



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State



Member American Volkssport Association and the International Federation of Popular Sports



APRIL/MAY 2019

Rambling thoughts, When last I checked over 300 people from almost every state in the country have registered for the convention. We are coming down the home stretch in our preparations to greet these folks and show them a rousing good time. The workers' walks have begun which brings a new set of club members into the planning process. It is super exciting and a bit nerve wracking at the same time. But lest we forget, the normal club activities continue as always with a grand lineup of Wednesday walks slated to start on May 1. Our next traditional event takes places in Greenwich on May 4. With so many walks planned, we may all be bidding high for a new pair of shoes donated by Fleet Feet at the convention silent auction. — *Happy walking everyone, Teresa*

ESCV will be listed as a Gold Sponsor in the Convention Program Book as a result of our \$1500 donation raised by our 50/50 raffles over the past two years. We were a bit short so will have one more raffle at the Oktoberfest.

ESCV donated \$247.00
to the
big give
2019

As is our tradition we donated one dollar per member as of the March club meeting.



- ✓ At many of the upcoming group walks **look for a yellow vest** wearer. That person can answer your convention questions.
- ✓ The **deadline** for the AVA publicity contest is **April 15**. If you have a good photo taken on a walk send it in. You can find the entry forms on pages 6&7 of this newsletter.
- ✓ **Volunteer** to sign up at the Wednesday walk start tables by contacting the POC. **The POC's appreciate the help.**



Year Round/Seasonal Group Walks

April 3	Saratoga Spa
April 6	Clifton Park
April 7	Albany Colonie
April 13	Lake George
April 14	Albany Capital
April 17	Scotia
April 24	Williamstown
April 28	Troy
May 5	Glens Falls
May 11	Saratoga National Historic Park
May 18	Johnstown

See page 4 for information about
Convention Workers' Walks



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

www.walkescv.org

Wednesday Walks — Our Wednesday walk series, a walk series that does ESCV proud, is only weeks away. We begin as always with a walk on the west side of Saratoga on the very first day of May. You will notice that many of our favorites are back and we have rotated in a few well rembered places from the past. If special interest will be the walk in Oakwood Cemetery on August 21. The series will conclude with a bring your own picnic in Schodack State Park.

WALK WEEK	DATE	START-----9:00AM & 6:00PM
1	May 1	Saratoga West Side – Linda Morzillo
2	May 8	Albany Tulip Walk – Dave Janiga
3	May 15	Round Lake – Chris Yost
4	May 22	Ballston Lake – Louise Remillard
5	May 29	Malta– TecSmart Park –M. Geren & V. Weiss
6	June 5	Amsterdam – Barbara Billins
7	June 12	AVA CONVENTION - Traditional Event
8	June 19	Niskayuna – Ice Cream - Beth Snyder
9	June 26	Schenectady/Vale Cemetery -Bernie Geren
9:00AM ONLY		
10	July 3	Broadalbin – Nellie Georgelos
11	July 10	Slingerlands – Donna Farber
12	July 17	Ballston Spa – Carol Newhouse
13	July 24	Watervliet – Lil Julian
14	July 31	Ballston Spa/Woods Hollow -Weiss/Geren
15	August 7	Saratoga –East Side – Barbara Kolapakka
16	August 14	Rensselaer – Kathy Mack
9:30AM ONLY		
17	August 21	Oakwood Cemetery – Winnie Balz
18	August 28	Schodack State Park - Mary Sorell

ESCV - Fall Group Walks
Wed & Sat @ 10AM; Sundays @ 1:30PM

Scheduled Group Walks - Year Round and Seasonal Walks	
Sept 8 – Albany Capital	Sept 28 – Caroga Lake
Sept 11 – Clifton Park	Oct. 26 – Saratoga City
Oct. 27 – Lake Placid	Sept 18 – Scotia
Sept 29 - Colonie Crossings	Oct 9 – Johnstown
Sept 22 - Glens Falls	Oct 30 – Saratoga Spa Park
Oct 13 – Lake George	Nov 10 – Bennington, VT
Oct 6 – Williamstown, MA	Nov 06 – Schenectady
Oct. 20 - Troy	Nov 20 – Albany Crossgates Mall
Oct 23 – Saratoga Battlefield	Please see website for more details.

CONVENTION INFORMATION

2019 AVA Convention Walks Booklet

http://www.walkescv.org/Con%20Bklt_Printer%20spreads.pdf

2019 AVA Convention Socials

Tuesday, June 11. 6:30 - 8:30 5K walk from the Red Lion Hotel for conventioners to The Crossings Park of Colonie to benefit Operation At Ease. Make a donation enjoy a free Ice Cream. The public is invited to this event

Wednesday, June 12. 6:30 - 8:30

"Take Me Out to the Ball Game" Meet & Greet (with pre-registration only), Cash Bar. Wear your favorite team jersey, hat, or T-shirt. Cost is \$30. Hot dogs, pretzels, popcorn, veggies, cookies will be served, just like at the ball park minus the veggies. New York State Desserts

Thursday, June 13. 7:30 - 9:00

"Fiddle Tunes, Folk Songs and Fancy Footwork" (with pre-registration only), Cash Bar Cost is \$35. New York Style Cheesecake and Dutch Apple Pie will be served at intermission.

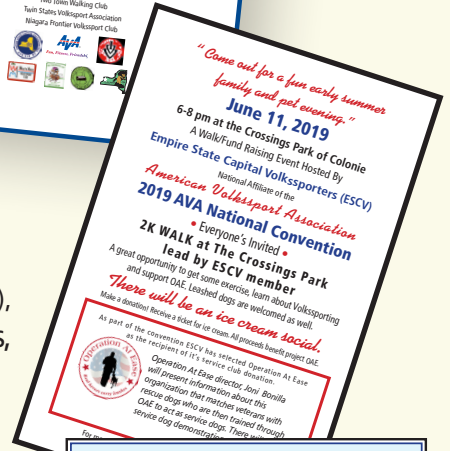
Friday, June 14. 7pm - Closing Dinner

(with pre-registration only), National Speaker from Crazy Horse National Foundation, AVA Walking Hall of Fame Awards. Cost is \$65.

2019 AVA Convention Workshops

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

Go to the convention link on the ESCV homepage for more detailed information about workshops AND ALL the wonderful things happening at the convention.



VOLUNTEERS...We still need you!

Thanks to those of you who have stepped up to volunteer.

There are still positions that need to be filled

- ✓ Parking ambassadors (Tuesday & Thursday)
- ✓ Hospitality table (Thursday)
- ✓ Hotel greeters (Tuesday)
- ✓ Tour bus monitors (Wednesday – Friday)
- ✓ Site greeters (Thursday and Saturday)
- ✓ Meal check (lunch) Wednesday – Friday)
- ✓ Northeast table (Tuesday)

<https://my.ava.org/c2019/volunteer.php>

Won't you consider helping with our convention?

See Chris Yost at a walk or give her a call to see what you can do!



Calling all
VOLUNTEERS!



Empire State Capital Volkssporters

Proudly Hosting The

2019 AVA CONVENTION

★ ALBANY NY ★

WALK THRU HISTORY



Wednesday June 12, 2019 COHOES /WATERFORD, NY WALK

Start Point & Registration: across the street from the Cohoes Senior Center on Mohawk Street in the St. Peter's Health Partners' Parking Lot. Arrive anytime between 8 am & Noon to sign in and pay the \$3 fee. You will get a map to follow on your own or with friends. Walk distance choices: 7k,11k. All walks must be completed by 3 pm.



Thursday June 13, 2019 AMERICAN LEGION, SCHUYLERVILLE, NY

WALK Start Point & Registration: Schuylerville Walk, American Legion, 6 Clancy St Schuylerville, NY. Arrive anytime between 8:30 am & Noon to sign in and pay the \$ 3 fee. You will get a map to follow on your own or with friends. You must drive to the Battlefield to complete the 10k route. Walk distance choices 6k, 7k,10k. All walks must be completed by 3 pm.



Friday June 14, 2019 CONVENTION PRESIDENT'S WALK, ALBANY, NY

Start Point & Registration : President 's Walk, Corning City Preserve , Albany NY. Arrive anytime between 8 am & Noon to sign in and pay the \$3 fee. You will get a map to follow on your own or with friends. Walk Distance choices 6k or 10k. All walks must be completed by 3 pm.



Saturday June 15, 2019 COOPERSTOWN, NY

Start Point & Registration: Clark Sportscenter, 124 County Highway 52, Cooperstown Arrive anytime between 9 am & Noon to sign in and pay the \$3 fee. You will get a map to follow on your own or with friends. Walk Distance-Trail Ratings: 5k & 10k - 1 A



Fun, Fitness, Friendship

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

ESCVers who do drive instead of riding the bus from the hotel MUST carpool to the Start Points. Parking is EXTREMELY limited.

Convention Workers' Walks

It is very important that the walk directions be correct and easy to understand. With that in mind we plan to have pre-walks to try out the routes. Join us in this very important step to making the walking part of the convention a huge success. We are treating these walks as tryouts for the traditional events they will be in June. Therefore come to the walks with a pencil for writing down comments and corrections as you do the walk. Like any traditional event, the start time is a window of time. These walks will not be leader led group walks but run as a traditional event.

Everyone will have directions and you will walk at your own pace. Bus monitors are encouraged to do the workers' walk so as to be able to answer questions about the route.

Date	Start times	Start Point
April 10	...9 to 10 am	Cooperstown , Clark Center
April 129 to 10 am	... Cohoes , St. Peter's Health Center
April 26	...9 to 10 am	. Schuylerville , American Legion
May 139 to 10 am Albany , Corning Preserve
May 189 to 10 amSpringfield, MA TBD

Membership

Louise Remillard email: lremillard@nycapp.rr.com

We have 3 New Members and 1 Renewal Member as of 3/28/2019.

First Name	Last Name	Address	New/ Renewal
Sheila	Long	216 McCullough Pl. Rensselaer NY 12144	NEW
Carol	Newhouse	244 Revere Dr. Ballston Spa NY 12020	Renew
Merrilee	Wygant	28 Duncan Dr. Latham NY 12110	NEW
Ronald	Wygant	28 Duncan Dr. Latham NY 12110	NEW



Our Traditional Walk Season Opens in Greenwich on May 4.

Early May should be at the perfect time for a walk in the picturesque village of Greenwich. Our first traditional walk of the season on May 4 finds us in this small town of about 5000 people located in southern Washington County between the Hudson River and the Battenkill.



The drive to Greenwich from every direction will unfold view after view of rolling hills and lush farms. A marker in the town park commemorates Greenwich as an important stop along the Underground Railroad. Bring your special program book to this walk. **Click here for brochure:**

<http://www.walkescv.org/19greenwich.pdf>

Afterwards you might find yourself stopping at the Ice Cream Man on Rt. 29 for an ice cream.

ESCV - Fall Group Walks

Wed & Sat @ 10AM; Sundays @ 1:30PM Scheduled Group Walks - Year Round and Seasonal Walks

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Oct 6	Williamstown, MA
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Oct. 20	Troy
Oct 23	Saratoga Battlefield
Oct. 26	Saratoga City
Oct. 27	Lake Placid
Oct 30	Saratoga Spa Park
Nov 06	Schenectady
Nov 10	Bennington, VT
Nov 20	Albany Crossgates Mall

Please see website for more details.

MILESTONES

— EVENTS —

10	75	325
Terry Getnick	Sandra Laity	Chris Yost
450	850	900
Mary Saratora	Pat Reed	Barbara Kolapakka
950	1150	2100
Winnie Balz	Linda Morzillo	Eileen Skinner

— DISTANCE —

1000K	2000K	2500K
Rachel Trier	Chris Yost	Jim Brown
Thad Trier		
5500K	9000K	16000K
Sue Grey	Pat Reed	Linda Morzillo
22000K		
Eileen Skinner		

OFFICIAL ENTRY FORM

AVA: American's Walking Club 2019 Biennial Publicity Contest

This form must accompany each entry
Entries must arrive at AVA National Office no later than April 15, 2019

Check the appropriate category(s) below

Photography *Limit of three total entries per person. All three can be entered in one category if so desired*

People

Places

Things

Club Newsletter

Event Brochures *(Traditional and/or Seasonal)*

Club Website *Send URL on entry form via email to hector@ava.org*

Club Logo

(Please print or type)

Club Name _____ Region _____ AVA # _____

Address _____

City/State/Zip _____

Name of Submitter _____

Phone _____ email _____

Rules and Submission Category Guidelines

AVA: American's Walking Club Biennial Publicity Contest

Competition in the contest is open to AVA members, clubs and state organizations

PHOTOGRAPHY

Photographs: Color and B&W taken during the period from January 1, 2017 thru April 1, 2019.

Subject Matter: People, places or things that you may have photographed while at an AVA event, club social gathering or while walking on or near a sanctioned trail. Submission limit of three total images per person please. All three may be entered in the same competition category.

Photos: All photos submissions must be emailed to hector@ava.org or mailed to the address below along with this release. Note that all photos must be in by April 14, 2019.

Description of photograph: Include photographer's name and email address, date the image was taken and brief description of image submitted.

Judging: Judges will select winners based on technical quality, originality, creativity, interest and AVA related themes.

Deadline for submission: April 14, 2019. Entries will become the property of AVA National Office and will not be returned.

Photo Release Form: Please complete and email the Photo Release Form and include a copy with each photo submitted. If submitting printed photos please mail them, along with this form, to:

PHOTO RELEASE FORM

I give the AVA National Office permission to use my photo images and the right to reproduce photographs for educational and promotional purposes, on the AVA website, on printed materials and on other products. Please be aware that when you share photos, via digital image or otherwise, with AVA, such photos or images become the property of AVA and AVA, its legal representatives and assigns, retain the right and permission to publish any such photo or image in any written or electronic publication, including Checkpoint or TAW, on social media, websites or in audiovisual presentations, promotional literature, advertising or in any similar method. If your photo submission includes a minor please follow link to complete the [liability form](#).

Signature: _____

Date: _____ Email: _____

Print this form and place in an envelope along with the Official Entry Form.

AVA 21st Biennial Convention

June 9-16, 2019

Albany NY

★ Empire State Capital Volkssporters ★ Northeast Region ★



– 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/>



Calling all
CONVENTIONEERS!

Volunteer information, Chris Yost
cyost@nycapp.rr.com



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



Fun, Fitness, Friendship

www.ava.org



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



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Clifton Park, NY 12065-5464