

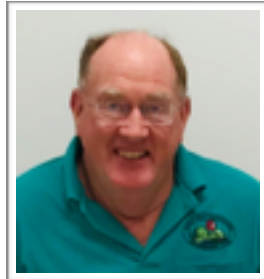


THE SUGARLOAFER

The Newsletter of the Seneca Valley Sugarloafers Volksmarch Club

MESSAGE FROM THE PRESIDENT

by Anthony Laing
Postponement is the name of the game right now. We've had to either cancel or postpone our April 4th Westminster, Breakfast Walk (and I was so looking forward to a delicious country breakfast) and our May 2



Washington Grove/Olde Town Gaithersburg walk. The Germantown walk on June 6 (anniversary of D-Day) is still up in the air.

Nonetheless, we can continue to walk in our own neighborhoods as I try to do every day although I just walk a little over a mile.

Better days are ahead. And when they return, please continue to volunteer to help out at Traditional Events when asked.

I am always on the lookout for articles about the benefits of walking. I found one recently in the Washington Post in an article by Andrew Reiner. He quoted the results of psychologists studying how exercise relieves anxiety and depression. The study suggests that a 10-minute walk may be just as good as a 45-minute gym workout. Walking makes you feel more connected and more grounded.

When he walks, Reiner is quoted as saying: "I walk now not just to get good exercise but to feel that connection to my breath, my feet, and to the earth". I can attest to this feeling as I take my daily walks in Olney Mill Park. I walk on a pedestrian bridge over a pond and up a forested hill. I usually stop on the bridge, pray and meditate for a few minutes, and admire the view. It is my "always the same, never the same moment". While the view is the same, the weather, the temperature, the water surface, the clouds, the tree leaves, and the birds are

never the same. I always feel refreshed looking at this view on the bridge no matter the season.

I continue up the hill where the path forks, and there the trees and the sky meet and I pause to soak in the view as I turn left and go down the hill and make a circle around the pond to go back home. This is my refreshment and relaxation for the day. I am sure all of you have a similar pleasurable walking experience in your neighborhoods. Enjoy your walks.

ELECTION OF OFFICERS

Since we couldn't hold our annual meeting on March 22 as planned, our interpretation of Number 14 of the Standing Rules allows us to hold the election with a 30-day notice before the election. We will hold the election at our June 9 business meeting. This meeting will be held at either the Shady Grove Rehab Center or online using the Zoom app.

**The candidates as reported by the nominating committee are:
Anthony (Tony) Laing, President
Dave Fenster, Vice President
Martin Brown, Secretary (new candidate)
Alice Filemyr, Treasurer**

WELCOME NEW MEMBERS!

by Carolyn Thurber

- Debi Anderson
- Kathy Magenheimer
- Thomas Peto
- Mikele Whitman

Membership now totals 162 families.

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GERMANTOWN/LITTLE SENECA CREEK VOLKSMARCH, JUNE 6

by Anthony (Tony) Laing

We last walked this trail four years ago and thought it appropriate to reprise this walk in 2020. Save the Date for a sidewalk and asphalt trail walk in the Germantown area of Montgomery County including a walk around Lake Seneca. Tony Laing and Dave Fenster are the POCs for this walk that consists of your choice of a 6k or a 10k distance.

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POSTPONED: Westminster Breakfast walk. Check sugarloafer.org for information on a rescheduling, hopefully in August. Cancelled: May 2 event in Gaithersburg/Washington Grove.

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SILVER SPRING/TAKOMA PARK SEASONAL OPENS MAY 1, ENDS SEPTEMBER 30

The start point for this 5/6/10/15k 2A trail is the Thayer Avenue Safeway in Silver Spring. Hours: Mon-Sat: 7am to Midnight/ Sun: 7am to 10pm. The 5k/10k Silver Spring trails are on sidewalks through downtown Silver Spring's retail area and residential areas. The 6k/10k Takoma Park trails are on sidewalks through the south end of Silver Spring and into Historic Takoma Park. The 10k has one steep hill and includes the border crossing into DC. 6k/10k trails along Sligo Creek Trail and back to Downtown Silver Spring. Several trails qualify for Special Programs. For more details, check out the Sugarloafer website or contact POC Darla Fera, 301-649-2601 or dmfera@starpower.net.

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NEW SEASONAL OPENS MAY 1

Matthew Henson Trail 5k, 10k in Silver Spring using the Online Start Box. The start point is the parking lot at the Mid-County Recreation Center, 2004 Queensguard Rd. Silver Spring. The 8 foot wide paved path is named for the Maryland native and arctic explorer. POC: Katherine Berry, k.berry@verizon.net

SAVE THE DATE! OCTOBER 31, 2020
Seneca Valley Sugarloafers and Antietam Pathfinders are planning a new walk at Ostertag Vistas in Myersville, MD. This venue has 164 acres of meadows, streams, trees, open manicured farmland and wilderness to surround you with the wonderful sounds and beauty of nature. The farm includes a large historic bank barn and three historic landmarked buildings dating as far back as 1711! There will be 5k & 10k walks around the farm. In addition the folks at Ostertag Vistas plan to have food for purchase and music for your entertainment. Watch for more information on this spectacular walk. Mark your calendar now. You won't want to miss it!

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YREs AND SEASONAL EVENTS TO ONLINE START BOX

by Anthony (Tony) Laing

Our most creative endeavor to deal with the lockdown caused by the outbreak of COVID-19 has been to shift some of our YREs and Seasonal Events to the Online Start Box (OSB), at least temporarily. Here is a list of club walks available on the OSB:

- Clarksburg, MD - Little Bennett Regional Park
- Gaithersburg, MD - Mont Airpark/Lois Green Park
- Gaithersburg, MD - Montgomery Village
- Gaithersburg, MD - Seneca Creek State Park
- Myersville, MD - Appalachian Trail (temp closed)
- Silver Spring, MD - Matthew Henson Trail
- Seasonal: May 1st 2020 to Dec 31st, 2020
- Wheaton, MD - Sligo Creek Park

Our walk schedule can be found on our website:

sugarloafers.org.

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SUGARLOAFER SANCTIONED YEAR-ROUND EVENTS (YREs)

Check for detailed information at www.sugarloafers.org

Location (YRE Number)	Distance	Start Point	Point of Contact Phone/E-mail
Rock Creek Park (Y0887)	5k, 10k, and 20k	Subway, 5548 Norbeck Rd Rockville, MD	Lee Powell , 301-424-4261 powellbl@aol.com
Seneca Creek State Park (Y0339)	5k, 10k, and 20k	Sunrise Montgomery Village Senior Living, 19310 Club House Rd, Montgomery Village, MD 20886 (corner of Club House Rd. and Montgomery Village Ave)	Pat King 301-977-1302 kingslag19@gmail.com
Montgomery Village Lake Trails (Y0889)	5k, 10k, and 20k		
Zoo/National Cathedral / Adams Morgan (Y0552)	5k, 10k, and 20k		Jone Parr 301-385-0054 jone.p@comcast.net <i>and</i> Carolyn Thurber 301-926-0915 cbthurber@verizon.net
Embassy Row / National Cathedral (Y0553)	5k, 10k, and 20k	McDonald's 2616 Conn. Ave. Washington, DC	
Historic Georgetown (Y1395)	10k and 11k		
Sligo Creek Park (Y1167)	5k and 11k	Caramelo Bakery, 11301 Georgia Ave., Wheaton, MD and Online Start Box	Maribeth Evans 301-787-5410 evansm0612@gmail.com
Lakeforest Mall (Y1367)	5k and 10k INDOOR Walk	Dairy Queen in Lakeforest Mall, Gaithersburg, MD	Pat King 301-977-1302 kingslag19@gmail.com
Montgomery Mall / Cabin John Park (Y1539)	5k, 10k, and 20k INDOOR and Outdoor Walk	Aroma Espresso Bar in Montgomery Mall, Bethesda, MD	Anna Nevius 240-994-1748 nevius@comcast.net
Damascus-Regional Park (Y1368)	5k, 7k, 10k and 20k	Liberty Gas Station, 26241 Ridge Rd, Damascus, MD	Kathy Dove 301-233-1870 robedove@comcast.net
Westminster (Y0886)	5k and 10k	Jiffy Mart Gas Station, 74 W Main St, Westminster MD	Iris Wingert 410-871-0148 irwinge0141@gmail.com
Appalachian Trail in Maryland (Y2330)	5k to 66k	Online Start Box only. Use Online registration at sugarloafers.org/Links	Jeff Giddings 240-753-0119 jhgiddings@gmail.com
Urbana (Y2496)	5k, 6k, 10k, 11k	Giant Food at Merchant District Town Center Shopping Center, Urbana	Kathy Berry, 240-281-0760 k.berry@verizon.net
Airpark / Lois Green Park (Y2503)	5k and 10k	The Airport Café, 7940 Airpark Rd, Gaithersburg, MD and Online Start Box	Martin Brown, 240-671-9791, ml1357brown@gmail.com
Little Bennett Regional Park (Y2504)	5k and 10k	Online Start Box only. Use Online registration at sugarloafers.org/Links	Jeff Giddings 240-753-0119 jhgiddings@gmail.com

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Planned Maryland Weekend Events May-August

Due to the shutdown at this time no one knows if these events will be held. Check the sugarloafers.org website to confirm that the event hasn't been rescheduled. Click on Links. Click on the icon of the AVA to search events by state.

Date	Event/Location	Sponsoring Club
May 20	Greenbelt, MD	Great Greenbelt Volksmarchers
May 30	Baltimore, MD: Downtown and Patterson Park	Baltimore Walking Club
May 30	Balltimore: Downtown and Harbor East	Baltimore Walking Club
June 06	Germantown, MD: Germantown and Little Seneca Lake	Seneca Valley Sugarloafers
June 13	Highland, MD: End of Spring walk in park	Columbia Volksmarch Club
June 17	Greenbelt, MD	Great Greenbelt Volksmarchers
June 27	Beltsville, MD Walk into Spring Event	Freestate Happy Wanderers
June 28	Greenbelt, MD	Great Greenbelt Volksmarchers
July 11	Ellicott City, MD	Columbia Volksmarch Club
July 15	Greenbelt, MD	Great Greenbelt Volksmarchers
August 01	POSSIBLE Westminster, MD Breakfast Walk	Seneca Valley Sugarloafers
August 15	Hagerstown MD Augustober Fest	Antietam Pathfinders
August 19	Greenbelt, MD	Great Greenbelt Volksmarchers
CHECK THE CLUB WEBSITE TO CONFIRM EVENT WILL BE HELD		

MEMBERSHIP MILESTONES

The American Wanderer March 2020

EVENTS

Kent Thurber.....	50
Janet Butters.....	100
Karin Mironescu.....	150
Kathy Terlep.....	175
Patricia King.....	275
Katherine Berry.....	450
Katherine Berry.....	475
Jeffrey Giddings.....	800

DISTANCE

Patricia King.....	2000k
Katherine Berry.....	5000k

Club Officers:

President: Tony Laing, 301-980-8932
 VP: Dave Fenster, 301-926-3477
 Secretary: Jeffrey Giddings, 240-753-0119
 Treasurer: Alice Filemyr, 240-753-0009
 Communications: Maribeth Evans,
 301-787-5410

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