

THE SUGARLOAFER

PRESIDENT'S REPORT by Anthony (Tony) Laing

Greetings to the Sugarloafers walkers as we head toward the end of 2020 and hope for a more successful 2021. While we have not been able to hold our Traditional Walks because of the COVID-19 restrictions, there is still much walking to be done with our Seasonals and our Year Round Events (YREs). Our club offers 17 YRE walks in Montgomery County and three within the District of Columbia. All of these walks offer a wide range of terrain from the rugged Appalachian Trail to the sidewalks in Washington. So there is ample opportunity to get outside and enjoy the fall days and soak in the crisp air and cooler temperatures. We can saunter on these trails and keep safe while social distancing and wearing masks.

I can't say enough about our Wednesday morning walks. These walks provide us with the fun, fitness, and fellowship that is in short supply under the pandemic. Feel free to join in the Wednesday walks if your schedule allows. As a member of the Sugarloafers, you will receive the dates and locations of the Wednesday Walks in a monthly email.

Volksmarchers like to travel and I was fortunate to spend a few days in the Outer Banks of North Carolina in August. When travelling, I always go online to see if a Volksmarch is nearby and sure enough, there was a YRE available at Kill Devil Hills. So, I happily walked a 5K on the morning that I left and got to see a part of the Outer Banks that I didn't know existed. Finding beautiful hidden travel spots is one of the benefits of our membership. I was also fortunate to add another state stamp in my 50-state book.

I also like to cycle and earlier this month I completed my first, and definitely not last, Volksbiking event. I drove to nearby Pasadena, Maryland and cycled for 26k on the Baltimore and Annapolis Trail. This trail is another hidden jewel in Maryland. I highly recommend the cycling opportunities that the AVA offers.

We are already planning for a better 2021. We basically rolled over four of our walks from 2020 into 2021:

May 1 – Washington Grove/Olde Towne Gaithersburg

June 19 – Germantown Walk

Sep 11 - Easterday Farm at Myersville

Oct 2 – Oktoberfest, Frederick

We're looking for a fifth walk and will probably add one before the end of the year. Next year will be here before you know it and our current restrictions will be behind us. When that day arrives please volunteer to help out with a walk. In the meantime, stay safe and active!

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AIRPORT PROGRAM by Carolyn Thurber

Our club is sponsoring the AVA Special Program, Airports--Celebrating American Flight. Ninety-four people from across the United States have already purchased books and are volksmarching on trails that include airports. Six people have already completed the program.

If you have not purchased an Airport book, there is still time to do so. Send a check for \$10 payable to Sugarloafers to P.O. Box 3716, Gaithersburg MD 20885-3716. Your book will be mailed to you.

In addition to sponsoring the program, our club is creating volksmarches which qualify for the program. So you will not have to venture far from home to complete this program. The program requires 12 volksmarches in three years. You may do the same walk in each of the three years. The walk must use a perimeter pathway of an airport or go to a designated viewing area of the airport or walk on a trail in close viewing proximity to the airfield and runways. Michael Cannon is the POC (point of contact) for this program. If you have questions about it, please consult Mike at gamesterz@aol.com.

CHANGES IN WALKS

The PSB (Physical Start Box) for the Lois Green Park/Montgomery Airpark year round walk has moved. The Airport Cafe at the Montgomery Airpark is closed. Now the box is located at DC Metro Aviation Services *across the hallway from the Cafe on the second floor*. As of Nov. 1, the daily hours are 8am to 6pm. You can also register for the walk using the OSB (Online Start Box).

There is a new addition to the trails available on the Little Bennett YRE. In addition to the 5k and 10k trails rated 2C, there is a 5k 1B option. The trail includes the Froggy Bottom Schoolhouse.

There is a slight addition to the Urbana YRE trail to include a Clock Tower for those who are doing the Rock Around the Clock special program.

A new airport walk is in the works. Kathy Berry has designed a route in the Patuxent Research Refuge that passes by the Tipton Airport so walkers can add a new walk to their Airport Program books. More information will be emailed when the walk has been sanctioned and placed on the OSB.

UPDATES ON SEASONAL WALKS

The Takoma Park/Silver Spring seasonal ended on September 30.

The Kensington Fall Colors/Holiday Lights seasonal begins Nov. 1 and ends Dec. 30. It is available only on the OSB (Online Start Box).

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New Membership List by Carolyn Thurber

Instead of being mailed, this list will be distributed to members electronically. When you receive your list, please save it to your computer to keep it handy. You can print it out if you wish. You will want to consult it to contact members about events, carpooling (after COVID) and other volksmarch questions. Please check your listing to be sure it is correct. If changes are needed, please send them to Carolyn Thurber at cbthurber@verizon.net or 301-926-0915. The membership list is published once a year.

Welcome New Members: Francine Amaral, Lisa Rother and Valerie Rea.

Valerie Pabst by Pat Niwenz

We are sad to announce Valerie Pabst died on 22 September 2020. Valerie had been a Sugarloafer for approximately 24 years. She volunteered on many walks and was an avid walker. We will miss her on the trails.

News from the Online AVA Newsletter Checkpoint

The Crazy Horse walk in South Dakota attracted 4116 walkers.

Donors gave \$103,760 to the AVA during the BIG GIVE.

There is a new special program to begin Jan. 1, 2021 and end Dec. 31, 2023: Walk with America's Veterans. More information on the AVA website. You can access the website from the Sugarloafer website at Links.

ADVENTURES ON THE TRAIL

The Joys of Walking the USA -A-Z Special Program by Kathy Berry

I finished my third Walking the USA A-Z book on September 1, 2020. And my 4th book is on the way to me now from Karen, the wonderful person at the AVA National Office who processes and validates all of our event, distance, A-Z, States and Capitals books. For some reason which I cannot really explain, the A-Z book gives me great pleasure. All of volksmarching (including other special programs) is pleasurable, with the fun, fitness and friendship involved, and the adventure of course. But the A-Z program is the BEST! You get a stamp in the book for a start point in a city or town that begins with a letter of the alphabet, 26 walks with "X" being a wild card since there is only one city, Xenia, Ohio that starts with "X". I used Xenia in my first book, but you can use any city you haven't used yet.

I started my first book in September 2007, a few months after my first volksmarch. It took me about a year and a half to complete. I waited over 4 years to start my 2nd book in August 2013. For that book and the 3rd and 4th, I made two rules for myself: (1) I wouldn't reuse cities and (2) for the "X" I would use cities that have an "X" in them, like Galax and Appomattox.

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Some letters are easy to get without leaving the Metro area, like “A” (Arlington, Alexandria), B (Baltimore). Some are two-fers like Covington KY, the “C” in my third book and also a Border Crossing over the Ohio River to Cincinnati, OH. Titusville, NJ is the “T” in my 2nd book and a Border Crossing into Pennsylvania, as well as a history lesson about George Washington crossing the Delaware River in 1776. Others require tenacity, strategy, luck and some craziness. On a trip to Toledo, Ohio with my husband, I rented a car and took off each day he was busy. Day 1 I drove 3 hours to Indianapolis for a 5k in a park then to a small town just north for a 10k in Zionsville. I had a terrible case of plantar fasciitis and iced down my heel with ice from McDonald’s, with a plastic bag in my shoe as I drove 3 hours back to the hotel in the dark. The next day I walked in Yellow Springs and Urbana, Ohio, still needing ice in my shoe for the drive back and plenty of limping on the walks! My reward was stamps for “Y” and “U”, enjoying nature and learning some history. Did you know Lincoln’s nine car funeral train went through Urbana? Even with a sore foot I was so satisfied and happy!

For the third book, as fellow members of the Sugarloafers know, getting the “U” and “I” entailed developing local walks in Urbana and Ijamsville, MD. I have learned to appreciate the hard work that goes into developing walks of correct distances, maintaining physical and online walk boxes, and keeping instructions current! A lot of work goes into keeping all the walks all over the US available to us all!

Don’t be discouraged from doing the A-Z program. You don’t have to be crazy. Really. For the first book, almost every walk counts and strategy doesn’t kick in until the last 8 letters or so. My first book took a year and a half. Not repeating letters took three years each with the next two books. Lots of fun, learning history, seeing new sights. You can stop after completing one book. I just couldn’t.

Planned Maryland Weekend Events for November-March 2021

Due to the shutdown at this time no one knows if these events will be held. Check the my.ava.org/find-an-event.php website to confirm that the event hasn’t been rescheduled. You may use the “Search by State” function to find the events of interest.

Nov. 7: Columbia MD Fall Walk in the Village and Park, Columbia Volksmarch Club

Nov. 27: Beltsville Opt-Out of Shopping Walk Event, Freestate Happy Wanderers

Dec. 31/Jan 1: Savage MD New Year’s Walk, Freestate Happy Wanderers

March 27: Baltimore Walks in Patterson Park or Downtown Baltimore/Harbor East, Baltimore Walking Club

March 28: Greenbelt Walk, Greater Greenbelt Volksmarch Club

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SUGARLOAFER SANCTIONED YEAR-ROUND EVENTS (YREs) and SEASONAL EVENTS (SEs).

Check for detailed information at sugarloafers.org. Register for each event using only 1 mode, using the Start Box at the location or the Online Start Box. Access the OSB at the my.ava.org website or via the sugarloafer.org/links/links.php page.

Location (YRE Number)	Distance(s)	Start Point	Point of Contact Phone/E-mail
Rock Creek Park (Y0887)	5k, 10k, and 20k	Subway, 5548 Norbeck Rd., Rockville, MD or Online Start Box	Lee Powell 301-424-4261 powellbl@aol.com
Seneca Creek State Park (Y0339)	5k, 10k, and 20k	Online Start Box	Pat King 301-977-1302 kingslag19@gmail.com
Montgomery Village Lake Trails (Y0889)	5k, 10k, and 20k		
National Zoo / National Cathedral / Adams Morgan (Y0552)	5k, 10k, and 20k	McDonald's, 2616 Conn. Ave., Washington, DC or Online Start Box	Jone Parr 301-385-0054 jone.p@comcast.net and Carolyn Thurber 301-926-0915 cbthurber@verizon.net
Embassy Row / National Cathedral (Y0553)	5k, 10k, and 20k		
Historic Georgetown (Y1395)	10k and 11k		
Sligo Creek Park (Y1167)	5k and 11k	Caramelo Bakery, 11301 Georgia Ave., Wheaton, MD or 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	Online Start Box	Anna Nevius 240-994-1748 nevius@comcast.net
Damascus Regional Park / Damascus Neighborhoods (Y1368)	5k, 7k, 10k and 20k	Liberty Gas Station, 26241 Ridge Rd, Damascus, MD or Online Start Box	Kathy Dove 301-233-1870 robcdove@comcast.net
Westminster (Y0886)	5k and 10k	Jiffy Mart Gas Station, 74 W Main St, Westminster MD or Online Start Box	Iris Wingert 410-871-0148 irwinge0141@gmail.com
Appalachian Trail in Maryland (Y2330)	5k to 66k	Online Start Box	Jeff Giddings 240-753-0119 jhgiddings@gmail.com
Urbana (Y2496)	5k, 6k, 10k, 11k	Giant Food at Merchant District Town Center Shopping Center, Urbana, MD or Online Start Box	Kathy Berry 240-281-0760 k.berry@verizon.net

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Montgomery Airpark / Lois Green Park (Y2503)	5k and 10k	DC Metro Aviation Services, 7940 Airpark Rd, Gaithersburg, MD or Online Start Box	Martin Brown 240-671-9791 ml1357brown@gmail.com
Little Bennett Regional Park (Y2504)	5k and 10k	Online Start Box	Jeff Giddings 240-753-0119 jhgiddings@gmail.com
Silver Spring/Takoma Park (Y2031) May 1-Sept 30, 2020			
Matthew Henson Trail (Y2695) May 1 to Dec 31, 2020	5k and 10k	Online Start Box	Kathy Berry 240-281-0760 k.berry@verizon.net
Meadowside Nature Center (Y2707) June 15 to Dec 30, 2020	6k and 11k	Online Start Box	Kathy Berry 240-281-0760 k.berry@verizon.net
Kensington/Garrett Park Fall Colors & Holiday Lights (Y2060) Nov 1 to Dec 30, 2020	5k, 10k, 15k, and 20k	Online Start Box	Maribeth Evans 301-787-5410 evansm0612@gmail.com

Club Officers:

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NEXT DEADLINE JANUARY 15, 2021