  
November 28, 2015  
Hershey Public Library, Hershey PA

Joan Lampart called the meeting to order at 2:05 pm, thanking the Susquehanna Rovers for again hosting in conjunction with the Hershey Walkfest.

Officers present: Joan Lampart - Pres., Marcy Lucas -VP, Pat Eby - Treas., Carol Talaga - Sec.

Club reps & members: Susquehanna Rovers / Sharon Miller, Louise Clouser, William Rhoat, Joyce & Tim Krow, Connie Peterson; Liberty Bell Wanderers / Dave Brown; York White Rose Wanderers / Julie Geyer, Jane Holmes; Free State Happy Wanderers MD / Bob Lumbert; Susan Osborn / Baltimore Walking Club; Atlantic Regional / Tom Jackson.

**Secretary**

Corrections to the minutes from August 29, under Club Reports-Liberty Bell Wanderers. ...There are *two* not three Traditional Events. On New Year's Eve, after the Philadelphia East YRE, the group will remain in town for fireworks. Julie Geyer motioned to accept the minutes as corrected; motion carried.

Archives of minutes – Pat Eby has supplied ten pre-2009 records, as reflected in the table below.

	<b>Secretary has the following KSVa minutes</b>			
2015	0207 York	Wyomissing 0418	Lake Nock 0829	
2014	0201 York	0607 New Freedom	0913 Lake Galena	1129 Hershey
2013	0202 York			1129 Hershey
2012	02/04 York		0908 Lake Galena	1124 Hershey
2011		0404 Manchester	0820 Academia Port Royal	1126 Hershey
2010			1016 State College	1127 Hershey
2009		0718 Harrisburg		
2008		0426 Ned Smith Wildlife Preserve	0521 Maytown	
2007	0203 York	0505 Wildwood Sanctuary		1013 Colebrook
2006		0422 Newport	0624 Camp Hill	
2005		0430 Pennypack Trust	0705 Hollidaysburg	1126 Hershey
2004	Seeking minutes from KSVa inception to 2004			

**Treasurer**

August, September and October were distributed. The balance as of October 31 is \$6452.01.

Pat offered two ideas to support the Penn Mary Walkers: [1] cover their printing charges for the annual KSVa directory of year round/seasonal events = [2 pages @ \$33.95]; [2] increase our initial donation of \$100.00. After discussion, Pat motioned to increase start-up support for new clubs from the one time grant of \$100.00 to \$500.00 total. Dave Brown seconded. Motion carried. *Policy 3, Support of Clubs* in By-laws needs revision.

Bill Rhoat audited the 2014 cash balance for internal use only, finding the treasury to be in order.

**Vice-President** – Marcy Lucas introduced Jane Holmes, [YWRW, but formerly active with Washington State volkssporting] who presented a detailed three page proposal [appended] to incorporate the entire 230

mile length of the Appalachian Trail [AT] in Pennsylvania into the KSVAs menu of walks. Highlights follow:

- AVA to sanction according to their extended distance event rules
- KSVAs to sponsor as a Year-Round Event, with Jane as the Point of Contact.
- Member Clubs may design a traditional event featuring a significant [5k?] portion of trail
- Walkers may wish to use AT maps for directions and to describe sections and distance covered
- Registration is by US mail or e-mail, so PoC will issue insert cards,
- PoC to sell optional specialized souvenir booklet with award patch. Level 1 = 20 events or 100 miles and Level 2 = entire PA trail
- Target start date is January 1, 2017 to run for a minimum of two years. Jane has a publicity plan.

Discussion ensued. One concern mentioned was that club participation in the AT program would divert time and energy from planning other traditional and year round events. Dave Brown moved to accept the proposal and Julie Geyer seconded. Motion carried. See appendix for three page proposal report.

**President**

Old Business: Thank you for getting your YRE/Seasonals approved and in a timely fashion. Thank you for using the checklist on your brochures for events; it has helped considerably with approvals.

New Business: Bob Schmick asked me to spread the word about attending the Atlantic Regional Conference and supporting the Silent Auction. We had many from the rest of the Region at our Conference; I think we should reciprocate.

Tentative hosts for our 2016 quarterly meetings are: York, February 6 at the Winter Walk; LBW at the Easton event on May 14; Joan will contact Pacers and Nomads about hosting an early Fall meeting at their traditional events; and Rovers as usual for late Fall at Hershey Walkfest.

Louise has graciously accepted the responsibility to nominate candidate[s] for the four KSVAs offices. Their two year term begins January 1, 2017. ....Revision of our by-laws is a goal for next year.

Should KSVAs sponsor an event to mark AVAs 40<sup>th</sup> anniversary?

**KSVAs Sponsored Events**

Event / PoC	#	Comments
20/10 Award /Bev Molnar		No report – Joan to ask Bev as some clubs submitted books that haven’t been returned with the award
State Parks –completed Tom Jackson	38	Tom Jackson
State Parks – participated	43	Ansonia – Tioga State Forest seasonal
328 total	13	Ansonia – Tioga State Forest seasonal bike
	48	Troy – Mt. Pisgah State Park seasonal
	79	Michaux State Forest
	74	Mont Alto State Park
	71	Pine Grove Furnace State Park
Shepherdstown / Jane Snurr	44	
Erie / Pat Eby	57	Significant out-of-state: 24 PA, 6 MD, 5 VA, 2 WV, 1 OH, 4 TX, 3 IL, 1 RI, 2 AL, 1 NC, 1 OR, 2 WI, 2 WA, 1 Germany, 2 Norway.
Harper’s Ferry /Jan Snurr	50	
67 Counties – completed Sharon Miller	18	

## **CLUB REPORTS**

Cumberland Valley Lead Foot -- Tom Jackson for Anne Gale. No traditional events have been scheduled yet. There are three YRE's: Chambersburg, Caledonia State Park walk and Caledonia swim.

Liberty Bell Wanderers events through May 31 2016  
Thursday December 31 – New Year's Eve Philadelphia East YRE group walk, ending with fireworks;  
Saturday April 26 – Annapolis MD day bus trip – with guided walk through Naval Academy and harbor boat tour; Saturday April 23 – Lorimer Park Remembrance walk; and Saturday May 14 – Easton bike and walk.

Nittany Nomads – no report but Tom Jackson said a flyer is available for the Penn State weekend September 26. Saturday is a meet and greet. There are four walking events.

The Penn Dutch Pacers will hold a winter walk on Saturday, December 5, starting from Isaac's Deli at 25 N. Queen St., Lancaster. This will be a unique walk in that we are featuring buildings, churches, and residences designed by architect C. Emlen Urban in the late 19th and early 20th centuries. The 11 km trail will pass by 48 structures; the 6 km trail will pass by 37. Detailed turn-by-turn instructions, with descriptions of the Urban structures, and maps will be provided. The pre-walk will be held at 1 p.m. Sunday, November 29, also starting at Isaac's. On Saturday, February 13, 2016 the Pacers will hold a one day walk in Lititz in conjunction with the Lititz Fire & Ice festival. The walk will pass by the festival ice sculptures and food vendor. We are planning to hold a one-day traditional walk in Susquehannock State Park on Saturday, June 4, 2016. We are looking into holding a walk in Lebanon in September or October 2016.

Penn Mary Walkers Sarah Garcia – no report

Susquehanna Rovers / Sharon Miller is the new president in 2016.

[1] YRE's: Burnham, Lewistown, Camp Hill, Carlisle, Harrisburg/Historic, Harrisburg/Wildwood, Hershey Town, Hershey Bullfrog Trail, Lebanon, Little Buffalo State Park, and Mechanicsburg, a new walk; [2] Seasonals: Tunhannock and Punxsutawney, the latter new this year with a kick-off on May 7; [3] Traditional Sanctioned Events: Colebrook April 23, two walks and one bike and Carlisle in October, pending sanction.

York White Rose Wanderers – Julie Geyer Traditional Events: York Winter walks – February 6 and 7, walk and swim and Hanover June 11. We are hoping to do two more traditional walks. Geocasch / vm event to be determined.

## **REGIONAL DIRECTOR**

Atlantic Region Conference brochure is expected around January 1. Hotel registration at the Ramada Plaza is open now. Refer to flyer distributed at the Hershey Walkfest. Walks are at Hagerstown, Antietam Battlefield, and Shepherdstown WV [which differs from the YRE]. Format will be similar to Lancaster Regional. All three walks will be available each day, but with a walk featured each day. Support the Silent Auction and the dinners on Friday and Saturday when the speaker will discuss railroad history of Hagerstown.

40<sup>th</sup> anniversary of volkssporting in America is being celebrated the weekend of June 10-12. The major destination event is in Fredericksburg TX where the first AVA walk was held in June 1976. Others are in Fredericksburg VA, Laurel MD, or Hanover/Codorus State Park.

Strategic planning – no more information than what Joan has shared with you. Three scenarios will be briefed at the NEC meeting in Las Vegas in January. One scenario or a hybrid will be selected. The SPC will develop a strategic plan for the selected scenario. The plan will be approved by the NEC in June.

Promote your events. Use Facebook. Submit an article for TAW. Don't just provide a date. Tell people why they will want to come to your event.

### **Extending the KSVA State Parks & Forests Challenge into 2017**

Tom identified the 29 year-round, seasonal, and traditional events offered by each club and KSVA in 2015, noted drops and adds planned for next year, and evaluated 2015 performance regarding the criteria of participation / completion / and award sales; he made broad predictions about the criteria for 2016. Based upon favorable results of these criteria, and experience with the Lincoln Highway Program, the program should be extended through 2017 with the goal of having ten events in 2017 not available this year. Drop/add/change recommendations were specified for each club.

We agreed by consensus to continue the State Parks program into 2017. See appendix for Tom's report.

The next meeting is Saturday February 6 at 2 pm, in conjunction with the York Winter Walk & Swim. Meeting adjourned at 3:25 p.m. Bob and Suzanne Wright are invited to give a presentation on volkssporting.

Respectfully submitted,

Carol Talaga, Secretary

# APPALACHIAN TRAIL IN PA

*Proposal presented to the KSVA by Jane Holmes 11/28/2015*

## SUMMARY

This proposal suggests sanctioning the entire Appalachian Trail through the state of Pennsylvania as a single “extended distance trail”. In addition, a special program booklet will be available that can be completed at two different levels. Level 1 is walking 100 miles or 20 events on the AT. Level 2 is walking all 230 miles of the AT in PA. This type of program will appeal to younger walkers and to hard-core, goal-oriented walkers who are looking for a new challenge. The “extended distance trail” stamp makes it an affordable program.

## THE APPALACHIAN TRAIL IN PA -- YRE

1. The entire length of the AT through Pennsylvania (230 miles) will be sanctioned under a single stamp via the AVA extended distance event rules. This will be a YRE.
2. A walker may do part of, or all of, the trail. They pay \$3 for every day walked and get an event and distance stamp for each paid day. This is separate from the special event program.
3. The AT event/YRE stamp will be sanctioned by the KSVA since it is a state-wide trail.
4. This will begin in 2017 and run for as long as the KSVA deems it reasonable, but no less than 2 years.
5. POC for the YRE is Jane Holmes.
6. Registration will be via email or mail. You will be sent insert cards with the stamps earned or you can send your booklets or meet the POC at an event.
7. We could also put a walk box with the stamp in a central location such as the AT museum in Pine Grove State Park. It could also be something that is always available at the KSVA sales table at events.
8. We will not be posting explicit directions for each segment of the walk. Rather, we will post a list of segment breakdowns for shuttle hikes. We can use the 21 segments in “Exploring the Appalachian Trail” by Scherer & Hopey (example: Hike #1 Pen Mar County Park MD to Old Forget Picnic Grounds, 7.4 miles). We can link people to the books and maps available online that they can purchase to get the full details. This will avoid copyright issues. The AT store has maps available for a reasonable fee.
9. Alternatively, as the POC or other participants walk the segments, we can provide basic directions for the shuttle parking locations and things to look out for on the trail

## THE APPALACHIAN TRAIL IN PA – SPECIAL EVENT BOOKLET

1. In conjunction with the AT sanctioning, there will be a special program.
2. Walkers must register via mail and will receive the program booklet (we may be able to sell them at PA events also).

3. The booklet will be similar to the “National Trail Record Card” from the UK or the border crossing “Passport” special program booklet. The idea is to have it be a nice souvenir at the end.
4. The booklet will have 25 pages for marking down walks on the AT. You can write in the start location, stop location, miles walked, time it took, and date. There will be space on each page for a stamp, photo, receipt, your notes, or other souvenir (optional). NOTE: There are 21 trail segments in the “Exploring the Appalachian Trail” book, so this gives a few extra pages on top of that number.
5. Note that many places along the AT (stores, hotels, trailheads, etc) have an “AT stamp”, which would be fun to collect in the booklet.
6. There will be a cost to get the booklet – say \$10 (final price TBD). This will include the booklet itself, the award at the end, and mailing, but will not include the cost of the event stamps.
7. Program rules:
  - a) The Award for the special program is a patch that goes with the state park patch program in size and general style, but will be specific to the AT. Alternatively, we could design a round patch to better go with the level 2 award (below).
  - b) Level 1 -- You can earn the patch by doing at least 20 events or 100 miles on the AT. For events, an event only qualifies if it has at least 5K on the AT itself (out and back is OK).
  - c) Level 2 - For those who want to challenge themselves to do the entire AT through PA (all 230 miles), there will be an additional patch. We may be able to use the AT official patch for the state of PA (which looks similar to the one below). The cost is \$3.95 from the AT store, so we might order 5 or so at a time and give them out to completers. Optionally, we could buy some “AVA” pins and add the AVA pin to the patch.



- d) In addition, those who complete the entire AT through PA are eligible for a certificate/award from the Keystone Trails Association. These awards are given out annually at the KTA annual meeting (or mailed if the recipient doesn't attend). Might be

## HOW CLUBS CAN PARTICIPATE

1. We will make the information about the new program available to the clubs via email and a webpage.
2. Any club can sanction an event that uses the AT, and that event would qualify for the special event booklet. We should have some guideline such as a walk must have at least 5K on the AT to qualify.
3. A lot of the AT goes through state parks and forests, so clubs can coordinate a walk so it qualifies for both the state parks program and the AT program.

## MARKETING

1. An article about the new AT in PA long distance trail will be written for TAW (Jane Holmes). We can try to update regularly to encourage the more goal-oriented (hard core) volkswalkers to come to PA to hike the AT.
2. We'll have a webpage about the program with links to books and online sources for day hike directions, instructions for the booklet and awards, plus our own photo gallery of the trail. This can be linked to the KSVa website.
3. Put info (and possibly a walk box) in key locations along the AT like the AT Museum and AT HQ in Harper's Ferry.
4. Brochures for the program at Atlantic region events.

Appendix 2015-4

### **Concept for Extending the KSVa State Parks & Forest Challenge into 2017 – Tom Jackson**

1. This is what was done in 2015 (total of 29 events):
  - a. Year Round/Seasonal Events:  
Cumberland Valley Lead Foot Club (CVLFC):  
Fayetteville - Caledonia State Park – walk and swim

Liberty Bell Wanders (LBW):  
Reading - Nolde Forest State Park  
Morrisville - Delaware Canal State Park  
New Hope - Delaware Canal State Park

Nittany Nomads (Nomads):  
Oil City - Oil Creek State Park  
Phillipsburg - Black Moshannon State Park  
Portersville - Moraine State Park  
Slippery Rock - Jennings Envy Ed Ctr  
Sandy Lake - Maurice Goddard State Park

Penn Dutch Pacers (PDP):  
Drumore - Susquehannock State Park

Susquehanna Rovers (Rovers):  
Newport - Little Buffalo State Park

York White Rose Wanderers (YWRW):  
Greentown - Promised Land State Park  
Greentown - Varden Conservation Area  
Hanover - Codorus State Park

Keystone State Volkssport Association (KSVA):  
Ansonia - Tioga State Forest  
Ansonia - Tioga State Forest – bike event  
Erie - Presque Isle State Park  
Fayetteville - Michaux State Forest  
Fayetteville - Mont Alto State Park  
Fayetteville - Pine Grove Furnace State Park  
Troy - Mt Pisgah State Park

b. Traditional Events (only scheduled in 2015):  
Finger Lakes Volkssport Club: Salt Springs State Park

LBW

(Four Parks Weekend): Evansburg State Park Ft Washington State Park Norristown Farm Park Tyler State Park

Rovers: Eagles Mere – Loyalsock State Forest

YWRW:

Lewisberry – Gifford Pinchot State Park

2. Changes currently planned for 2016:

a. Year Round/Seasonal Events:  
Penn Mary Walkers: Adding Fort Loudon – Cowan’s Gap State Park Adding Bedford – Shawnee State Park

YWRW: Dropping Hanover-Codorus State Park Adding Lewisberry – Gifford Pinchot State Park  
KSVA: Adding Fayetteville – Michaux State Forest – Piney Ridge Road - snowshoe Fayetteville – Michaux State Forest – “Smoke Zimmerman” XC Ski Area - snowshoe

b. Traditional Events scheduled for 2016: YWRW: Hanover – Codorus State Park LBW: Easton – Delaware Canal Easton – Delaware Canal – bike

3. How we are doing in 2015?:

a. 38 participants have completed the KSVA State Parks & Forests Challenge as of Nov 23.  
b. Participation at Year Round/Seasonal events has been very good except for the Nittany Nomads events.  
c. Sale of patches (“A” Awards) has been very good. d. People like the State Park walks.

4. What I think is going to happen in 2016 (based on experience with Lincoln Highway Program):

a. Participants will continue to complete the KSVA State Parks & Forests Challenge. We will probably sell out of the awards on hand.  
b. Participation will decrease at the nearby Year Round/Seasonal events. Participation will increase at Erie-Presque Isle State Park and the Nittany Nomad events (the far away events) as people try to “do all of the events”.  
c. Clubs will sell out of the “A” awards for some events.

5. This is what I think we should do in the future:

a. Extend the KSVA State Parks & Forests Challenge for one more year into 2017.  
b. Have a second award for completing the Challenge in 2016-2017. Use the current award for 2015- 2016 only. In 2016, participants completing the Challenge for the first time will be given the current



award (patch featuring a buck); participants completing the Challenge for the second time (with events completed after Jan 1, 2016) will be given the new award. If we run out of the current award, first time participants will receive the new award in 2016. We will not reorder the current award. This will be an incentive for some people to do the Challenge a second time.

c. As clubs run of the current "A" award, they will order a new patch with a different design for events that will be continued into 2017. It is recommended that clubs not reorder patches for events that are not going to continue after 2016. With the Lincoln Highway Program, we had patches left over from every event where we reordered. A different award will be an incentive for some people to repeat nearby events that they did in 2015.

d. Encourage participation at the Nittany Nomads and Penn Mary Walkers events.

e. year Round Events. We need to drop some events, change some current events, and add some new events. The goal should be to have about ten new events for 2017 that were not available in 2015.

CVLFC: Keep the walk and swim at Caledonia State Park. Change the walk route.

LBW: - Keep the walks at Morrisville and New Hope on the Delaware Canal. - Drop the walk at Nolde Forest. - Add a walk at a different State Park (could be one from the Four Parks Weekend). - Consider having another Four Parks Weekend in 2017.

Nomads: - Drop the walk at Black Moshannon SP. - Add another walk at a location in Centre County (i.e. Greenwood Furnace). - Keep two of the current four walks in Western PA (but with different routes), drop two of the four, and if Linda Timpey thinks it is feasible, add two new walks.

Penn Dutch Pacers: Susquehannock State Park is the only State Park or State Forest in Lancaster County. It will be difficult to make significant changes to the walk route at Susquehannock State Park. Either drop Susquehannock State Park and add an event outside of Lancaster County or keep the event at Susquehannock State Park and modify the route to go backwards.

Penn Mary Walkers – - No change as the club has two new Seasonal Walks starting in April 2016. Rovers: - Keep Little Buffalo State Park (it is the original YRE in Pennsylvania) but offer an alternate route that uses trails. - Consider adding another YRE.

YWRW: - Drop Promised Land State Park, Varden Conservation Area, and Gifford Pinchot State Park. - Add another YRE at a different State Park.

KSVA: - Drop Mt Pisgah State Park. - Drop the Ansonia – Tioga State Forest walk and bike but add a new walk and bike near the southern end of the Pine Creek Trail in Tiadaghton State Forest. - Drop Mont Alto State Park. - Keep Presque Isle State Park. - Keep Pine Grove Furnace State Park but change part of the route. - Keep the Michaux State Forest but have a different route in another part of the Forest.

Club TBD: - Dave Brown and/or Lorraine Jackson will be POC for a new walk at a State Park in Clinton County.

Appalachian Trail: Jane Holmes's proposed program for sanctioning the Appalachian Trail in Pennsylvania as an Extended Distance Event will go into many State Parks and State Forests. Thanks, Tom Jackson POC for KSVA State Parks & Forests Challenge.