



Empire State Capital Volkssporters



Walking Club in the Capital Region of New York State
Member of the American Volkssport Association and the International Federation of Popular Sports

WWW.WALKESCV.ORG

SPRING 2016

Walk Schedule:

⇒ * **Registration begins 30 minutes prior to start.**

All dates and times as of publication are subject to change. Walkers are encouraged to **check the ESCV website.**

Wednesday Walks

Registration begins 30 minutes prior to start.

Start time: 9 am & 6 pm
May 4 – Saratoga Sp. Museum Walk
May 11 – Albany – Tulip Festival
May 18 – Schuylerville
May 25 – Slingerlands
June 1 – Broadalbin

Year Round / Seasonal Group Walks

Start time:

Wed & Sat 10 am*; Sun 1:30 pm*
Apr 27 (Wed) – Saratoga Battlefield
Apr 30 (Sat) – Caroga Lake
May 1 (Sun) – Clifton Park
May 21 (Sat) - Cooperstown
Jun 5 (Sun) – Lake George
Jun 12 (Sun) – Saratoga Spa
Jun 18 (Sat) – Johnstown
Jun 26 (Sun) – Bennington, VT

One-Day Traditional Events

Registration & start time:
Sat – Starts at 10am. Finish by 3pm,
Sun – Starts at 11:30am. Finish by 4 pm
May 15 (Sun) – Starts at 11:30am
Albany downtown
Jun 4 (Sat) – Starts at 10am
Colonie Mohawk River Park
(Spring Picnic)

Please refer to **Walk Booklet for directions.** Hint: Use Google Maps for directions from your home to starting point.

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Contact Us At:

Empire State Capital Volkssporters
PO Box 5464

Clifton Park, NY 12065-5464

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www.walkescv.org/



Rambling Thoughts . . . by Teresa Kennedy

Our walking “season” has made it off to a good start. There were sixty-one walkers at the first traditional event of the year on the campus of SUNY Albany. The Wednesday walk series will begin on May 4th. Many group walk of the Year Rounds and Seasonals provide additional opportunities to get our books stamped. None of this is possible without the many hours contributed by club members who design walks, lead or sweep them, serve on committees, organize events, or stamp the books. We need everyone to help out. Please donate some time or expertise so that ESCV continues to be a nationally recognized well functioning club.

Happy walking!

Important Notices:

- **Brochures** – Click on the links in this newsletter to get brochures for traditional events in Albany in May and the club picnic at the Colonie Mohawk River Park in June.
- **Hotmail** – Send all hotmails to Eileen **by Sunday night** for announcements related to the week. There will only be one hotmail per week to the membership.
- **New Walks?** – Do you like finding new places to walk? Want to schedule traditional walks that are good for your calendar? Consider serving as the next ESCV Vice President. We need you.
- **Volunteers Needed at Walks** – Check out the Wednesday Walk Schedule, Call the POC and volunteer to work the registration table, lead or sweep. We need lots of helpers to make the program the success it is. <http://www.walkescv.org/> Click on “Wednesday Guided Walks” tab
- **Save the Date** – Tuesday, September 27th – ESCV is planning a one day bus trip to Salem, MA. We can spend the day doing a 5 or 10 km sanctioned walk. Along the route are many places of local interest including The House of Seven Gables, The Salem Witch Museum, and The Peabody Essex Museum. The registration form will appear in the July/August newsletter.



Traditional Walks Coming Up in May and June

By Barbara Kolapakka

We kicked off the 2016 traditional walk season in fine fashion with a walk on April 16 at SUNY Albany. Sixty-one walkers enjoyed a nice spring day and a great route that took us to all corners of the campus. Many thanks to POC Lucy Desjardins for her hard work in developing this brand new walk although she said she can't take credit for the brass band that greeted us with music as we started the walk!

Two more traditional walks coming up in our spring season: a re-creation of the first ESCV walk and a walk along the Mohawk.

On May 15 (note that this is a SUNDAY), we'll be in Albany to do a reprise of the very first walk our club held. This year marks the 40th anniversary of the first volkswalk in the United States and AVA has asked that clubs offer their first walk in commemoration of this event. ESCV's first walk was on June 7, 1987 and was subsequently done again for our 20th anniversary in 1987. This will be an afternoon walk, with registration from 11:30-1:00. This is NOT a guided walk.

On June 4, we'll be at the Colonie Mohawk River Park (formerly known as the Colonie Town Park). This will be a revised version of the walk route we've done here before, adding in some new trails along the Mohawk. We have reserved a pavilion for a "bring your own lunch" picnic after the walk. Because the park is not open until 10:00 AM, the start time for registration is 10:15. Note also that the town charges an entrance fee for non-residents. Since it's a per car fee, you may wish to carpool.

More information on both of these walks is available from the brochures which are posted on our website. And please note the new look to the brochures. A new member, Arden Lawand, has stepped forward to design and produce our brochures. Her graphics skills and ability to find just the right photos have resulted in a professional looking product. Thank you so much Arden for this much needed assistance!

What's this mean for you? As always, variety is the spice of life, and variety in terms of the type of exercise is no exception. Steady state, lower intensity aerobic exercise seems very important for brain volume maintenance. Strength training and higher intensity, short duration anaerobic exercise also has its benefits in terms of blood sugar control, cardiovascular health and bone health. In a nutshell the best exercise is a variety of exercises done almost daily. Remember to aim for 150 minutes of exercise each week and don't hesitate to mix things up. Fast and slow, long and short, heavy and light. It's all helpful.

Links for Walk Brochures:

Commemoration of ESCV's 1st AVA Walk (1987) – Sunday, May 15

➔ <http://www.walkescv.org/16AlbanyFirstwalk.pdf>

Colonie Mohawk River Park – Saturday, June 4

➔ <http://www.walkescv.org/16Colonie%20River%20Mohawk%20Park.pdf>

MONTHLY MEETINGS

6:30 PM

May Meeting – Tuesday, May 17

June Meeting – Tuesday, June 21

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!

Trail Tips

by Linda Morzillo

As we know, walks are traditionally held in places that are *Historical, Scenic* and/or *Cultural*. After identifying the places we want to highlight in a given area, the next step is to plan a route.

Think of possible start points with adequate parking and restrooms. Permission may be needed to use a parking area in some locations, public and private. The organization administering the parking area or other facilities sometimes requires a hard copy of proof of insurance with their organization's name. Ask the chairperson of the Traditional Events, Wednesday Guided Walks or Year Round (YRE)/Seasonal Events (SE), to order this from AVA if needed. (Note: the proof of insurance is placed in the sign-in notebook located in the Walk Box for YRE/SE events.)

As you think about a start point, think about how you will direct walkers to the places you want them to see as they walk along. There are many ways to lay out the walk route, one technique I find helpful is to have a few reproduced maps of the area. Indicate on the maps all of the places of interest you want to include in the walk. The highest priority is safety; therefore one may need to try several different routes (hence the need for several maps). Do look for safe places to cross streets and consider whether the route is suitable in all weather conditions. Walkers appreciate the availability of restrooms along the route whenever possible. This part of planning a walk can take time and it's quite helpful to enlist another walker to work with you to offer suggestions.

Watch for the next column about measuring your route!

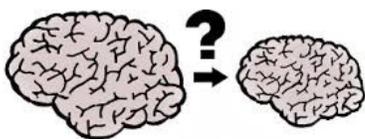
Membership

by Larry Godshalk – email: lgodshal@nycap.rr.com

Three new members have joined the club over the last month. With a few more 2016 membership renewals that have trickled in that brings our active membership to 263 members. Please welcome the following new members when you see them on the trail: **Christine Bourgeois** of Ballston Lake and **Cameron and Susan Cox** of Webster, New York out near Rochester.

Being Lazy may shrink your brain.

From: [Saratoga Health and Wellness](#), February 2016. Contributed by Linda Morzillo



Have you ever had someone tell you that you'd be *smart* to start an exercise routine? Well the research seems to be showing that is all too true! It's been known for many years and proven time and again that exercise is perhaps the best medicine on this planet – It's been shown to reduce the risk for chronic diseases such as diabetes, cardiovascular disease, cancers, high blood pressure, Stroke and even Alzheimer's disease.

But some new research out from the Boston University School of Medicine shows a strong relationship between levels of fitness in middle ages and brain volume (size of the brain) in later life. Those people with poorer levels of fitness had smaller brains 20 years later. Another study published in the journal *Neurology*, used data from the Framingham Heart Study and a correlation was found similarly – smaller brain volumes in the unfit populations which indicated accelerated brain-aging.

So what type of exercise seems to best? An article published in the most recent *Journal of Physiology* contrasts 3 types of exercise and it's implications on brain health. The 3 modes of exercise were 1) steady-state moderate aerobic exercise, 2) strength training only and 3) High intensity interval training. After 7 weeks of training, brain tissue was microscopically analyzed and it was found that the steady-state aerobic exercisers had the most positive changes noted in their brain tissue. Brain tissue samples in the other 2 types of training showed little change.

Wednesday Walks

By Teresa Kennedy

The jewel in the crown of ESCV, the Wednesday Walk Program, is about to begin. For 18 weeks in a row we will have the chance to walk for fun, fitness and friendship.

Here is our schedule of the Wednesday guided walks:

WALK WEEK	DATE	START/FINISH 9:00 AM & 6:00 PM	
1	May 4	Saratoga Springs Museum Walk	POC: Linda Morzillo
2	May 11	Albany - Albany Tulip Festival Walk	POC: Dave Janiga
3	May 18	Schuylerville	POC: Laverne Stiles
4	May 25	Slingerlands	POC: Dan Schryver
5	June 1	Broadalbin	POC: Ann Smith
6	June 8	Voorheesville - Thacher Park Walk	POC: Winnie Balz
7	June 15	Ballston Spa - Woods Hollow Walk	POC: Vera Weiss/Marylou Geren
8	June 22	Niskayuna - Ice Cream Social	POC: Lucy Desjardins
9	June 29	Schenectady - Vale Cemetery Walk	POC: Bernie Geren
6:45 AM, 9:00 AM & 6:00 PM Walks for July-Aug			
10	July 6	Rensselaer	POC: Joan Muir
11	July 13	Mechanicville	POC: Marylou Geren
12	July 20	Ballston Spa	POC: Bernie Geren
13	July 27	Malta/Saratoga Tech Smart	POC: Marylou Geren/Vera Weiss
14	August 3	Saratoga East Side Spring Run	POC: Barbara Kolapakka
15	August 10	Albany - Washington Park Walk	POC: Jackie Reynolds
16	August 17	Troy	POC: Mary Agars
17	August 24	Round Lake - Round Lake	POC: Leah Darling
9:30 AM ONLY			
18	August 31	Fort Hunter - Schoharie Crossing, NY	POC: Teresa Kennedy

The walks this year will have leaders and sweeps for a 10 km at 6:45 AM during the months of July and August. The 9:00 AM walks will have leaders and sweeps for a 10 km, a 5 km and a slower 5 km. The 6:00 PM walk will have a leader and sweep for a 10km walk only.

Volunteers are the key to the success of this program. We need leaders, sweeps, people to register walkers and greeters. Everyone can help at least once. Please contact the POC and offer your services.

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 \$8.00. If you would like it mailed to you, please add \$3.00.

E-Mail Updates

If your e-mail has changed, let Larry Godshalk know. Lgodshal@nycap.rr.com

From the Editor

Articles for the July/August newsletter are **due on Friday, June 24, 2016**. 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 trip are always welcome. ✨ Ellen Brown - gorow1010-escv@yahoo.com - 384-0015

Birthday Wishes

Happy April Birthday to . . .

Ruth Cade
Barbara Carr
Jean Eaton
Cathy Edwards
Frank Edwards

Linda Ferrucci
Amy Gitchell
Dianne Hughes
Harriet Kalejs
Sue Larson

Adrienne Levinthal
Patricia Mahoney
Joseph Padula
Shirley Pingelski
Kendra Pratt

Patricia Reed
Jackie Reynolds
Mary Sorell
Elaine Suss

Happy May Birthday to . . .

David Averill
Doris Bindl
Ellen Clute
Marge Deveneau
Margaret Ettinger
Nellie Georgelos

Betty Hill
Sandra Hilt
David Janiga
Carole Luther
Jim Morzillo
Judith Newhart

Dorothy Pazinko
Michael Popolizio
Randy Putnam
Stephen Ras
Dan Schryver
Cynthia Serbent

Leona Shelton
John Van Vranken
Liz Walsh

Happy June Birthday to . . .

Marion Averill
Lea Darling
Lucy Desjardins
Sharon Freedman
Larry Godshalk

Marilyn Huber
Lillian Julian
Carolyn King
Sandra Laity
Christine Meinhold

Pamela Pearlman
Eileen Skinner
Harlene Smalkin
Robert Suss
Jean Van Vranken

Nancy Wallace
Patricia Zullo



Sunshine and Cards of Care

Ed Koch is home following knee replacement surgery. **Go Ed!** Looking forward to having you back at the walks soon.

Please let our **Sunshine Secretary Kathy LeRoux** know if you hear of anyone in our club who is recovering from illness or surgery, Kathy will also send congratulations to club members for individual achievements they may be celebrating. Kathy can be reached at home by phone 438-1947 or email kleroux1@nycap.rr.com.

ESCV Club Contacts

Office / Committee	Name	e-mail
President	Teresa Kennedy	Forty6er3K@aol.com
Vice President		
Secretary	Chris Yost	cyost@nycap.rr.com
Treasurer	Warren Lavery	warrenlavery@gmail.com
Newsletter Editor	Ellen Brown	gorow1010-escv@yahoo.com
Membership & Email Updates	Larry Godshalk	Lgodshal@nycap.rr.com
Sunshine Secretary	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
Webmaster	Eileen Skinner	EF Skinner@aol.com
Name Tag Orders	Laura Sheldon	Cost is \$8 and must be prepaid with a check; add \$3 for mailing; Laura can be reached at 384-0143 or by E-mail at sheldon.laura1@gmail.com
Wednesday Walk Coordinator	Barbara Popolizio	barbpopolizio@gmail.com
Walk Development Comm. Chair	Barbara Kolapakka	bkola67@gmail.com
YRE/Seasonal Walks Chairperson	Liz Walsh	lizwalsh48@gmail.com
Historian	Dan Schryver	Dschryver@aol.com
Publicity	Pat Reed	reedpatri9@gmail.com
Purchasing	Winnie Balz	winnieeb@yahoo.com
Trail Master	Linda Morzillo	lindaf.morzillo@nycap.rr.com

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- American Volkssporters Association www.ava.org

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- Northeast Region

Betty Green – Northeast Regional Director www.avaclubs.org/NE_RD/

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- International Federation of Popular Sports

<http://www.ivv-web.org/>

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ESCV Want Ads

POCs: Learn how to administer a Traditional, Year Round (YRE) or Seasonal walk. Shadow a present POC to learn the necessary tasks to be completed as the POC of one of our walks. Many of our POCs have been administering certain walks for years and would like to “retire.” Working with a present POC of a YRE or Seasonal walk for several months is a great opportunity for new members to learn about how our walk system works. New POCs are needed for Saratoga National Historical Park (the Battlefield) and Clifton Park.

Candidates for Vice President of ESCV: Co-Vice Presidents are welcome. The two main tasks of the Vice President are to fill in for the President when needed and to plan, formally sanction and work with the POCs of the seven or eight Traditional Events each year. Three of these walks (Oktoberfest, Pizza Party and Holiday Party), take place at previous locations and are therefore “established.” The vice president is normally, but not necessarily, a member of standing committees. It is desired, but not required, that the Vice President become the succeeding President. We need YOU!

Volkssporters on the Go...

Schenectady Walk – Wednesday, March 23, 2016

Photos by Linda Morzillo



Albany Group Walk – Sunday, April 3

Photos by Linda Morzillo



Scotia Walk – Wednesday, April 13

Photos by Linda Morzillo



UAlbany Walk – Saturday, April 16

Photos by Linda Morzillo



Second Group for UAlbany – Saturday, April 16

Photos by Linda Morzillo



Photo below, right, taken by a walker



Spa Park Informal Walk – April

Photos by Linda Morzillo



Williamstown, MA – Saturday, April 23

Photo by Linda Morzillo



Bennington, VT – April

Photo by Linda Morzillo



Lompoc, CA – Recently, Jean Powis and Kevin Lengyel did a Volkswalk in Lompoc, CA with two members of the Placer Pacers:

Photo by a walker



Photo - left to right: Kevin Lengyel, Jean Powis, John Fletcher, and Carlos Gama, Jr.

Keep America Walking - Support
AVA's Annual Fundraising Campaign
 This year's goal is
\$50,000

Go online to
www.TheBigGive.org
 May 3, 2016

Or Mail to:
 American Volkssport Association
 1001 Pat Booker Road, Suite 101
 Universal City, TX 78148

THE BIG GIVE S.A.
 05.03.2016
 TRANSFORMING SOUTH CENTRAL TEXAS ONE GIFT AT A TIME




Empire State Capital Volkssporters
PO Box 5464
Clifton Park, NY 12065-5464



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