



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website: www.geocities.com/walkescv

October 2006

It is solved by walking.

- A Latin proverb

UPCOMING WALKS

October 14th- Hadley* (Octoberfest)

Traditional walk

POC: Bernie Geren(518) 399-8400

Register at Sam Smead Memorial Park, Maple and Corlew St., Start between 9:00and 12:00

Noon, finish by 3:00PM

November 5th-Clifton Park Traditional Walk

POC: Eileen Skinner (518) 371-4352

SEE article and flyer enclosed

FALL GROUP WALKS

Wednesdays@9:30 AM

Starting point same as SRE

Oct. 4th Saratoga Battlefield*

Oct 11th Catskill*

Oct 18th Cooperstown*

Oct 25th Scotia*

*walk qualifies for AVA special program

PRESIDENTIAL RAMBLINGS... Well

we've commenced the Fall Group Walks of our seasonal & year round events on Wednesdays and also started monthly Traditional Events which will continue until year end. So take advantage of the cooler walking weather and join us when you can!

THANKS FOR GROUP WALKS go to the POC's of our seasonal walks that have been done so far on Wednesdays. Nellie Georgelos for Johnstown, Shirley Pingelski for Williamstown and Barbara Kolapakka for Bennington have all had their walk boxes ready for us on September 6, 13 and 20, respectively!

TRADITIONAL WALK EVENT THANKS go to Barbara Bilins for her efforts to give us an opportunity to welcome the first day of Autumn by walking Amsterdam on September 23rd. The trail gave us not only a chance to take in local history, but to stroll by a cemetery, absorb some railroad heritage, view an American river and walk Europe here in the US! If that sounded like an ad for those AVA special event programs, it was!

CONGRATULATIONS & BEST WISHES go out to veteran volkssporters (and ESCV members!) Charlotte Phillips and Ruth Cade as they celebrated **significant** birthdays by hosting not only a traditional event (in beautiful Middlebury, Vermont!), but providing a meal for all walkers! A number of fellow ESCVers report a good time was had by all attending. It certainly shows you how volkswalking can provide "Fun, Fitness and Friendship" (yes, I know another promo!).

UPDATE ON REGIONAL DIRECTOR our AVA northeast regional director, Alfred Olsen, has put the worst of the flooding in his home area behind him and is now able to assume the duties for the region. We hope that this initial set back will be replaced by smooth sailing with all of our fellow northeast volkssport clubs. His email address is NE_RD@ava.org and home address is 7 Union Street, Sidney, NY 13838-1125.

UPDATE ON 20TH ANNIVERSARY PLANNING it should be noted that Club Historian Jack Hickey will now be aided in his additional duty of coordinating ESCV's 20th anniversary year in 2007 by Vera Weiss. So it will probably be best to call them co-chairpersons rather than getting too "co-co"! All kidding aside, I appreciate Vera being willing to give Jack a hand (as I know we'll all be there for him!) so please let her know what you'd be interested in doing for next year's celebrations!

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THANKS ON A PERSONAL NOTE go to our Vice President Bernie Geren as I've had to call upon him to run another club meeting in lieu of an absent President. This is the second September in a row that the traveling bug has

bitten the Skinners and he has stepped up to the plate (or should I say the tee!) to pinch hit. I hope those in attendance were kind to him and he remembered to report on happenings in Nashville that day (it has to do with the number "50" in volkssporters goals if you weren't there)!

**Come one Come all to our 8th Annual
"P---A" Party on Sunday, November 5th**

This year the Pizza has been replaced with PASTA. We will have everything else the same, munchies, salads, veggies, cake, beverages. We decided (after attending a pasta dinner) that we would try it this year. The same restaurant that has been supplying us with pizza will now bring the pasta/meatballs and Salad. Cost will be \$10 per person. The food will stay warmer longer as well.

Fill out and send the coupon in flyer (with your money) to save your place for this annual event. Walk will begin at 2PM. Registration not before 1:30 PM as church services are still going on.

See you all November 5th, St. Edwards Church, Clifton Park.

Wednesdays for 2007 - POCs still needed.

Please consider volunteering to be a POC for one of our Wednesday walks. We are also looking for Trainees to work with an experienced POC to learn how to run a walk on a Wednesday. We are here to help in any way we can to make your experience a positive and rewarding one. If you are a regular walker please volunteer!!

The Wednesday walk committee will be meeting to set the schedule for next summer soon and if we do not get enough volunteers there will be some Year Round and Seasonals put on the schedule to fill it out. Now is the time to get involved with Wednesday 2007 walks.

Please Contact – Eileen Skinner

E-Mail: EFSkinner@aol.com or by phone 371-4352.

Thank You

Your Wednesday Walk Committee.

INFORMAL WEDNESDAY WALKS

Oct. 11th - Arlington, VT. ... meet in Arlington at 9:30 AM near the church on the main street of Arlington. Bring a lunch.

Nov. 8th - Vroman's Nose ... meet in Schoharie at 9:30 AM in the parking lot on Spring St.

Nov. 15th - Schoharie - 9:30.AM

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□ □ □ **AMERICAN REVOLUTION WALKS** □ □ □

The American Revolution Walks program is now past the half way point in its life span. To date we've sold 426 books for a total gross income of \$3,408. We've spent \$1,216.20 and are reserving \$600 for future expenses, leaving a profit of \$1,591.80. The profit is split 50/50 with AVA. To date, 136 books have been returned for an award: 129 for patches and 7 for a 30 walk pin.

NEW WALKS ADDED THIS MONTH

One day event: Dec. 2 - Ephrata, PA (This walk will become a seasonal in 2007.)

“News From The Field”

Sept. 23 Bennington group walk.

It was still cloudy when I left home for Bennington and I really didn't expect more than a couple of walkers considering the rainy weather we'd had, but there were 24 people gathered there when I arrived. The sun came out and we had great weather for our ramble through town. We viewed the creatively decorated artist's pallettes as we made our way through the downtown area

Barbara Kolapakka

10 Walks or More - Award Buttons 2006

Congratulations to these 50 ESCVers who Participated in 10 or more of the Wednesday 2006 Series of Walks and received an award button featuring the Round Lake Auditorium.

Eileen Skinner	Carol Kobuskie	Nancy Wallace	Ann Misener
Dave Skinner	Pat Rousseau	Bill Hughes	Joan VanSlyke
John Cairns	Winnie Balz	Emily Koch	Linda Clark
Jean Padula	Lea Darling	Natalie Smith	Dawn Desroches
Joe Padula	Barb Green	Rose Hume	Judith Kaufman
Dan Schryver	Diane Hughes	Alan Longshore	Karen Watson
Dave Averill	Ed Koch	Lynn Longshore	Vera Weiss
Marion Averill	Fran Pallozzi	Barbara Kolapakka	Linda Mozillo
Suzanne Godshalk	Barbara Piliere	Beth Snyder	Nellie Georgelois
Barbara Green	Pat Reed	Debbie Ball	Dorie McArthur
Jack Hickey	Doug Reynolds	Beth Calhoun	Gail VanValkenburg
Carol Kirk	Phyllis Boyd	Chris Guggisburg	Paul VanValkenburg
Mary Sorell	Carol Farrar	Jackie Reynolds	
Marie Klucina	Kathy LeRoux	Catherine Marrano	

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Congratulations

to Dave and Eileen Skinner who celebrated their 50th on Thursday September 21st. No not their anniversary or their birthday but a walk in each of the fifty states. They completed the Walking the United States book with their 50th walk in Nashville, Tenn.



Tater Tours coming to Albany & Saratoga Columbus Day Weekend

Come meet Mary Ptacek and the Tater Tour Bus in Albany on Saturday, October 7th about 2:30 in the afternoon at the Albany Visitor's Center and Walk with other walkers from all over the US. Let's show them our Capital City. It adds so much to have local guides.

On Sunday, October 8th at about 8:15AM meet the same Taters in Saratoga Springs at the parking lot across from the carousel to do the Year Round Walk there.

Most of these people have never been to Albany or Saratoga, so let's give them an ESCV welcome and our local history with them.

Hope to see many of you on the trail.

Tips for Volkssporters

Dealing With Pain

By Bob Wright

Walking is a low-impact activity that reduces your risk of injury and pain. Nevertheless, walking may lead to pain: sore muscles, shin splints, bruised toes, and other injuries. Sometimes the sores from these problems go away by themselves without any special attention on our part, other than perhaps taking things easy for a while. But other times not. And the old sports adage, “no pain, no gain,” is no longer valid. Performance improves when you push yourself, but not to the point of pain, medical professionals now agree. When you experience pain, you need to do something about it.

Stretch Before and After

Over stressed muscles cause soreness. Take a little time to warm up your muscles before your walk, or Walk slowly at first and gradually increase to your final pace.

At the end of your walk, while muscles are still warm, do some stretches for the muscles you used (walking tightens some muscles used) to restore their full range of motion. Many books on walking offer good stretching exercises. Or check out *STRETCHING* by Bob Anderson, it’s a classic.

Try RICE

If there’s pain, Doctors initially recommend RICE.

Rest yourself. Give your body time to recover from what ails it. (This is one reason exercise programs recommend off days.)

Ice a sore spot down initially to reduce swelling as your body rushes blood to the area to counteract the problem. (After swelling recedes, you may apply gentle heat to prevent stiffness.)

Also apply **Compression** initially to reduce swelling. Ice and compression should only be necessary for a few days at most; if you are applying them any longer, see a doctor.

Elevate an extremity. This also helps to keep blood from concentrating at the sore area.

Adjust Your Pace

Going too fast could be at the root of the problem, like shin splints. Reduce your pace slightly. Feel comfortable at a pace before increasing it gradually. No need to rush; you will be walking for the rest of your life.

Check Your Shoes

Yes, your shoes. Too small shoes cramp your feet and can lead to toe bruises. Too large and your feet will swim in them and rub, causing blisters. If you have high arches or flat feet, your feet may pronate (or supinate) too much, causing aches. See a reputable shoe store that will fit your feet size and condition wise. Get the right size and style for you.

Seek Medical Attention

When pain is more acute than normal or persists for more than a few days, self remedies won’t suffice. There could be something more serious wrong. Seek medical advice from a doctor, chiropractor, or physical therapist. Professional care is what you need. You might need rehabilitation too; a professional can tell for sure.

Properly treated, pain can become just a temporary annoyance, at best, instead of a long-term cause for concern. When pain persists, persist with treatment.

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MONTHLY MEETING

Thursday October 19th, 2006

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

All are welcome.

FROM THE EDITORS

Articles for the November newsletter are due on Sunday Oct. 22nd, 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.

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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 Kleroux1@nycap.rr.com. You can also see her at the monthly ESCV club meetings.

MEMBERSHIP AND EMAIL UPDATES

If your email has changed, let Marie know. mklucina@nycap.rr.com
