



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website: www.geocities.com/walkescv

September 2006

Registration Due 30 Days before

Start 9:30AM ONLY

September 6th, **Johnstown***
September 13th, **Williamstown*, Ma.**
September 20th, **Bennington*, Ma.**
September 27th, **Caroga Lake***

TRADITIONAL EVENT

September 3rd, **Middlebury College*, Vt.**
Between 9AM-1 PM, Finish by 4PM
POC Charlotte Phillips 802-462-2019
September 23rd, **Amsterdam***
Between 9AM-12noon, Finish by 3PM
POC Barbara Bilins 842-7899

*denotes walk qualifies for AVA Special Program

PRESIDENTIAL RAMBLINGS ...

As I write this, the Wednesday guided walks are nearing completion and the fall group walks will be starting on September 6th. We have endured both copious rain and oppressive heat this summer, but recently have been getting some better weather for walking. Let's hope this continues through out the 15 Wednesdays of scheduled group walks at our year round and seasonal walk sites. Remember that all these walks can now be done for another event credit in the second half of the year. The full schedule is in both of our walk booklets and at least September's sites will be included in this issue of the newsletter.

SANCTIONING 2007 YRE's & SRE's has concluded and per the AVA/IVV, year round & seasonal events next year may formally have trails less than 10K. Current POC's have been notified so as to make walkers aware of shorter trails when available. Thirteen of the fifteen events we currently

While a walk's POC may be there the day their walk is scheduled to oversee things, the box is there with its registration log, stamp and route maps so I know we all are capable of and know the drill! If a POC has a hot mail message they'd like to go out when their walk is scheduled, please send it to Walk ESCV @aol.com.

WEDNESDAY GUIDED WALK THANKS go to all the POC's who have overseen walks since the last newsletter. They include Bernie Geren (plus the strawberry crews!) in Niskayuna, Rita Gavin at Five Rivers (when they all converged!), Sue Godshalk in Schenectady (1st of our Cemetery strolls), John Cairns in Clifton Park (at St. Edward's), Eileen Skinner in Saratoga Springs (for the Railroad walk), Bernie Geren in Ballston Spa (for another year wiser?), Waterford heat (with E. Skinner, J. Cairns and Gail & Paul VanValkenberg ably assisting me), Jean Padula in Saratoga Springs (for the Museum walk), Mechanicville pleasantness (with my same great crew again), Doug Reynolds in Albany (law schooling it this year!), and Marylou Geren & Vera Weiss in Greenwich as our schedule ended with flourish!

TRADITIONAL WALK EVENT THANKS go to Paula Pugliese for her efforts to give us a chance to celebrate the July 4th by walking at Schodack Island State Park. The trail was challenged by our June and July rains, but as AVA's new official tag line goes, "Fun, Fitness and Friendship" was had by all who came out!

have were re-sanctioned, but the Catskill seasonal and Troy-RPI Environs year round walks were not renewed. However, Mary Agars has volunteered to be the POC of a Wednesday Walk that will go from the RPI field house as we had in the past before making the route a year round. Catskill may be



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399-7229

Sue Godshalk, lgodshal@nycap.rr.com
399-6041

revisited in the future as a traditional walk, but for now we thank Janet & Jerry Jones for their efforts involving the seasonal and past walk events that were held there.

SUNSHINE COMMITTEE

FROM THE EDITORS

Articles for the October newsletter are due on Saturday, September 16th, 2006. Please send us any news items that you feel would be interesting to our membership. Your reflections on a past or upcoming volkswalk and/or trips are always welcome.

Lea Darling, lea.darling@att.net

Please let our Sunshine Secretary Kathy LeRoux know if you hear of anyone in our club who is recovering from surgery, in the hospital or is sick as well as any individual achievements they may be celebrating. She can be reached at her home phone 438-1947 or by E-mail Kathy30000@aol.com. You can also see her at the monthly ESCV club meetings.

MEETINGS, MEETINGS, MEETINGS.....

***** MONTHLY MEETING: Next meeting Thursday, September 21st, 2006, 6:30PM, at the Latham Fire Department, 226 Old Loudon Road, Latham.

Come one...Come all...to Each and Every One... an invitation to attend our informative monthly meetings. Enjoy strengthening and cultivating new friendships off the trails!

Fall Group Walks

As we come to the end of our 18 Wednesday Walks for 2006, we now move into the fall group walks on Wednesdays for our YRE/SRE walks. Each walk this year entitles you to an Event and a Distance Credit for each ½ of the year. Even if you have done these walks for the 2nd half of 2006 you may do them again with the group for Distance Credit only. Since we are not renewing CATSKILL & the TROY ENVIRONS, this is the last few months that these two walks will be available. Please post this schedule (also on the cover of the Wed. walk booklet) and join us at **9:30AM** for these walks.

Empire State Capital Volkssporters

Fall Group Walks - Wednesdays @ 9:30AM

Sept.6	Johnstown	Oct. 25 - Scotia
Sept. 13	Williamstown, Ma	Nov. 1 - Saratoga Spa Park



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Sept. 20	Bennington, Vt	Nov. 8 - Schenectady
Sept. 27	Caroga Lake	Nov. 15 - Albany 10K - Environs
Oct. 4	Saratoga Battlefield	Nov. 22 - Troy - Environs
Oct. 11	Catskill	Nov. 29 - Saratoga Springs - City
Oct. 18	Cooperstown	Dec. 6 - Albany 10KM -downtown
		Dec. 13 - Troy - Downtown

MANY HANDS, MAKE FOR A LIGHTER LOAD

To My Fellow ESCVers!

I'm contacting you as a POC of a Wednesday, Traditional, YRE/SRE walk at present/in our recent history or an interested volkssporter. I initially want you to know that I'm stepping down from the Wednesday Walk Committee to better assist with our upcoming 20th Anniversary Year in 2007. However, in parting, I'm challenging the rest of the committee (presently, Coordinator-Eileen Skinner, Bernie Geren, Dan Schryver and John Cairns) to see if for next year's 18 Wednesdays from May 2-August 29 (last one 9am only) there could be a different POC for each Wednesday. That doesn't mean someone couldn't be a POC for more than one walk, but I've always felt getting as many individuals involved is healthy for the club.

Thus I'd like all of you to consider the Wednesday walk site you'd like to be the POC of and let a committee member know your preference. I've decided that I'd like to do my latest Waterford trail (with one positive adjustment) again, since this year's heat limited our walkers. Also, I know that Linda Morzillo has already offered a revision to the Saratoga Railroad trail and to be POC next year. In addition, I remember the discussion of having the Van Schaik Island traditional walk (from 2005) on a Wednesday, if the mechanics can be worked out. Lastly, it has already been decided not to renew the Troy-RPI Environs YRE and Mary Agars has offered to have it as a Wednesday walk starting at the RPI field house lot.

So please be sure to at least offer to be a POC, cite a walk location you'd like, and if there is a preferred date let that be known too!

Yours in Volkssporting, Dave

POC VOLUNTEERS FOR WEDNESDAY WALKS NEEDED.....

As we look ahead to 2007, yes, it's that time already to start planning our Wednesday Schedule for next year, we need to have many NEW volunteers to be POC and run our 18 Wednesday walks.



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Many of you may have noticed that you see the same people working the walks, week after week. We would like this to change next year, having a different person in charge of a walk each week with many new volunteers that will also learn how a walk is run.

Our numbers have grown a lot over the past few years, but we do not have many new volunteers stepping forward to help coordinate the walks.

The Wednesday walk committee has made a decision. If we do not get enough volunteers to run the walks, we have decided to insert some seasonal and/or year round walks on some of the Wednesdays, so that those who do volunteer are not having to cover several walks during the summer. With all the members we have that walk the Wednesday walks, there should certainly be enough people to cover 18 walks.

This is your chance to get more involved in ESCV Wednesday walks... Please call Eileen Skinner 371-4352 or email her at EFSkinner@aol.com ASAP as scheduling will be taking place in early September for next year.

Thank you to all who have volunteered in the past and those who are going to help out in 2007.

Your WEDNESDAY WALK COMMITTEE..

“NEWS FROM THE FIELD”

Five Rivers Environmental Center Walk

POC Rita Gavin

On June 28th, as the teeming rains continued to shower down upon us, ten brave souls showed up for the morning walk. I was amazed to see anyone. We were unable to walk the trails but did manage to get in 7 K over the roadways. In spite of getting soaked to our skin, everyone seemed to enjoy the walk. Thanks go to Fr. John Cairns for helping me with the morning sign-ins.

Another 13 showed up in the evening. It had stopped raining, but was very muggy. We walked the roadways again since the trails were too muddy. Thanks go to Barbara Kolapakka for leading and to Carol Sorenson & Pat Whalen for helping with the sign-ins, even though they were unable to walk.

Schenectady Walk

POC Sue Godshalk

The July 5th Schenectady/Vale Cemetery walk had a list of firsts. It was the **first** of this seasons' Wednesday walks that was offered three different times: 6:45 AM, 9 AM, & 6 PM. Many of us got to stamp our new Cemetery and American Authors and Literary Landmarks books for the **first** time, and it was one of the seasons **first** Wednesday walks where there wasn't any rain. I would like to thank Mary Lou and Bernie Geren and Lea Darling for helping with this walk. Also, if you get a chance to go to Friendly's on Nott Terrace (our starting point) be sure to thank the manager.



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Walk in Clifton Park

POC Eileen Skinner

On July 12th we gathered for the 9th walk from St. Edward's Church in Clifton Park. Even as the sun rose, the day looked threatening. Weather reports said it was already raining in the Albany area and we were all somewhat concerned. Our 6:45 AM walk of about 20 walkers got off and back in dry weather. The walkers at the 9:00 AM walk also returned dry. Our luck ran out at the 6:00 PM walk. We started out dry, but the rain eventually arrived and the walk was cut a bit short. It seems Wednesday weather is not cooperating with us this year and is keeping our numbers down. Still, for the 66 walkers who did complete the walk, it turned out to be an enjoyable day. Thanks to Eileen & Dave Skinner and to Joe and Jean Padula for their assistance with sign-in, stamping books and leading the walks.

Ballston Spa Wednesday Walk

POC Bernie Geren

Eighty eight walkers enjoyed the Village of Ballston Spa on July 26. First there were 21 early birds led by Marylou Geren and assisted by Emily Koch. Lea Darling, preformed her first time as a leader of a walk for the 57 morning walkers with Jackie Reynolds helping to sign people in. Finally 10 evening walkers led Bernie Geren around the route at a blistering pace.

Thanks to everyone for attending and helping, because it takes a lot of volunteers to run our Wednesday Walks.

Saratoga Rail Trail

POC Eileen Skinner

July 19th was the date of our Saratoga Rail Trail walk. The group gathered at St. Peter's Church in Saratoga where we were met by Fr. Dominic Ingemie (pastor). Finally we had a decent Wednesday for walking. For the three walks we had a total of 75 walkers. Handling the sign-in, stamping and leading the walks were Fr. John Cairns & Eileen Skinner (6:45 AM), Joe and Jean Padula (9:00 AM) and Dave Skinner & Linda Morzillo (6:00 PM). The day also proved to be special for Fr. John Cairns, Dave and Eileen Skinner, and Jean & Joe Padula. They had the opportunity to renew friendships with Zde_ka Šimonová, a student from the Czech Republic who had guided them on a walk in September, 2005, during their visit to the city of Prague. We took Zdenka to lunch and showed her some of the highlights of Saratoga. She was spending a month in the United States visiting some of the more popular attractions on both the east and west coast. She will return to her native Czech Republic at the end of August where she will pursue a career in teaching.



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Zdenka, Fr. John, Eileen, Dave, Joe & Jean at High Rock Spring in Saratoga Springs

MILESTONES ACCOMPLISHED BY OUR MEMBERS

When you see one of these trekkers, give them a pat on their back and say "GREAT JOB, KEEP IT GOING!"

DISTANCES

<p><u>500 KM</u> Bernard Desroches Amy Gitchell</p>	<p><u>3000 KM</u> Phyllis Boyd</p>	<p><u>7500 KM</u> John Cairns Joan Kimmel</p>
<p><u>1000 KM</u> Ann Smith</p>	<p><u>3500 KM</u> Barbara Kolapakka Marie Klucina</p>	<p><u>9000 KM</u> David Skinner</p>



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<u>1500 KM</u> David Averill Marion Averill Suzanne Godshalk	<u>7000 KM</u> Linda Morzilla	<u>10,000 KM (that's like to California and back!!!)</u> Eileen Skinner
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EVENTS

<u>10 Events</u> Pat Tobin	<u>150 Events</u> David Averill Marion Averill Nellie Georgelos	<u>325 Events</u> Pat Reed	<u>650 Events</u> John Cairns
<u>30 Events</u> Ann McCarthy	<u>200 Events</u> Ann Misener	<u>350 Events</u> Marie Klucina	<u>850 Events</u> David Skinner Eileen Skinner
<u>50 Events</u> Bernard Desroches Amy Gitchell	<u>225 Events</u> Barbara Green	<u>450 Events</u> Linda Morzilla	<u>1150 Events</u> Babara Piffat Joseph Piffat
<u>100 Events</u> Joan Muir Karen Watson	<u>275 Events</u> Jean Padula Joe Padula	<u>500 Events</u> Winnie Balz	
<u>125 Events</u> Suzanne Godshalk Kathy LeRoux	<u>300 Events</u> Phyllis Boyd	<u>600 Events</u> David Janiga Dan Schyver	

AMERICAN REVOLUTION WALKS

Fall is coming and so, hopefully, is better weather for walking. If you didn't get to fill your Revolution Walks book this summer because of the heat and rain, there are still some opportunities in the area.

Our sister club, West Point, is sponsoring a qualified walk Sept. 17 in Cold Spring, NY, just across the Hudson from West Point. Over in New Bedford, MA, Walkn'Mass has a walk on Oct. 28, walking past



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Clark's Point where the British landed to begin their attack on Bedford Village, an American privateer base.

If you want to do some qualified seasonals outside of our club, there's Rhinebeck, West Point and Highland Falls, all sponsored by the West Point Club. And for those whose travels might take them to the western part of the state, Youngstown, NY, has just been qualified. It is the site of Ft. Niagara, a major base of operations for British, Loyalist and allied Native American forces during the war. If you're going on the Travelwalk trip to Michigan, the first walk in Lititz, PA, qualifies as a Revolution Walk.

NEW WALKS ADDED THIS MONTH

One Day Events

10/15 Phoenixville, PA
10/21 Yorktown, VA
10/28 New Bedford, MA

Seasonals

Youngstown, NY YR1266



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