



# EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address  
[www.ava.org/clubs/escv](http://www.ava.org/clubs/escv)

**March 1, 2010**

## **DID YOU REMEMBER TO RENEW?!**

**If you haven't renewed your membership in ESCV by February 28, you will be deleted from our membership files. This means your e-mail will also be deleted from our Hotmail address book and you will no longer receive messages about changes in walks and other club information. You will also not be eligible for the member's discount at the holiday party. So please check to make sure you have renewed. We'd like to keep in touch with you!**

### **A Bit from Barb.....**

As I write this we are getting the first real snow in a long time, maybe at last there will be snowshoeing in the Capital District! And, speaking of snowshoeing, yes, we will go ahead and plan a snowshoe event for the winter of 2011. Enough folks indicated an interest. Let's hope we'll get some snow for the event but AVA rules allow you to turn it into a walk if there's not enough snow. We may also add cross country skiing to the event depending on where we hold it.

I've been mulling over the walk statistics for 2009 and comparing them to 2008. Total participation for all walks was 3,407 in 09 compared to 3,298 in 08, a 3% increase. The big increase came from the Wednesday walks: 1,368 in 2009 vs. 1,158 in 2008, a 5.5% increase even though there was one fewer walk in 2009. We averaged 80 walkers per day on the Wednesday walks this year and four of the walks had over 100 walkers for the day! Clearly our Wednesday walk program is a success.

Our YREs and seasonals did not do as well last year; 1,366 participants as compared to 1,656 in 2008. One reason was that we were not visited by any of the tour groups that have done Bennington, Williamstown and Albany in the past. And weather makes a big difference on turn out for group walks. I'm afraid most of our members will not do an YRE or seasonal unless it's with a group; if there's bad weather they'll skip the group walk and never do it on their own. This year if you miss a group walk, get together with some of your friends and do it on your own.

Year to year comparisons for the traditional events are not as easy to make since most of the walks are different from year to year and there are too many variables in location, weather etc. to do a meaningful comparison. However, overall I think we should have more participation in these events. The traditional events are the most labor intensive ones we put on. Each POC plus volunteer helpers spend countless hours scouting out locations, negotiating for a start point and laying out a trail. It is discouraging if you are a POC to put in all this work and then have a light turnout.

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For 2010 I am asking all our members to try to do some traditional events besides the ones that offer food as an inducement. Yes, I know some of them are a longer drive but they often are in locations that are worth a visit even without a walk. And check the weather report at the walk site. It may be raining in Albany but clear in the area where the walk is being held.

We will start our traditional events on April 17 with Olana, a spectacular setting for a walk. More information can be found on our website.

Mark our events on your calendars; spring and the walking season are coming!

### **WELCOME NEW MEMBERS!**

We have three new members: Maureen Kennedy-Ragule, of Albany, Dorothy Mullooly, of Albany, and Jay Meketansky of Bayside, NY.

**See you on the trail!**

### **ERIE CANAL-ESCV MEETING PROGRAM – Alan Longshore**

The Erie Canal is an integral part of our regional history. Tom Ragosta, local historian and president of the Watervliet Historical Society, will present a multi media program on the Erie Canal at our monthly ESCV meeting, Tuesday, March 9<sup>th</sup>.

Tom will present a twelve minute DVD on the Erie Canal. He will follow this introduction with a review of his research on the impact the Erie Canal has had on our local history. This will be followed by a question and answer discussion on interesting facts about the canal.

### **NEW MEMBERSHIP CHAIR**

Tad Darling has graciously offered to assume the membership chair, beginning in March. Please contact him if you have preferences regarding how you are listed in the membership directory.

### **NEWS FROM PUBLICITY – Pat Rush**

The Publicity Committee has started a regular submission of notices about our group walks in three daily papers--Schenectady Gazette, Times-Union and Saratogian.

Other plans include submissions to various fitness and sports publications in the region. Since submissions are governed by deadlines, and these vary considerably from publication to publication, you may not see notices about our events right away.

### **WALKING GREEN – Phyllis Budka**

A new project at The Environmental Clearinghouse (ECOS) is the development of a new walking map for downtown Schenectady. The goal of this Green Map is to encourage those who are downtown to leave their car behind and walk for exercise, health and to reduce our carbon footprint. The map will include mileage for significant locations and some calculations on your green savings.

VOLUNTEERS are needed and most welcome. If you are interested in working on this project, contact Phyllis Budka at [abudka@nycap.rr.com](mailto:abudka@nycap.rr.com) or 377-8734. If this endeavor proves successful

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ECOS would like to expand it to other Capital District areas. An organizational and planning meeting will be held in early March.

### **FROM GINGER IRETON**

Hello to all my volkssporting friends in the NE. The New Year started off in a frightening manner for us and I would like to share this story about our son, Sean Ireton, and his family. They are living in Germany temporarily, and went to Granada, Spain, for the holidays. Sean, an experienced mountain climber for over twenty years, had wanted to hike to the summit of El Mulhacen , Spain's highest coastal mountain. As the weather had been unusually cool and rainy, there was only a small window of opportunity for the climb and he started out Sunday morning, January 3, at 5AM.

To learn more , read the article at the link below.

<http://www.columbiamissourian.com/stories/2010/01/20/mu-professor-survived-two-day-ordeal-spanish-mountain/>

### **2009 WALK STATISTICS**

<b>YRE/SEASONALS</b>			<b>TRADITIONAL</b>	
Albany 10k	104	4/18	South Glens Falls	68
Albany 12k	54	5/2	Northville	65
Amsterdam	71	5/16	Stockbridge	73
Bennington	106	5/30	North Bennington	58
Caroga Lake	60	6/20	Hadley (picnic)	44
Colonie	113	9/20	Albany	80
Cooperstown	87	10/17	Greenwich (Octoberfest)	84
Johnstown	69	11/1	Ballston Lake (pasta party)	80
Lake George	77	12/5	Schenectady (holiday party)	121
Saratoga	103		<b>TOTAL 673</b>	
Saratoga State Park	85			
Saratoga Battlefield	74			
Schenectady	88			
Scotia	114			
Troy	95			
Williamstown	66			
<b>TOTAL</b>	<b>1,366</b>			

### **WEDNESDAY WALKS**

5/6	Albany Corning Preserve	66	7/8	Ballston Lake	101
5/13	Ballston Spa, Woods Hollow	101	7/15	Waterford Peebles Island	94
5/20	Saratoga West Side	81	7/22	Ballston Spa	102
5/27	Colonie Town Park	39	7/29	Watervliet	79
6/3	Round Lake	91	8/5	Albany	72
6/10	Thacher Park	72	8/12	Saratoga East	105

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				Side	
6/17	Broadalbin	69	8/19	Slingerlands	50
6/24	Niskayuna Blatnik Park	97	8/26	Troy Oakwood Cemetery	<u>79</u>
7/1	Schenectady Vale Cemetery	70			
				<b>TOTAL: 1,368</b>	

## **EMPIRE STATE CAPITAL VOLKSSPORTERS TREASURER'S REPORT – Beth Snyder**

**Jan. 1, 2010**

Nov. 1, 2009 Beginning Balance: \$7,408.77

Income:

Membership	1211.00
Holiday Party	2660.00
Pasta Party	193.00
Walk Items	8.75
Checks never cashed	34.00
Walks	<u>1248.44</u>
<b>Total Income</b>	<b>\$5,355.19</b>

Expenses:

AVA	860.00
Bank Charge	27.00
Donations	235.93
Octoberfest	37.00
Books	430.18
Holiday Party	3845.19
Walk Material	<u>197.04</u>
<b>Total Expenses</b>	<b>5,632.34</b>

Jan. 1, 2010 Ending Balance: \$7,131.62

## **A GUIDE TO VOLKSSPEAK**

If you are new to volkswalking you may wonder about some of those terms you hear people using like “POC”, “Award”, “IVV”. And what’s the difference between a guided walk and a group walk anyhow?

Like any sport, volkswalking has its own jargon; here’s a few definitions to help you sort it out:

### ORGANIZATIONS

AVA - American Volkssporting Association.---ESCV and all other volkssport clubs in the US are chartered by the AVA and are subject to its rules and regulations. We pay fees for our walks to AVA. In turn, we are covered by its liability insurance and all the other benefits of being part of a national and international organization. Individuals also can belong to AVA. Members receive the bimonthly newspaper “The Wanderer,” which provides information on walking throughout the country. Being a member of ESCV does not make you a member of AVA; you must send them a separate membership fee.

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IVV - The initials stand for the German name for the International Federation of Popular Sports of which AVA is a member. The IVV is the international governing body for volkssport events.

NERD- This is the popular term for the Northeast Regional Director who represents all clubs in New England and New York on the AVA executive council. It is not a description of any incumbent of the position.

### WALK TERMS

Awards - This term can cover a number of things but most are self-evident, such as awards given for achievements. However, the term can be confusing when it refers to something you can get for doing a specific walk. A walk or multi-day walking festival may have an award available for participation. These awards require a payment beyond the basic walk fee. Awards are typically patches, pins or coasters but can include other things as well. Awards received at the time of the walk are called "A" awards. Clubs may also sell "B" awards which are leftovers from previous events. You don't have to have done the event to buy these.

Checkpoint - This term is used for specific points during a walk when you are asked to either write down the answer to a question about that point or get your start card stamped by someone at that point.

Credit - If you have one or more AVA books stamped at an event you are a credit walker; everyone else is a non-credit walker. When you sign in for a walk you should check the appropriate box for your status.

Group walk - This is a walk where everyone starts off at the same time. It may be a guided walk. (see below) Our Wednesday walks and scheduled walks of our year round and seasonal events are all group walks. Occasionally a weekend one day event may be a group walk also. The Wednesday walks are always guided walks but the year round events (YREs) and seasonal group walks may not have a designated leader since the point of contact is not required to be at the walk. In those cases, walkers sign themselves in, designate one person to take the walk fees and use the provided directions to walk the route as a group.

Guided walks - These walks have a designated leader, usually the point of contact. All of our Wednesday walks are guided walks. A group walk of a year round/seasonal may also be guided, as may an occasional weekend one day event.

Point of contact - Generally referred to as the POC. This is the person or persons in charge of a specific walk.

Seasonal and year round events - These events are the same except for the months they're open. Year round events, or YREs, are open all 12 months; seasonals are open for a shorter period. Most of our seasonals are open from April through November. We have group walks of all of our YREs and seasonals twice a year but you may do these walks anytime you wish during the period they are open. Go to the start point, ask for the "walk box" and follow the instructions on how to register and send in your walk fee. The boxes have maps for all the routes for that walk. Each box has start cards which you will fill out and send in with your walk fee. (Start cards are not used on group walks.)

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Traditional events - These are events that are held on one day only. Technically, our Wednesday walks are also traditional events but the term is generally used in our club to refer to events we hold on weekends. At these events you arrive between the hours designated in the announcement and must finish by the time specified. There is usually no group leader for these walks; each walker receives directions and a map (if available). You may walk it alone or with a small group and you can do it at your own pace. You are responsible for filling out your start card, including checkpoints, and returning it to the start point. Occasionally a weekend traditional event may be a guided group walk but this is the exception.

### WALK BOOKS

Distance books - These are the books you use to record your distance walked. You may walk a trail as many times as you wish for one fee on the same day.

Event books - These record the event. Only one stamp may be entered for each event. A year round or seasonal may be walked for event credit twice in a year provided the first time is before July 1 and the second after.

Insert cards - These are white cards that are available free at every walk and are used to record distance and events when you don't have your books available. They are often used as well to supplement distance books when you have filled in all the lines in your distance book but have not walked the distance needed to send the book into AVA. Insert cards cannot be used alone; they can only be submitted to AVA when accompanying an event or distance book.

Special event books - These are books which can be completed for an award after doing certain designated walks, usually with a single theme. Special event books are sold by individual AVA clubs and have rules specific to each program. They have a limited time period for completion, typically three years. Walk descriptions usually include the names of special event programs the walk qualifies for. Fifty states/capitals books are special event books issued by AVA. This program has no time limit for completion. Walkers must do a walk in each state or capital city to complete the book.

### **FACEBOOK**

ESCV, TwinStates (TSVA), and AVA have all joined FACEBOOK. If you are a member of FACEBOOK, you too can become a fan of these Clubs. Click on the link below or from your Facebook Homepage, type in the Search Box: Empire State Capital Volkssporters. When the window comes up find the icon that says Become a Fan and click on it to join the group. This can be done for AVA and Twin States too.

[www.Facebook.com](http://www.Facebook.com)

It is our hope that this new avenue of communication will be another way to provide information to our club members and will let you post comments and discussions. You must be a fan to post a comment.

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**VOLKSSPORT CLUB OF WEST POINT MAY 15-16 EVENTS -- Phil**

**Hait, Northeast Regional Director**

On May 15th, the Volkssport Club of West Point will be holding an event starting at Buffalo Soldier Field on the campus of the United States Military Academy. This will be the first traditional volkswalk held on the actual campus of the USMA in a very long time. The Morale, Welfare, and Recreation (MWR) folks (this is a West Point agency) has invited the Volkssport Club of West Point to take part in their May 15th event. They will be sponsoring 5K and 10 K races, which draw hundreds of participants. Tents will be set up on Buffalo Soldier Field, the West Point Band will be present, and the mule mascots will be in attendance. There will also be food for sale. The Volkswalk would start after the races. Obviously, this will be a special event for the VCWP, and we have designated it as our President's Walk. The past presidents of our club have been invited, and some are coming from far off places such as Hawaii, and Kansas.

The next day, Sunday May 16th, we are planning a walk over the new Walkway Over the Hudson. This is the new pedestrian bridge over that Hudson River, that opened in October of 2009. It used to be the Poughkeepsie Highland Railroad Bridge, and is now a New York State Park. This should be a spectacular walk. Rest rooms are available at either end of the bridge, and there is level, handicapped access on both ends of the bridge. The Walkway is wheelchair accessible and motorized scooters are allowed (for the handicapped only). The bridge deck stands 212 feet above the river's surface and is 6,678 feet (1.28 miles) long, making it the longest, elevated pedestrian bridge in the world. Check out <http://nysparks.state.ny.us/parks/178/details.aspx> for a view. The park offers interpretive signs and a Talkway Over the Walkway cell phone tour.

As far as security goes, nothing special is needed for the bridge walk. For entrance to West Point, you need a government issued photo ID (like a driver's license with photo, passport, military id, etc.) for every walker 16 and older. Bridge Walk parking is on the west side of the Hudson, which is in Highland NY (although the walk will take in some of Poughkeepsie on the east side). The parking is along the north side of Haviland Road at 87 Haviland Road, Highland, NY 12528. The weekend is shaping up to be a great event!

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**ESCV CALENDAR OF EVENTS**

**GROUP SANCTIONED WALKS**

**Wednesday and Saturday walks start at 9:30; registration is from 9 – 9:30.**

**Sunday walks start at 1:30; registration is from 1 – 1:30.**

**March 7 Sunday – Albany (City & Neighborhoods); start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square, (corner of Clinton and Broadway)**

**March 20 Saturday – Troy - start Franklin Inn & Suites, One Fourth St.**

**April 10 Saturday – Williamstown; start The Williams Inn, Junction of Routes 2 and 7**

**April 24 Saturday – Albany / Colonie Crossings; start Fleet Feet of Colonie, 155 Wolf Road**

**April 25 Sunday – Bennington; start Jay's Cards & Gifts, 113 South St. (Rte. 7)**

**May 1 Saturday – DATE CHANGE – Cooperstown; start The Clark Sportscenter is on Susquehanna Ave.**

**May 2 Sunday DATE CHANGE – Lake George; start Fort William Henry Resorts & Conference Center, 48 Canada St.**

**May 22 Saturday - Saratoga Spa State Park; start Hilton Garden Inn, 125 South Broadway (Rte 9)**

**May 29 Saturday – Saratoga Battlefield, Stillwater; start Saratoga Battlefield Visitor Center Route 32**

**June 5 Saturday – Johnstown; start Johnstown City Hall 42 E. Main St.**

**June 12 Saturday - Caroga Lake; start Caroga Lake Town Offices, 1840 State hwy. #10**

**June 27 Sunday – Scotia; start The Glen Sanders Mansion 1 Glen Ave**

**TRADITIONAL EVENTS**

**Start any time between 9AM and 12 noon; finish by 3:00 PM**

**April 17 Saturday March for Parks Olana**

**May 8 Saturday DATE CHANGE – Grafton Lakes State Park – Club Picnic**

**June 26 Sunday – Dave Skinner Memorial Walk – Gloversville**



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## Wednesday Guided Walks May/June 9AM & 6PM

Date	Location	Start
May 5	Westside Saratoga Springs	Price Chopper Lot Rt. 50
May 12	Albany - Anniversary Walk	Parking Lot for Corning Preserve
May 19	Cohoes	Visitor Center (next to Cohoes Music Hall)
May 26	Ballston Spa Town Of Milton	Milton Community Center
June 2	Broadalbin	Fulton Cty Visitor's Ctr. - Rts 29 & 30
June 9	Albany - Pinebush	Pinebush Discovery Ctr Rt. 155
June 16	Voorheesville - Thacher Park	Thacher Park - Halles Cave Parking
June 23	Niskayuna	Blatnik Park (Ice Cream Social)
June 30	Colonie Town Park	Town Park

## CLUB CONTACTS

<b>CLUB OFFICERS</b>		
President	Barbara Kolapakka	<a href="mailto:Bkola67@gmail.com">Bkola67@gmail.com</a>
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<b>NAME TAG ORDERS</b>	Laura Sheldon	Cost is \$4 and must be prepaid with a check ; Laura can be reached at 384-0143 or by E-mail at <a href="mailto:sewshel@aol.com">sewshel@aol.com</a>
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**FROM THE ESCV HISTORIAN'S DESK – Dan Schryver**

BACK IN TIME ... ESCV NEWSLETTER

VOL. 4      FEBRUARY 1990      NO. 2

Welcome to our newest member: Susan Larson.

**WANT TO WALK AS A GROUP?**

In April two walks will be held in Albany that have been very successful in the past and both benefit very good causes. "The Super Cities Walk" on April 1<sup>st</sup> 1990, is for Multiple Sclerosis. "Walk America" on April 29<sup>th</sup> 1990, is for the March of Dimes. Wouldn't it be a good idea to represent ESCV as a group and walk with our caps or tee shirts on? This sounds like a fun idea in which we could walk for a good cause and get a lot of new members at the same time.