



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

May 1, 2009

GROUP SANCTIONED WALKS

Saturday walks start at 9:30; registration is from 9 – 9:30.

Sunday walks start at 1:30; registration is from 1 – 1:30.

May 3 Lake George; start Fort Wm Henry Resort Hotel, 48 Canada St., Lake George

May 9 Cooperstown; start The Clark Sportscenter, Susquehanna Ave, Cooperstown

May 23 Saratoga Battlefield; start Sar. Battlefield, Route 32, Stillwater

June 6 Johnstown; start Johnstown City Hall, 41 E. Main St.

June 7 Saratoga Spa Park; start Hilton Garden Inn, 125 S. Broadway (Route 9), Saratoga Springs

June 13 Caroga Lake; start Caroga Lake Town Offices, 1840 State Hwy 1, Caroga Lake

June 14 Scotia; start The Glen Sanders Mansion, 1 Glen Ave, Scotia

TRADITIONAL EVENTS

Start any time between 9AM and 12 noon; finish by 3:00 PM; see * exception below

May 2 Saturday Northville – Memorial Walk for Sue Godshalk; start Northville Town Hall

May 16 Saturday Stockbridge, MA; start Stockbridge Town Hall

May 30 North Bennington, VT; start Park-McCullough House, 1 Park St.

June 20 Saturday Hadley; start Sam Smead Memorial Park. 9-12; finish by 2;

Pot Luck Spring Picnic – *picnickers must finish by noon.

WEDNESDAY WALKS BEGIN MAY 6TH

!

Wednesday walks have a 9AM start and a 6PM start. Registration begins 30 minutes before walk start.

May 6 Albany – Anniversary Walk; start Corning Preserve

May 13 Ballston Spa – Woods Hollow; start Milton Comm Center

May 20 Westside Saratoga; start Price Chopper Lot Rt. 50

May 27 Latham – Colonie Town Park; start Pavilion #2

June 3 Round Lake; start Dominick Pasquale Field.

***June 10** Voorheesville - Thacher Park; start Halles Cave Parking 0

***June 17** Broadalbin; start Fulton Cty Visitor's Ctr., Rts 29 & 3

*These were listed incorrectly in the April Newsletter

June 24 Niskayuna - River Walk; start Blatnik Park (Ice Cream Social)

BERNIE'S WORDS

Wow! This year is really moving and our first traditional walk has passed us by. The South Glens Falls walk was held on April 18th, and it was a beautiful day. Thank you to Carol Sorensen and Winnie Balz for providing a great walk.

I am often surprised that when we have a new walk, I learn or see something new of our surrounding area. It is amazing that we know so little about the area that we live in, and we should be grateful that we live in an area with a great history and fantastic

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beauty. Being a member of Volkssporters exposes us to memories that we would not have seen otherwise.

Besides all that, remember that Traditional Walks are a great opportunity to expose a friend to Volkswalking. Mainly because we can walk at our friend's pace rather than the 20 minute-miles of a group walk. Both you and your friend will feel more comfortable.

We have the Northville walk in memory of Sue Godshalk coming up on May 2nd, along with all our kick-off walks for the Year Rounds and Seasonals, plus guess what? ... Our Wednesday walks will start on May 6th. Summer is here!

Next meeting is at the West Crescent Fire House, on May 12th; Brian Burke and John Hogan of New Balance and Charlie Woodruff of Fleet Feet will be our guest speakers. The subject will be walking shoes technology and what is new. Their talk is always informative about shoe sizes, fitting of shoes etc. They start at 6:30 PM and we will have the meeting right afterwards. Hope to see you there, if not, then on the trails.

WALKS IN CHRONOLOGICAL ORDER

DATE	WALK LOCATION
2-May	Northville
3-May	Lake George
6-May	Albany
9-May	Cooperstown
13-May	Milton
16-May	Stockbridge, MA
20-May	Saratoga
23-May	Saratoga Battlefield
27-May	Colonie
30-May	North Bennington, VT
3-Jun	Round Lake
6-Jun	Johnstown
7-Jun	Saratoga Spa Park
10-Jun	Voorheesville
13-Jun	Caroga Lake
14-Jun	Scotia
17-Jun	Broadalbin
20-Jun	Hadley
24-Jun	Niskayuna
Hope this helps! Phyllis	

WELCOME TO NEW ESCV MEMBERS – Pat Rush - Membership

WELCOME to new ESCV members David and Carol Trombley, Loudonville; John Ross, Latham; Gail Smith, Clifton Park

Hope to see you on the trail soon!

Nominations for ESCV Leadership – Mary Sorell

It's that time again! Elections are in June. Your nominating committee is Mary Sorell, Carol Sorensen, and Marie Klucina. The slate so far is as follows: Barbara Kolapakka for president, Teresa Kennedy for vice-president, Kathy LeRoux for secretary, and Beth Snyder for treasurer. If anyone is interested in running for any of these offices, please contact one of the committee members by the May 12th meeting.

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MILESTONES FROM "THE AMERICAN WANDERER" - Teresa Kennedy

Attention new members: A benefit of joining AVA, our national volkssporting organization, is seeing your name in print in the bimonthly edition of "The American Wanderer." Once event and distance books are submitted to the Texas office for processing, our accomplishments are published in the national newsletter.

The milestones listed below were published in the Feb./Mar. 09 issue and Apr./May09 issue

Event Milestones

10 Events Roger Clark Linda Sheridan	75 Events Linda Clark	100 Events Frances Pallozzi	125 Events William Hughes	150 Events Dianne Hughes
200 Events Vera Weiss	275 Events David Averill Marion Averill Kathryn Piffat	325 Events Bernie Geren	375 Events Marylou Geren Cynthia Gray	450 Events Pat Reed
575 Events Jean Padula Joseph Padula Richard Sperry	1250 Events Charlotte Philips			

Distance Milestones

1000 K Frances Pallozzi	1500 K Dianne Hughes William Hughes	2500 K Vera Weiss	3000 K Ann Misener Kathryn Piffat
3500 K Bernie Geren	4000 K Marylou Geren Cynthia Gray	5500 K Pat Reed	6500 K Richard Sperry

Congratulations on your accomplishments! If anyone was missed that was published in the Dec/Jan *Wanderer*, please call Teresa Kennedy at her home phone or e-mail her at Forty6er3K@aol.com so you can be recognized in the next newsletter.

ESCV NEWSLETTER IS GOING ELECTRONIC – YOUR E-MAIL ADDRESS IS NEEDED! - Phyllis Budka

IF you are one of the 34 ESCV members who has not given your e-mail address to Membership Chair, Pat Rush, READ ON!

Starting with the June 1st '09 newsletter (THE VERY NEXT NEWSLETTER), ESCV members will receive notification via Hotmail that the current issue has been posted to the ESCV website. A link in the e-mail will take you directly to that issue. The paper newsletter is discontinued with this issue. If you do not have e-mail, contact Sue Grey or Bernie Geren to request a paper copy.

If you currently get ESCV hotmail, you do not have to take any action.

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If you have e-mail and are not getting the ESCV Hotmail notices about upcoming walks and other news, send your e-mail address to Pat Rush, Membership Chair, as soon as possible. Pat's e-mail address is PatRush1@verizon.net.

May AVA National Physical Fitness Patches – Eileen Skinner

May AVA National Physical Fitness Patches have been ordered on a first come basis for any walk in May. The price is \$1.25 to club members.

To reserve a patch, contact Eileen Skinner by e-mail at EFSkinner@aol.com or phone (See the Membership Directory.).

REMINDER

See the ESCV website for walk schedule



Empire State Capital Volkssporters
May/June 9AM & 6PM
Jul/Aug. 6:45 & 9AM, 6PM
[Interactive Map for Directions to Walks](#)
this is our 18th year of Wednesday Guided Walks.

2009 WEDNESDAY GUIDED WALKS			
9:00AM & 6:00 PM			
May 6	Albany - Anniversary Walk	Parking Lot for Corning Preserve	Marie Klacina
May 13	Town Of Milton	Milton Community Center	Vera Weiss
May 20	Westside Saratoga Springs	Price Chopper Lot Rt. 50	Linda Morzillo
May 27	Colonie Town Park	Town Park	Berry Desroches
June 3	Round Lake	The Green at Round Lake	Teresa Kennedy
June 10	Broadabin	Fulton Cty Visitor's Ctr. - Rts 29 & 30	Ann Smith
June 17	Voorheesville - Thatcher Park	Thatcher Park - Haller's Cave Parking	Winnie Balt
June 24	Niskayuna - RR, River Walk	Blatnik Park (Ice Cream Social)	Bernie Geren
ADD 6:45 AM, 9:00AM & 6:00PM WALK			
July 1	Schenectady/Vale Cemetery	Parking Lot - Union College off Ivott St.	Bernie Geren
July 8	Burr's Hills	Our Lady of Grace Church	Laura Sheldon
July 15	Waterford/Peebles Island	Parking Lot/Hannaford Plaza - North Troy	Eileen Skinner
July 22	Ballston Spa	County Parking Lot, Rt. 67	Bernie Geren
July 29	Watkinslet	Dept. Rec. 2nd Ave.	Mary Sorrell
August 5	Albany	LaSalle Parking Lot	Doug Reynolds
August 12	Saratoga Springs	Price Chopper Lot Rt. 50	Barbara Kotepanska
August 19	Slingerlands	Price Chopper Plaza - New Scotland Ave	Dan Schryver
August 26	Oakwood Cemetery	Sign In Frear Park - Parking Lot	Winnie Balt

[Link to Year Round and Seasonal Walks](#)
[Link to One Day Weekend Events](#)

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Carol Sorensen and Winnie Balz, walk organizers



Marylou, Bernie and Lexie Geren



Sue Kelly and Shirley Bold

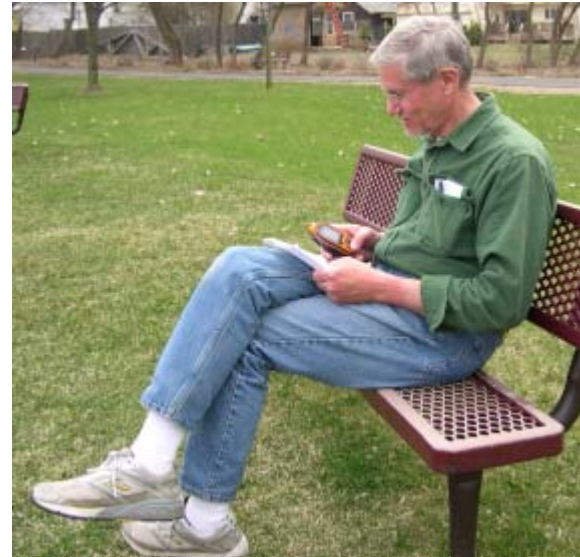


**March for Parks
Saturday, April 18th, 2009
South Glens Falls, NY**

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L to R: Marie Klucina, Doris Bindl, Kathy Gizzi, Mary Sorell and Pat Whelan



Tad Darling, Volkswalker and Geocacher

**Post-Walk Activities
April 18, 2009**



L to R: Phyllis Bøyd, Sue Grey, Sue Burke, Anonymous Waitress, Phyllis Budka, Barbara Kolapakka and Linda Morzillo

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101 Places to Advertise Your Club and Events – from “The American Wanderer”

Where do you advertise? All of the usual places? Have you explored all of the possibilities?

The Usual Places

After you’ve been volkssporting a while, you learn the places where other volkssporters go to find out about events. The AVA provides information in The American Wanderer and at www.ava.org. Year-round and seasonal event information is printed in Starting Point. Some AVA regions and state associations have their own websites and publications.

Club newsletters and websites are a great place to publicize your own and others’ events. At events, other clubs distribute their brochures. Some clubs also advertise their next event(s)—a way to encourage walkers to return. Clubs sometimes put them in start boxes at year-round and seasonal events.

And don’t forget the national WalkList list service ((found in “related links” – online forums on the AVA website). Check out your AVA region or state association for one too.

The Less Usual Places

You could stop there, but what about the millions of walkers who don’t know about volkssports yet?

Sure, some of them find us through web searches. But that still leaves a lot of other potential walkers that you could reach out and touch.

Do you use these other forms to advertise your events and club?

- Bulletin boards and brochure racks in local libraries, recreation and community centers, fitness centers and gyms, athletic shoe stores, grocery stores, and coffee shops.
- Local weekly newspapers—they are more interested in your news. If you have a big special event, your regional paper would be interested.
- Regional magazines that focus on families, fitness, and health.
- Web sites for the local visitors center, local businesses that share our interest in fitness such as non-chain athletic shoe stores, community/homeowners associations, and community sites.

Some Unusual Places

Ready to go all out? Reach out to national publications that cater to walkers. Check regional and state travel magazines. These usually use professional writers, so you want to pitch the story line to something big, and then wait.

One final note: Pay attention to deadlines and standards for submissions. Publications can be very strict. If you’re late, you may have missed a golden opportunity.

Did I list 101 places? Well, no and yes. Not 101 categories, but when you add up all the places on your list (such as the 3 Starbucks, 5 libraries, 3 recreation centers,) you’ll be well over 100.

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PLEASE FORWARD THIS TO YOUR CLUBS - Candace Purcell, AVA

The online store is now up and running. Clubs, Volkssport Associate Members, and the public at large simply click the merchandise store on the AVA web site home page and they go immediately to the store.

There is no need to remember club account numbers, the email address and password they have setup for their club is the same ones they use to shop on the online store. Volkssport associates use their VAM number as their password.

Many behind the scene enhancements that were necessary to accomplish how we wanted this program to work, will also make the shopping experience better. I have included a helpful hints section on the home page directly beneath the store icon. I hope that the hints will answer any questions shoppers might have.

**NORTHEAST REGIONAL CALENDAR MAY 2009 - Phil Hait,
Northeast Regional Director**

Date	Day	AVA Club	Walk Location	Point of Contact	E-Mail
	May				
2-May	Saturday	Walk 'n Mass	Tiverton, RI	Karen Plichta	karenplichta@megabroadband.net
12-May	Tuesday	Walk 'n Mass	Haverhill, MA	Charles Boddy	Reatta3@aol.com
17-May	Sunday	West Point	Central Valley, NY	Mike Green	volkssportclubofwestpoint@hotmail.com
30-May	Saturday	Walk 'n Mass	Westminster, MA	Myrtle Walker	mlwalk@qis.net
	June				
9-Jun	Tuesday	Walk 'n Mass	Sudbury, MA	Betty Foley	betfoley@ix.netcom.com
19-20-Jun	Fri-Saturday	Southern Maine	Falmouth, ME	Carroll Tiernan	smvmaine@yahoo.com
21-Jun	Sunday	Finger Lakes	Ithaca, NY	Doug Gausman	dougs4it@aol.com
	July				
14-Jul	Tuesday	Walk 'n Mass	Framingham, MA	Betty Foley	betfoley@ix.netcom.com
18-Jul	Saturday	Finger Lakes	Cazenovia, NY	Colleen Hailey	chailey@binghamton.edu
25-Jul	Saturday	Twin State	Groton, VT (1)	H. Paul Berlejung	hpaulberlejung@hotmail.com
25-Jul	Saturday	Twin State	Groton, VT (2)	H. Paul Berlejung	hpaulberlejung@hotmail.com
	August				
11-Aug	Tuesday	Walk 'n Mass	Natick, MA	Betty Foley	betfoley@ix.netcom.com
29-Aug	Saturday	Walk 'n Mass	North Easton, MA	Margo Craven	magoo249@aol.com
	September				
12-Sep	Saturday	Walk 'n Mass	Assonet, MA	Louise Brady	spider1_2@comcast.net
20-Sep	Sunday	Finger Lakes	Ithaca, NY	Sue Connelly	siconnelly@aol.com
26-Sep	Saturday	Walk 'n Mass	Onset, MA	Pat Damiani	PMDWalks@aol.com
26-Sep	Saturday	West Point	Hudson, NY	Andrew Schmidt	volkssportclubofwestpoint@hotmail.com
	October				
11-12-Oct	Sun - Monday	Princeton Walkers	Brooklyn, NY	Judi Travis	walkeeit@optonline.net
12-Oct	Monday	Princeton Walkers	Queens, NY	Judi Travis	walkeeit@optonline.net
13-Oct	Tuesday	Princeton Walkers	Staten Island, NY	Judi Travis	walkeeit@optonline.net
24-Oct	Saturday	Finger Lakes	Norwich, NY	Bill Donahue	williamdonahue@yahoo.com
	November				
7-Nov	Saturday	Walk 'n Mass	Bedford, MA	Chris Lipson	c2lipson@msn.com

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	December				
5-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	magoo249@aol.com

ESCV MONTHLY MEETING DAY

ESCV meetings are on the second Tuesday of each month; the next meeting is Tuesday, May 12th, at 6:30 pm, at the Crescent Fire Company

ESCV WEBSITE ADDRESS

Website: www.ava.org/clubs/escv

ESVC NAME TAGS – Laura Sheldon

If you are interested in ordering a yellow club name tag, please contact Laura Sheldon at 384-0143 or sewshel@aol.com. The cost is \$4.00 and must be prepaid with a check written to ESCV.

CLUB CONTACTS, NEXT MEETING DATE AND NEWSLETTER DEADLINE

CLUB OFFICERS		
President	Bernie Geren	tscbernie@hotmail.com
Vice President	Barbara Kolapakka	sisu07@earthlink.net
Recording Secretary	Kathy LeRoux	kleroux1@nycap.rr.com
Corresponding Secretary	Teresa Kennedy	Forty6er3K@aol.com
Treasurer	Joe Padula	ASPCAalbany@aol.com
MONTHLY MEETING	May 12	2nd Tuesday of each month, 6:30 PM at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway)
NEWSLETTER DEADLINE reflections on a past or upcoming volkswalk and/or trips are always welcome. Phyllis Budka	Articles for the next newsletter are due on May 16th	abudka@nycap.rr.com 377-8734
MEMBERSHIP AND EMAIL UPDATES	If your email has changed, contact Pat Rush.	PatRush1@verizon.net
SUNSHINE SECRETARY	Please let Kathy LeRoux know if you hear of anyone in our club who is recovering from surgery, in the hospital or is sick as well as any individual achievements they may be celebrating.	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com . You can also see her at the monthly ESCV club meetings.
ESCV WEBSITE ADDRESS		www.ava.org/clubs/escv
WEBMASTER	Eileen Skinner -	EFSkinner@aol.com
NAME TAG ORDERS	Yellow name tag orders: The cost is \$4.00 and must be	Laura can be reached at 384-0143 or by E-mail at sewshel@aol.com

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	prepaid with a check written to ESCV, and sent to Laura Sheldon.	
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FROM THE ESCV HISTORIAN ' S DESK – Dan Schryver

BACK IN TIME ... ESCV NEWSLETTER

VOL. 3

FEBRUARY 1989

NO. 2

ALBANY EASTER WALK

Final preparations are underway for our walk in the city of Albany on March 25, 1989. The walk starts at the Lake House in Washington Park and follows a course that is similar to the Empire Volksmarch in 1986.

ESCV GETS TELEVISION COVERAGE

On Friday, February 24, several lucky ESCV members were seen on Channel 6 evening news promoting volksmarching and ESCV in Ernie Tetrault's special report on the health benefits of walking. Phil Mudge, Marlene Sanders, Diane Clancy, and Dick Sperry and his nieces (just to name a few) simulated a volksmarch and described their experiences as volkssporters.

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