



The Sugarloafer

The Newsletter of the Seneca Valley Sugarloafers Volksmarch Club, Inc.

MESSAGE FROM THE PRESIDENT

Anthony (Tony) Laing

I am very happy and honored to be taking over the reins as president of the Sugarloafers Volksmarch Club. I appreciate the vote of confidence in me and look forward to working with all of the dynamic and dedicated walkers in this club. I

want to give a special shout out to Diane White, our outgoing president, for all of her support.

By way of introduction, I started Volksmarching in Germany 42 years ago in 1974 when I joined the Ramstein Roadrunners while I was stationed at Ramstein Air Force base. (A picture of a cup celebrating my first walk is

below.) Since then, I have always had a passion for Volksmarching. At the time, walkers were awarded medals for each walk—gold color for 20k and silver for 10k. I collected over 60 of these medals during my two year stint in Germany and still have them proudly displayed in wall cases. (See the picture below.



Germany. A very special walk was our bus tour to Luxembourg where we walked around the Bastogne battlefield and also stopped at the American Cemetery where General Patton is buried.



When I moved to the Washington DC area in 1978, I joined the Pentagon Pacesetters and then I joined the Sugarloafers sometime later. I retired from the US Department of Education in May and look forward to more flexibility in my schedule so that I can do more walking.

Since our last newsletter, we walked on June 4 in Germantown, MD. The walk was on sidewalks and asphalt trails in downtown

Germantown. Our second seasonal walk for 2016 in Silver Spring/Takoma Park began on July 1 and ends on September 30. Even though these walks have been held in the past, I am sure the scenery has changed since you last did these walks.

I hope you will be keeping your New Year's Resolutions (walk more and volunteer for at least one event during 2016). We need many volunteers as we conclude the second half of the year. In this way, the work will be spread among more people and lighten the load for everyone.

We're also gearing up for our club's 30th anniversary in 2017 so please let me know if you have any suggestions for our best celebration yet!

See you on the trail and keep volunteering!



SUGARLOAFER DUES

The Sugarloafer year starts on July 1. Many of our members need to renew their membership at that time. If you are one of those, you have received a reminder by email. If you have not yet renewed, please do so at your earliest convenience. Send a check, payable to SVSVC, to Carolyn Thurber, 17616 Mill Creek Drive, Derwood, MD 20855. The dues are \$10. for one year; \$25. for three years and \$100. for life. If you have questions, contact Carolyn, 301-926-0915 or cbthurber@verizon.net.

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CLUB LEADERSHIP CHANGES

Carolyn Thurber

On July 1, the leadership of the Seneca Valley Sugarloafers changed. We now have a new President & Vice-President. Tony Laing is the President and Heather Coxon is the Vice-President.

Tony started Volksmarching in 1974, but took a hiatus before joining the Sugarloafers in 2005. He lives in Olney and has recently retired. He has been active with the Boy Scouts serving as a Merit Badge counselor and continuing to monitor a blue bird trail which his son established as his Eagle project. Tony was the Co-POC for our successful Underground Railroad event last November. He is currently the coordinator for the monthly Men's Dinners.

Heather, as you can tell from her accent, is one of our club members who hails from England. She lives in Mill Creek Towne and is the box tender for our Montgomery Mall YRE box. In the past she has been a Co-POC for several events.

We thank Diane White who has served as our President for the past four years. She is a charter member of our club and will celebrate her 30th year as a Sugarloafer in 2017. During this time she has served in several capacities. We are very grateful that she agreed to lead the club from 2012 to 2016. She has conducted the meetings and kept us informed of happenings in the Atlantic Region and the national organization, AVA. Diane will continue to be our liaison with the local media. She publicizes our events in newspapers, magazines and on websites.

Maribeth Evans, who has been our Vice-President for many years, relinquished that title as she cannot attend our meetings. She will, however, continue her position as communications person for the club. In that capacity she sends out notices to club members for all events and activities. We thank her for this invaluable service.

FREDERICK OKTOBERFEST VOLKSMARCH -- Oct. 1

Jone Parr

On Sat., October 1, the Sugarloafers will be hosting a walk starting at the Oktoberfest in the Frederick Fairgrounds. New Trails this year! Both the 5k and 10k trails go through Historic Frederick and along Carroll Creek Park. The 10k trail continues on tree-lined trails, over several types of bridges, through other Frederick Parks and on trails at Hood College. The trails are on sidewalks and roadsides.

Registered walkers will enjoy FREE entry into the Oktoberfest! The Fairgrounds will be turned into a German Village with food and drink, music, dancing, vendors and children's events.

AVA Special programs are Amphitheaters, Bridges, Cities in Song, City Parks, Fountains, Flags, National Register of Historic Places, Post Offices, Walk the States by Streets, You'll Never Walk Alone, and Walking the Path of Inventors (on the 10k only).

Please put October 1 on your calendar and plan to join us for a delightful event.

For more information contact Jone Parr at jone.p@comcast.net or 301-385-0054.

Club Officers:

President: Tony Laing, 301-570-4235

VP: Heather Coxon, 301-926-9065

Secretary: Jeffrey Giddings, 240-753-0119

Treasurer: Alice Filemyr, 240-753-0009

Communications: Maribeth Evans, 301-946-5496

The Sugarloafer is published 4 times a year by the Seneca Valley Sugarloafers Volksmarch Club, Inc. Editor: Janet Brown
Sugarloafer Address: PO Box 3716,
Gaithersburg, MD 20885-3716
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MOONLIGHT WALK, SENECA CREEK STATE PARK, NOV. 12

Jone Parr

We have a very special opportunity for you to experience our beautiful Seneca Creek State Park in the moonlight!

The Park will re-open in the evening just for our Volksmarch. On SATURDAY, Nov. 12, we will have a NIGHT Volksmarch, with registration from 6:30pm-7pm in the Park Offices, 11950 Clopper Rd, Gaithersburg, MD 20878.

This walk is in memory of Bill Larson, who was a beloved, longtime Sugarloafer member and a volunteer ranger at Seneca Creek State Park.

The 10k and 6k trails (rated 2 A) are on the park roads, and the full moon will be shining!

Maps and written instructions will be provided. Please bring a flashlight. DOGS are NOT ALLOWED on our trails at night.

You must be finished walking by 10pm. The Park gates close promptly at 10:30pm. We'll be looking for you at our Moonlight walk!

For more information, contact Jone Parr at 301-385-0054 (cell) or Jone.P@comcast.net.

SUGARLOAFERS FOSTER NEW VOLKSMARCH CLUB

Carolyn Thurber

During the Atlantic Region Conference which was held in Hagerstown, MD in March, members of the Sugarloafers, along with the Atlantic Region Director, Tom Jackson, and MVA President, Bob Schmick, arranged for an organizational meeting of persons interested in forming a Volksmarch club in the Hagerstown vicinity. Seven people attended the initial meeting & heard information about Volksmarching. They decided to form a club. This new club is called **Antietam Pathfinders Volksmarch Club** and has been chartered by the AVA. In addition they have become a 501(3)c non-profit organization. The club has been meeting on a regular basis since its formation. They have also Volksmarched together.

The Pathfinders are planning their first event on **Sunday, August 28, 2016**. They will be holding the event in conjunction with the Augustoberfest in Hagerstown. This is a tradition established by the Piedmont Pacers. Since the Pacers are no longer a club, the Pathfinders decided to revive this popular event.

Sugarloafers are encouraged to support the Pathfinders by attending the August 28th event. Registration is 8 am to noon; finish by 3 pm. The start is at the fest tent, 23 N. Potomac St., Hagerstown, MD. There will be a 6k as well as a 10k trail. Both trails go through the city of Hagerstown and pass stately homes, churches built in the late 1700s to 1800s, historic Hager House and the Washington County Fine Arts Museum.

Additional information can be found at www.ava.org or by contacting Ann Shilling, 301-302-5810 or Jim Neville, jdneville73@hotmail.com.

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RECAP: GERMANTOWN EVENT

Carolyn Thurber

Our Germantown event was held on June 4. The start was the IHOP parking lot on Century Boulevard. It was an overcast day with two pluses: no rain and no blazing sun. There were 86 walkers—74 for credit and 12 for free. The 10k walk went through the Waters Landing neighborhood and along a woodsy trail beside Little Seneca Lake. The 6k walk took a different trail through the Waters Landing neighborhood and partially circled Lake Churchill. Both trails came through the Germantown Town Center at the end.

At this event the Montgomery County Cable TV sent staff people to video our walk. They interviewed people and filmed walkers. Their production can now be seen at <https://youtu.be/wCB3Co9rqPE>.

Volunteers who helped with this walk were Maribeth Evans, Sandy Kahn, Margie Martin, Yvonne Pennington, Pat Astill, Sharon Steinberg, Anna Nevius, Valerie Pabst, Janet Brown, Rosemary Brennan, Pat Bursley, Dot Marshall, Diane White, Marge Auerbach, Brigitte DeHart, Bill Wright, Rolf Butters, Sue Greenberg, Bud Greenberg and Alison Andrews. We thank each of them for giving time to the Sugarloafers. A special thanks to Donna Breslyn who spent the entire day helping with this walk. Roseann Flyte and Carolyn Thurber were the POCs.

RAMBLERS CELEBRATE 10TH ANNIVERSARY IN JULY

Pat Niwenizin

When Dot Marshall created the Ramblers ten years ago as a spin-off to Sugarloafers, she probably had no idea the group would still be going strong today. Currently, there are forty members. The ladies meet once a month to walk and have lunch. Not everyone is able to walk each month, but we usually have a great turnout. Our first walk ten years ago was in Frederick, MD. Two members select a walk and a restaurant for lunch. The walk can be either a Sugarloafer event or a YRE, or a walk by another club.

During the ten years, several ladies have served as head-Rambler. Our thanks goes to Diane White, Peg Norelius, Valerie Pabst, and our current leader Alison Andrews. And to Dot for forming such a wonderful group—a special THANK YOU! Ramblers is a great way to explore the many walks offered in our area and enjoy the companionship of other walking ladies.

WALKING MILESTONES FROM THE JUNE/JULY AMERICAN WANDERER

Dorothy Marshall

Events

Anna Nevius	10
Michael Cannon	100
Patrick Bursley	125
Janet Brown	350
Janet Brown	375
Jeffrey Giddings	400
Margery Auerbach	450
Martha Merenda	475
Maribeth Evans	500
Paul Sullivan	575
Evelyn Naranjo	800
J. Ward Parr	1,050

Distance

Patrick Bursley	1,000k
Janet Brown	3,000k
Michael Cannon	3,000k
Katherine Berry	3,500k
Martha Merenda	3,500k
Martha Merenda	4,000k
Maribeth Evans	5,500k
Klaus Waibel	45,000k
Kenneth Wilson	100,000k

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THIS SUGARLOAFER DID THE TAKOMA PARK BORDER CROSSING!

Katherine Berry

I walked one Border Crossing from Titusville, NJ crossing the Delaware River into Pennsylvania at Washington Crossing. On July 2, I walked the Sugarloafer Seasonal YRE trail from the Thayer Street Safeway, crossing Eastern Avenue into the District of Columbia. It wasn't as exhilarating as crossing the river, I thought at first. I had to look around to verify I really had crossed a border. I discovered the street signs now sported NW at the end, and I toured the Takoma Metro Station to find the map verifying a DC location.



Continuing, I found the boundary stone on Maple Ave, taking a picture I thought I might use in the Passport book for the Border Crossings Special Program. You are supposed to share a journal entry and/or a picture for each border crossing page you do. I thought I'd do the picture with a little caption. I could almost make out the year, 179x. So, when I got home, I "googled" it, and found it, 1792 for all the boundary stones on the Maryland border, and 1791 for the stones on the Virginia border. And I found so much more! This great site, www.boundarystones.org, has the history of the founding of DC, how the site was surveyed, the first stone at Jones Point, with information and pictures of each stone, 40 in all, placed one mile apart around the perimeter of the 10 mile square which was the original Territory of Columbia. The Maple Avenue stone is NE2.

Here's a short paragraph from the site: "The boundary stones are the oldest federal monuments. Although several stones have been moved or severely damaged, thirty-six stones from the 1790s are in or near their original locations, including all fourteen in the land that was returned to Virginia in the 1846-1847 retrocession. Three other locations have substitute stones, and one location is marked only by a plaque." The site also notes that as of May 31, 2016, for the first time since the 1970s, all locations have visible markers. Bike riders may want to participate in the Fourth Annual Boundary Stone Bike Ride on October 22, 2016. You can do the whole ride, which is 60 miles, or any 1, 2, or 3 sides of the square.

The OLDEST FEDERAL MONUMENTS! That's neat. And I walked by that plaque (NE1) during another Sugarloafer walk in Silver Spring. It will mean more to me the next time I see it. This truly was an exhilarating border crossing walk, a real adventure, which I really enjoyed and learned from!

WALKING THE STATE CAPITALS

Marge Auerbach

In November 2014 I wrote an article celebrating the completion of my goal to walk a Volksmarch in all 50 states. I noted that I had nine capitals remaining along with the letter Z in my A-Z book. Less than two years later I have met both of those goals as well. Yippee!

This effort involved five different trips and the first was a marathon four days to complete Montgomery, AL, Columbia, SC and Atlanta, GA. After flying to Atlanta and driving to Montgomery, I was met by drizzle, so I walked just 5k. The most interesting part of that walk was seeing the actual bus stop where Rosa Parks began her famous ride in 1955. At the Montgomery Civil Rights Monument I chatted with a group of high school student singers from California who were visiting as part of the 50th anniversary of the March on Selma. Both sites were very moving.

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STATE CAPITALS (continued)

The next day, I drove about 5 hours to Columbia, SC, which provided a lovely 10k walk, including a new city park with man-made waterfalls. The Atlanta walk completed my trip, and its 11k was memorable for many interesting sites including every sports stadium in town. I was wondering why the directions took me down a set of stairs to a parking lot next to Turner Field baseball stadium, and then I saw the sign that commemorated where Hank Aaron hit his record breaking 715th home run in 1974 at the old baseball park. My grandson was very impressed.

My next trip also provided interesting scenery and history. I flew to Kansas City and drove to the Tallgrass Prairie Preserve which counts as “Z” for Z Bar Ranch. I chose the 5k walk over the 10 because the park ranger told me that the 5k stayed on dirt paths rather than grasslands and there were rattlesnakes in the park. Since I was walking alone, that seemed the better idea, though the ranger assured me that the snakes were only “small gray ones”. Topeka also provided much historical interest. The State Capitol Building contained a fascinating display on the history of John Brown’s raids in the 1850’s. If you are walking Topeka, I strongly recommend that you drive the short distance to the Brown v Board of Education National Historical Site which chronicles the fight for school desegregation and the Supreme Court Decision of 1954.

I next walked in Jefferson City, MO after visiting a friend who lives only two hours away in Illinois. Truth be told, I don’t remember any historical sites, but as always, it was interesting to tour their State Capitol Building. Last October Martha Merenda and I drove to Charleston, WV, and the trees filling the rolling hills on our route displayed gorgeous colors. We decided it was the perfect time of year to do this walk. What I remember most is the spectacular West Virginia History Museum on the grounds of the State Capitol. Completely renovated in 2009, this huge museum provided state of the art exhibits on the geography, history and culture of the state.

My most recent Volksmarch adventure allowed me to complete Cheyenne, WY, Carson City, NV and Sacramento, CA in just one trip, involving four plane flights, two rental cars and three hotels. As a heavy thunderstorm was about to hit in Cheyenne, I saw the oasis of a Starbuck’s ahead, a real life saver. Carson City, like Cheyenne, was a mostly flat walk with a strong western flavor. Both cities, it seemed to me, were still suffering from the economic recession. Sacramento, on the other hand, appeared to be booming. The State Capitol Building was one of the prettiest I have visited and the 11k went through the Old Town historical area as well as interesting neighborhoods and the Capitol complex. I stopped at the wonderful Crocker Art Museum which was showing an Andy Warhol exhibit. I didn’t expect all the palm trees this far north in California nor the strong sun. I had planned an extra day in Sacramento to sightsee, so I did a second 11k in Midtown/East Sacramento which went by historic Sutter’s Fort and interesting neighborhoods.

Four of these five trips were solo, and I learned I could go anywhere in this beautiful country, see interesting and beautiful places and meet friendly, helpful people. I have signed up for three special programs: Bridges, Fountains and National Parks Centennial Challenge, so I hope to continue my Volksmarch adventures for many years to come.

MONTHLY GROUP WALKS

August: Maribeth Evans – Hagerstown, Augustoberfest, Sunday, 8/28

September: Kathy Vasconez – location and date to be determined

October: Tony Laing – Woodlawn Manor, Sunday, 10/23

November: Jone Parr – Montgomery Village, Sunday, 11/27

December: Jone Parr, Carolyn Thurber, Maribeth Evans – various dates for Kensington Holiday Lights

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CZECH REPUBLIC AND DENMARK WALKS COMPLETE EUROPA CUP I BOOK

Klaus & Gale Waibel

A couple of years back we got the crazy idea of Volksmarching in 14 different European countries by participating in the IVV Europa Cup I award program (t-shirt, patch, certificate). At that time we thought we had a head start (and IVV HQ was willing to grandfather us) because we had traveled with the Bad Pennies to the British Isles (with an overnight in Iceland) which meant 6 different country IVV stamps — Iceland, England, Wales, Northern Ireland, Ireland and Scotland. Unfortunately, at that time we only had one set of “family” books for the two of us (now rectified with books for each of us) and only one of us could be grandfathered. Therefore both of us embarked on a fresh start to walk 14 countries and since the British Isles were not in our travel plans, we set out to walk countries on the continent.



Vaduz Castle Liechtenstein

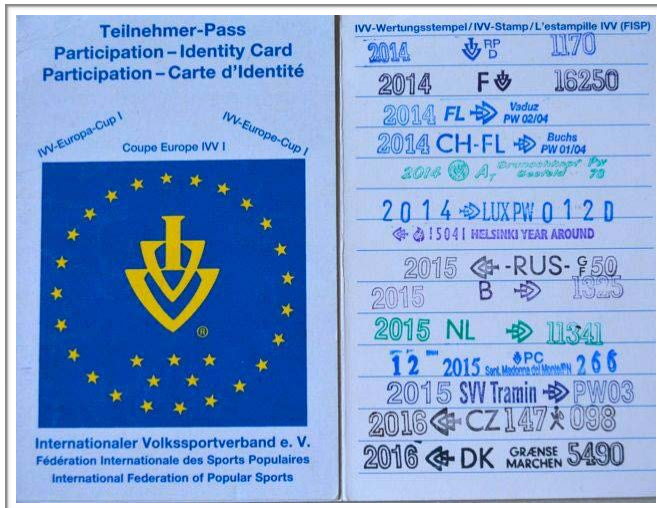
Our son and family are living at Ramstein Air Base, Germany so we utilized military hops thanks to Klaus’ retired military status, and it was relatively easy to fly back and forth to Europe. From Ramstein it was a short drive to Belgium, Netherlands, Luxembourg, France, Liechtenstein, Austria and Switzerland. Austria turned out to be challenging because the permanent walk near our relatives was discontinued so we had to go to Seefeld near Innsbruck just as the first October snowfall put in an appearance. Fortunately the Austrians were very good about plowing the local trails including our 10k route. A summer trip with Walking Adventures International to Russia with a one-day layover in Helsinki, Finland helped us get two more.

Another military hop took us through Ramstein to Aviano Air Base in Italy. A local contact was helpful in providing information on the permanent walk in Aviano. Mr. IVV (more on him later) was helpful in locating the permanent walks in South Tyrol (not a country, but still counted as a separate IVV stamp). Finally this past May we created an itinerary that took us to a scheduled Saturday walk in the Czech Republic right on the border with Germany not too far from Dresden and fortuitously the following Saturday there was a scheduled walk in Denmark again right on the border with Germany. At both venues there were organizers who spoke German, so with Klaus’ fluency it was no problem. Actually there was a problem in Denmark in that the organizers changed the location and did not update their website to reflect the change. People we stopped on the street knew about this event so we eventually found the start in a totally different town.



Tramin, South Tyrol

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Europa Cup Book

In the week between the two scheduled events we walked in Dresden and Luther City Wittenberg (no permanent walks here) and Berlin (8 permanent walks available here). This was a memorable visit as Klaus was born here and had not visited the city since 1964. Much had changed but some of the iconic places such as the Brandenburg Gate and Checkpoint Charlie were still standing. Besides seeing the sites of the central city, two additional memorable walks were Potsdam and Spandau, both with historical relevance to WW II. Actually one-half of our Potsdam day was devoted to Frederick the Great's SansSouci Palace which was not a Volksmarch.

Many stateside based Volksmarchers have relied on Pat Patterson ("Mr. IVV") for help in registering for IVV programs, obtaining IVV books and overall knowledge as to where permanent walks are located. We are deeply indebted to Pat for helping us achieve our Europa Cup I goal. Already he has given us assistance in registering for the Europa Cup II program — Volksmarching in 16 different European countries. We are allowed to revisit the same countries, but it will still be a challenge.

MONTHLY CLUB MEETINGS

Club meetings are held at 7:30 pm on the second Tuesday of the month at Adventist Rehabilitation Hospital, 9909 Medical Center Drive, Rockville, MD 20850. **Note:** This is NOT Shady Grove Adventist Hospital.

Parking is available in the parking lot of Adventist Rehabilitation Hospital for a fee of \$1.50/hour. Take a ticket as you drive in; pay when you leave by cash or credit card at a machine in the lobby.

The Club provides a Volksmarch coupon worth \$3 to all who attend our meetings as a parking cost reimbursement. Free street parking is also available.

Meeting Dates: **August 9, September 13, October 11.**

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MONTHLY MEN'S DINNERS

Tony Laing

July 26: Growlers Restaurant, 227 E Diamond Ave, Gaithersburg, MD 20877, 301-519-9400, www.growlersrestaurant.com. Contact Tony Laing, 301-980-8932, laingat@gmail.com

Aug 30: TGI Friday's, 12147 Rockville Pike, Rockville 20852, 301-231-9048, www.tgifridays.com
Contact John Lass, 301-871-6734, johnlass@verizon.net

Sept 27: Matt's Kabob & Bar, 5500 Olney Laytonsville Rd, Olney 20832, 301-977-6288, www.mattshouseofkabob.com. Contact, Tony Laing, 301-980-8932, laingat@gmail.com

Oct. 25: Baronessa, 1302 E Gude Dr, Rockville 20850, 301-838-9050, www.baronessarest.com
Contact Ken Weiss, 301-216-2863, weissfam@aol.com

MONTHLY WOMEN'S DINNERS

Jackie Johnson

July 26: Dogfish Head Ale House, 800 W. Diamond Ave., Gaithersburg 20878, 301-963-4847.
Contact Heather Coxon, 301-926-9065, heathercoxon@yahoo.com

August 30: Out of the Way Cafe, 17503 Redland Rd, Derwood 20855, 301-963-6895, www.outta.com.
Contact Margie Martin, 301-977-5190, margieokiegal@gmail.com

Sept 27: Amalfi's Ristorante Italiano, 12307 Wilkins Ave, Rockville 20852, 301-770-7888, www.amalfirockville.com. Contact Pat Niwenzin, 301-585-0269, redhatterpat@verizon.net

Oct 25: Hunan Delight, 18220 Village Center Dr, Olney 20832, 301-774-7944.
Contact Maribeth Evans, 301-787-5410, gammie0612@verizon.net

Nov: No dinner due to Thanksgiving

Dec. 6: Location to be determined, Combined Men's and Women's Dinner. Contact Rose Ann Nichols, 301-926-2952, or Steve Nichols, 301-675-6310.



Market in Nuremberg

From Membership Director Carolyn
Thurber:

Please welcome these new
members:

David Freshwater

Gwen Owens

Cheryl Winston

If you have changed contact
information, let Carolyn know:

301-926-0915 or

cbthurber@verizon.net

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Planned Maryland Weekend Events August 2016-June 2017

Full Atlantic Region Schedule is available on the Maryland Volkspport Association website at http://www.mdvolks.org/new_walklist.php. The online list links to the event brochures.

Date	Event/Location	Sponsoring Club
Aug 13	Bel Air, MD 5k/6k/7k/11k	Baltimore Walking Club
Aug 14	Bowie, MD 13k, 25k Guided Bike Event	York White Rose Wanderers
Aug 17	Greenbelt, MD 5k/10k Night Walk	Great Greenbelt Volksmarchers
Aug 20	Ellicott City, MD 5k/10k	Columbia Volksmarch Club
Aug 27	Greenbelt, MD 5k/10k	Great Greenbelt Volksmarchers
Aug 28	Hagerstown, MD 5k/10k	Antietam Pathfinders
Sept 25	Annapolis, MD 5k/10k	Annapolis Amblers
Oct 1	Frederick, MD Oktoberfest 5k/10k	Seneca Valley Sugarloafers
Oct 15	Havre de Grace, MD 5k/10k	Baltimore Walking Club
Nov 12	Gaithersburg, MD 6k/10k Moonlight Walk	Seneca Valley Sugarloafers
Nov 12	Savage, MD 5k/10k	Columbia Volksmarch Club
Nov 18	Darlington, MD 5k/10k	Baltimore Walking Club
Dec 31/ Jan 01	Savage, MD 5k/10k	Freestate Happy Wanderers
Jan 14	Cabin John, MD 5k/10k/11k	Seneca Valley Sugarloafers
Apr 22	Rockville, MD 5k/10k	Seneca Valley Sugarloafers
Jun 03	Millerville, MD 5k/10k	Freestate Happy Wanderers

DID YOU KNOW?

Minutes of Sugarloafer monthly meetings are now posted on the Sugarloafer website: www.sugarloafers.org.

The Atlantic Region Director Tom Jackson's "Ramblings" are also posted on the website. Check them out to keep up to date with what's happening with the Sugarloafers and with Volksmarching in the Atlantic Region.

The next newsletter will be out in November. Deadline for articles is October 15.

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SUGARLOAFER SANCTIONED YEAR-ROUND EVENTS (YREs) **Check the club website 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	Denny's Restaurant Gaithersburg, MD	Maria Inocencio 301.990.8831 ebinocencio@verizon.net
Montgomery Village Lake Trails (Y0889)	5k, 10k, and 20k		
Zoo/National Cathedral / Adams Morgan (Y0552)	5k, 10k, and 20k	McDonald's 2616 Conn. Ave. Washington, DC	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 Wheaton, MD	Maribeth Evans 301.946.5496 gammie01612@verizon.net
Lakeforest Mall (Y1367)	5k and 10k INDOOR Walk	Starbucks in Lakeforest Mall Gaithersburg, MD	Sue Greenberg 240-246-7286 sgreenberg2@hotmail.com
Montgomery Mall / Cabin John Park (Y1539)	5k, 10k, and 20k INDOOR and Outdoor Walk	Aroma Espresso Bar in Montgomery Mall, Bethesda, MD	Heather Coxon 301.926.9065 heathercoxon@yahoo.com
Damascus-Regional Park (Y1368)	5k and 10k	Liberty Gas Station	Kathy Dove 301.831.9416 robcdove@comcast.net
Westminster (Y0886)	5k and 10k	Shell Gas Station	Iris Wingert 410-871-0148 irwinge0141@gmail.com

A BARGAIN — DISCOUNT COUPONS for Sugarloafer Year-Round Walks!

Coupons are available for \$30 for 12 Sugarloafer walks (a \$6 savings). Each coupon is good for a Sugarloafer YRE or Seasonal Event. Sugarloafers' Discount Coupons are available from:

Carolyn Thurber: cbthurber@verizon.net 301-926-0915

Maria Inocencio 301-990-8831

Faye Foote: 301-598-5251,

Jone Parr: Jone.P@comcast.net 301-385-0054

Our coupons don't expire!

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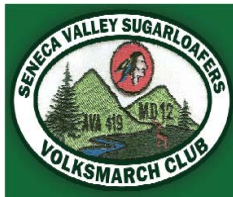
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THE NEXT NEWSLETTER

The next Sugarloafer is the November, December 2016 January 2017 edition. Articles for the newsletter should be submitted by e-mail **by OCT. 15** to sugarloafernews@gmail.com. Contact Janet Brown at 240-483-5325 if you have questions or do not use e-mail.

The 2017 Sugarloafer Membership List will be mailed to all members in good standing in November.



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