

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION

September 2012



LEA'S LOTS OF LINES

We have just celebrated the remembrance of three special women taken from us a little over a year ago. Carol, Fran and Rose gave their families and this club a legacy of love for each other, friendships and a love of walking together for fitness. We thank Fr. Jack Cairns, Eileen Skinner – flute, Tad Darling – guitar, Kathy Brown – reading Psalm 23, Phyllis Boyd and backup group – singing of Amazing Grace, for leading us in a meaningful and poignant memorial service. We also thank all of the three women's families for joining us for this brief memorial and then walking the 5K walk with us in Malta at the Saratoga Tech Park. To our out of state members from Vermont, thanks for your support during this difficult time by showing up and walking with us. Last, but not least, I thank Vera Weiss, Marylou Geren, and all their support team, in the execution of the walk and sign in. Well done Everyone!

Our Summer 2012 weekly Wednesday walks have come to an end, but not your walking opportunities. Take out your golden walking bookmarks which list all of our Year Round (YRE), Seasonal and the Traditional (done randomly throughout the year) walk schedule. We have Lake Placid on September 15 and Oktoberfest at Moreau State Park on September 29. Just because our guided walks have culminated, get out there with some friends and do a YRE or Seasonal each week. You'll feel better and your heart will love you for the exercise.

A great big hand of thanks goes out to Bernie (and his right hand - Marylou) Geren, Wednesday Walk Coordinator, all the Wednesday POCs and their helpers for volunteering and making all 18 walks a Go. Without your volunteerism, we could not have all these fabulous weekly walks each summer.

Please give your support to our new chairmen of our Annual Pasta Party, Mary Ellen and Randy Putnam. They have graciously agreed to take over this job from me after 3 years. They have been members of ESCV for many years and have recently become more active. They have an article in this newsletter with many choices of jobs just looking for you to step up and say "I would love to do that for you".

Next year, I challenge each of our new members to pick one summer Wednesday walk and shadow the POC (person of contact). Our current POCs would love to mentor you through the process. It's another way to get to know more members and to give back to the organization and show your appreciation. Call Bernie Geren/Barb Popolizio (Wednesday Walk Coordinator-in-Training) to offer your help and open up a new chapter of experiences in your life.

See you on the trails and at all of our fabulous eating events this fall,

Lea

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SHORT REQUEST FROM YOUR TREASURER – Beth Snyder

We are a big club with many members and many activities. I am not fully aware of all of the activities of the club that result in expenditures incurred by members or income derived from those activities. Consequently, effective immediately, any request for reimbursement **MUST** be accompanied by a receipt or invoice. Handwritten notes are no longer acceptable substitutes. In addition, for reimbursement requests **AND** for remittance of checks, there must be written explanatory documentation which includes the name of the submitter and the reason for the transaction (e.g. name of event), so that I may record the transaction in a manner that will be acceptable to an auditor. Verbal explanations are no longer acceptable.

WEDNESDAY WALKS – Bernie Geren

Another year has passed and this year I am retiring from being the Wednesday walk Chairperson. Barbara Popolizio is replacing me and I am confident that everyone will support her as you have done for me. First, I want to thank the POCs, for without them the Wednesday walk program would fail. There are too many to name, and everyone knows who they are and always do a great job and service to make the walks successful. Without our POCs, the Wednesday Walk program would not be possible.

I'm also like give special thanks to Joe Padula, who prepares the operating information packets for the POCs. Thanks to Nellie Georgelos, who sanction each and every Wednesday walk with information coming from the POCs on an often untimely basis; and I have to plead guilty to being the worst POC. Last is my Wife, Marylou, who did the books and often with me wanting them yesterday.

Special thanks to Eileen Skinner, who charted each walker for the 10 walk button program. Eileen also did the final summary sheet for the year and once again we proved that we love our strawberries and ice cream.

WALK #	DATE	WALK	TOTAL WALKERS	6:45	9:00	6:00
1	2-May	Saratoga Lake	94		72	22
2	9-May	Corning Preserve	73		58	15
3	16-May	Woods Hollow/BS	72		63	9
4	23-May	Broadalbin	62		48	14
5	30-May	Saratoga West Side	100		81	19
6	6-Jun	Slingerlands	97		67	30
7	13-Jun	Thacher Park	70		51	19
8	20-Jun	Niskayuna/ Blatnik Pk.	112		96	16
9	27-Jun	Shenantaha Park	102		88	14
10	4-Jul	Colonie Town Park	68		68	
11	11-Jul	Schenectady/Vale	93	13	70	10
12	18-Jul	Peebles Island	82	23	44	15
13	25-Jul	Ballston Spa	102	12	84	13
14	1-Aug	Cohoes/Waterford	102	20	66	16
15	8-Aug	Saratoga Museums	92	14	67	11
16	15-Aug	Malta/Luther Forest	114 (9free)	14	86	14
17	22-Aug	Glenville	91	11	59	21
18	29-Aug	Old Chatham	73		73	
		Total 2012 Wed.	1485	107	1241	258

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COULD THIS BE JUST WHAT YOU WERE LOOKING TO DO?

This is a list of the current jobs that ESCV needs a member to keep our club running smoothly. Each person will be mentored by the outgoing member till you feel confident.

Electronic Sanction Request Data Entry Person

Working with the Wednesday Walk Coordinator and all Wednesday POCs, this person will enter data from their home computer, sent by the POCs, into the AVA website for all our Wednesday walks.

Program – This helper will be responsible for coming up with ideas and a presenter for only 2 – 30 minute programs a year. These programs will be held a half hour before our meeting beginning at 6:30 pm to 7 pm with the meeting following. Any subject (okay don't go crazy on me) is okay. It doesn't need to center on walking. Life issues, hobbies, current affairs (this is an election year), food, weather...the sky's the limit. Think outside the box and have some fun with this one.

Give Barb Popolizio or Bernie Geren a call or email for more information or, better still, to volunteer and be another spoke in the well tuned wheel that keeps our club moving along.

ANSWERING THE CALL

When you see Barb Popolizio, please give her a THANK YOU for stepping up as she embarks on taking over the Wednesday Walk Coordinator position from Bernie Geren. Barb joined just 2 years ago, and already is stepping up to give back to the club which has helped her on the road of fun, fitness and friendships. Tell her thanks and offer to help out where ever she can use you. If she calls, say YES, and have some new adventures to talk to family and friends about when you get together with them.

CLUB MEETINGS

Join us on Tuesday, November 4 Our Lady of Grace Parish, Ballston Lake, for our club meeting immediately following the walk before dinner commences.

Next Club meetings: March 5, 2013 at Latham FD; April 2 at Latham; and May 7 at Latham.

NAME TAGS

Name tags can be ordered at any time by contacting Laura Sheldon at sheldon.laura1@gmail.com . They are available with either a magnet or pin back for \$8.

SUNCATCHERS - HURRY, HURRY, HURRY

There are only 8 of our 25th Anniversary Commemorative Suncatchers left! We will try to have them available at the Lake Placid, Moreau State Park, Cooperstown, Schuylerville and Schenectady walks. First come, first served. When they are all gone, you won't have another opportunity to purchase one of these handsome mementoes of our 25 years of walking in Fun, Friendship and Fitness.

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LINKS LINKS TO UPCOMING TRADITIONAL WALKS THIS FALL

<http://www.walkescv.org/12lakeplacid.pdf> link for Lake Placid walk

<http://www.walkescv.org/12moreau.pdf> link for Moreau walk (See information below)

<http://www.walkescv.org/12octoberfestregistration.pdf> link for Octoberfest Registration (See information below)

<http://www.walkescv.org/12ballstonlake.pdf> link for Registration for Pasta Party

MILESTONES FROM "THE AMERICAN WANDERER" - Teresa Kennedy

Attention new members: A benefit of joining AVA, our national volkssporting organization, is seeing your name in print in the bimonthly edition of "The American Wanderer." Once event and distance books are submitted to the Texas office for processing, our accomplishments are published in the national newsletter.

The milestones listed below were published in the Aug./Sept. 2012 AVA newsletter.

10 Events Amanda Bouchard Mark Zwinak	30 Events Stephan Ras	75 Events James Brown	225 Events Kathleen Brown	425 Events Marion Averill
450 Events David Averill	550 Events Phyllis Boyd Mary Sorell	600 Events Pat Reed	650 Events Marie Klucina	1500 Events Eileen Skinner

Distance Milestones

3000 k Karen Watson	4500 k David Averill	5500 k Mary Sorell	6500 k Marie Klucina
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Congratulations on your accomplishments! If anyone was missed that was published in the Dec./Jan. *Wanderer*, please call Teresa Kennedy at her home phone or e-mail her at Forty6er3K@aol.com so you can be recognized in the next newsletter.

OCTOBER IS NATIONAL VOLKSSPORT MONTH

AVA has their annual 2012 patch online to view at <http://www.ava.org/forms/avaformn.htm>. So, send your order request to Winnie Balz, our AVA Purchase Person, at winnieeb@yahoo.com or call 372-3663. At \$2.50/patch, this is the time to add to your collection or start one today! Payment will be due when they are distributed. Act fast, as the order has to be in by September 17 for our October 17 walk in Schuylerville.

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BIRTHDAY WISHES

Are a nice way to tell your family and friends how much you appreciate them. In this vein, I'd like to put together a birthday list of our members (just the month) so that in our monthly newsletter, we can send out birthday greetings to each of you. Please send your birthday month to Phyllis Budka at abudka@nycap.rr.com.

HAPPY BIRTHDAY TO

October	
Lucy	Healy
Alan	Longshore

OKTOBERFEST AT MOREAU LAKE SATURDAY, SEPTEMBER 29TH – Kathy Brown

Our Oktoberfest will be held at Moreau State Park (Lake) on Saturday September 29. We have been very slow in getting responses back, so I encourage you if you would, to please mail in your lunch reservation, along with your check before SEPTEMBER 20th, so we can order the correct amount of the "WURSTS & HOT DOGS". It's always a fun day, and all you have to bring is a dish to share with everyone. That can be an appetizer, salad, sides and desserts. The \$5 per person takes care of all the rolls, condiments, plastic ware (knives, forks & spoons), cups, paper plates and napkins. You all know, when it comes to good food, we're not fussy what the dish is. Everything always looks and tastes so good. Jim Brown and Larry Godshalk will continue to display their cooking skills. We know from last year, they did a wonderful job!!

[See the Reservation Form below](#) (click here).

25th ANNIVERSARY UMBRELLA CHALLENGE – UPDATE Eileen Skinner

The Wednesday portion of this challenge (which you needed 6 Wed walks) is over. But, for those ESCVers who did 5 WED. WALKS, there is a chance to get that 6th Stamp to qualify.

On Wednesday, October 17th, there is a GUIDED WALK in Schulyerville which is also considered a TRADITIONAL WALK. So, if you are one of 8 walkers who needs stamp #6, you can get it that day. What you cannot do is also use it for a TRADITIONAL WALK. For Everyone, it is a Traditional Walk if you still need a stamp there.

Most importantly, there can be NO duplicate stamps (from the same walk) in your book. Books will be collected at the Pasta Party on Nov. 4th or the Holiday Party Dec. 1st, (which is the very last day they can be stamped).

By collecting the books at the beginning of December, we can process them, order the umbrellas and have them available for pickup at our Jan 1st, 2013 group walk.

How are we doing on this challenge?

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There are approximately 130 walkers who completed the Wednesday portion of walking 6 Guided walks. With 8 more walkers who have 5 walks, the total could go to about 138-140ish. That's a lot of umbrellas. Keep walking and stamping in the other walks. Congratulations to all who are close to finishing this challenge with still 3 months to go.

THE 14TH ANNUAL NOVEMBER PASTA PARTY AND WALK – BALLSTON LAKE

The 14th Annual November Pasta Party and Walk in the tiny hamlet of Ballston Lake will be held on Sunday, November 4 at Our Lady of Grace Church, Ballston Lake. We will have a short club meeting before the dinner begins. You all know the drill and if you don't, we need many volunteers to make the dinner a success. There is setup of the tables, chairs, food, decorating, picking up food, bringing coolers with ice, keeping the food tables stocked, clean up, etc. Email Putnam.randy@gmail.com or call 399-9874 to let Mary Ellen or Randy know what you'd like to help out with this year.

Please fill out the reservation form by Wednesday, October 31, send a check made out to ESCV and mail to Mary Ellen & Randy Putnam, 26 Edgewood Drive, Burnt Hills, NY 12027.

See form below.

CLUB CONTACTS

CLUB OFFICERS		
PRESIDENT	Lea Darling	Leadarling@verizon.net
VICE PRESIDENT	Teresa Kennedy	Forty6er3K@aol.com
SECRETARY	Cathy McGuire	Cmcg51@hotmail.com
TREASURER	Beth Snyder	Easnyder@nycap.rr.com
NEWSLETTER EDITOR	Phyllis Budka	abudka@nycap.rr.com
MEMBERSHIP AND EMAIL UPDATES	Tad Darling	harrydarling@verizon.net
SUNSHINE SECRETARY	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
WEBMASTER	Eileen Skinner	EFSkinner@aol.com
NAME TAG ORDERS	Laura Sheldon	Cost is \$8 and must be prepaid with a check; add \$2 for mailing ; Laura can be reached at 384-0143 or by E-mail at sheldon.laura1@gmail.com
WEDNESDAY WALK COORDINATOR	Margaret Popolizio	mpopoli1@nycap.rr.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	Barbara Kolapakka	Bkola67@gmail.com
HISTORIAN	Dan Schryver	Dschryver@aol.com
PROGRAMS		
PUBLICITY	Pat Reed	reedpatri9@gmail.com
PURCHASING	Winnie Balz	winnieeb@yahoo.com

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ESCV WALK SCHEDULE

Saturday, September 15	Lake Placid
Saturday, September 29	South Glens Falls, NY (Moreau State Park) Oktoberfest Party
Saturday, October 13	Cooperstown
Wednesday, October 17	Schuylerville
Sunday, November 4	Ballston Lake Pasta Party
Saturday, December 1	Schenectady Holiday Party

OUR NEW ESCV WEBSITE

Visit our website for more information at

<http://www.walkescv.org/>

NORTHEAST REGIONAL DIRECTOR – Doug Reynolds

NERD web address (http://www.ava.org/clubs/reg_northeast)

A warm "Hello!" to our Volks sport friends in the AVA Northeast Region!

The Ottawa International Walking Festival will again take place this year, but a full month ahead of previous years' events. We will offer walks on Saturday, Sept 22 and Sunday, Sept 23. All walks will take participants along Ottawa's beautiful Western Parkway and the Ottawa River. We will offer distances of 5, 10, 15, 21, 32 and 42 km. Longer distances will also cross the river into Quebec, to make your participation even more interesting.

Come discover the beautiful walking trails and green spaces that this city has been blessed with. And bring a friend or two! If you are able to join us, please indicate your intention to attend from the link on our web site, address below. No need for payment online this year, as the participation fee will be our usual \$2.00 CDN.

We look forward to seeing you in September. Please share this message with others who may also be interested.

Sincerely,

Graham Fawcett, OIWF Co-Chair

OIWF 2012 web site.

WALK ON WAR OF 1812 DAY ON GREAT LAKES SEAWAY TRAIL SATURDAY, SEPTEMBER 29

Great Lakes Seaway Trail, NY and PA – Saturday, September 29 is New York State's day to commemorate the War of 1812, much of which took place along the waters of St. Lawrence River, Lake Ontario, Niagara River, and Lake Erie in New York and Pennsylvania. Nine communities along those waters and on the 518-mile Great Lakes Seaway Trail National Scenic Byway offer 1812-theme self-guided walking tours daily dawn-to-dusk.

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The 3.1 and 6.2-mile walks in Ogdensburg, Sackets Harbor, Oswego, Pultneyville, Youngstown, Lewiston, Williamsville, and Buffalo, NY; and Erie, PA, are sanctioned by the American Volkssport Association (AVA).

There is no charge to complete the walks. Walkers must register in the Walkbox at each starting point business. Anyone carrying a Volkssport logbook can purchase the official credit for \$3.00. Those completing the Great Lakes Seaway Trail Walks in any of the nine communities can purchase commemorative pins (\$5 each) featuring different symbols of the war, including a sailing ship, cannon, soldier, Fort Ontario and Fort La Presentation, crossed rifles, the burning of Buffalo, a young America's flag and the battle flag of the USS Brig Niagara.

For more information on the 1812 Walks, contact Great Lakes Seaway Trail Volkssport Association President Daryl Giles at 315-646-1000 x200, daryl@seawaytrail.com, www.seawaytrail.com/volkssport.

SPECIAL WALK IN SACKETS HARBOR SATURDAY, SEPTEMBER 29

The 2nd annual War of 1812 Walk will take place in Sackets Harbor, NY, on Saturday, September 29, starting with registration at 8:30am at the Seaway Trail Discovery Center, 401 Main Street. \$3.00 to walk and earn AVA/IVV (American Volkssport Association/International Volkssport Federation) credit. Sackets Harbor 1812 pin award is \$4.00 for those earning credit; \$5.00 for non-credit walkers. Walker packets will be available for \$5 (\$19 value, includes logbooks for earning credits walking all around the world). Walkers completing the Sackets Harbor 1812 Walk for the \$3 AVA credit will also receive free admission to the Discovery Center and the weekend Great Lakes Seaway Trail 1812 1/2 Quilt Show.

Members of the Great Lakes Seaway Trail Volkssport Association will be available 10am-5pm during the September 29-30 Great Lakes Seaway Trail Quilt Show at the Discovery Center to answer questions about the sport of Volkswalking.

AVA 2012 PUBLICITY CONTEST – LOOKING FOR SUBMISSIONS - Chuck Blische

This is a heads-up alert. There will be a **2012 AVA Publicity Contest**. Entry submission deadline is midnight of Tuesday, 15 January 2013. Winners will be announced at the 18th AVA Biennial Convention in April 2013.

Categories are: Photographs of People, Places and Things (an additional digital photo image is to be sent to marketing@ava.org with appropriate outline information); Traditional Event Brochure; YRE/Seasonal Event Brochure; Community Relations Program; Local Sponsorship Program; Single Event Publicity Effort; Annual Publicity Effort; Club Website; Club Logo or Mascot.

Further information on entry forms, prizes and entry submission location will be posted soon on the AVA website and in a future TAW article.

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DATES ANNOUNCED FOR THE IVV VOLKSSPORT OLYMPIA - Chuck Blische

Organizing officials for the 13th edition of the IVV Volkssport Olympiad have announced that the event will take place 25 - 29 June 2013 in the Gardena Valley in South Tyrol, Italy.

Activities will begin with an opening ceremony 25 June and then four days filled with walk, swim and bike events and spectacular mountain scenery.

According to IVV Olympiad organizing officials, their goal is to produce a memorable event that will go down as one of the best ever in the event's history.

For additional information in English, visit their website <http://www.ivvsuedtirol.info/en/>

EXTRA CREDIT FOR AVA DISTANCE ACHIEVEMENTS - Chuck Blische

AVA has entered into a partnership with My Stride, an organization sharing our philosophy for the promotion of healthy lifestyles. This relationship offers the opportunity for AVA volkssporters to earn extra credit in the way of prizes for their distance walking achievements. To qualify for prizes, you will need to convert your distance walked in kilometers, into steps. And you can count all the other steps you take during any given day.

Here's how it works. Go to their website, www.mystride.net. Click on the AVA registration button. Follow the instructions and you're ready to go. There is a minimal fee of \$5.50 for a one-year registration. However, that fee allows you 16 opportunities to qualify for the prize drawings. A portion of your fee will go to support My Stride's efforts to get school children walking. Each year they make donations and encourage healthy lifestyle walking programs for school children in Canada and the U.S.

My Stride offers two reward challenges that you can take advantage of. All random selections of prize winners for both contests will be made by the My Stride computer. The monthly step challenges may change as well as the prize pools to keep things interesting.

The Monthly (30-day) Challenge Begins 1 September (walk 200,000 steps, approximately 100 miles, in 30 consecutive days) during the contest time frame. Those who achieve this goal will be entered into a random drawing to win one of ten Apple IPOD Touches (one IPOD per individual up to ten individuals). The prize winners will be announced by the 10th of the month following the end of each monthly session.

The Three-Month Million Steps Grand Prize Challenge Begins 15 September (walk one million steps in 90 consecutive days, approximately 500 miles) during the contest timeframe. If you qualify, your name and achievement will be posted on line and you will be designated a member of the Million Steps Club. The grand prize winner of the first three-month Million Steps session will be announced 21 December 2012. You must reach the goal of a million steps within the three calendar months it is offered to be eligible to be entered into the prize drawing. No one has achieved this goal for the four years it has been offered! Will you be the first?

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And if you are randomly selected as the Million StepGrand Prize Challenge winner by the My Stride computer, you win ...wait for it...a trip to Orlando, Florida. The trip package includes airfare for two, a six-day, and five-night stay at the Hyatt Grand Regency Hotel and Resort, and \$1,000 spending money!

The second Million Steps Grand Prize session will begin 1 January 2013. There will be four Grand Prize sessions per year. Don't forget the 18th AVA Biennial Convention is scheduled in Orlando for 29 April. If you register early enough, it gives you two chances to win before the convention begins.

The My Stride server will reset each member's monthly challenge steps to zero to ensure eligibility to enter the twelve monthly challenges. However, the server recognizes the Million Steps sessions so your progress will be saved through the current Million Steps session as well. The million steps challenge distance achievement will also reset to zero at the appropriate time.

When you've accumulated some steps, just go to the website and enter your steps using the honor system. The site will record your efforts and provides a printout indicating your progress toward the challenge goal. Gaining credit for steps is not just limited to steps you might walk during a 5km or 10km event. Count them of course. Keep the pedometer on and count steps from the parking lot to the store, from the couch to the refrigerator, at work, to the restroom. A step is a step! Remember, the goal of this effort is to reward individuals for activity. Good luck and have fun with this.

In addition to creating a separate participation category and prize packages only for AVA volkssporters, Allan Wilson, the My Stride president, has indicated that My Stride will link from their website directly to the AVA e-commerce store site to allow you an opportunity to purchase a Yamax pedometer. Yamax is a long-time sponsor and makes the official pedometers of the AVA. My Stride will also donate a \$2 royalty to AVA for every volksporter who registers for the challenge. My Stride has agreed to donate an item for the AVA convention silent auction.

If you have any suggestions for prize pool items for future challenge sessions, send them to marketing@ava.org. Walking shoes, walking sticks, pedometers. My Stride wants to know.

Don't wait. Get registered, set your pedometer, and get started.

NEW MERCHANDISE ITEM: STICK-ON AVA LOGO PATCH - Chuck Blische

There's a new merchandise item just waiting for you to buy it from the AVA e-commerce store. A nifty stick-on AVA logo patch. The stitched, one and one-half-inch-high letters "AVA" are cut out and colored AVA blue, with a thin grey border and a red accent line running across them.

A sticky residue on the back, that does not stain clothing, allows you to apply it to most any article of clothing providing instant recognition for our organization. It is especially effective on men's polo shirts, jackets and suit coats or blazers and women's blouses and you can reposition it and move it from item to item repeatedly.

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Holly Pelking, AVA vice president, was one of the first volunteers to test the patch. "It is so neat, as you can automatically convert any plain shirt or jacket into an AVA specialty item."

I wore the patch while attending the California Volkssport Association conference recently. I got numerous questions as to where I purchased my AVA jacket and polo shirt. People were amazed when I peeled off the patch then re-attached it.

The attractive patch sells for \$5 and membership discounts will be honored.

The number of applications is somewhat limited and if the glue does weaken, people have been sewing the patches on fanny packs and other apparel. I would suggest buying two or three of them. Velcro also works well.

Wear them for special occasions such as speaker engagements, traditional walk registration activities, club meetings, etc. Buy some for your volunteers to make them all look uniform or use them as awards for special achievement.

Show your AVA colors and support the association, including the website. E-mail or call ESCV's AVA Purchasing chairperson, Winnie Balz, to order patches.

https://www.ava.org/IW_Products.m4p.pvx?;products_no_tree?company=AVA

Oktoberfest Party [\(click here for form\)](#)

Hope you have saved Saturday, September 29, 2012, for our annual Oktoberfest picnic at Moreau State Park, NY. Kathy & Jim Brown will again purchase the bratwurst, knockwurst and hot dogs. Jim Brown & Larry Godshalk have offered to do the cooking. Bravo and a BIG thank you to them! Rolls, condiments, cider, plastic ware (knives, forks and spoons), cups, paper plates and napkins will also be provided for the low cost of \$5 a person!. Please bring your favorite dish to share with everyone.



Cost of \$5 per person must be received by September 20th.

There is NO pre-registration for this walk. You will need to pay your \$3 or \$2 walk fee upon arrival to the registration table.

Oktoberfest Walk on September 29, 2012 Send money via check made out to ESCV by Sept 20, 2012 to: Kathy & Jim Brown 71 High St. Green Island, NY 12183	Choose <u>One</u> Per Person		
	Knockwurst	Bratwurst	Hot Dog
Oktoberfest Food Reservation for:			
Total			



**Ballston Lake, NY
14th Annual
Walk/Pasta Party
Sunday
November 4, 2012
10 Km (6.2 miles)
5 Km (3.1 miles)**

sponsored by

EMPIRE STATE CAPITAL VOLKSSPORTERS

START/FINISH: Our Lady of Grace Catholic Church, 73 Midline Road, Ballston Lake, New York

REGISTRATION: 1:30 - 2:00 PM

Our annual Pasta Party will take place immediately after the group walk around 4:30 PM.

PRE-REGISTRATION is necessary for the Pasta Party. Cost Per person is **\$15.00** which includes munchies, assorted meat and veggie pasta dishes, salad, beverage, & dessert. Send a check made to: ESCV for \$15. **Deadline is Wednesday, Oct. 31th** · **(click here for registration form)** (<http://walkescv.org/12ballstonlake.pdf>)

GROUP WALK Starts promptly at 2:00 PM. Finish around 4:15 PM. Pasta Party to follow.

IVV Credit.....\$3.00

Non IVV Credit.....\$2.00

DONATION JAR: Proceeds to go to Our Lady of Grace Church.

COURSE: The course is rated 2. Follows paved streets and woods. Not suitable for wheelchairs and strollers.

PROCEDURE: Everyone must register & sign the waiver at the registration desk.

STIPULATIONS: With registration each participant accepts the guidelines for AVA Volkssport Events. Events are held regardless of weather. No refunds. Dogs are welcome on the walk ONLY, but must be on a leash and you must clean up after your dogs in Burnt Hills and Ballston Lake.

SMOKING: is prohibited in the Church.

RESTROOMS/WATER: Are available at the Start/Finish and Stewarts. In warm weather please carry water to prevent dehydration.

SPECIAL THANKS: to Parish Life Director Dorothy Sokol and Our Lady of Grace Church for the use of the Hall for the walk START/FINISH & the Pasta Party.

SEND Pasta Party Reservation (BELOW) and Checks {Made Out to ESCV}

Mary Ellen & Randy Putnam
26 Edgewood Drive
Burnt Hills, NY, 12027

POC: Laura & Rick Sheldon, 518 384-0143 or sheldon.laura1@gmail.com

WALK BEGINS AT Our Lady of Grace Church, 73 Midline Rd., Ballston Lake, NY

From the South and East (Albany) Take I-87 Northway to Exit 9, Route 146 west a few miles to Route 146A north. Follow this road several miles to the village of Ballston Lake, past the Stewarts, over the railroad track, through the orange blinking light. Our Lady of Grace is about a half mile up on the left. Park in back of the church. If you come to Route 50, you went too far. **From the North** (Saratoga) Take Route 50 south through Ballston Spa for several miles and turn left onto Route 146A south. Our Lady of Grace will be about half mile down on the right side. Park in back of church. **From the West and Southwest** (Schenectady) Take Route 50 north from Scotia through Glenville to the traffic light in Burnt Hills and take a right onto Lake Hill Road. Follow Lake Hill Road through the next traffic light and down to the blinking red light. Take a left on Route 146A north about a half mile to Our Lady of Grace on the left. Park in back of the church.

X -----
PRE-REGISTRATION FORM

Name and Phone Number	Pasta Party \$15.00 per person

TOTAL SUBMITTED: _____