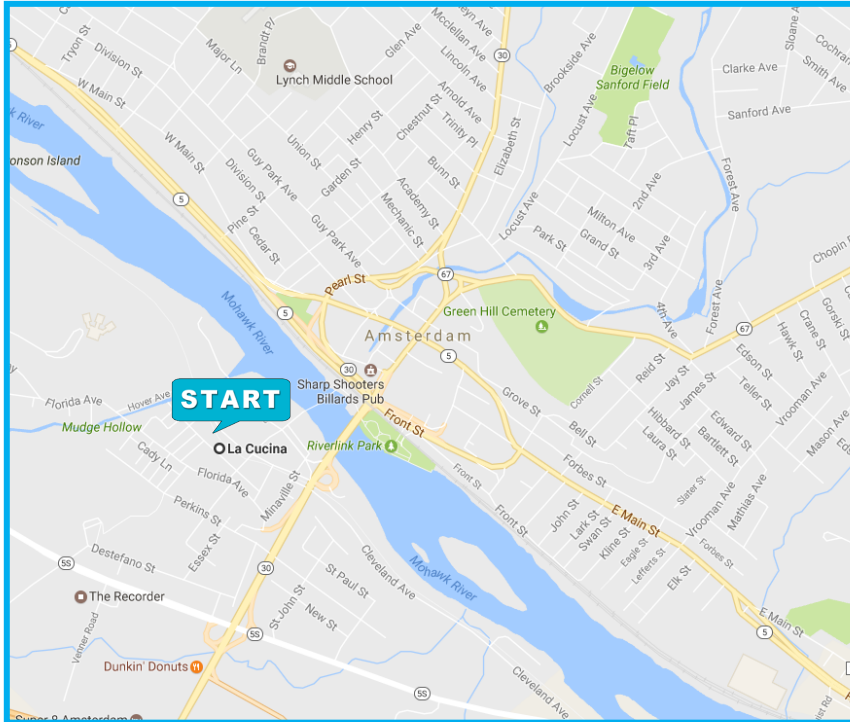


Directions:

La Cucina Restaurant, 1 Port Jackson Square,
Amsterdam, NY 12010 Phone: 518-842-9050

Take the NYS Thruway to Exit 27. Turn onto Rt. 30N. Take exit toward
Erie St. Continue onto Erie St. Turn left onto Bridge St. Take a quick
right into parking lot for Erie Canalway Trail Parking.



ESCV is only one of the 300 clubs affiliated with the American Volkssport Association (AVA). There are over 3,000 walking events, bikes, occasional swims and snowshoes every year in most of our 50 states. All events are open to the public. For more information about our Club or AVA, please send your request, including your name, address & phone.

Empire State Capital Volkssporters

PO Box 5464, Clifton Park NY 12065-5464

or visit our website:

www.walkescv.org



Amsterdam, NY

10k/5k Walk

Saturday, April 22, 2017

Sponsored By

Empire State Capital Volkssporters



Special Programs:

Bridges-Spanning the USA • Honoring Our Flag

National Register of Historic Places • Take a Walk in a City Park

Walk the USA Street by Street

Sanctioned Event #

107703

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AVA Rules & Conditions

Start/Finish: La Cucina Restaurant, 1 Port Jackson Square, Amsterdam, NY

Start Time: Anytime between 9:30- noon, finish by 2:00

Trail Rated: 2A - The walk will be on city sidewalks and part of the Erie Canal Trailway bike path and will include the new Mohawk Gateway Overlook Pedestrian Bridge.

Stipulations: There is no preregistration, and this walk will take place regardless of weather. At time of registration, each participant accepts the guidelines for AVA Volkssport events. Due to private lands, pets will not be allowed at this event.

Procedure: Each participant must register and sign a waiver at the "Start" table. A "Start Card" must also be filled out & carried in order to record "Checkpoints" along the route. The card is then returned to the "Finish" table and becomes the property of ESCV

Event Fees: For IVV Credit only\$ 3.00
All Other Participants\$2.00

IVV Books: Event & Distance books will be available at the Start/Finish for \$6.00 each. You may receive (1) Event Credit for this trail, and Distance Credit may be earned each time the course is completed.

New Walker Kits that contain both Event & Distance books are available for only \$10.

Disclaimer: The American Volkssport Association, ESCV, the County of Montgomery, or any properties associated with this walk, cannot be held responsible for any lost or stolen items, damage, accident or injury of any kind, at any time. Every effort has been made to make this a safe and enjoyable event.

Restrooms and Water: available at the start point.

For further information regarding this event, please call or write:

Teresa Kennedy forty6er3k@aol.com 518-852-8798

Mohawk Valley Gateway Overlook Pedestrian Bridge...



...spans the Mohawk River and connects the north and south sides of the city of Amsterdam.

The bridge, which was opened to the public in August, 2016, is a project designed to highlight the history of the area as well as stimulate the local economy.

The first Europeans to settle here were Dutch immigrants about 1710 acquiring land from the Mohawks who had lived in the area for centuries.

The new settlers called the community Veeders Mills and Veedersburgh after Albert Veeder, an early mill owner.

After the American Revolutionary War, many settlers came from New England. Anglo-American residents changed the name to Amsterdam in 1803 as a courtesy to the Dutch who had preceded them.

The completion of the Erie Canal in 1825 was an economic boom to the city, which ultimately became an important carpet manufacturing center.

In 1865, the population of Amsterdam was 5,135.[1] By 1920, it was 33,524. Through the late 19th and early 20th centuries, it was a destination for immigrants from southern and eastern Europe, who initially worked in the factories.

The carpet mills closed in the late 1960's after relocating to southern states. At present the population of the city is 18,600 people.

The Erie Canal Trail bike path at Port Jackson on the south side of Amsterdam is the starting point for our walk.

Tony Di Centi, the proprietor of La Cucina, our starting point, invites us to have lunch at the restaurant following the walk.