



WWW.WALKESCV.ORG

OCTOBER 2018

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.

Year Round / Seasonal Group Walks Start time:

Wed & Sat 10 am*; Sun 1:30 pm*

Oct. 3 Albany/Colonie
Oct. 6 Cooperstown
Oct. 7 Lake George
Oct. 10 Williamstown
Oct. 14 Troy
Oct. 17 Saratoga Nat'l Historic Park
Oct. 20 Carago Lake
Oct. 21 Saratoga City
Oct. 24 Scotia

One-Day Traditional Events

Oct. 13 Schodack Island State Park
Nov. 4 Albany-Pizza Party
Dec. 1 Schenectady NY-Holiday Party

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

Milestones

| EVENTS | DISTANCE |
|--------------------|----------------------|
| 550: Frank Edwards | 4000K: Frank Edwards |
| 600: Cathy Edwards | 5500K: Cathy Edwards |

Contact Us At:
Empire State Capital Volkssporters
PO Box 5464

Clifton Park, NY 12065-5464

* * * * *
www.walkescv.org/



Rambling Thoughts... by Teresa Kennedy

What a wonderful day it was on September 22 to be walking in Altamont. Our first traditional event of the fall season was a big success. The weather was perfect for a walk in an historic village filled with homes and businesses lovingly restored. Wayne Knapp and Kathy Mack were first time POC's and did a great job engaging community people who came to learn about volkssporting. The mayor even offered to host a convention event.

The week prior to the Altamont walk found 35 ESCVers on a bus trip to Tennessee. Marion Averill had worked out a very good route with the help of Yankee Trails. While Nashville was our destination, we first walked in Harrisburg, PA where the The Susquehanna Rovers Volksmarch Club greeted us and provided a leader for the 5k walk as well as plastic sleeves for our walk directions. Yes, it was raining but we were prepared. The second day found us in Charlottesville, VA for a terrific history walk. Next up were two walks in the Smoky Mountains. The East Tennessee Wanderers had an enthusiastic welcoming committee and a table full of home made baked goods. Kathy Nash led our walks two days in a row and will be seeing us again at the convention. Whenever we travel to other places and are met by the local club, it always feels like we are part of one big walking family. It's a very nice feeling indeed. *(see pages 6-7 for photos)*

Come to Oktoberfest on October 13. Mary Sorell is our POC at the Schodack State Park, a place she very much wants us all to see. A beautiful pavilion there will be perfect for lunch.

Happy walking everyone, Teresa

★★★ Important Notices ★★★

Oktoberfest registration form is on page 4.

Fingers crossed for good color.

The Recognition Pizza Party registration form is on page 5.

The Next Club meeting: October 16 at 6:30 pm at the Latham Firehouse. Articles for the next newsletter are due October 20 Please send to arden.lawand@verizon.net.

★ Please 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.

Johnstown
September 5
2018



28 Walkers



Photo courtesy of Debra Kolsrud



As you all know ESCV is hosting the 2019 AVA Convention June 9-16 and we need all hands on deck to volunteer to help.

What can you do?

As you can see there are many jobs to do. If you are undecided then volunteer to help where needed.



Checkpoints

Finish Tables

Silent Auction

Registration

Information

Parking

Transportation

Workshop Usher

Merchandise Sales

Charity & Social Events

You can: help set up, work at the start table, help at a checkpoint, work at the finish table, sell merchandise, assist with the silent auction, work at registration, be an information, parking, or transportation ambassador, help with the charity event, assist with the socials, be an event usher (such as a workshop), and even volunteer to be Sal the Mule!

Most shifts will be two (2) hours and will span from June 11-14 (Tues. - Fri.) in Albany and June 15 (Sat.) in Cooperstown. If you are more adventurous and can travel to Danvers, Massachusetts to help our sister club, Two Town Walking Club (and the Piffats) on June 12 (Mon.) that will be appreciated as well.

Don't wait until the job you want is filled...sign up now.

Go to www.walkescv.org, click on 2019 AVA Convention, and then click on the Volunteer button. Complete the sheet with your information, "check" the days and times you would like to help, and "check" the areas of interest. **Click on "I VOLUNTEER"** and that's it! Once the schedules are final, closer to convention time, you will be notified with your assignment.

As the saying goes...many hands make light work.

Don't wait and let your favorite job be selected by someone else... volunteer now!

Be proud of your club, volunteer to help, and let's make this the best convention ever!

HEY...

Why not

Volunteer to don

the "Sal" the Mule costume?



ESCV Oktoberfest Party

Saturday, October 13, 2018

Schodack Island State Park

This year's Oktoberfest is being held on Saturday, October 13, 2018 at Schodack Island State Park, NY.- Sue Grey is serving as chairperson.

Hot dogs and Bratwursts will again be served along with rolls, soft drinks, and condiments.

The cost remains at \$6.00 per person. Please bring your favorite dish to share with everyone.

Please complete the reservation form and return to Sue Grey by October 5, 2018. Make your check payable to ESCV. Note: There is NO pre-registration for this walk.

Oktoberfest Party on Saturday, October 13, 2018
Please send check made out to ESCV by October 5 to:
Sue Grey, 134 Acorn Drive, Glenville, NY 12302

Name: _____ Phone: _____

\$6 per person

Mark your choice (X)

| Hot Dog | Knockwurst | Bratwurst |
|--------------|------------|-----------|
| 1_____ | _____ | _____ |
| 2_____ | _____ | _____ |
| 3_____ | _____ | _____ |
| 4_____ | _____ | _____ |
| 5_____ | _____ | _____ |
| Grand Totals | | |
| \$_____ | | |

In order to be sure that enough selections of food are available to everyone, we ask that you note below the food you would like to bring. As always, sauerkraut is a favorite. If we are lacking in any group, we will contact people for needed contributions.

1. Appetizers () 2. Salads, Pasta dishes, etc. () 3. Desserts () 4. Sauerkraut ()

Deadline is Friday, October 5, 2018



20th Annual Walk & Pizza Party

Sunday, November 4, 2018

10 km (6.2 miles) –or– 5 km (3.1 miles)

sponsored by: EMPIRE STATE CAPITAL VOLKSSPORTERS



START/FINISH: St. Andrew's Episcopal Church, 10 N. Main Avenue, Albany, New York 12203

Parking: Going north on N. Main to intersection of N. Main & Western Ave. take a right on Western Ave (going East) to 1st traffic light. Take right into St. Rose College parking lot.

WALK REGISTRATION: 1:00 – 1:25 PM.

GUIDED WALK: Starts promptly at 1:30 PM.

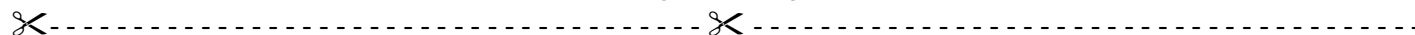
Walk Brochure: <http://walkescv.org/>

Our annual Pizza Party* will take place immediately after the group walk around 4:15 PM.

RESERVATION is necessary for the **Pizza Party**. Cost per person is **\$13.00** which includes hors d'oeuvres, pizza, wings, salad, beverage, & dessert. Make check payable to: **ESCV** and mail along with Reservation Form to: David Janiga, 178 Ridgefield St., Albany, NY 12208.

Deadline is Thursday, Oct. 26th.

DETACH AND RETURN



Pizza Party Reservation Form

Check(s) made out to ESCV, please mail to:

David Janiga
178 Ridgefield St.
Albany, NY 12208

| Name and Phone Number | Pizza Party \$13.00 per person |
|--|--------------------------------|
| | \$ |
| | |
| | |
| | |
| Deadline is Thursday, October 25 th | TOTAL SUBMITTED: \$ |

Virginia / Tennessee Trip

September 9

Harrisburg, Pa Walk - in the rain.
The local club met us.

September 10

Charlottesville, VA Walk - in the rain.

September 11

Elmont, TN Walk - in the Smoky
Mountains. The local club met us.

September 12

Gatlinburg, TN Walk

September 13

Nashville. Capital Walk.

September 14

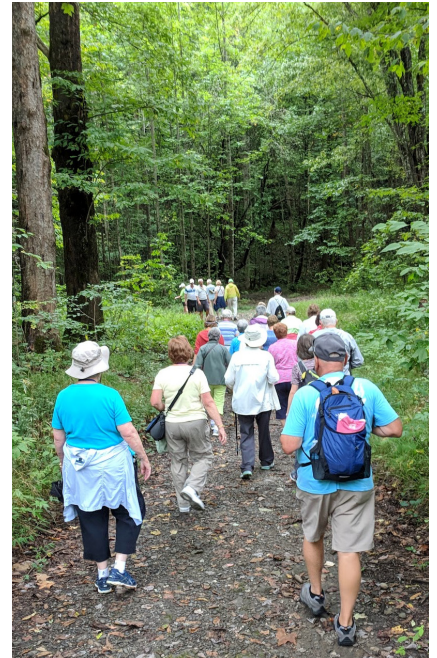
Nashville Music Row Walk.



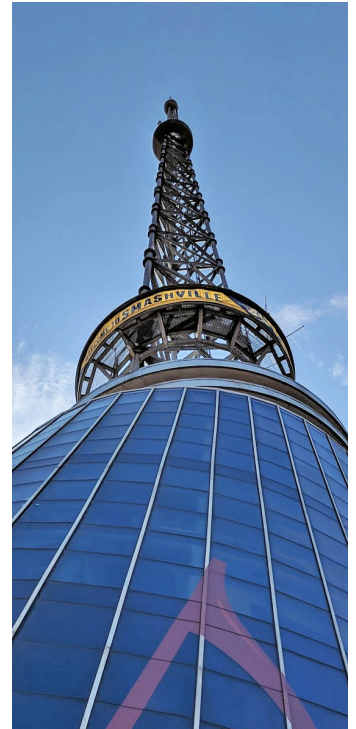
**September 9-14
2018**



35 Walkers



Virginia / Tennessee Trip



Using the Online Start Box (OLSB) by Monica Hait

Do you want to do our Cheshire Appalachian Trail hike or others in the Appalachian Trail Program? Have you noticed all the Mississippi What about that trip you're planning to Yosemite, will there be volkswalks?

For events like the ones mentioned above, a little pre-planning is the key to being able to enjoy those AVA sanctioned events. With remote start points, ones without a physical building to host the usual start box, clubs are increasingly deciding to use the Online Start Box (OLSB) system originated by the California Volkssport Association (CVA). Another reason a club may decide to go online is that no club member is local enough to ensure the box is stocked regularly and maintained appropriately (this has happened with multiple seasonals in Vermont).

So how does a volkswalker get started with online events? This is where the pre-planning comes in. First, you need to create a login within the CVA online system (www.cva4u.org & click the left side link of Online Start Box). They say it should take about 10 minutes to get the account set up. Note: each person needs to have a separate login email address (sorry, no joint accounts). Next, you'll need to electronically acknowledge ("sign") the athletic waiver. Then you need to associate a PayPal account with your OLSB account to facilitate payments for any events you choose to participate in.

Once those pieces are accomplished, you are ready to register for any of the many events available in OLSB.

Mike Green, formerly of New York and now the Atlantic Regional Director, created a series of videos to aid understanding on how to use the OLSB. Watch them on his site: www.nodegreen.com/olsb

Note: this online system does not allow Free participants, a minimal charge is incurred for walk directions even if not walking for credit.

- Register using the Online Start Box provided by the California Volkssport Association (www.cva4u.org).
- From the CVA site, click the left side link for Online Start Box (OLSB), follow the instructions to sign waiver & register for an event.
- Payments for event credit and/or walk directions use PayPal.
- All event related directions and insert cards are PDFs that you can download and print as needed (for event, distance, & special program books).
- The POC does not provide event directions or accept alternate payment methods when an event uses OLSB.
- The entire online process should take less than 10 minutes for a first time user.
- Driving directions, parking details, and specific start point location received AFTER completing Online Start Box event registration and payment. Walk instructions & route map also included in the packet.
- If you frequently walk with someone, it is possible to link your OLSB accounts (and/or use the same PayPal) for easier registration management.
- Once you've completed an event, be sure to log back into the OLSB to officially finish and receive event credit & insert card PDF.
- While the OLSB originated in the CVA system, it will be moved to the AVA site in the next year. Existing CVA OLSB logins will transfer over to the AVA system when that happens

Walk'n Mass Volkssport Club – Footnotes – September 2018 issue)
www.walknmass.org

Liz Walsh has been a tireless coordinator for the meet up folks. The following is a nice email message she received from a new member. Thanks Liz for suggesting ESCV join the digital age and for overseeing the meet up site for us.



Dear Liz, Thank you for your prompt, helpful, and welcoming reply. I won't be able to join you in Altamont today, but I'll go to as many of the next walks as I can. Your message helped me understand about different walks (e.g., guided, non-guided, shorter, longer).

Overall, thank you for posting about these walks on Meetup. I've been receiving updates on a few groups for years now, but I had never gone to anything through Meetup until I saw your posts. It was thanks to you that I found (and joined) the Volkssporters. I went to three walks so far, and I loved them. Have a wonderful walk today!

All the best, Guillermina

Altamont - September 22, 2018 ★ 70 Walkers



Wednesday 10+ Walks Button Award Winners

These ESCV members participated in 10 or more 2018 Guided Wednesday Walks

| | | | | | | |
|-------------------|----------------|----------------|----------------|-----------------|-----------------|----------------|
| Winnie Balz | John Cairns | Kathy Mack | Jean Padula | Carol Sorensen | John Sowa | Lois Colson |
| Louise Remillard | Dianne Hughes | Barb Nigro | Donna Farber | Kathy Brown | Laverne Stiles | Larry Godshalk |
| Joanne Szot | Wayne Knapp | Gail Ostrander | Marylou Geren | MaryAnn Arcesi | Dave Janiga | Sandra Hilt |
| AnnaLisa VanAvery | Arden Laward | Jean Powis | Carol Kobuskie | Linda Dunn | Patty Costa | |
| Marion Averill | Warren Lavery | Eileen Skinner | Ed Koch | Sue Grey | Cathy Edwards | |
| Cindy Berard | Kevin Lengyel | Chris Yost | Linda Morzillo | Marge Launsbach | Frank Edwards | |
| Sue Burke | Alan Longshore | Dave Averill | Pat Reed | Beth Snyder | Margaret Bivona | |

When You Stay at the Red Roof You Save and the AVA Gains!



The AVA will receive 5% of all room revenues when you book at a Red Roof Inn using the **Volume Plus Number (623002)!** Red Roof Inn's great rates and quality rooms means that you won't be breaking the bank to afford a comfortable room.

Through the American Volkssport Association, Red Roof Inn is also offering additional value. When you book your reservation using Volume Plus Number 623002, you'll save 15% off Red Roof Inn's Best Available rate. Red Roof Inn's Volume Plus Number works just like an online coupon code.

Use this link —

https://www.redroof.com/deals/partner/American_Volkssport_Association and Red Roof Inn's online discount code will automatically be filled in for you! Or go to **www.RedRoof.com** to make a reservation. All you have to do to receive a discount at participating inns is enter Volume Plus Number 623002 in the VP+ / ID # slot. You can also make a reservation with an inn directly by calling **1-800-RED-ROOF (800-733-7663)**.

You are required to provide the Volume Plus Number 623002 to the reservationist when you make your reservation, BEFORE arriving at any Red Roof Inn property.



Fun, Fitness, Friendship

AVA 21st Biennial Convention

June 9-16, 2019

Albany NY

★ Empire State Capital Volkssporters ★ Northeast Region ★



21st AVA CONVENTION • ALBANY, NEW YORK
WALK THRU HISTORY
JUNE 9-16, 2019

AVA
 Fun, Fitness, Friendship
 America's Walking Club

— Pre-Convention Walks —
 June 9th Portsmouth NH
 June 10th Danvers MA
 June 11th Springfield MA

— Convention Walks —
 June 12th Cohoes/Waterford NY
 June 13th Saratoga National
 Historical Park & Schuylerville NY
 June 14th Presidents Walk Albany NY

— Post-Convention Walks —
 June 15th Cooperstown NY
 June 16th Buffalo NY

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

The convention website is live.

Go to the ESCV home website and click on the link for convention.

Check back often as this site is still a work in progress.

<http://www.walkescv.org/ava2019convention/welcome.html>



www.ava.org



Northeast Region

Chris Mellen – Northeast Regional Director
www.avaclubs.org/NE_RD/



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



21st AVA CONVENTION • ALBANY, NEW YORK
WALK THRU HISTORY
JUNE 9-16, 2019

Calling all
VOLUNTEERS!

Volunteer information, Lea Darling
leadarling@verizon.net



International Federation of Popular Sports
<http://www.ivv-web.org/>