



Empire State Capital Volkssporters

★ Northeast Region ★
Proudly Host



Albany, New York June 9-16, 2019

Walk'n'Mass Volkssport Club

Two Town Walking Club

Twin States Volkssport Association

Niagara Frontier Volkssport Club



Fun, Fitness, Friends!





Welcome Volkssporters

The Northeast Region of the American Volkssport Association is delighted to welcome volkssporters from around the globe to **Walk Thru History** with us during our 21st Biennial Convention. The Northeast Region is composed of 10 clubs from Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont, and New York.



In addition to the powerhouse cities of Boston and New York, the Northeast is known for its brilliant autumn leaves, architecture, museums, and historic sites. We will begin our volkswalks in the seaport town of Portsmouth, New Hampshire, an early shipbuilding center with one of the country's largest collections of federal style houses. From Danvers, Massachusetts, formerly Salem Village, known for the Witch Trials of 1692/93, we will travel to Springfield, Massachusetts, site of the Dr. Seuss Museum, the Basketball Hall of Fame and beautiful Forest Park. Our first convention walk in the Albany area will be in Cohoes, at the beginning of the historic Erie Canal. Our second convention walk will be on the Battlefield in Saratoga National Historical Park, recognized as the turning point of the Revolution. You will have a choice of three routes for this day's volkswalk and a volksbike ride. Our final convention walk is the President's Walk in Albany, the capital of New York founded in 1614 as a Dutch trading post. The first post convention walk will be in Cooperstown, New York, a lovely lakeside town and home of the Baseball Hall of Fame. We will close out the post walks in Buffalo, New York, at the terminus of the Erie Canal.

Additionally there will be a swim all three days in the convention hotel indoor or outdoor pools. Bikers will have two rides available every day from sunup to sundown. A Schenectady bike ride is self-supported and the Battlefield ride, available all three days from 9am until sundown, has a guided 9am bike ride with rental available only on Thursday, June 13.

Evening socials include Wednesday's **"Take Me Out to the Ballgame"** and Thursday's **Fiddle Tunes, Folk Songs and Fancy Footwork**, a musical interactive evening with a dessert intermission. On Friday evening, we will conclude the convention with our banquet, highlighted by the **Crazy Horse Memorial Speaker** and the **First Walking Hall of Fame Award Presentations**.

We look forward to seeing you in Albany and know you will enjoy the educational, historical and architectural charms our region has to offer. We are very excited to be your hosts in 2019.

Lea Darling and Teresa Kennedy
Convention Co-Chairs

CONVENTION BIKE EVENT

Wednesday June 12 - Friday June 14, 2019

Schenectady Recreational Bike Ride



Event ID: 113622

Distance and Trail Rating: Option #1 - 10.9 miles (17.5 km), Elevation: 232 feet, or Option #2 - 21.2 miles (34.1 km), Elevation: 429 feet. Rated: 1A.

Description: This is a non-guided ride and no transportation will be provided to the start point. The ride goes through historic areas of Schenectady and nearby Scotia and along the Mohawk River. Longer ride includes a loop on the Mohawk-Hudson Bikeway.

Amenities: Restrooms are available at the start point and on the route.

Special Programs: Ice Cream Parlor, Underground Railroad, Walking the United States (50 States), Walking the United States (A to Z), Little Free Libraries.

Start Times: Daylight hours only.

Start point: Registration at Red Lion Hotel, Start point at Druthers Brewing Co at Mohawk Harbor, 221 Harborside Way, Schenectady, NY.

Directions: from the Red Lion Hotel on Wolf Road, Colonie, NY, to Druthers Brewing Company: Leave the parking lot of the Red Lion Hotel and turn right (north) on Wolf Road. Take a left onto Albany Shaker Road and go under the bridge and south onto I-87 (Northway) for 2.8 miles. Merge onto I-90 west (towards Buffalo) for 5.7 miles. Take Exit 25 onto I-890 for about 5 miles. Take Exit 4B for Erie Blvd. Continue on Erie Blvd through downtown Schenectady. At the first light after the traffic circle, turn left onto Mohawk Harbor Way and then a quick right onto Harborside Drive. Very shortly, you can turn right and pull into a parking lot behind the row of buildings. The Start Point is at Druthers Brewing Company.

Awards: A award: convention patch

Host Club: Empire State Capital Volkssporters

Point of Contact: Tad Darling 518-275-6220

Website: www.walkescv.org/ava2019convention/welcome.html

E-Mail Contact: harrydarling@verizon.net

CONVENTION BIKE EVENT

Wednesday June 12 - Friday June 14, 2019

National Battlefield & Cemetery Recreational Bike Ride

Distance: Option #1 - 10.7 miles (17.2 km), Elevation: 586 feet, or Option #2 - 17.6 miles (28.3 km), Elevation: 727 feet. Rated: 2A. The entire route is paved.

Description: The bike ride will start and finish at the Saratoga National Battlefield Visitor Center. The ride follows the Battlefield tour road. Option 2 will include a ride along the Hudson River and a visit to the Saratoga National Cemetery.

Amenities: Restrooms available at the start and along the route. Bus transportation for riders (no bikes) will be available from the Red Lion Hotel on June 13 only.

Bike Rental: For the June 13 guided ride, a limited number of bike rentals will be available from Plaine & Sons Bike Shop. Bikes need to be reserved in advance by calling the shop directly at 518-346-1433. Bikes will be delivered to the start point.

Special Programs: Walking the United States, and Walking A to Z

Start times: Start time for the guided ride on June 13 is 9am. Self guided rides can be done anytime during daylight hours. Park visitors center opens at 9 and closes at 5 but tour road is accessible during daylight hours.

Start point: For the June 13 guided bike only: registration will be the Visitor Center parking lot. For the self guided bike on other days, register in advance at the Red Lion Hotel and return there to have your book stamped.

Directions: From the Red Lion Hotel turn right onto Wolf Rd. At traffic light go straight ahead onto I-87 North. Take exit 13S and turn right onto rte. 9. At second traffic light turn left onto Rte. 9P. Follow 9P to intersection with rte 423 (sign for Battlefield) and turn right. At intersection with Rte. 32, turn left onto 32 for 2.2 miles to park entrance on right. Park in Visitors Center parking lot.

Awards: A award convention patch

Host Club: Empire State Capital Volkssporters.

Point of Contact: Tad Darling 518-275-6220.

Website: www.walkescv.org/ava2019convention/welcome.html

E-Mail Contact: harrydarling@verizon.net



Registration

To get to Registration page go to walkescv.org

Click on
Convention
logo



Select
Registration
from menu

Registration

- **Pre-registration payment** - pay with credit card via an EVO Payments International (Authorize.net) portal, or by a check sent to:

AVA National Headquarters
Attn: 2019 Convention
1001 Pat Booker Rd, Suite 101
Universal City, TX 78148-4147

There is no need to open an account with the Authorize.net portal.

If you are unable to register ahead of time, never fear, you will be able to so at the Red Lion Hotel when you get there.

Full Convention package Non-AVA members	\$400
AVA Lifetime members.....	\$340
AVA Associate members.....	\$360

Registration for individual components of the convention activities is also available, but there are no discounts. See Event Packages on the my.ava.org convention website for more information.

Online Payment - Be sure to fill out the pre-registration form completely before submitting it for verification and payment. Prior to payment, you have the opportunity to download a detailed invoice* of your choices and the per item cost associated with them. **PLEASE download this PDF and keep a copy for your records.**

Paying by Check - If you are paying by check, Print ONLY the first page of your detailed invoice * and send it to AVA along with your check. This will allow the AVA staff to match the payment to the person registering. After your payment has been received, you may download, print, and sign the event Waiver form. ***Please bring the signed Waiver form to the convention as it will significantly speed up your check-in process at the convention.***

Silent Auction

As the host club of the 2019 AVA Convention ESCV are expecting the Silent Auction will continue to be a longtime favorite of yours!!! We have already heard from several of our AVA Sister clubs and their items that are going to be either sent or brought to the Convention are truly amazing! **Thank you to all of you!**

ESCV (Empire State Capital Volkssporters) will have two beautiful quilts made by two of our members.

- One quilt is a raffle item: One ticket for \$5 and 5 tickets for \$20)
- A second quilt will be a silent auction item
- Many additional Silent Auction items will be up for bid — which we know you will want to have!



Recommended items special to your area, state, or club.

- A basket of goodies
- Handcrafted items
- Volkswalking memorabilia
- Walking apparel/equipment
- Cheese boards along with your area's world famous cheeses
- All donations are welcome

Due to New York tax laws, our Silent Auction Room will only be open for bidding on Wednesday and Thursday, June 12th and 13th. We WILL be able to have the room open for Browsing Only on Tuesday, June 11th from 5:00 p.m. to 9:30 p.m.

The 2019 AVA Convention website is looking forward to hearing from you
Go to <http://www.walkescv.org/ava2019convention/welcome.html>.
Click on the blue Silent Auction button for explanation on how to donate is at this site.

Completing the donor page before the Convention will save you a lot of time when you might drop off your Silent Auction items. The earlier you can submit this donation form, the better it is for us.

AND, of course, we will be holding 50/50 raffles at our hotel social events on Wednesday, Thursday and Friday of Convention days. The lucky raffle ticket winner could walk away with some big bucks!

Success depends ENTIRELY on your generous donations we receive! THANK YOU in advance for supporting the Silent Auction and 2019 AVA Convention!

CONVENTION SWIM EVENT

Wednesday June 12-Friday June 14, 2019

Event ID: 113497



Distance - Trail Ratings: distance not applicable, 1A

Description: Swim any time during hours offered. Event only credit. Indoor pool available every day; outdoor pool will be available if weather conditions permit.

Amenities: Restrooms: yes

Special programs: none

Start times: 10 am-8pm daily

Start point: Red Lion Hotel 205 Wolf Rd. Albany, NY.
(See directions to convention site.) Registration at hotel.

Award: A award convention swim patch

Host Club: Empire State Capital Volkssporters

Point of Contact: Barbara Kolapakka 518-577-2055

Website: walkescv.org/ava2019convention/welcome.html

E-Mail Contact: bkola67@gmail.com

Post-Convention: BUFFALO, NY

Sunday June 16, 2019



Event ID: 113460

Distance - Trail Ratings: 5k 6k & 10k - 1A

Description: Walk with us on a post-convention walk in the city of Buffalo, the western terminus of the Erie Canal. Highlights include the 1830 Buffalo Light; Buffalo and Erie County Naval Park; Canalside at Buffalo Harbor; Buffalo River and Lake Erie cruises; architectural gems of the City of Light; and , the birthplace of the grain elevator.

Amenities: Strollers: medium / Wheelchairs: medium / Pets: Yes / Restrooms: Yes

Special Programs: Lady Liberty Special Program, Make a Wish at a Water Fountain , National Parks Centennial Challenge , Points of Reference , Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking America 's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z

Start Times: 9 am - 12 pm , **Finish:** by 3 pm

Start Point 60 Lakefront Boulevard, Buffalo, New York 14202

Driving Directions:

From I-90: Take NYS Thruway (I-90) to Exit 53 (I-190). Exit at Church Street. Turn right at signal on Lower Terrace Turn right at stop sign on Erie Street. Turn right on Wilkeson Way and right in parking lot.

From North (Grand Island , Niagara Falls , etc) Take I-190 Southbound past Peace Bridge. Take Exit 8 (Niagara Street). Turn right on Niagara Street Turn right on S. Elmwood Avenue. S. Elmwood turns into Lower Terrace after crossing Church Street (Adams Mark Hotel). Follow Lower Terrace to Erie Street. Turn right at stop sign on Erie Street Turn right on Wilkeson Way and right in parking lot

Awards: A Award convention patch

Host Club: Niagara Frontier Volkssport Club

Point of Contact: Terry Mc Farland or Barbara Stafford (716) 531-

1396 **Website:** walkescv.org/ava2019convention/19buffalo.html

E-Mail Contact: terry.mcfarland@gmail.com , barstffrd@aol.com

Pre-Convention Walk: PORTSMOUTH, NH

Sunday June 9, 2019



Event ID: 113449

Distance-Trail Ratings: Two 5 km loops -1A

Description: The two loops will include highlights of this historic seaport, settled in 1630. One loop will explore the downtown area while the other will feature a walk around the harbor and visit to Four Tree Island.

Amenities: Strollers: medium / Wheelchairs: medium / Pets: Yes / Restrooms: Yes

Special Programs: Border Crossings, Bridges-Spanning the USA, Food For Thought, Ice Cream Parlors, State Street Sashay, Take a Walk In a City Park, Walking America's Ports of Call, Walking the USA A-Z

Start Times: Sunday 9 am-12 pm Finish by 3 pm

Start Point / Driving Directions:

Little Harbour School 50 Clough Drive Portsmouth NH 03801

- From I-95 North take Exit 3.
- From Exit 3 turn right at lights onto Route 33 East
- From I-95 South take Exit 3B to go onto Route 33 East (Greenland Ave).
- From Exit 3B turn right at lights onto Route 33 East

Continue on Rte. 33 past the ball field on left, go straight through traffic lights where Greenland Ave becomes Middle Rd.

- After going over Route 1 Bypass bear left onto South St.
- Cross Lafayette Rd at traffic lights and continue on South St.
- After passing cemetery and ball fields turn right onto Clough Drive.
- Little Harbour School will be on the right.

Awards: A Award convention patch

Host club: Twin States Volkssport Association

Point of Contact: Claudia Cauchon: (603) 842-5272, Carolyn Adams: 1-802-757-2500

Website: walkescv.org/2019convention/19portsmouth.html

E-Mail Contact: claudia.cauchon@comcast.net, carri757@gmail.com

Pre-Convention Walk: DANVERS, MA

Monday June 10, 2019

Event ID: 113457



Distance-Trail Ratings: 5k & 10k -1B

Description: Walk route in this historic town will include sites relating to the witch hysteria (Danvers was originally part of Salem), the American Revolution and the Underground Railroad as well as the birthplace of Crayola crayons.

Amenities: Strollers: hard / Wheelchairs: NO / Pets: Yes / Restrooms: Yes

Special Programs: Animal Safari, Bridges-Spanning the USA, Food For Thought, Ice Cream Parlors, Take a Walk In a City Park, Underground Railroad

Start Times: 9 am-12 pm Finish by 3 pm

Start Point: Endicott Park Visitors Center 57 Forest St. Danvers, MA

Driving Directions: **From North:** take I-95 South to Exit 50, merge onto US1 South, take Rte 62 East passing two traffic signals to blinking amber and turn right onto Forest Street. **From the South and West:** Take I-95 North to Exit 49. At bottom of ramp turn right onto Rte 62 east. At blinking Amber light Turn right onto Forest Street. Walk starting point will be on right.

Awards: A Award convention patch

Host Club: Two Town Walking Club

Point of Contact: Joseph Piffat (978) 777-4619

Website: walkescv.org/ava2019convention/19danvers.html

E-Mail Contact: jpiffat@aol.com

Post-Convention COOPERSTOWN, NY

Saturday June 15, 2019

Event ID: 113456



Distance-Trail Ratings: 5k & 10k - 1A

Description: Route is in residential areas and the downtown village. The walk will include views of Otsego Lake and pass by The Baseball Home of Fame, Doubleday Field, Farmers and Fenimore Museums.

Amenities: Strollers: medium / Wheelchairs: medium / Pets: Yes / Restrooms: Yes

Special Programs: Bridges-Spanning the USA, Carousels Across America, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA-Street by Street, Walking the USA A-Z

Start Times: 9 am - 12 pm , **Finish:** by 3 pm

Start Point: Clark Sportscenter, 124 County Highway 52, Cooperstown 607-547-2800

Driving Directions: **From East:** Thruway (I-90) Exit 29 at Canajoharie. Go straight on Church St, right onto Rte. 5S. In Ft. Plain turn left onto Rte. 80 to Cooperstown. Entering Cooperstown on Rt 80, turn left on Susquehanna (Rte.52). **From West:** Take NYS Thruway (I-90) to Herkimer exit 30. Take Rte. 28 south to intersection with Rte. 80. Go straight ahead on Rte.80 to Cooperstown. **From East or West:** At intersection with Chestnut St. turn left on Chestnut St. and turn right on Susquehanna Ave. (Rte. 52) Sportscenter will be one mile down on right.

Awards: A Award convention patch

Host Club: Empire State Capital Volkssporters

Point of Contact: Larry Godshalk (518) 399-6041

Website: walkescv.org/ava2019convention/19avacooperstown.html

E-Mail Contact: lgodshalk@nycap.rr.com

Convention President's Walk: ALBANY, NY Friday June 14, 2019



Event ID: 113467

Distance - Trail Ratings: 6k & 10k - 2A and 3A

Description: Walk in New York's capital city. Start at the Hudson River and take an uphill walk in stages on city streets to the Capitol and the Empire State Plaza. Historic sites include the Capitol, Dutch Reformed Church, and the State Education Building. 10k will include the Schuyler Mansion where Elizabeth Schuyler married Alexander Hamilton.

Amenities: Strollers: easy / Wheelchairs: no / Pets: no / Restrooms: yes

Special Programs: Bridges - Spanning the USA, Points of Reference, State Capital, State Street Sashay, Take a Walk In a City Park, Underground Railroad, Vice Presidential Walks, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z

Start Times: 8 am - 12 pm , **Finish:** by 3 pm

Start point: Corning City Preserve, Albany NY

Driving Directions: From the Red Lion Hotel, turn right on Wolf Rd. At light turn left onto Rte. 155 and then immediate left onto rte. 87 south. At intersection with I-90 take exit for Albany. At intersection with I-787 take exit to I-787 south. Take exit for Madison Ave./Port of Albany. Follow signs to Port to Hudson River facing the Dutch Apple Cruise Line. Turn left (north) and stay on street level following signs to Clinton Ave. Keep in right lane to sign for "Corning Preserve Next Exit". Turn right into Corning Preserve parking lot. From the north, east and west: Take I-787 south and follow the instructions above. From the south: Take I-787 north to exit marked "Route 9/Route 20 west" and follow above directions.

Awards: A Award convention patch

Host Club: Empire State Capital Volkssporters

Point of Contact: Barbara Kolapakka (518) 583-9038

Website: walkescv.org/ava2019convention/19albanypresident.html

E-Mail Contact: bkola67@gmail.com

Pre-Convention Walk: SPRINGFIELD, MA Tuesday June 11, 2019



Event ID: 113458

Distance-Trail Ratings: 5k & 10 k - 1B

Description: The walk wanders through Forest Park a historic city owned park. There is a zoo, several lakes and ponds. The walk is mostly on sidewalks and paved paths but there are some dirt ones. Both walks go through the woods on dirt trails with hills.

Amenities :Strollers : medium / Wheelchairs : NO / Pets: Yes / Restrooms : Yes

Special Programs : Take a Walk In a City Park, Walking the USA A- Z **Start**

Times: 9 am-12 pm Finish by 3 pm

Start Point: Forest Park 200 Trafton Road (note main Sumner Ave gate under construction, enter via Trafton Road) Springfield, MA:

ENTRANCE FEES & PARKING : CASH ONLY . \$3 park entrance fee for cars with Mass . registration ; \$5 for all other states ; \$ 15 for buses . Follow parking signs & directions from volunteers. .

Driving Directions : From the North , West , or East : Take I-90 (Mass Pike) to I-91 South . Exit 4 toward Rt. 83 South . Merge onto West Columbus Avenue . Of the 2 left turn lanes toward Main Street , use left turn lane further right to turn LEFT under I-91 . RIGHT onto Longhill Street . At light , LEFT onto Sumner Avenue . ** Pass the under construction main Forest Park entrance to next major intersectio . Take sharpest RIGHT onto Dickenson Street (Walgreens on right) to Trafton Road . RIGHT on Trafton Road to Forest Park entrance on right . From the South : Take I-91 North to Exit 2 (Rt. 83 South , Forest Park) . At 2nd light , turn RIGHT onto Sumner Avenue Follow from ** above.

Awards: A Award convention patch

Host Club: WalknMass Volkssport Club

Point of Contact: Jan & Bob Varnon (413) 244-4128

Website: www.walkescv.org/ava2019convention/19springfield.html

E-Mail Contact: jcvarnon@yahoo.com

Convention Walk: COHOES / WATERFORD, NY Wednesday June 12, 2019

Event ID: 113466

Distance-Trail Ratings: 6k, 7k, 8k, 10k, 11k - 2B

Description: This walk goes through the streets and paths in two old canal towns where the Hudson and Mohawk Rivers join. Cohoes also played an important role in cotton manufacturing and was thus known as the "Spindle City". Waterford is still an active canal town for both the Erie and Champlain canals. You will see the old mill complex in Cohoes and walk in the tracks of the mules on the Waterford waterfront.

Amenities: Strollers: hard / Wheelchairs: hard / Pets: Yes / Restrooms: Yes

Special Programs: Bridges - Spanning the USA, Points of Reference, Take a

Walk In a City Park, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z

Start Times: 8 am - 12 pm , **Finish:** by 3 pm

Start Point: COHOES SENIOR CENTER 10 Cayuga Plaza, Cohoes, NY

Driving Directions: From N or S on NYS Thruway: Exit 23 onto I-787N

to end. ** Continue straight over RR tracks. Pass St. Peter's Health Partners then turn L at next traffic light (Mohawk St.) then R onto Cayuga St. to parking areas on the L. From N or S I-87: Take Exit 7E (Alternate Rt. 7) toward Troy to ramp to I-787N to end. Follow from ** above. **From I-90 E or W:** Exit at I-787 N to end. Then follow from ** above. From Convention Center: N on Wolf Rd. to end. Enter ramp onto I-87 N to Exit 7E (Alternate Rt. 7) toward Troy. Stay R to follow signs for I-787N. Go to end of I-787N. Then follow ** above.

Awards: A Award Convention patch

Host Club: Empire State Capital Volkssporters

Point of Contact: Liz Walsh (518) 265-8520

Website: walkescv.org/ava2019convention/19cohoes.waterford.html

E-Mail Contact: lizwalsh48@gmail.com



Convention Walk: SARATOGA BATTLEFIELD/ SCHUYLERVILLE NY Thursday June 13, 2019

Event ID: 113499

Distance -Trail Ratings: 6k, 7k, 10K - 2B

Description: Event includes walks in two sites that were a part of the Battle of Saratoga. Walkers bused from the convention site start at the main Battlefield in Stillwater and will do a combination of a walk and bus ride through the battlefield before continuing on to the Village of Schuylerville to the Battle monument and a walk through Victory Woods, the last British encampment before the surrender. Drivers in private vehicles start in the Village and walk to Victory Woods and the home of Gen. Philip Schuyler. There is also an alternate route in the village for those unable to climb the hill to the monument which goes along the Champlain Canal and to the Schuyler home. After completing the Schuylerville section, drivers may proceed to the main Battlefield to complete the walk.

Amenities: Strollers: hard / Wheelchairs: NO / Pets: No / Restrooms: Yes

Special Programs: Bridges - Spanning the USA, National Parks Centennial Challenge, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z

Start Times A: 8 am - 12 pm , **Finish:** by 3 pm

Start point A: Saratoga National Historical Park, Stillwater, NY.

Start Times B: 8:30am - 12 pm , **Finish:** by 3 pm

Start point B: American Legion Old Saratoga Post 278, 6 Clancy Street, Schuylerville, NY 12871 *8:30 start time

Driving Directions: Start point A will be for bus passengers only. For drivers : from Red Lion Hotel , turn right and at intersection go straight on to Rte . 87 N. Take exit 14 and turn right towards Saratoga Springs. At next light turn right onto Henning Rd. At light at Henning and Lake Ave. (Rte. 29) turn right. Continue on Rte. 29 to village of Schuylerville . Turn right at first light onto Broad St. Turn right onto Burgoyne St. Turn right onto Clancy St. SP is on the right.

Awards: A Award convention patch

Host Club: Empire State Capital Volkssporters

Point of Contact: Doug & Jackie Reynolds 518-229-1141

Website: walkescv.org/ava2019convention/19saratogabattlefield.html

E-Mail Contact: DougReynolds36@gmail.com

