



# Empire State Capital Volkssporters

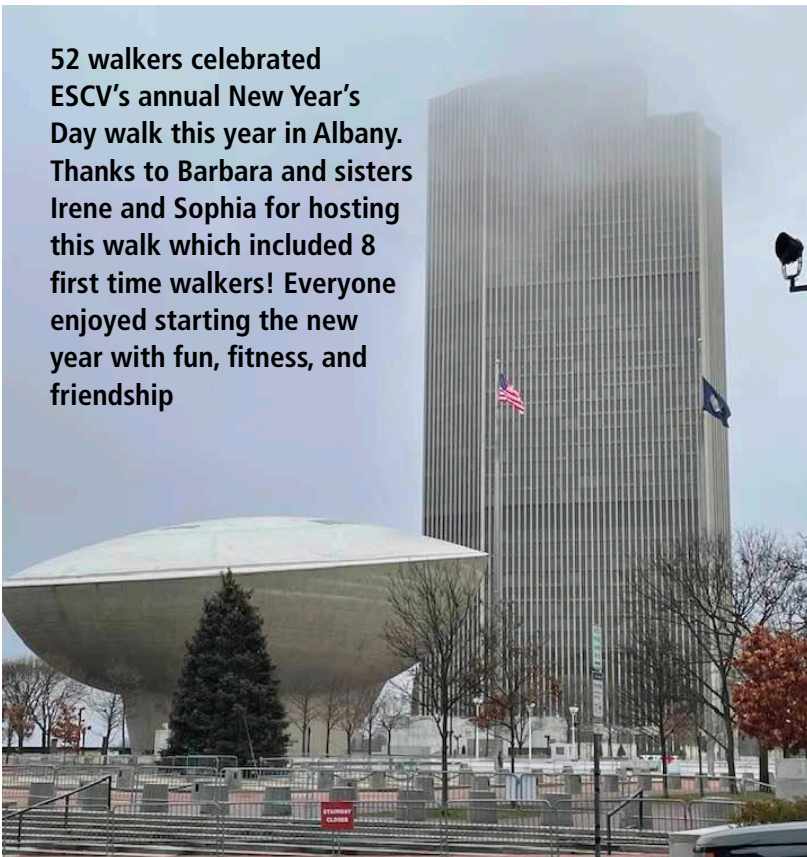
*Walking Club in the Capital Region of New York State*

WWW.WALKESCV.ORG

FEBRUARY 2022



52 walkers celebrated ESCV's annual New Year's Day walk this year in Albany. Thanks to Barbara and sisters Irene and Sophia for hosting this walk which included 8 first time walkers! Everyone enjoyed starting the new year with fun, fitness, and friendship



***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 ~ Christine Yost  
cyost@nycap.rr.com

Vice President ~ Larry Godshalk  
lgodshal@nycap.rr.com

Secretary ~ Barbara Nigro  
barb.nigro@gmail.com

Treasurer ~ Terry Gitnick  
tgitnick@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 Sunday night for announcements related to the week. There will only be one hotmail per week to the membership



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



**Northeast Region**

Wayne Knapp ~ Northeast Regional Director  
wayneknapp@gmail.com  
[www.avaclubs.org/NE\\_RD/](http://www.avaclubs.org/NE_RD/)



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

# Element3 Health

There has been a lot of talk about the Element3 Health Program and partnership with AVA. In a nutshell if you have health insurance that qualifies you can take advantage of this program and get free walk vouchers at no cost to you. At this time United Healthcare Medicare advantage and supplemental plans are the only ones that qualify; however, other health programs will be added as additional contracts are negotiated

Here's how you can quickly and easily check to see if you're eligible

**Sign up at**  
<http://e3hfun.com/ava>.

All you will need is your health plan ID card to determine if you are eligible. Or call Element3Health (833) 906-1700

Or send email to [info@element3.com](mailto:info@element3.com)

If you're eligible, every time you participate in a club activity (up to 10 times per month), your health plan will pay Element3 for your participation! For every 5 club activities you report per month, you will receive one walk voucher (max of 2/per month).

Below is the process that eligible program members will follow to receive their free walk vouchers:

Each qualifying participant will receive an email from AVA informing them how many

vouchers they will receive, when they will be available, and whether they qualified for a one year complimentary AVA Membership.

All qualifying participants must have a "myava.org" account in order to receive your vouchers.

For each voucher awarded, AVA will place a \$3 credit into you Online Startbox (OSB) account. These vouchers can be used for any OSB Event.

As members redeem their vouchers on the Online Startbox (OSB) the club will be report this participation on their quarterly report and will receive a credit for \$1.75 for the redeemed voucher.

The February Checkpoint will have additional information on this program so stay tuned.

## Milestones

**EVENTS:**

- 75 Terry Gitnick
- 125 Sandra Laity
- 525 Cameron Cox
- 525 Susan Cox
- 575 Karen Watson
- 600 Kathryn Piffat
- 600 Carol Sorensen
- 600 Chris Yost
- 1300 Linda Morzillo
- 2100 John Cairns

**DISTANCE:**

- 5000k Cameron Cox
- 5000k Susan Cox
- 5000k Carol Sorensen



17 brave folks including new walkers and new member Carol walked in the 6 degree temperatures this morning in Saratoga for fun, fitness, and friendship. Thanks to POC Lea Darling for providing alternative routes for this Pop Up walk!



### 2022 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 ..... Gail Ostrander
- Walk Development & Traditional Walks ..... Larry Godshalk
- Coordinator Year Round & Seasonal Walks.....Liz Walsh
- Wednesday Walk Coordinator ..... Deborah D’Arcangelis
- Trail Master ..... Linda Morzillo
- Online Start Box Coordinator ..... Larry Godshalk
- Web Master.....Eileen Skinner
- ESCV Historian ..... Teresa Kennedy



## Chris's Corner. . . by Chris Yost

We got off to a good start in 2022 with our annual New Year's Day walk in Albany. This year we added a new tradition of remembering those members we lost in 2021 by reading their names and adding a moment of silence. I hope to keep up this tradition going forward.

Our 2022 Traveling Guided Walk program officially began at Mohawk Harbor Schenectady after two other "iced out" walks earlier in January. We have rescheduled those TGWs Schenectady Central Park (now March 27) and Watervliet (now March 2) so look for those in the coming weeks.

Thanks to Tad Darling we have expanded the ESCV Bike Program by providing members with 10 bike ride opportunities in 2022. Thanks to all bike hosts. I certainly hope all bikers will take advantage of these rides.

In addition our year is packed with our normal Year Round and Seasonal walks, the Wednesday Walk Program, Traditional Walks, Traveling Guided walks, and Pop Up Walks. Thanks to all POCs who support these programs.

Our sister club, the Niagara Frontier Volkssport Club, will be hosting a Northeast Region walking weekend September 16-18 so please get this on your calendar as it promises to be a fun filled time. You might start asking friends to car pool with you that weekend to allow as many club members as possible to attend.

Again, please keep your eyes open to new walking trails and contact me or Larry Godshalk, our walk development chair, for assistance in getting you started on a new walk. Share your neighborhood, your favorite walking trail, or a place you have always wanted to try and perhaps tap a friend or walking buddy to work with you. We will make it happen!

I hope to see you on the trails near or far.

*Chris Yost*  
President, ESCV



***The Empire State Capital Volkssporters (ESCV) hosted the AVA biannual convention in June, 2019. During the preparation and planning for the convention, ESCV discovered that there was an increased interest in bicycle riding options in addition to the traditional walking opportunities.***

With that in mind and some research with other clubs regarding proper biking protocol, ESCV developed two bike rides for the convention - one in Schenectady featuring the historic Stockade area and biking along the Erie Canal and Mohawk River. The other ride was through the Saratoga National Historic Park (locally known as "The Battlefield"), along the Hudson River and through the Gerald B.H. Solomon Saratoga National Cemetery. Unfortunately, the weather was not good for bike riding. ESCV decided to continue the bike rides the following year and offer each one as a group ride. That turned out to be very popular with good attendance.

The decision was made to add three more bike rides to the list which include:

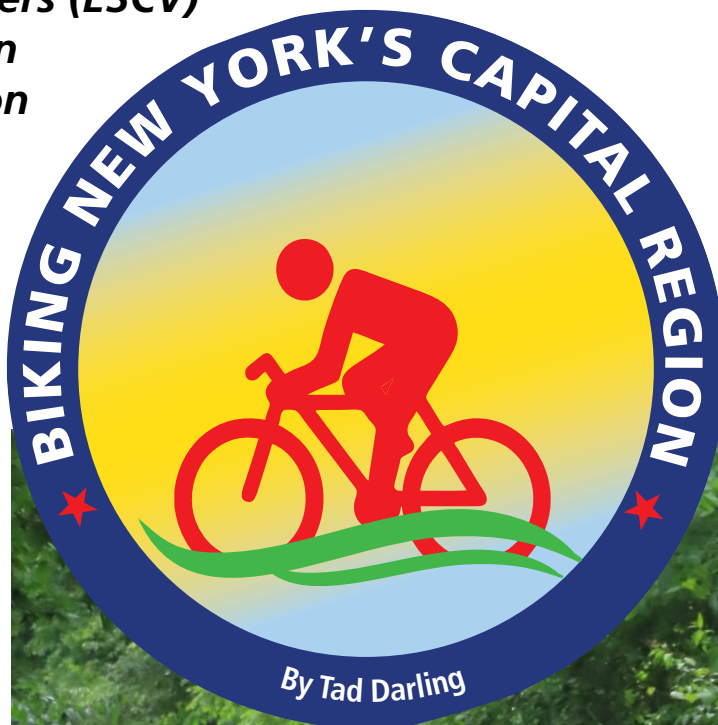
- **Zim Smith trail**
- **Albany-Helderberg trail**
- **Pattersonville trail.**

Highlights on the Zim Smith trail include biking a mostly shaded trail featuring Round Lake, an old Methodist Camp, and a nearby must-stop bakery. The trail continues through a "bird cage" and passes a railroad yard before ending at Mechanicville.

The Albany-Helderberg trail takes riders along the Hudson River in downtown Albany and then up a gradual incline to the Helderberg hills. Riders cross the Normanskill and pass Delmar and Slingerlands before arriving at Voorheesville to finish at a lovely pavilion and RR park.

The Pattersonville trail features the Amsterdam walking bridge across the Mohawk River, with its flowers and trees growing in season, a lock on the Erie Canal, and remnants of the aqueduct across the Schoharie Creek.

**Continued on page 5**



## Biking — Continued from page 4

For 2022, ESCV further expanded the biking opportunities. Although members can do these rides anytime during the season, most people enjoy the social advantages of the company with others. Thus, during the 2022 season, there will be two group rides scheduled for each of the five sanctioned rides. Since all the rides were developed by one POC, coordinating ten rides during the summer and early fall seemed like a bit much. To remedy that issue, ESCV came up with a new concept of having each ride “hosted” by another member of the club to take the burden off the POC. The “host” will be responsible for the coordination of the ride that day, scheduling, safety instructions, assistance, etc. The POC will continue to have responsibility for ride development and any changes.

ESCV is very excited about this new opportunity to provide more riding opportunities. Many of the rides have been scheduled for weekends so that working people and students will be able to participate. Of course, ESCV guarantees perfect weather - clear skies, light breeze, low humidity and temperatures in the low 70s! Just perfect!

***Come join us! All rides are posted on the OSB and ESCV website.***

A- The Helderberg Bike Trail. Photo by Linda Morzillo

B- Ready to Bike the Zim Smith Trail! Photo by Linda Morzillo

C- Geese crossing the Zim Smith Bike Trail. Photo by Linda Morzillo

D- Doris is on the Amsterdam walking bridge across the Mohawk River. Photo by Linda Morzillo

E- Erie Canal Bike Ride at the 9/11 Memorial in Amsterdam. Photo by Linda Morzillo



# Walk / Bike Schedules

## 2022 YRE & Seasonal Walks/Bike New York

Albany Capital .....	Jan 1– Dec 31
Albany Mall Walk .....	Jan 1– Dec 31
Albany/Colonie .....	Apr 1– Dec 31
Albany Pine Bush .....	Jan 1– Dec 31
Caroga Lake .....	Apr 1– Dec 31
Clifton Park .....	Jan 1– Dec 31
Cohoes .....	Jan 1– Dec 31
Cooperstown.....	Apr 1– Dec 31
Glens Falls.....	Apr – Dec 31
Glenville.....	Jan 1– Dec 31
Johnstown.....	Apr 1– Dec 31
Lake George.....	Apr 1– Dec 31
Lake Placid.....	Apr 1– Dec 31
Sar Nat'l Hist Pk.....	Jan 1– Dec 31
Saratoga Spa Pk.....	Jan 1– Dec 31
Saratoga Springs.....	Jan 1– Dec 31
Schenectady.....	Jan 1– Dec 31
Scotia.....	Jan 1– Dec 31
Scotia Northside.....	Jan 1– Dec 31
Troy.....	Jan 1– Dec 31
Schenectady Bike .....	Apr 1– Dec 31
Stillwater Bike .....	Apr 1– Dec 31
Zim Smith Bike .....	Apr 1– Dec 31
Albany-Helderberg Bike ....	Apr 1– Dec 31
Patterson Bike .....	Apr 1– Dec 31

### Massachusetts

Williamstown.....	Apr 1– Dec 31
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### Vermont

Bennington .....	Apr 1– Dec 31
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## YRE & Seasonal Walks Kickoff 2022 Fall

Jan 01 Albany .....	Sep 03
Feb 02 Albany Mall .....	Nov 16
Mar 09 Cohoes.....	Dec 14
Mar 19 Clifton Park.....	Sep 14
Mar 20 Schenectady.....	Oct 30
Mar 23 Scotia Northside .....	Sep 28
Apr 02 Albany/Colonie .....	Oct 01
Apr 06 Glenville.....	Sep 07
Apr 10 Cooperstown .....	Sep 04
Apr 13 Scotia.....	Oct 26
Apr 20 Saratoga Spa .....	Nov 02
Apr 27 Saratoga City .....	Oct 12
May 01 Williamstown.....	Sep 21
May 07 Sar Nat'l Hist Pk.....	Oct 15
May 15 Glens Falls .....	Aug 28
May 22 Troy.....	Sep 11
May 28 Albany Pine Bush.....	Nov 12
Jun 04 Lake George.....	Nov 13
Jun 12 Bennington .....	Sep 25
Jun 19 Lake Placid.....	Oct 09
Jun 25 Johnstown .....	Oct 05
Jun 26 Caroga Lake.....	Oct 22
Apr 30 Pattersonville Bike .....	Oct 02
May 29 Battlefield Bike .....	Aug 06
Jun 11 Alb-Helderberg Bike.....	Oct 23
Jul 09 Zim Smith Bike.....	Aug 20
Jul 23 Schenectady Bike .....	TBA

**Kickoff and Fall Group Walks Start  
Times: 10:00 am Wed. and Sat  
1:30 Sun**

## 2022 One Day Events

### Wednesday Guided Walks

#### May – August 9 AM ONLY

May 04 .....	Saratoga Museum
May 11 .....	Albany Tulip Festival
May 18 .....	Vale Cemetery
May 25 .....	Ballston Spa
Jun 01 .....	Amsterdam Northside
Jun 08 .....	Broadalbin
Jun 15 .....	Shenantaha Creek Park
Jun 22 .....	Niskayuna
Jun 29 .....	Mohawk Harbor
Jul 06 .....	Rensselaer
Jul 13 .....	Waterford
Jul 20 .....	Round Lake
Jul 27 .....	South Glens Falls
Aug 03 .....	Oakwood Cemetery
Aug 10 .....	Old Niskayuna
Aug 17 .....	Altamont
Aug 24 .....	Saratoga East Side
Aug 31 .....	Thacher Park

### 2022 Traveling Guided Walks & Traditional Walks

Jan 12	Schenectady Central Park
Jan 19	Watervliet
Jan 26	Mohawk Harbor
Feb 09	Slingerlands
Feb 16	Cohoes/Van Schaick
Feb 23	Albany Convention
Mar 16	Waterford
Mar 30	Malta Tech Park
May 21	Hudson
Jun 18	ESCV 35th Anniversary
Sep 16-18	Northeast Walk About Buffalo, Niagara Falls
Sep 24	North Bennington
Oct 08	Schodack Landing Oktoberfest
Nov 06	Albany - Pizza Party
Dec 03	Scotia - Holiday Party

Refer to ESCV Webpage  
for more information  
[www.walkescv.org](http://www.walkescv.org)



31 walkers (including several newbies) enjoyed the ESCV's walk today in the Albany Pine Bush Neighborhood thanks to POC stand ins Barb and Alan.



*Membership* Louise Remillard [louiseremillard3@gmail.com](mailto:louiseremillard3@gmail.com)

### 2022 Membership Renewal

The membership database has been updated with all renewals received through January 2022 and the Membership Directory is at the printer. If you haven't sent in your 2022 Membership Renewal, please send it in as soon as you are able. You can print out a copy of the Membership form located at the end of the Newsletter, from the ESCV website or ask Louise Remillard for a copy at the next walk you attend. Fill it out, write a check, and mail it to P.O.Box 5464, Clifton Park, NY 12065 or give completed form & fee to Louise at the next walk you attend. *Louise*

#### New Members October 2021:

AnneMarie Schweizer, Clifton Park  
Christine Cimmino, Cohoes  
Steve Dillon, Albany  
Rhonda King, Saratoga Springs  
Diana Armstrong, Saratoga Springs

#### New Members November 2021:

Donna Frescatore, Albany  
Shelley Gilbert, Clifton Park  
Adam Burkowsky, Nassau  
Tim O'Brien, Albany  
John Franklin, Ballston Spa

#### New Members January 2022:

Sue Ellen Bart, Albany  
Denis P. Meadows, Delmar  
Gayle Ellis, West Coxsackie  
Jodi Ellis, Hannacroix  
Barbara Zanella, Albany  
Abby Imaino, Cohoes

## ESCV 35th Anniversary Club Incentive - 35 Walks

To celebrate Empire State Capital Volkssporter 35th Anniversary we would like to offer an Incentive Program to encourage participation in a combination of Year Round & Seasonal Walks, Wednesday Walks, Traveling Guided Walks, Weekend Traditional Walks sponsored by the Empire State Capital Volkssporters. Additionally, we are also including the Northeast Regional Walkabout in September in Buffalo and Niagara Falls.

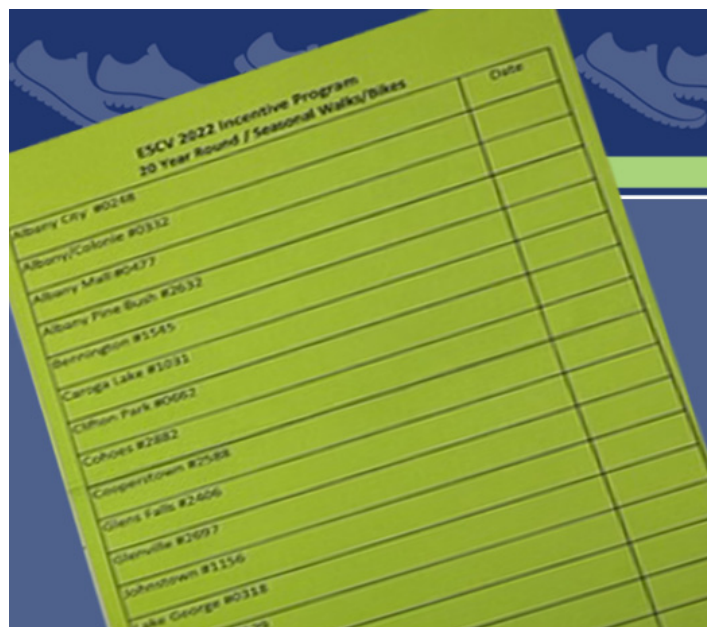
The challenge this year will be to walk 35 walks during the calendar year in recognition of our club's 35th Anniversary. The reward for completing this challenge will be a paid December Holiday Party Lunch reservation. Walks already walked since January 1, 2022, will receive credit. Walk 22 walks in 2022 and receive four (4) walker coupons for your efforts.

Currently in 2022 ESCV is offering 22 Year Round & Seasonal walks, 5 Bike Events, 18 Wednesday walks, and 6 Traditional walk events. The Niagara Frontier Volkssport Club will be sanctioning three walks for the Northeast Regional weekend taking place September 16th, 17th, and 18th. ESCV will continue to offer Pop-Up walks and Traveling Guided walks throughout the year.

Winter so far has been cold, cold, cold, but still, we walk every chance we are afforded the opportunity. We hope to continue walking at least once or twice a week through the remainder of 2022, to assist all members complete the 35th Anniversary Incentive Program as they choose.

The Incentive Program will end December 31, 2022. To receive your reward at the Holiday Party I would need to receive completed Incentive Books by the date established for the reservations of the Holiday Party.

If any member has questions about the Incentive Program or the rewards being offered, email me at [louiseremillard3@gmail.com](mailto:louiseremillard3@gmail.com) or call me at 518-496-1879.  
Louise Remillard



# 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; louiseremillard3@gmail.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** \_\_\_\_\_



# Waynes World

*As we head out of the icebox and into spring, we're looking ahead to a positive year in Northeast Volkssporting!*



**New Online Start Box Events:** Two clubs have joined the wonderful world of OSB. The Two Town Volkssporting Club has refreshed the Rockport walk into an OSB event with some beautiful new directions and maps. It's even accessible via commuter rail from Boston. And the Southern Maine Volkssporting Association has transformed the Augusta capital walk into a hybrid Online Start Box / Physical Start Box walk – the best of both worlds. SMVA has created a new Saco OSB walk and has plans for another new walk soon.

AVA now has over 900 events accessible via the OSB, which accounts for 50% of our walks and growing by the minute. Two Northeast clubs have most, in not all, of their Year-Round and Seasonal walks on OSB.

**Northeast Weekend 2022:** The Niagara Frontier Volkssporting Club is busy planning this year's event scheduled for Friday September 16 to Sunday September 18. I appreciate the clubs holding those dates open so we can fully support NFVC over that weekend. We hope each club is represented and can make plans for 2023.

**IVV Olympiad 2023:** Since my last report, I have attended AVA Board of Directors Zoom meetings on November 11, January 12, and February 9. A wide array of discussions were held but mostly concerned the Olympiad. A final BOD okay was voted upon on February 9 so plans are full steam ahead.

**AVA Policy & Procedure Committee:** Each Board member is assigned national committee duties and I have been given the task of chairing this one. We have identified eleven stand-alone policy and procedure documents spread among various pages in the AVA legacy website [ava.org](http://ava.org). The manuals and guidelines are in various stages of being updated so if you have any questions or suggestions regarding any AVA document, this is a good time to send them to me.

**AVA IT Committee:** Upcoming enhancements to the new website [my.ava.org](http://my.ava.org) were announced in the most recent TAW. At the February 9 meeting, Chris Zegelin and Mike Green outlined new sanctioning procedures that will shortly be in place. I have extensively used the new website over the past few years and it's a great improvement over the legacy site. At some point in late February AVA will announce a shut-down of the websites for a few days so major changes and updates can be made to the system. If any immediate website work needs to be done, please do so as soon as possible.

Wayne C. Knapp - Northeast Regional Director  
Carol C. Giesecke - Northeast Deputy Regional Director

We wish to thank all who participated in the —21 for 21 Incentive Program

*Congratulations*  
~~~TO ALL~~~

Each Participant will be rewarded with Free Walk Coupons, an AVA Book, a Visor Or a Tee Shirt.

**16 – 21 Walks**

- Toby Ortell
- Beth Snyder
- Mary Vandenebee
- Liz Walsh

**21 Walks**

- Judy Arnold
- Liz Walsh
- Linda Dunn
- Terry Gitnick
- Teresa Kennedy
- Wayne C. Knapp
- Kathy Mack
- Gail Ostrander

**21 Walks times 2=42**

- James Brown
- Kathleen Brown
- John Cairns
- Alan Longshore
- Linda Morzillo
- Barbara Nigro
- Louise Remillard
- Eileen Skinner
- Chris Yost

## 2021 was our first attempt with the Traveling Guided Walks.

You pay one sanction fee, receive one TGW generic stamp, and do as many one day walks as your club would like. As you can see from the chart below this not only was a big hit but also afforded our members with other walking opportunities. Thanks to all POCs who hosted a TGW!



### 2021 Walks/Walkers Totals

| DATE   | LOCATION               | WALKERS    | COUPONS   |
|--------|------------------------|------------|-----------|
| 6-Jan  | Albany Convention      | 31         | 0         |
| 13-Jan | Schenectady Central PK | 34         | 1         |
| 10-Feb | Schen- MohawkHarbor    | 43         | 3         |
| 24-Feb | Cohoes / Van Schaik    | 58         | 1         |
| 10-Mar | Waterford              | 56         | 1         |
| 24-Mar | Slingerlands           | 43         | 3         |
| 7-Apr  | Malta – Tech Park      | 50         | 1         |
| 20-Oct | Amsterdam              | 39         | 2         |
| 27-Oct | Ballston Lake          | 51         | 1         |
| 10-Nov | Greenwich              | 34         | 1         |
| 8-Dec  | Colonie Village        | 21         | 0         |
| 15-Dec | Clifton Knolls         | 42         | 0         |
|        |                        |            |           |
|        | <b>Total Walkers</b>   | <b>502</b> | <b>14</b> |

## This will give you an idea of the 2021 participants for our Traditional walks.

| DATE   | LOCATION              | WALKERS    | COUPONS  |
|--------|-----------------------|------------|----------|
| 24-Apr | Hudson/Olana          | 66         | 2        |
| 15-May | Catskill              | 46         | 0        |
| 12-Jun | Old Chatham           | 46         | 1        |
| 2-Oct  | Manchester, VT        | 51         | 1        |
| 16-Oct | Colonie - Octoberfest | 66         | 0        |
| 7-Nov  | Albany - Pizza Party  | 50         | 2        |
| 8-Dec  | Scotia - Holiday      | 95         | 1        |
|        |                       |            |          |
|        | <b>Total Walkers</b>  | <b>420</b> | <b>7</b> |

| Column1                  | QTR 1      | QTR2       | QTR 3      | QTR 4      | YEAR TOTALS | Coupons   |
|--------------------------|------------|------------|------------|------------|-------------|-----------|
| Albany Pine Bush         | 85         | 15         | 4          | 47         | 151         | 7         |
| Albany/Colonie Crossings | 45         | 40         | 6          | 32         | 123         | 5         |
| Albany - Captial         | 32         | 32         | 22         | 6          | 92          | 2         |
| Albany-Crossgates Mall   | 26         | 0          | 8          | 39         | 73          | 2         |
| Bennington, VT           |            | 29         | 0          | 35         | 64          | 1         |
| Caroga Lake              |            | 29         | 32         |            | 61          | 0         |
| Clifton Park             | 43         | 23         | 57         | 0          | 123         | 4         |
| Cohoes Neighborhoods     |            |            | 50         | 8          | 58          | 0         |
| Cooperstown              |            | 22         | 30         | 2          | 54          | 0         |
| Glens Falls              |            | 33         | 39         |            | 72          | 3         |
| Glenville Indian Hills   | 35         | 24         | 1          | 77         | 137         | 3         |
| Johnstown                |            | 24         | 35         |            | 59          | 0         |
| Lake George              |            | 40         | 31         |            | 71          | 3         |
| Lake Placid              |            | 12         | 10         |            | 22          | 0         |
| Saratoga Spa Park        | 62         | 53         | 7          | 46         | 168         | 7         |
| Saratoga Springs - City  | 54         | 3          | 4          | 64         | 125         | 3         |
| Saratoga Battlefield     | 13         | 33         | 5          | 53         | 104         | 2         |
| Schenectady              | 100        | 0          | 4          | 51         | 155         | 5         |
| Scotia                   | 0          | 35         | 48         | 7          | 90          | 8         |
| Scotia - Northside       | 66         | 1          | 2          | 29         | 98          | 0         |
| Troy                     | 81         | 0          | 4          | 37         | 122         | 6         |
| Williamstown, MA         |            | 22         | 23         |            | 45          | 3         |
| Schenectady - Bike       |            | 0          | 0          |            | 0           | 0         |
| Battlefield - Bike       |            | 0          | 0          |            | 0           | 0         |
| Pattersonville BIKE      |            | 0          | 18         |            | 18          | 1         |
| Albany-Helderberg - BIKE |            | 1          | 0          |            | 1           | 0         |
| Zin Smith - RoundLake    |            | 15         | 2          |            | 17          |           |
|                          | <b>642</b> | <b>486</b> | <b>442</b> | <b>533</b> | <b>2103</b> | <b>65</b> |

# December 4, 2021 Cookie House

Thank you — Louise!



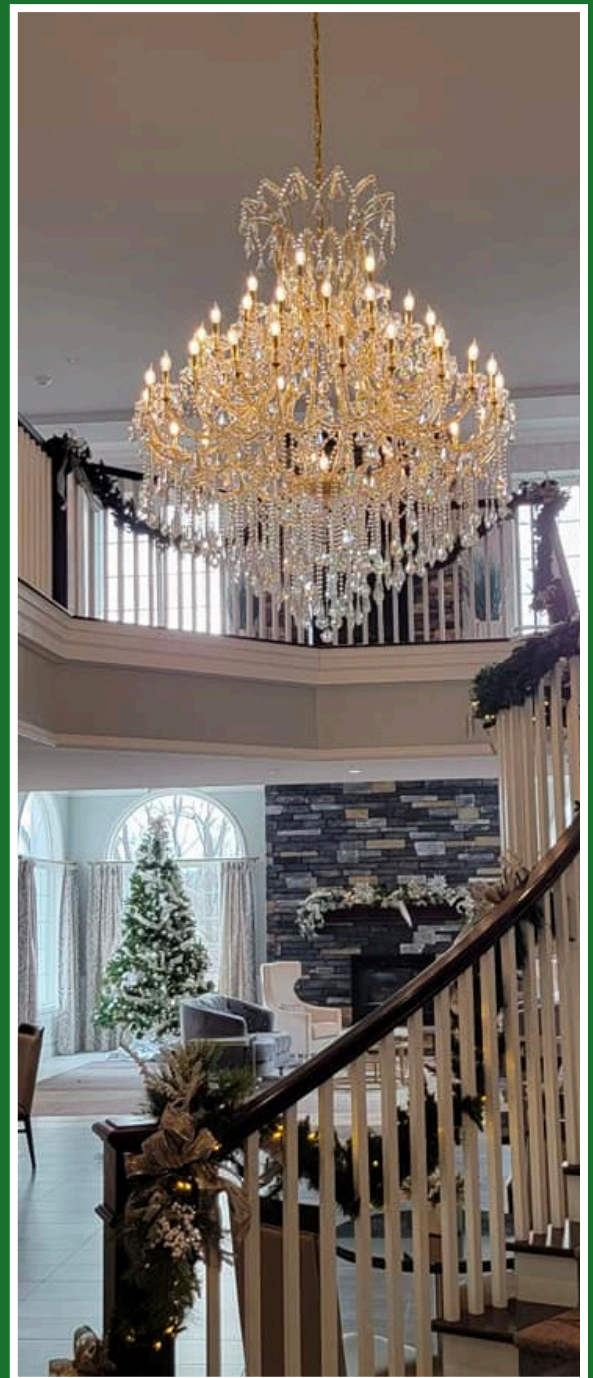


FEBRUARY 2022

December 4, 2021

# ESC V Hoilday Walk/Party

Glen Sanders, Scotia, New York









**America's Walking Club**

**Come Walk With Us!**  
EMPIRE STATE CAPITAL VOLKSSPORTERS  
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# New ESCV member shares her thoughts on *Fun Fitness and Friendship*



I am a new member of ESCV, since October 2021. I first attended ESCV walks last summer when I was invited by a good friend who had joined the group after hearing about it from another friend.

What I liked right away was the variety of locations for walks - Downtown Albany, Chatham, Glens Falls and Cooperstown to name a few. After I joined, I enjoyed walks in Manchester and Bennington, VT, Scotia, the Albany Pine Bush, the Saratoga Battlefield, and even Falls River, MA. It has been fun to explore new areas that are fairly close by.



The conversations on the 10K walks have always been interesting and lively. We've walked, laughed, and talked about Gluten free baking, curling, football, children and grandchildren, jobs, hiking, skiing, musicals at Proctors and even Outlander! Being in the group is very flexible as well. You can walk with the group twice a week or once a month, whatever fits your schedule. I walk almost every day, mostly alone, sometimes with a friend. Walking with ESCV has helped me feel less isolated during the continuing pandemic.

I was able to attend the pizza party and the Holiday party after walks in the Fall. It was enjoyable to meet other people in the group and hear about some of their walking accomplishments. There are incentives to work towards if you want. I recently completed my first event record book. There is also a new 2022 incentive program booklet that includes year round or seasonal walks, bike events, Wednesday Walks, and Traveling Guided Walks. All fun ideas to keep you on track with your fitness goals! Say hello, meet new people, get out of your comfort zone a little; you'll get your steps in, see some new places and enjoy the great outdoors!



***I've had such a positive experience so far and I look forward to many more walking adventures with ESCV! —Jill***