



# Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

March 2021

## WEDNESDAY GUIDED WALK 2021 SCHEDULE

WEEK	DATE	LOCATION
1	May 5	Saratoga/West Side
2	May 12	Albany/Tulip Walk
3	May 19	Ballston Spa
4	May 26	Schuylerville/Fort Hardy Park
5	June 2	SUNYAlbany
6	June 9	Milton/ Woods Hollow
7	June 16	Gloversville
8	June 23	Niskayuna/Blatnik Park
9	June 30	Schenectady/Vale Cemetery
10	July 7	Northville
11	July 14	Delmar Five Rivers
12	July 21	Round Lake
13	July 28	Albany Shaker Farms
14	Aug 4	Saratoga/Spring Run
15	Aug 11	Old Niskayuna
16	Aug 18	Altamont
17	Aug 25	Peebles Island

**Mark your calendars now for  
this year's traditional walks.**

## 2021 Traditional One Day Events

April 24	Olana
May 15	Catskill
June 12	Old Chatham
Sept 11	Schenectady Fall Fests
Oct 16	Oktober Fest Colonie Town Park
Nov 7	Albany-Pizza Party/No Pizza?
Dec 4	Schenectady-Holiday Walk/Party?



## ESCV Hosts First Group Bike Ride And That's Just The Beginning!

By Tad Darling

Wayne Knapp, President of the Empire State Capital Volkssporter's (ESCV), had been looking for exciting ways to improve the diversity and offerings for its members. The question is "What other activities in addition to walking can we provide to our members?" Following the informative workshop on cycling by Tom Baltes and as POC for two successful bike rides at the 2019 AVA Convention in Albany, I took the lead to develop three bike rides of varying difficulty for 2020. The Capital District Region is blessed with extensive off-road paved bike trails and many quiet country back roads to choose from. The first ride was through the Schenectady Stockade, a stop at a lock on the historic Erie Canal, and through the Union College campus. The second ride featured a new section of the Erie Canal bike path, the new Amsterdam walking bridge over the Mohawk River, and the ruins of an Erie Canal aqueduct and locks. The third ride provided a grand tour of the Saratoga National Historic Park, Hudson River, and the nearby National Cemetery.

On September 5th, ESCV hosted the very first group bike ride. Members of ESCV were accompanied by folks that saw the event advertised on Meet-Up and Facebook. It was a beautiful sunny day. The group started in Schenectady at the new Mohawk Harbor complex, which is a massive

Continued on page 2.

**Come Walk With Us!**

Member of American Volkssport Association and International Federation of Popular Sports



**Empire State Capital Volkssporters**  
 PO Box 5464 Clifton Park, NY 12065-5464  
[www.walkescv.org/](http://www.walkescv.org/)

**Club Officers**

President ~ Wayne Knapp  
 waynecknapp@gmail.com

Vice President ~ cyost@nycap.rr.com

Secretary ~ Terry Gitnick  
 tgitnick@gmail.com

Treasurer ~ Warren Lavery  
 warrenlavery@gmail.com

**Newsletter**

Arden Lawand ~ Editor  
 arden.lawand@verizon.net

**Website / Hotmail**

Eileen Skinner ~ Web Master  
 efskinner@aol.com

Please send all hotmails to Eileen by Saturday night for announcements related to the week. There will only be one hotmail per week



**American Volkssport Association**  
 1008 S. Alamo St.  
 San Antonio, TX 78210  
 210.659.2112 AVAHQ@ava.org



**Northeast Region**

Chris Mellen ~ Northeast Regional Director  
[www.avaclubs.org/NE\\_RD/](http://www.avaclubs.org/NE_RD/)



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

**ESCV Hosts First Group Bike Ride — Continued from page 1.**

redevelopment of the old American Locomotive Company and Brownfield. Located along the banks of the Mohawk River, this location is a good start point to follow a route that tours the historic Schenectady Stockade, the small village of Scotia, the Erie Canal bike path, Lock 8, and Union College. Everyone had a wonderful time and were looking forward to more group rides. The second group ride on September 26th, was same one done at the Convention at the Saratoga Historic Battlefield. It is a bit hilly, but everyone stuck with it on yet another beautiful sunny day. No hill on the bike ride is so steep that you can't walk up which our members are very experienced doing!

In addition to the three inaugural bike rides of 2020, two new bike rides will be offered during 2021. They include the beautiful Zim Smith bike trail which features a side tour of the ornate cottages of a past Methodist Camp in the Village of Round Lake, a not-to-be-missed nearby bakery, and great ride all the way to Mechanicville



where one can view part of the rail yard. The second new ride features the new bike path from South Albany west to the Helderbergs. The ride will start in Albany's Corning Preserve in downtown Albany along the banks of the Hudson River. All rides are open from April 1 to September 30 using the Online Start Box. Two group rides will be hosted this year. They include the Zim Smith Trail on May 22nd and Pattersonville Erie Canal Trail on September 25th.

**2021 ESCV Chairpersons**

- Membership .....Louise Remillard
- Publicity .....Kathy Mack
- Event Brochures .....Arden Lawand
- Purchasing .....Winnie Balz
- Sunshine .....Kathy LeRoux
- Club Merchandise .....Bev Feltt
- Name Tag Orders ..... Laura Sheldon
- Walk Development & .....Chris Yost
- Traditional Walks
- Coordinator Year Round & .....Liz Walsh
- Seasonal Walks
- Wednesday Walk Coordinator ..... Sue Burke
- Trail Master ..... Linda Morzillo
- Online Start Box .....Larry Godshalk
- Coordinator
- Web Master .....Eileen Skinner
- ESCV Historian ..... Teresa Kennedy

**Milestones**

**EVENTS**

- Deborah D'Arcangelis 175
- Barbara Nigro 300
- Chris Yost 500
- Barbara Kolapakka 950

**DISTANCE**

- Deb D'Archangelis 1500K
- Barbara Nigro 2500K
- Kathy Piffat 6000K
- Barbara Kolapakka 9000K
- Joseph Piffat 22000K

As published in the American Wanderer. as of 2/24/2021.  
 e-mail Barbara Kolapakka at  
 bkola67@gmail.com

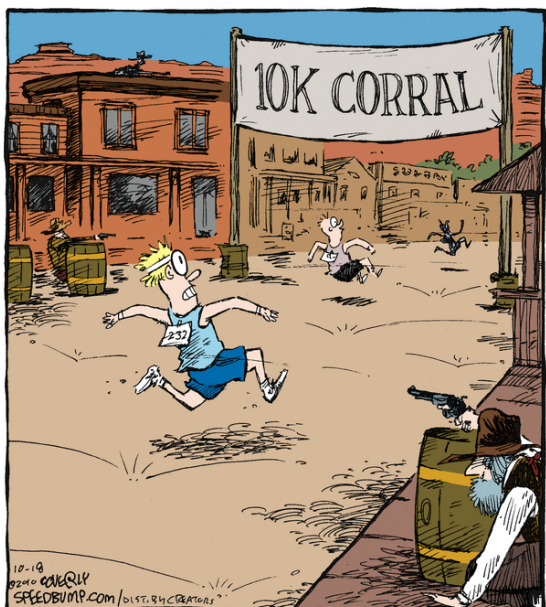
This is the quarterly notification to inform you that AmazonSmile has made a charitable donation to the charity you've selected, American Volkssport Association Headquarters, in the amount of \$100.80 as a result of qualifying purchases made by you and other customers who have selected this charity.



Thanks to customers shopping at smile.amazon.com, or with AmazonSmile ON in the Amazon Shopping app, everyday purchases have generated over \$266 million in donations to charities worldwide so far.

**AmazonSmile's impact:**

- ◆ \$1,045.44 to American Volkssport Association Headquarters\*
- ◆ \$241,928,506.19 to all charities in the US
- ◆ \$266,896,659.48 to all charities worldwide



Trailmaster Hint: Carefully plan your route



**FOOTPRINTS . . .** by Wayne Knapp

**Empire State Capital Volkssporters Accomplishments 2020-2021**

**Charles Dickens: "It was the best of times, it was the worst of times."**

Yes, we've journeyed through the worst pandemic in one hundred years. We missed ten weeks of walks in the spring of 2020 and since then we've had to gather more loosely and wear face masks, making human interaction more difficult. We couldn't safely gather around registration tables, walk in large groups, have monthly indoor meetings or enjoy our usual indoor social events. Those are the negatives. But look at all the positives over the past year.

- A year ago dozens of ESCVers assessed the situation, offered ways to continue walking in the face of this pandemic and came out in droves for fun, fitness and friendship
- We embraced technology by transmitting our weekly event directions and maps via email, thereby promoting safety during these times
- We made up for spring's slow start with winter Pop Up & Traveling Guided Walks
- To meet this winter's needs, we ran two walks per week
- We are now hosting group walks every Wednesday throughout the year, along with most weekends during the fall, winter and spring months.
- We now have 26 Year Round and Seasonal Events, including 5 bike events
- We had 2,684 event participants in 2020, which kept pace with recent years.
- We went from zero to 23 events available via the Online Start Box (OSB)
- All OSB directions and maps were upgraded to the highest AVA standards due to the monumental efforts of the involved POCs, and the team of Larry Godshalk, Linda Morzillo and Marv Weiss.
- During our first formative OSB year, 124 people used the OSB, including 44 outsiders.
- We gained 60 new members in 2020. Even with the usual attrition, we had a net increase of 20 members.
- We had two highly attended outdoor meetings, in July and October
- Our lawn chair lunch circles were a highlight of the summer

Our new normal is quickly arriving. Whether returning to our original ways or some type of hybrid situation, that will all evolve with our needs. But in the meantime, congratulations to everyone for being part of this very memorable year!

**Wayne C. Knapp  
President, ESCV**

## Dear AVA Member,

Despite the many challenges we have encountered this year, we have much to celebrate and be grateful for at the AVA. On behalf of the team at the National Office I thank everyone for your continued support, specifically your generous contributions to our annual individual donor campaign, the Big Give. Your contributions helped us keep the operation running and more importantly allowed us to retain all employees on a part time basis at a time when many were being laid-off.

During this ongoing pandemic, the National Office has responded to the needs of our clubs and members by continuing to work part time from home and the office and closing on Fridays. We are happy to report that no one has taken ill of COVID-19 as we continue to work on priorities like convention, national partnerships, and diversification of revenue streams.

A few other things that were accomplished this year by our dedicated team at the National Office in support of our clubs includes:

- Processed over 5,000 event and distance books
- Enrolled and renewed over 3,000 AVA members
- Enrolled 2 new clubs
- Secured \$63,360 in stimulus funds to secure the AVA operation during the pandemic
- Produced and mailed 2,721 stamps and 3,600 adhesive strips
- Assisted 68 clubs with the changing of their fiscal year and filing of 990 EZ IRS forms
- Raised \$104,000 through our annual individual donor campaign, the Big Give
- Developed a new AVA logo, event flyers, and banner designs
- Responded to over 25,000 membership phone calls, emails and in person visits
- Amended the AVA Bylaws so they are current and in compliance with the State of Texas requirements
- Relocated the AVA national office to a highly visible walking community that better reflects our image
- In response to COVID-19 we created a virtual walk program, COVID-19 event guidelines, shipped 750 facemasks and supported the Crazy Horse Memorial walk
- Formalized a national partnership with Element3 Health which has potential to generate over 12,000 event participants annually

None of this could have been possible without your continued support and the hard work of your dedicated team at the National Office. To all our members, friends, volunteers and employees, Happy Holidays!

Enclosed you will find some window decals with the new AVA logo. We encourage you to place these decals in a visible place in locations where you have physical start boxes. If you need more, please contact [hector@ava.org](mailto:hector@ava.org).

Respectfully,

**Henry Rosales**  
**AVA Executive Director**



# The Empire State Trail

By Patricia Jewett

On December 31, 2020 Governor Andrew M. Cuomo announced the completion of the 750 mile Empire State Trail. He proposed this trail in January of 2017.

**This is a multi-modal trail for all trail users.**

The new trail connects 400 miles of unlinked off-road trails, 180 miles of new off-road trails and 170 miles of roads that were upgraded to include on-road bike routes.

The trail appears to begin at Battery Park in Manhattan in New York City. The trail passes through Albany and goes through Paine St Park and beyond that on Cannon St. The trail splits on Veterans Memorial Drive and heads west to Buffalo. If you stay on Cannon it heads north to Rouses Point on the tip of Lake Champlain.

On the website the trail is broken into three sections that are made up of the different segments of the trail.

- **The Hudson Valley Greenway Trail**  
New York City to Albany)
- **Erie Canalway Trail**  
(Buffalo to Albany)
- **Champlain Valley Trail**  
(Albany to Rouses Point).

**This is my personal connection to this State Trail.**

*In 2019 I was in Albany New York at the AVA Biennial Convention. One of our walks was on Peeble Island State Park. The Mohawk Hudson Bike Hike Trail goes to this park.*

Also it has been noted that there are 200 craft breweries within ten miles of the trail. There is camping and also overnight lodging along the trail.

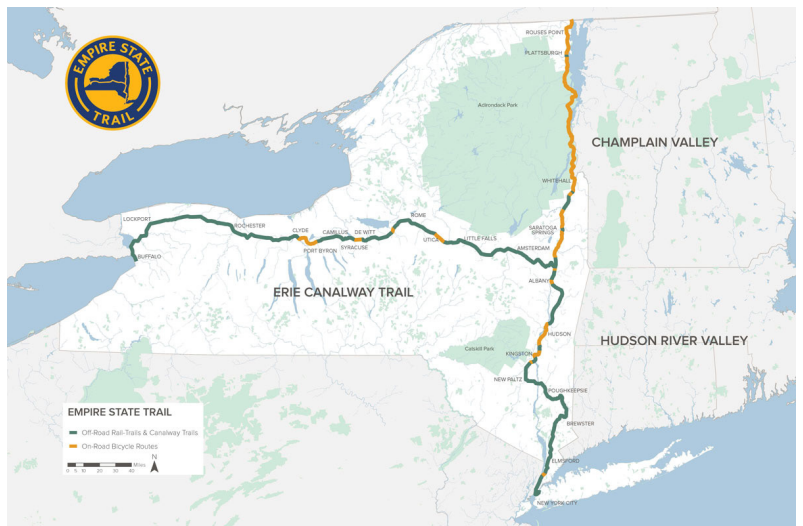
*This looks like a well planned trail for all users. I hope there are some volkswalking clubs that have some or will be able to develop some walks along this trail.*



The Poughquaq Cut on the Maybrook section of the Empire State Trail (MTA photo)



Photo I (Patricia Jewett) took in 2019 while at the Albany AVA Convention. This is from Peeble Island State Park



# Membership

Louise Remillard email: lremillard@nycap.rr.com

## We currently have 252 Active Members\*



### New Members September 2020:

- Gail Quimet, Halfmoon
- Doris Schweickert, Bolton Landing
- Lilani Asmara, Niskayuna
- Dawn Rettig, Niskayuna
- Alan Tallman, Cohoes
- Carole Nemore, Delmar

### New Members October 2020:

- Toby B Ortell, Gloversville
- Mary E. Vandenebee, Gloversville
- Julie Perry, Eagle Bridge
- Patricia Higgins, Rensselaer
- Ernie Cardone, Rotterdam

### New Members November 2020:

- Pat Harman, Albany
- Paula Hauser, Albany
- Julia R. Holcomb, Schenectady
- Lois E. Radke, Ballston Spa
- Grace Thedinga, Guelderland

### New Members December 2020:

- Mary Sieder, Glenville
- Joan Therien, Schenectady
- Peggy Capobianco, Clifton Park
- Kathleen O'Connor, Albany
- Linda Weisel, Watervliet
- Kathryn Carroll, Albany
- Lynne Ross, Troy
- Patricia Ross, Glenmont
- Janet Chen, Schenectady

### New Members January 2021:

- Liz Kodela, Troy
- Carol Schuppstar, Saratoga Springs
- Pauline Zink, Scotia
- Mark Fleming, Troy
- Mike Langevin, Albany
- Sue Langevin, Albany
- Piper Lutbak, Saratoga Springs
- Charlene Campanelli, Schenectady
- Ann Bullock, Saratoga Springs

- Bob Bullock, Saratoga Springs
- Rose Thornton, Schenectady
- Douglas Reilly, Delmar
- Susan Pritchard, Chatham
- Celia A. Murray, Troy
- Karen Billman, Saratoga Springs
- Marjorie A. Geiger, Albany
- Pamela Bentien, Troy
- New Members in February 2021:
- Miroslav Cec, Albany
- Terrence Gettings, Watervliet
- Deborah Spicer, Troy
- Nancy Valley, Wynantskill
- Janice Fontanella, Albany

\*As of 3/15/2021



# EMPIRE STATE CAPITAL VOLKSSPORTERS MEMBERSHIP FORM

Memberships run from January 1 to December 31 each year



Membership Type:  **Single (\$12)**  **Family (\$20)** family memberships will be recorded as individual memberships in the Membership Directory to allow individual email address / phone number if desired. **Please fill out both sections below.**

PLEASE PRINT CLEARLY

Name: \_\_\_\_\_  **New Member**  **Renewal**

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_ Email: \_\_\_\_\_

Do you receive The American Wanderer?  Yes  No

**NEW members choose which type of ESCV Car Window Decal you'd like:**  **Inside**  **Outside**

Name: \_\_\_\_\_  **New Member**  **Renewal**

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_ Email: \_\_\_\_\_

Do you receive The American Wanderer?  Yes  No

**NEW members choose which type of ESCV Car Window Decal you'd like:**  **Inside**  **Outside**

**Louise Remillard, Membership Chairman – Questions? 518-496-1879; lremillard@nycap.rr.com**

## New Members PLEASE READ

- ◆ New memberships after September 1st are one half the annual fee through the end of the year.
- ◆ New Walker Program” packets are free to new members, and are valued more than the first year’s dues. They include three walk coupons, starter stamp books, our yearly pamphlets of walks, our membership roster booklet, as well as further information about the national AVA organization and international IVV organization.
- ◆ If a new member, how did you hear about us?  
\_\_\_\_\_  
\_\_\_\_\_
- ◆ NEW members will receive an ESCV Car Window Decal. Choose if you’d like one for Inside (for un-tinted windows) or Outside (for tinted windows).

**E-Mail:** To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address in form above.

**Renewal:** Renewal starts November 1st. Renewals received after January 31st will not be entered into the Membership Directory and expired memberships after that date will not receive the newsletter, walk booklets, etc., and will be dropped from the “Hotmail” (email) list.

**Snowbirds:** If you have a winter mailing address, please identify on the back of this form and the approximate dates this mailing address is effective to ensure you receive mailed club booklets.  **Winter address on back**

## Order Name Tag:

Custom-made club name tags are available for purchase.

Go to the ESCV club website at [www.walkescv.org](http://www.walkescv.org) and select the ORDER NAME TAG tab for more information or click <http://www.walkescv.org/nametag.html>

**Volunteer:** Select areas you would like to help out

- Registration at walks  Developing new walks
- Programs  Spring Picnic  Oktoberfest
- Pizza Party  Holiday Party
- Where Needed (there are many other jobs).

## Payment: Make check payable to ESCV

- Single Membership \$12 • Family Membership \$20 (New members joining Sept. 1st to Dec. 31st are one half the annual fee through the end of the year.)

Mail this form and check to: ESCV Membership PO Box 5464, Clifton Park, NY 12065-5464

**Total Enclosed: \$** \_\_\_\_\_ **Date Submitted** \_\_\_\_\_

# How Did All These Fabulous Walks Get Started?

by Linda Morzillo, Trailmaster

Are you enjoying our fabulous walks? We are so glad that there are many new walkers in ESCV doing just that along with those of us who have been club members for a while. We all welcome the opportunity to exercise in the fresh air with the added interest of walking in new places. Perhaps new walkers have seen notable sights that they never knew existed. Even those of us who have been Volkssporters for a long time are glad to walk in new places to see new sights and learn new things about our area of New York State. Have you wondered how all of these walks became a part of our club's vast repertoire?

Each of our walks started with an idea. Those of us who have designed walks have kept in mind the Volkssporting tradition of walking in places that are Historical, Scenic

and/or Cultural. We started by thinking about a place where we have not walked in the past or have not walked in a long time. The key to an interesting walk is to ask oneself, "If I had guests who have never been to a place, what are the highlights I would like to show them?"

There are several steps (pun intended), in planning a walk. Yes, there is a learning curve (good for our brains), and yes, it takes time and yes, most of all, it's fun and exciting to think about how much people will enjoy the walk. As a certified AVA Trailmaster, I will be very happy to assist anyone who would like help in planning a future walk. I can give you tips/help in designing and measuring the route as well as writing directions and other important components. Take the giant step!





## 2021 ESCV Year Round & Seasonal Group Walks — SCHEDULE —

Kickoff	2021	Fall
Jan 01	Troy	Oct 17
Feb 03	Albany Mall	Nov 17
Mar 17	Saratoga City	Oct 13
Apr 17	Clifton Park	Sep 08
Apr 10	Albany Capital	Sep 12
Apr 28	Saratoga Spa	Nov 03
May 29	Pine Bush	Nov 13
Apr 25	Williamstown	Sep 15
Jun 06	Lake George	Sep 18
Mar 21	Schenectady	Nov 21
May 01	Sar Nat'l Hist Pk	Oct 24
Apr 11	Cooperstown	Sep 05
Apr 21	Scotia	Sep 22
Mar 31	Scotia Northside	Oct 30
May 16	Glens Falls	Aug 29
Apr 14	Glenville Indian	Oct 06
Jun 26	Johnstown	Sep 01
Apr 03	Albany Colonie	Nov 06
Jun 13	Bennington	Oct 23
Jun 19	Caroga Lake	Sep 19
none	Lake Placid	Sep 26

## 2020 ESCV WEDNESDAY WALKS PARTICIPATION

WALK #	DATE	WALK	TOTAL WALKERS	CREDIT	NONCREDIT	NWC
1	6-May	Saratoga - Museum	44	33	11	0
2	13-May	Corning Tulip Albany	34	30	4	1
3	9-Sep	Albany Shaker Farms	73	73		1
4	27-May	Round Lake	40	31	9	0
5	3-Jun	Greenwich	34	27	7	0
6	10-Jun	Schen. Mohawk Harbor	51	36	15	1
7	17-Jun	Amsterdam	39	30	9	0
8	24-Jun	Niskayuna/ Blatnik Pk.	34	27	7	0
9	1-Jul	Schenectady /Vale	52	40	12	0
10	8-Jul	Schoharie Crossing	39	30	9	0
11	15-Jul	Ballston Spa	63	50	13	0
12	22-Jul	Malta - tech park	50	42	8	0
13	29-Jul	Menands	70	46	24	0
14	5-Aug	Saratoga East Side	55	55		0
15	12-Aug	Troy - Sacred Heart	49	49		0
16	19-Aug	Altamont	67	67		1
17	26-Aug	South Glens Falls	58	58		1
<b>Total 2020 Wed.</b>			<b>852</b>	<b>724</b>	<b>128</b>	<b>2</b>



## 2020 ESCV Traditional Walks Participation

June 6	Chatham, NY	Total Walkers = 30
August 9	Cohoes, NY	Total Walkers = 51
August 16	Hudson, NY	Total Walkers = 48
October 10	Moreau Lake, NY	Total Walkers = 42
November 1	Albany/Pine Hills, NY	Total Walkers = 43
December 5	Schenectady NY Holiday	Total Walkers = 50

## 2020 ESCV YEAR ROUND & SEASONAL WALKS PARTICIPATION

	QTR 1	QTR2	QTR3	QTR4	YEAR TOTALS
Albany - Downtown	19	12	30	6	67
Albany-Crossgates Mall	50	2	0	28	80
Albany/Colonie Crossings	2	5	1	40	48
Bennington, VT		21	1	32	54
Caroga Lake		22	5	16	43
Clifton Park	6	11	57	33	107
Cooperstown		6	9	42	57
Glens Falls		3	6	30	39
Johnstown		4	10	22	36
Lake George		2	53	0	55
Lake Placid		9	15	0	24
Saratoga Spa Park	35	2	1	46	84
Saratoga Springs - City	25	4	9	73	111
Saratoga Battlefield	8	5	2	28	43
Schenectady	93	9	1	58	161
Scotia	25	11	33	47	116
Troy	21	2	2	42	67
Williamstown, MA		4	31	9	44
Albany Pine Bush	22	37	1	56	116
Schenectady - Bike		2	13		15
Battlefield - Bike		0	11		11
Pattersonville BIKE		5	0		5
Glenville Indian Hills		16	36	47	99
Scotia - Northside		19	62	5	86
					1568
<b>QUARTERLY TOTALS</b>	<b>306</b>	<b>213</b>	<b>389</b>	<b>660</b>	<b>1568</b>