

Directions:

Take Adirondack Northway (I-876) to Exit 17S. Follow Route 9 south to Old Saratoga Road, (Right turn immediately after crossing overpass). Proceed on Old Saratoga Rd. for approximately 1 mile, turn right at Park Entrance.

Park entrance fee of \$6/car will be charged.

Follow the Day Use road around the lake to the end of parking lot.

Look for large open-sided pavilion.



ESCV is only one of over 250 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



10k/5k Walk

Saturday, October 7, 2017

Sponsored By

Empire State Capital Volkssporters



Special Event Programs:

- Walking the USA A-Z (G for Gansevoort) • Bridges •
- Lakes and Reservoirs • Points of Reference • State Street Sashay •

Eligible for credit towards IVV Achievement Awards

Sanctioned Event #

108429

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AVA Rules & Conditions

Start/Finish: Fernwood Pavilion at Moreau Lake State Park
605 Old Saratoga Rd. Gansevoort, NY 12831

Start/Finish Time: 9 -11am, finish by 2 (finish by 12 to attend Potluck Lunch)

Trail Rated: B for 5k & 10k walks.

Dogs, Yes. Wheelchairs & Strollers: 5K with assistance

Stipulation: There is no walk preregistration and this walk will take place regardless of weather. At time of registration, each participant accepts the guidelines for AVA Volkssport events.

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 Moreau Lake State Park, 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/Water:

Yes, available at the start/finish. Also available along the walk.

POC-Rachel Trier, (518) 859-7507 racheltrier@yahoo.com

The Oktoberfest Potluck Lunch starts at Noon.

You are welcome to walk with us even if you don't stay for lunch.

Registration for lunch is necessary. See [registration form](#) online. Fill out and send form with fee. **We will enjoy grilled bratwurst or knockwurst or hot dog, sauerkraut, and rolls. Please bring your favorite dish to share and other beverage if you so desire.**

Moreau State Park is more than camping, swimming, and picnicking. It is a great place for hiking, fishing, kayaking, bird watching, cross-country skiing, snow-shoeing, and nature study. A number of trails wind through the woods, a steep climb goes to an overlook and the spring wildflowers are special. Most trails are easy walking with only small hills. The nature trail starts near the Pavilion. Signs along the way indicate nature communities you are passing through. The trail is marked as a loop, you may continue around the lake and return by the causeway and bridge to your starting point. Be sure to notice the pitch pine trees on the long peninsula into the lake — a reminder you are in



the glacial sands plains of eastern Saratoga County. This area is the western edge of the sand plains at the adjacent mountains of the Palmerston Range. The lake itself was formed by a gigantic block of ice deposited by the glacier, leaving a depression when it melted. There is good bird watching here: geese, herons, pileated woodpeckers and more.

The area around Moreau Lake was originally a summer home and estate developed by George W. McAdam, a wealthy attorney. The lands were acquired over a 20 year period beginning in 1881. From 1935 to 1940 the area began to develop as a seasonal campground. By 1967 Moreau Lake State Park was established, and is now the tenth largest State Park in New York's park system and the largest park of the Saratoga-Capital District Region.