

# CHESSIE PATHWAYS

## A Short History of the Chesapeake Bay Country Wanderers (CBCW) - 2nd Edition

By Ron Bowers

The President of the Maryland Volkssport Association (Lynette Reagan) sponsored a meeting on Tuesday, December 5, 1989 at the Provinces Library, at the corner of Rt. 175 and Ridge Road, Jessup, MD, in order to attempt to find out if there was any community interest in reviving the Pershing Wanderers on Fort Meade, either as a stand alone club or as a club affiliated with Fort Meade. In either case the club would "start-up" with a zero Money Base. A letter was sent out to those members of the Pershing Wanderers who had not joined with the CBCW club, notifying them of the meeting. A notice was put in the November 1989 issue of the Chessie, notifying the CBCW members about the meeting. There was no community turnout for the meeting, with the only two individuals in attendance being the MVA president (L. Reagan) and the MVA Vice president (R. Bowers). Subsequently, Nate Whitlaw of Ft. Meade Outdoor Recreation stated that he was interested in having a club formed on Fort Meade (under Outdoor Recreation).

CBCW sponsored two ice skating events, both held at the Piney Orchard Ice Arena, Odenton, MD. The first, on 16 December 1992, had a turnout of 100 participants. The second, on 16 December 1995, had 43 participants. The 1992 event was the first ice skate in the AVA and we were told that it was the second in the IVV. (The first was in the Netherlands, but no one knew anything about the specific details of the Netherlands ice skate event).



### CBCW Officers

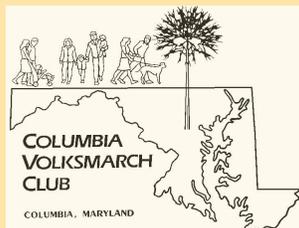
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The club also conducted the first volkswalk across the Chesapeake Bay Bridge in conjunction with the MD sponsored Bay Bridge Walk. We sponsored the walks for three consecutive years. After walking over the bridge all participants were bused to Sandy Point State Park, for the Sea Food Festival or to finish the 10K volkssport route. We used red marking tape, posted on the back of the port-a potties, to direct the volkssport participants to the start of the additional route the first year and we also used a large helium filled blue balloon, tied to the Duncan's mobile home, to direct participants to the start point location in the other years. The dates of the events were 05 May 1991 with 620 participants, 02 May 1992 with 457 participants, and 02 May 1993 with 232 participants. Like the ice skating events the total participation dropped off each year for the Bay Bridge walks, probably because of the unique type of events.

The club also put on the first event in West Virginia, on 27 and 28 October 1990 the club held a walk in Harpers Ferry. The total participation was 1,578. This was a tune up for the event that CBCW conducted for the AVA Biennial Convention held the following summer in Baltimore, MD.

During the 20 years of its' history the CBCW has conducted a number of unique "firsts".



**Don's Den...Notes From Your CVC Volunteer Coordinator**

Our Patapsco Park McKeldin Walk was a fabulous event! I received so many "thank yous" for both the fantastic walk scenery and our hospitality. The checkpoint was at an awesomely beautiful spot just above McKeldin Falls & Rapids. Many non-event walkers also visited this popular spot and asked what we were doing. It was hard to have to leave there at the end of my work shift. Liberty Dam overlook was another highlight. Walkers from Harrisburg to Silver Spring to Arlington seemed so excited to participate in the first walk of Spring. Most didn't even mind the early morning chill (freeze?). They also appreciated the organic pomegranate juice, cookies and candies we provided.  
*Editor's Note: There were 188 walkers at the McKeldin Event.*

A big thanks to all our volunteers at the chilly but gorgeous checkpoint and the busy wind chilled start/finish: Doug & Jhing Wiest, Mars Gralia, Don Dresner, Ken Wilson, Jim McDonald, Dave Grabiner, Irv Hite, Vivian & Sheridan Gladhill and Paul Lubell.

Thanks also to John and all those who planned, set-up and broke down that beautiful trail. Well done!

Please contact me if you would like to volunteer for our Oakland Mills Walk on Saturday June 13 (7:30-9:00am start) (410-290-5788) or ([dres@erols.com](mailto:dres@erols.com)).

See you next time friends.....Don

**IVV and AVA Happenings**

*By Ron Bowers*

The latest (4th) IVV World Report has not been posted on the IVV web page as of the weekend on March 21/22, 2009.

On the IVV WEB Page you can link to the IML Walking Association WEB Page. You can also link to the TAFISA WEB PAGE. TAFISA is the World-wide Family of Sport for All. It is an interesting organization. Check out their WEB Page. <http://www.ivv-web.org>

The March issue of the AVA CHECK-POINT is posted on the AVA WEB Page (April is not posted as of the weekend of March 21/22). <http://www.ava.org>

I have heard nothing specific about the NEC Meeting held in Tucson, AZ on February 27 and 28, 2009.

The latest The American Wanderer (April & May issue) is out and has the Bio's on the candidates running for an AVA office.

*Tips for Volkssporters*

**Change Your Pace**

*By Bob Wright*

Are you looking to increase your pace?

Perhaps you seek a hearty aerobic workout (80% of your maximum heart rate). Maybe to keep up with a slightly quicker friend. Or you might want to walk a marathon in under six hours—a 4.33 mph pace.

Whatever your reason, here are some common things you could do.

**Walk Regularly**

Whatever your goal, walk more regularly. As your pace becomes easier, you have the energy to go farther and/or quicker.

Incidentally, as your body becomes accustomed to a pace, it burns fewer calories. So if burning calories is a goal of your walking program, you need to pick up the pace just to maintain the same burn rate.

**Do Walk Sprints**

One way to pick up your pace is to do walk sprints.

The technique: While walking, pick up the pace for a short period. Then return to your original pace. Repeat several times during your walk.

This increase doesn't need to be much faster or for a very long time at first. Gradually increase the pace.

This approach, which runners use, lets the body gradually acclimate itself. In time, the effort becomes easier so you can maintain that faster pace longer.

**Swing Your Arms Efficiently**

Arm swing plays an important role in pace. Notice how runners and race-walkers pump their bent arms?

Applying the same technique could add 10 percent to your pace. (Years ago I read about this in *Walking* by Casey Meyers, and tried it. It worked!)

The technique: bend your arms at a 90° angle. Don't clench your fists. Swing naturally (e.g., right arm and left foot forward together).

The bent arms shorten the pendulum motion thereby enabling you to swing your arms faster. If you want to pick up your pace greatly, pump more vigorously.

**Attend a Racewalking Clinic**

You can walk up to 10 mph, really. But you won't walk much over 5 mph using normal walking technique.

To do that you need to learn race-walking technique. Roll from the heel to the ball of each foot to keep one foot on the ground at all times; this creates hip motion that resembles waddling like a duck.

To find a clinic, search the Internet, ask at a running shoe store, or check *Walking* magazine or local running publication.

**Caveat: Check With Your Doctor**

If this sounds strenuous, it could be.

Any increase will add stress to your heart. Stress is good, because that makes your heart muscle grow stronger. But too much stress can hurt rather than help. In the extreme it

could prove downright deadly (and you don't want that!).

If your plan is relatively modest and you are healthy, you may not need to consult with your health provider. If you have a medical condition or are striving for a major increase, definitely see your doctor first.

Tell your health provider your plan. Ask her/his advice, and heed it. You want this to be pleasurable.

For a change of pace, whether you seek a little or a lot, it's pretty easy. Enjoy.

Have ideas you would like to share with fellow TAW readers? Send them to me at 43224 Cardston Place, Leesburg, VA 20176-6459 or rwright2@jhu.edu for inclusion in a future column.

From – AVA *The American Wanderer*: April-May 2009

*This article is re-printed here with the permission of the Author. - Editor*

**16th Biennial AVA Convention**

*Editor*

The AVA Convention will be in Richardson, TX this year on June 22-26.

Go to the 2009 AVA Convention website at: <http://www.ava.org/clubs/ava2009convention/index.htm>

Pre-registration must be postmarked by May 1, 2009. No registration postmarked after May 1st, 2009 will be accepted. After May 1, 2009, registrations must be completed on site.

Check out the Website!



**2009 Club Meeting Schedules**

*CVC Meetings are normally the 2<sup>nd</sup> Monday of the month at 7:00 pm at Owen Brown Community Center (OBCC), 6800 Cradlerock Way, Columbia, MD 21045.*

- Monday, April 13th, 2009 ←
- Monday, May 11th, 2009
- Monday, June 8th, 2009

*CBCW Meetings are normally the 1<sup>st</sup> Thursday of every other month at 7:00 pm at Anne Arundel County Police Station, Western Region, at corner of Telegraph Road (Rt 170) and Crossroads Drive, Odenton, MD.*

- Thursday, June 4th, 2009 ←
- Thursday, August 6th, 2009
- Thursday, October 1st, 2009
- Thursday, December 3rd, 2009

August C P	Jul 22, 2009
September C P	Aug 21, 2009
October C P	Sep 20, 2009
November C P	Oct 23, 2009
December C P	Nov 21, 2009

**2009 CBCW Year-Round Events**

Walk Route	Registration Point
Bowie	GNC Store at Bowie Mall
Odenton	BP Gas Station at Piney Orchard Mall
Pasadena Bike & Walk	Bogie & Bailey's Family Restaurant
Severna Park Bike & Walk	Pedal Pushers Bicycles

**2009 CVC Year-Round Events**

Walk Route	Registration Point
River Hill	R H McDonalds
Kings Contrivance	K C McDonalds
Dorsey Search	Long Gate Sunoco
Ellicott City North	Long Gate Sunoco
Hickory Ridge	Feet First at Hickory Ridge
Columbia Mall	Starbucks

**CHESSIE PATHWAYS Deadlines for Articles**

*By the Editor*

Here is the **deadline** for the submission of articles to your Editor for newsletters through December 2009.

Newsletter	Article Due Dates
May C P	Apr 22, 2009
June C P	May 22, 2009
July C P	Jun 21, 2009

## Volkssporting Friends and Sunny Innocents, Greetings

My name is Wayne Holloway, a candidate for Vice President of the AVA. Soon to be termed out after four years as Pacific Region Director, I am proud of my performance as RD, and as a member of the National Executive Council, where I have earned the confidence and trust of my associates. Pleased with the progress we have made on the region and national level in promoting growth, and especially in making AVA a friendlier organization, I look forward to continuing, with your approval, to further that atmosphere and momentum.

A copy of my resume is attached, should you be interested in detail of my background and history, in addition to that stuff in The American Wanderer. (*Editor's Note: If you would like a copy of his resume, let me know and I'll send you a ". pdf." copy.*) Briefly, I have over 40 years of leadership and management experience, demonstrated far your consideration in the overwhelming success of the 2007 AVA Biennial Convention in California. The keys to successful leadership in an all-volunteer organization are to set the example, communicate and motivate. My ability in this regard is evidenced by all clubs in the Pacific Region having submitted reports or required declarations to AVA in a timely manner over the past four years, with no "tardies" being recorded or late fees being assessed.

The primary duty of the Vice President of any organization is to support the goals of the President and to be trustworthy and dedicated in that support. I am in full agreement with Curt Myron's Focus on Growth agenda, and pledge my complete support.

There is convincing evidence that AVA and Club websites are attracting increased attention and promoting walker participation. The Footsore Fiends, a new club in Southern California, does their "business" with a

pilot program using an online walk store and is having phenomenal success. Our AVA website needs an overhaul, and a "professional" look. We must support our Webmaster's effort in that regard, and encourage and aid our clubs in the development of their own websites. It is the way of the future, whether we geezers like it or not. Of course we must continue to seek publicity in local media, and initiate weekly walk programs. Events attract notice.

Our youth programs are stagnant; and I support enhancing our effort to reach out to children and young parents through initiatives such as the Extra Small program and Stroller Moms. We also need to evaluate our outreach efforts such as with AARP and health fairs where we invest upfront dollars. Are they effective? Is there reciprocity?

One of my goals is to train and guide clubs toward excellence; train leaders beyond simply handing them a book of rules and saying, "Sic 'em." Your officers need to provide special recognition to clubs that are making an extra effort to promote our sport, i.e., lead; not just prod.

If you have a problem or concern at the local level, we should share that problem and concern at the national level...and help. A progressive, positive and supportive attitude from the National Executive Council is a must.

Volkssporting must be kept festive and, we need to find more fun reasons to have an event; taking advantage of opportunities such as International Talk Like A Pirate Day (Sep 19), Sherlock Holmes Days (Mar 6-8), Emmet Kelly Clown Days (May 1-3), Raggedy Ann & Andy Days (Jun 13-14). Imagine the promotion possibilities. How about teaming with the local Kiwanis/Lions, to start an event with a pancake breakfast on Maple Syrup Day (Apr 25), and earn that fourth "F" Make it fun.

With your concurrence, and most importantly with your vote, I will continue making a positive leadership contribution to this organization as your next Vice President.

*Wayne Holloway, Candidate for AVA Vice President*

## Notable Days in April!

1st - All Fools' Day  
5th - Palm Sunday  
8th - Passover begins at sundown  
10th - Good Friday  
12th - Easter  
15th - 2008 Income Taxes Due!!!  
15th - 2009 Estimated Taxes Due!!!  
25th - **Earth Day**  
29th - Duke Ellington b. 1899

## Famous Quotes!

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

*-Carl Bard*

"I don't know the key to success, but the key to failure is trying to please everybody"

*-Bill Cosby*

"Man never made any material as resilient as the human spirit."

*-Bern Williams*



# UPCOMING VOLKSSPORTING EVENTS

## April 2009 through November 2009

Day	Mon	Location	Event*	Description	Contact
04	Apr	Annapolis, MD	5/10 km Walk	Register between 8:00 am & 1:00 pm at 1411 Cedar Park Road, Germantown Elementary School (AA)	Diane 410.224.0907
04	Apr	Poquoson, VA	5/11 km Walk		Sam 757.766.3065
05	Apr	Baltimore, MD	Group Activity	Group Walk of Baltimore Mercy Hospital YRE.	Dave or Lee 410.668.1614
11	Apr	Blackstone, VA	5/10 km Walk	TBD	Dee 804.768.0055
18	Apr	Damascus, MD	5/10 km Walk	Damascus Regional Park	Jerry 301.829.3685
18	Apr	Sterling, VA	5/10 km Walk	TBD	Bob 703.737.2175
25	Apr	Leesburg, VA	5/10 km Walk	St. John's Parish Center, 101 Oakcrest Manor Drive	Bob 703.737.2175
25	Apr	Williamsburg, VA	5/10 km Walk	Shelter #1, Waller Mill Park	Ron 757.890.9220
26	Apr	Stevensville, MD	5/10 km Walk	Register between 9:00 am & 1:00 pm at Kentmorr Marina, Kentmoor Road	June 410.242.3982
26	Apr	Stevensville, MD	27 km Bike	Register between 9:00 am & 1:00 pm at Kentmorr Marina, Kentmoor Road	June 410.242.3982
02	May	Kensington, MD	5/10 km Walk	Start between 9 AM & Noon at Kensington Safeway, 10538 Connecticut Ave	Maribeth 301.946.5496
02/03	May	York, PA	5/10 km Walk	John Rudy County Park	Tom 717.337.1667
02/03	May	Fredericksburg, VA	10 km Walk	Fredericksburg	Roger 540.786.6550
09	May	Baltimore, MD	Group Activity	Group Walk of Baltimore City YRE Y1833.	Dave or Lee 410.668.1614
09	May	Newport News, VA	5/10 km Walk	Playground Shelter at Riverview Farm Park	Diane 757.890.9220
16	May	Dickerson, MD	25K Bike	Start between 8AM - 10:15AM and 12PM & 1PM at White's Ferry, 18885 Whites Ferry Rd, Dickerson. Wedding at 11:30AM.	Tom 717.337.1667
16	May	Dickerson, MD	5/10K Walk	Start between 8AM - 10:15AM and 12PM & 1PM at White's Ferry, 18885 Whites Ferry Rd, Dickerson. Wedding at 11:30AM.	Tom 717.337.1667
16	May	Norfolk, VA	5/10 km Walk	Lafayette Branch Library	Ken 757.490.9324
17	May	Bay Ridge, MD			
23	May	Smyrna, DE	6/11K Walk	Start between 8:00 a.m & 2:00 P.m. at Blackbird State Forest, 502 Blackbird Forest Road	Tom 302.697.1191
06	Jun	Upper Marlboro, MD	5/10 km Walk	TBD	Mike 301.805.4278
06	Jun	Fairfax, VA	5K/10 km Walk	Start at Van Dyke Park Pavillion, 3720 Old Lee Highway, Fairfax, VA	Barry or Karen 703.352.5135

06	Jun	James City County, VA	5/10 km Walk	Jamestown High School	Sam 757.766.3065
06	Jun	James City County, VA	5/10 km Walk	Jamestown High School	Sam 757.766.3065
06	Jun	Sterling, VA	5/10 km Walk	Claude Moore Park, 21544 Old Vestal's Gap Road	Bob 703.737.2175
07	Jun	Cockeysville, MD	Group Activity	Group Walk of Cockeysville NCR Parkton YRE	Dave or Lee 410.668.1614
13	Jun	Columbia, MD	5/10 km Walk	Start between 7:30 & 9:30 am The Other Barn, 5851 Robert Oliver Place	Karen 410.313.8499
13	Jun	Virginia Beach, VA	5/10 km Walk	TBD	Ken 757.490.9324
20	Jun	Northeast, MD	3/5/8/10/13K	Start between 8 AM & 1 PM at Northeast Town Park at end of Cherry Street.	Jill 410.642.6514
27	Jun	Hampton, VA	5/11 km Walk		Sam 757.766.3065
05	Jul	Severna Park, MD	5/10 km Walk	Severna Park Elks Lodge	Linda 410.437.2164
11	Jul	Potomac, MD	5/10 km Walk	Riley's Lock	Carolyn 301-926-0915
18	Jul	Columbia, MD		Harpers Choice	
25/26	Jul	York, PA	5/10 km Walk	Toyota Arena York Expo Center	Clark 717.624.4808
25/26	Jul	York, PA	5/10 km Walk	Toyota Arena York Expo Center	Clark 717.624.4808
01	Aug	Rockville, MD	5/10 km Walk	Start between 7 Am & 9 AM at Caribou Coffee, 5562 Norbeck Rd (Rt 28) and Bauer Drive.	Valerie 301.294.1191
15	Aug	Columbia, MD	5/10 km Walk	Start between 7:30AM & 9:00AM at Lakeside Coffee & Cafe	John 410.290.6510
22	Aug	Hagerstown, MD	6/10 km Walk	Augustoberfest FEST Tent	Chuck 410.795.7855
11	Sep	Laurel, MD	5/10 km Walk	Montpelier Art Center	Phill 301.317.0639
12	Sep	Brookeville, MD	5/10 km Walk	Register at Rachel Carson Conservation Park	Jerry 301.829.3685
12	Sep	Hampton, VA	5/10 km Walk	Sandy Bottom Nature Park	Shirley 757.722.5637
19	Sep	College Park, MD	5/10 km Walk	Register between 8:00 am & 12:00 pm at College Park Airport, Cpl Frank Scott Drive	Salva 301.937.3549
19	Sep	Norfolk, VA	5/10 km Walk	Norfolk Botanical Garden, the Picnic Area	Ken 757.490.9324
26	Sep	New Market, MD	5/10 km Walk	The Grange on the South Alley	Peg 410.531.3873
26	Sep	Lovettsville, VA	5/11 km Walk	Game Preservation Association Hall	Bob 703.737.2175
26	Sep	Norfolk, VA	5/10 km Walk	TBD	Sam 757.766.3065
03	Oct	Stewartstown, PA	5/10 km Walk	Naylor Wine Cellars	John 717.382.9658
03	Oct	Newport News, VA	5/10 km Walk	Newport News Park	Ron 757.890.9220

03	Oct	Newport News, VA	5/10 km Walk	Newport News Park	Ken 757.490.9324
03/04	Oct	Frederick, MD	5/10 km Walk	Frederick Oktoberfest	Chuck 410.795.7855
04	Oct	Annapolis, MD		Octoberfest	
10	Oct	Joppatowne, MD	5/10 km Walk	Start at Redner's Warehouse Market	James 410.638.7043
10	Oct	Petersburg, VA	5/10 km Walk	TBD	Dee 804.768.0055
10/11	Oct	Colebrook, PA	5K/10K	Colebrook to Mt. Gretna	Charles 717.272.0655
10/11	Oct	Colebrook, PA	5K/10K	Colebrook to Lawn	Charles 717.272.0655
11	Oct	Gaithersburg, MD	5/10K	TBD-Octoberfest	
15	Oct	Norfolk, VA	5/10 km Walk	402 Pembroke Ave.	Ken 757.490.9324
16/18	Oct	Arlington, VA	5/10 km Walk	U. S. Freedom Walk Festival. Visit our web site: <a href="http://www.usfreedomwalk.org/">http://www.usfreedomwalk.org/</a>	Tim 703.583.2936
17	Oct	Arlington, VA	7/12/21/44 km Walks	U. S. Freedom Walk Festival. Visit our web site: <a href="http://www.usfreedomwalk.org/">http://www.usfreedomwalk.org/</a>	Tim 703.583.2936
18	Oct	Arlington, VA	7/12/21/32 km Walk	U. S. Freedom Walk Festival. Visit our web site: <a href="http://www.usfreedomwalk.org/">http://www.usfreedomwalk.org/</a>	Tim 703.583.2936
23	Oct	Indiana, PA	10 km Walk	Indiana Ice Center	Ron 215.699.9246
24	Oct	Lucketts, VA	5/10 km Walk	Tarara Winery	Bob 703.737.2175
01	Nov	Gaithersburg, MD	5/10 km Walk	Seneca Creek State Park	Kevin 301.977.9547
07/08	Nov	Odenton, MD	5/10 km Walk	TBD	Mike 301.805.4278
13/14	Nov	Gettysburg, PA	5/10 km Walk	Holiday Inn Gettysburg Battlefield	Tom 717.337.1667
14	Nov	Rockville, MD	5/10 km Walk	Historic Rockville Area	Carolyn 301-926-0915
14	Nov	Gettysburg, PA	5/10 km Walk	Adams County Winery	Tom 717.337.1667
14	Nov	Gettysburg, PA	Swim	YWCA of Gettysburg and Adams County	Tom 717.337.1667
15	Nov	Gettysburg, PA	5/10 km Walk	Holiday Inn Gettysburg Battlefield	Tom 717.337.1667

\* Short walk available GW - guided walk, GDW - Guided Day Walk, GNW - Guided Night Walk

The above information is collected from event brochures and The American Wanderer. If your event is not here, or the description is not complete, contact Rich Long, 13202 Clarington Court, Laurel, MD 20708 or rglongret@verizon.net. Every effort is made to make this information as accurate as possible, but neither CBCW nor CVC can not be held responsible for any errors.

The complete event list can also be found on line at <http://www.mdvolks.org/>



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## FIRST CLASS

### **Next CVC Event:**

June 13, 2009 - Start at Oakland Mills Village Center, Columbia, MD

### **Next CBCW Event:**

June 6, 2009 - National Trails Day Event - Start at Patuxent River Park, Upper Marlboro, MD

### **Next MVA Meeting:**

April 26, 2009 - at the Kentmorr Restaurant, Stevensville, MD Event. Lunch will be served.

