



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



WWW.WALKESCV.ORG

OCTOBER 2019

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. 9 / Wednesday..... Johnstown
Oct. 13 / SundayLake George
Oct 16 / Wednesday Pine Bush Albany
Oct 20 / Sunday Troy
Oct 23 / Wednesday Saratoga Battlefield
Oct 26 / Saturday ..Saratoga Springs City
Oct 27 / Sunday Lake Placid
Oct 30 / Wednesday ...Saratoga Spa Park
Nov 6 / Wednesday.....Schenectady
Nov 10/ SundayBennington, VT
Nov 20 / Wednesday... Albany Crossgates Mall

One-Day Traditional Events

Nov. 3Albany (Pizza Party)

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

**Send ideas for
new walk routes**

to Wayne at
waynecknapp@gmail.com

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

The Annual November Recognition Party will be a unique event this year. But we will not be casting tradition aside. Firstly, as usual, we will be honoring those club members who have completed the 50 states or capitals program. This practice began years ago and we hope it continues for a long time to come. The unique part of this year's event is the recognition of all ESCV members for their tireless dedication and countless man hours in making the 2019 AVA Biennial Convention a huge success. The club continues to receive accolades for a job well done and the most praise is heaped on the 140 plus volunteers in yellow vests who were so incredibly helpful at every venue. Do come to the walk and party on November 3 and be part of a group high five experience. The event will be free but you still need to register so that the right amount of food can be ordered.

It's a great time of year for a walk and we have many group walks scheduled for the next two months. Bring a friend. Anyone who becomes a member between now and the end of the year can get a membership for \$6.00.

See you on the trail

Happy walking everyone, Teresa

★★★ Important Notices ★★★

~ **Pizza Party registration form is on page 3** ~

Wayne Knapp has sanctioned a last minute traditional event to be held on Wednesday, October 16 in the Albany Pine Bush.
See page 2 for more information.

The Next Club meeting: November 19 at 6:30 pm at the Latham Firehouse.
Articles for the next newsletter are due October 25. 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.

Online Start Box

Have you ever traveled to a city looking for the walk box and the location was closed? And if open, no one knew where the box was? Or finding it, the directions were gone?! Even if all goes well, you're left to stamp your books, remember to bring home the envelope, address, stamp and post it with a check inside. And once that is done, mail your books to AVA HQ, hoping they don't get lost.

The Online Start Box was built to eliminate the above problems. The system was designed by Chris Zegelin, a member of an AVA club in California. After years of successful operation there, it was adopted by AVA national. Walks can be found, maps and directions printed, and credits received online 24/7/365. Alas, nothing is free. There is a small processing fee added to the cost of each walk - further details below.

Many clubs throughout the country already use the OSB system, which will become more prevalent over time. Close to home, the Twin States Club has a few OSB events, the Appalachian Trail hikes are mostly OSB, as well as many events in the Niagara Frontier. Seven of our members just used OSB for a New York City walk.

ESCV will get on board with five OSB events in 2020

We are starting with Lake Placid and Cooperstown, mainly due to their remote locations. No longer will POCs need to travel there to monitor and stock walk boxes. Tad Darling has created two OSB bicycling events at the Saratoga Battlefield and Schenectady. And we have a new Albany Pine Bush Preserve event sanctioned for the last quarter of this year, plus all of 2020, for walking, hiking or snowshoeing.

Save the date... this October 16 for a Group Event at the Albany Pine Bush Preserve. This will be a test run for those who want to try out our club's first OSB at our newest location! But if you're not an OSBer, don't worry - you can sign up with traditional registration sheets, and get stamped, just as you've always done. We have designed routes for everyone, from a fun and interesting casual walk in and around the Discovery Center, to more strenuous hikes where boots and poles should be considered. The preserve opens at 9 a.m., when Kathy and Wayne will be there to assist anyone with OSB or traditional registration. Group walks/hikes begin at 10 a.m.



Wayne Knapp 518-469-7298

wayneknapp@gmail.com

Kathy Mack 518-225-3797

kmack1952@gmail.com

For those who would like to become familiar with the Online Start Box, it's quite simple and you can do it from your home computer or a smartphone. Any questions? one of your experienced OSB friends will be glad to help you, and you can call Kathy or Wayne at any time. Or better yet, catch them at the next walk or meeting.

OSB Registration Steps

- Get into the <https://my.ava.org> website.
- Tap the New Account tab.
- Enter the requested information such as your name, email address and password (write down your password and keep it with you).

OSB Walk Directions and Maps

- Get into the <https://my.ava.org> website.
- Tap on the Login tab.
- Tap the Login button.
- Tap the My Event Bank tab.
- Enter the amount you want to deposit in your event bank, from \$3 (the cost for one walk) to a maximum of \$100. Note there is a sliding scale per walk processing fee ranging from 49 cents for one \$3 walk, down to 10 cents per walk if the maximum \$100 is banked.
- Use your credit or debit card to deposit funds in your event bank. The funds do not have an expiration date.
- Tap on My Start Box.
- Scroll down to New York, Albany Pine Bush Preserve.
- Tap on Register.
- Get maps and directions.

After OSB Walk

Get back into the <https://my.ava.org> website.

Tap on Login.

Tap on Finish Table to get credits and stamps.

EMPIRE STATE CAPITAL VOLKSSPORTERS

21st Annual Walk & Pizza Party

Sunday, November 3, 2019

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

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 4:00 PM.

RESERVATION is necessary for the Pizza Party but payment is not.

You can either: complete the form below and send to:
Chris Yost, 28 Gould Drive, Scotia, NY 12302

OR

email your name and phone # to: cyst@nycap.rr.com
Deadline is Thursday, Oct. 24th

..... DETACH AND RETURN

Pizza Party Reservation Form

Send to: Chris Yost, 28 Gould Drive, Scotia, NY 12302

Name / Phone Number

Deadline is Thursday, October 24th

We CELEBRATED Autumn



Kudos to Barbara Kolapakka for an outstandingly gorgeous walk at the Greenwich Retreat Center on October 5.

It was a picture perfect autumn day and the views could not have been better.

Thank you to Sue Grey for organizing the food part of the Oktoberfest. Everything was delicious as always.



Fun, Fitness, Friendship

www.ava.org



Northeast Region

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



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



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