



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

April 2011

A Bit from Barb.....

It's April, the baseball season has started and our walking season begins to kick into high gear. All of our seasonals except Caroga Lake are open as of this month and we hold the first of our traditional events on April 30 at the Clermont Historic Site in Germantown. If you've never had a chance to visit this beautiful spot, and even if you have, don't miss this walk at the old Livingston estate along the Hudson. You'll see some of the same views that enchanted the Hudson River School of painters in the 19th century.

"Where's Clermont and how do I get there from my house?" No doubt more than a few of you will be asking this question. And the answer can be found on our website. Just go to the calendar on the first page, click on the Clermont walk, then "map" and you'll be on Google maps. In the upper left hand corner will be a "get directions" feature. Just fill in your home address and you'll be all set.

If you're reading this online, you will, of course, be on our website, but have you ever really explored all the information that's available on it? In addition to our walk schedules and other club information, there are links to the northeast walk calendar, to websites of other northeast clubs, to the main AVA website and this year's AVA convention and to [our Facebook page](#).

(Didn't know we were on Facebook?! Hey! We keep up with the times. And you can also check out Facebook pages for the New England volkswalk clubs and AVA. But, no, we don't tweet on Twitter.)

Credit for developing and maintaining our great website goes to our webmaster, Eileen Skinner. It requires real technical know how and a lot of time to keep the website up to date. (In her "spare" time she also is the webmaster for the Twin State Volkssport Club website.) I've looked at a number of other websites and I believe we have one of the best in the country. We have nominated it for the AVA award for best website and hope that the judges agree. Eileen deserves a big "THANKS" from all of us in ESCV for all the time she puts into the website and maintaining our hotmail feature.

Just a reminder: The ever popular Wednesday walk series begins May 4 with a walk in Clifton Park. And group walks of the seasonals will continue into June. Lots of walks to do now so time to lace up the shoes and

See you on the trail! Barb

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MEMBERSHIP – Tad Darling

Thank you to everyone who turned in their membership forms by the deadline of February 28th. Your new membership directory has been mailed to you. If you renewed your membership late, your contact information will be posted in an email concurrent with future newsletters.

You will be receiving Membership Directory corrections and/or additions directly via email or postal service if you don't have a computer.

PLEASE WELCOME THE FOLLOWING NEW MEMBERS:

Please welcome the following new members this month:

Doreen Coones - Adams, MA

Kim Coones - Adams, MA

David and Patricia Gosda - Schenectady, NY

Miranda Rand - Schenectady, NY

Arden Rauch - Niskayuna, NY

Winnie Stewart - Guilderland, NY

CLERMONT WALK ([click here for brochure](#))

This year's March for Parks will be held at Clermont State Historic Site on April 30. The estate is beautifully situated along the Hudson River about 5 miles south of Olana. The wooded grounds have footpaths and carriage trails, some of which are being restored.

Our walk will take us south of the Clermont grounds along a country road to the charming village of Tivoli. There are quaint shops, houses and a few restaurants in the village. The walk takes us back on country roads to the Clermont estate and then back to the Visitor's Center. A 5k route has also been measured and mapped.

Entrance fees to the site will not be charged for anyone arriving before 11. The Clermont mansion will be open for house tours after the walk. Tour fees are \$4 for seniors, \$5 for all others.

This walk has everything--a beautiful setting, lovely wooded paths, a charming village and an historic mansion. Plus--for those who would like to picnic, there are picnic tables scattered on the grounds along the Hudson River. Don't have time to pack a lunch? Sandwiches can be purchased on the walk at the Bakery in Tivoli. There are other food options available as well; a list will be available at registration.

ACTIONS TAKEN AT APRIL 12 CLUB MEETING

At the club meeting on April 12, the membership voted for Doug Reynolds for the position of North East Regional Director.

Doug will also serve as our delegate to the AVA convention in June. We voted to direct our delegate to vote "yes" on the propositions before the convention:

To allow the convention to be held in April, May or June rather than just June.

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To change the beginning of the term of office for national officers and regional directors from the end of the convention to July 1.

Approve changes related to requiring state associations to pay annual dues.

Establish a standing By-laws Committee.

The following motion from the floor was approved:

Members working on walk development and/or performing point of contact duties at a club walk may request reimbursement for actual expenses of travel to the site at a rate equal to the current IRS mileage allowance for charitable work and any related tolls. Reimbursement may also be made for lodging at a rate of \$50 per night if it is necessary to arrive the evening before to set up a walk in a location more than 100 miles from Albany. Any member requesting reimbursement must provide adequate documentation to the treasurer. The treasurer shall determine and promulgate the requirements for documentation.

We also voted to submit to the Regional Director a proposal for consideration by the National Executive Council to amend the AVA Policy Manual by deleting the requirement that stamps for seasonal events be returned within 10 days after the close of the event. Deleting this provision would allow seasonal stamps to be handled like year round stamps with the clubs retaining the stamp in their possession and having a longer time period to return the stamp.

The membership decided not to participate this year in the Health and Fitness Expo run in conjunction with the Freihofer's Run for Women. We would need to develop materials for an exhibit as well as obtain insurance and it was felt that adequate time was not available to fully prepare for it this year.

CLUB MEETING

Monthly meetings start at 7pm, at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway). The next meeting will be May 10th.

May Meeting Program

Brian Burke from New Balance will be present at our meeting to demonstrate and discuss the latest trends in walking shoes. He will bring some new shoes that illustrate the benefits of good walking shoes. If you have questions here's an opportunity to have them answered. It should be an interesting and educational program.

REQUEST HELP IDENTIFYING HANDICAP ACCESSIBLE TRAILS / SITES – Arden Rauch

The Environmental Clearinghouse of Schenectady (ECOS) (ecosny.org) is working on a booklet to describe the handicap accessible trails/sites for the four counties in the Capital Region: Schenectady, Rensselaer, Saratoga, and Albany. I would appreciate suggestions about trails/sites in Albany County (my responsibility) which might be appropriate for inclusion. Name of trail (if there is one), location and any other comments would be very helpful.

Thank you,

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Arden R. Rauch

rauch@union.edu

WALK JOG RUN ROUTES WEBSITE

This website, based on Google Pedometer, allows users to make and save their favorite exercise routes. For example, there are several routes listed in the Niskayuna area. Take a look!

<http://www.walkjogrun.net/>

NEWSLETTER SUBMISSIONS

It seems that most of our club newsletter items come from club officers. While there are certain "official" matters that need to be reported, the newsletter shouldn't be limited to that. All members are welcome to submit volkswalking related articles and photos to the editor. (Not all photos may be published due to space limitations.)

Did you do a walk out of the area that was especially interesting? Finish your fifty states/capitals? Etc. In the winter we'd like to hear from the Volks south folks. (Just don't rub it in about the beautiful weather while those of us up north are in the middle of a blizzard!)

PLEASE NOTE: THE MAY NEWSLETTER DEADLINE IS **MAY 10.**

WELCOME TO NEW GREAT LAKES SEAWAY – Patty Proulx, Northeast Regional Director

Please join me in welcoming the Great Lakes Seaway Trail Volkssport Association of Sackets Harbor, New York to the American Volkssport Association and our wonderful North East Region.

The club is waiting for their official AVA #.

Officers are:

President – Mary Ann Van Der Jagt

Vice President – Faith Lustik

Secretary – Inger Curth

Treasurer – Baerbel La Fleur

Trailmaster – Daryl Giles

Patty

NERD

HAPPY ANNIVERSARY TO TWIN STATE VOLKSSPORT ASSOCIATION

ESCV congratulates our neighbors in Twin State Volkssport Association on their 25th anniversary. They have a number of events planned this year to celebrate. Check their website to learn more. (link on our home page).

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NEW TRAIL RATING SYSTEM

AVA has promulgated a new trail marking system which will go into effect in 2012:

The event brochure including the AVA electronic event listing (Walking Events – Event Details) must identify a trail rating for all events except swimming, boating and skating events. In addition, any route obstacles or special conditions must be explained to describe the level of difficulty of the event.

Although any rating system is somewhat subjective, the two-part numerical/alpha rating system will give event organizers a reliable tool so participants have an idea about what to expect on a route whether it is for walking, biking, cross-country skiing, or snow shoeing. They need to know about major elevation gains, heavy traffic, narrow road shoulders, construction detours, roaming dogs, cattle guards, and the like on the route.

Also, this is a safety issue, since an improperly/underrated event could have serious consequences for someone who is not physically prepared for more strenuous route conditions.

The sponsoring club will decide this rating based on the scale given below. The Regional Director should work with chartered clubs to achieve uniformity in the assignment of all trail ratings.

Part 1 – INCLINE	Part 2 - TERRAIN
1. Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs. Elevation gain from Starting Point: up to 500 feet.	A. Almost entirely on pavement. Probably suitable for strollers and wheelchairs.
2. Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs. Elevation gain from Starting Point: 500 - 1500 feet.	B. A significant part of the route is on well-groomed trails with very few obstacles. Probably suitable for strollers but may not be suitable for wheelchairs.
3. Some significant hill or stair climbing. Not suitable for strollers or wheelchairs. Elevation gain from Starting Point: 1500 - 2500 feet.	C. A significant part of the route is on somewhat difficult terrain (rocky/ rooted paths or soft sand). Not suitable for strollers and wheelchairs.
4. Lots of significant hills or stair climbing. Elevation gain from Starting Point: 2500 - 3500 feet.	D. A significant part of the route is on very difficult terrain.
5. Many steep hills. Elevation gain from Starting Point: more than - 3500 feet.	E. The majority of the route is on very difficult terrain.

Examples:

A route that is mostly on flat pavement would be rated 1A.

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A beach walk would be rated 1C.

A route with moderate hills on well groomed trails would be rated 2B.

PHOTOS FOR AVA CONVENTION SLIDE SHOW

Since this is AVA's 35th anniversary, they would like to include a slide show with photos from every club. If you wish to send some from ESCV, mail them by May 1 to Kim Young, 701 S25th Ct., Des Moines, IA 50265. Put your name and address on each photo you submit and include a SASE if you want them returned. You can submit digital photos in either jpeg or tiff format to Kimyoung1981@gmail.com.

CLUB CONTACTS

CLUB OFFICERS		
President	Barbara Kolapakka	Bkola67@gmail.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Sue Grey	susanbg2@yahoo.com
Treasurer	Beth Snyder	Easnyder@nycap.rr.com
NEWSLETTER EDITOR	Phyllis Budka	abudka@nycap.rr.com
MEMBERSHIP AND EMAIL UPDATES	Tad Darling	harrydarling@verizon.net
SUNSHINE SECRETARY	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
WEBMASTER	Eileen Skinner	EFSkinner@aol.com
NAME TAG ORDERS	Laura Sheldon	Cost is \$4 and must be prepaid with a check ; Laura can be reached at 384-0143 or by E-mail at sheldon.laura1@gmail.com
WEDNESDAY WALK COORDINATOR	Bernie Geren	tscbernie@hotmail.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	Barbara Kolapakka	Bkola67@gmail.com
HISTORIAN	Dan Schryver	Dschryver@aol.com
PROGRAMS	Alan Longshore	lynnj@nycap.rr.com
PUBLICITY	Pat Rush	PatRush1@verizon.net
PURCHASING	Winnie Balz	winnieeb@yahoo.com

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ESCV CALENDAR OF EVENTS

GROUP SANCTIONED WALKS

Saturday walks start at 9:30; registration starts 1/2 hour before. Sunday walks start at 1:30; registration starts 1/2 hour before.

DAY	DATE	LOCATION
Sunday	May 1	Lake George
Saturday	May 7	Cooperstown
Saturday	May 14	Saratoga Battlefield
Sunday	May 29	Saratoga State Park
Saturday	June 4	Caroga Lake
Sunday	June 19	Bennington

TRADITIONAL ONE DAY EVENTS

April 30 - Clermont - March for Parks – CHANGE

May 21 – Rensselaerville

June 11 - Glens Falls - spring picnic

Sept. 10 - Waterford - Tugboat Festival

Sept. 24 - Glimmerglass State Park – Oktoberfest – CHANGE

October 15 – Chatham November 6 - Ballston Lake - Pasta Party

December 3 - Schenectady - Holiday Party

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WEDNESDAY WALKS

Date	Description	9AM & 6PM Start / Finish	POC
4-May	Clifton Park	St. Edwards Roman Catholic Church	Eileen Skinner / John Cairns
11-May	Saratoga West Side	Price Chopper Plaza on Rte. 50	Linda Morzillo
18-May	Woods Hollow	Milton Community Center	Vera Weiss / Marylou Geren
25-May	Round Lake	Dominick Pasquale Ball Field	Sue Grey
1-Jun	Broadalbin	Fulton County Information Center	Ann Smith
8-Jun	Schoharie Crossing	Yankee Hill Lock #28	Teresa Kennedy
15-Jun	Thacher Park Area	Hailes Cave Picnic Area	Winnie Balz
22-Jun	Niskayuna	Blatnik Park	Lucy Desjardins
29-Jun	Colonie Town Park	Colonie Town Park Pavilion #2	Berny Desroches / Bill Hughes
6:45 AM, 9 AM, and 6 PM Walks			
6-Jul	Schenectady/Vale	College Park Hall Parking Lot	Bernie Geren
13-Jul	Middle Falls	First Pioneer Farm Credit, Rte 29	LaVerne Stiles
20-Jul	Ballston Spa	County Parking Lot Rte. 67	Bernie Geren
27-Jul	Alb. Wash. Park	LaSalle Parking Lot	Doug & Jackie Reynolds
3-Aug	Saratoga East Side	Price Chopper Plaza on Rte. 50	Barbara Kolapakka
10-Aug	Voorheesville	St. Matthews Roman Catholic Church	Dan Schryver
17-Aug	Malta/ Luther Forest	Malta Parade Grounds	Vera Weiss / Marylou Geren
24-Aug	Troy, NY	Sacred Heart Roman Catholic Church	Mary Agars
9AM only			
31-Aug	Troy/Oakwood Cemetery	Ross Valve Parking Lot.	Jim Kuba / Winnie Balz

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NORTHEAST REGIONAL CALENDAR - Patty Proulx,

Date	Day	AVA Club	Walk Location	Point of Contact	E - Mail	Telephone
	April					
30-Apr	Saturday	Connecticut Valley	Wallingford, CT	Peter & Eileen Anderson	eilande@comcast.net	203-269-2097
	May					
7-May	Saturday	Princeton	Bronx, NY	Maureen Penta	maurpenta@gmail.com	908-309-8398
7-May	Saturday	Twin State	Lebanon, NH	Pat Stark	carri@vtlink.net	802-584-4999
14-May	Saturday	West Point	West Point, NY	Nancy Patrick	volkssportclubofwestpoint@hotmail.com	845-446-4709
15-May	Sunday	West Point	Newburgh, NY	Joan Kimmel	jvkimmel@optonline.net	845-462-6845
22-May	Sunday	Walk 'n Mass	Cumberland - Bike event	Mary Suchodolski	JIBBA411@verizon.net	401-829-2204
22-May	Sunday	Walk 'n Mass	Cumberland, RI	Mary Suchodolski	JIBBA411@verizon.net	401-829-2204
	June					
4-Jun	Saturday	Walk 'n Mass	Lowell, MA	Pam & Mike Medolo	IVVWalkers@gmail.com	781-640-5055
	July					
23-Jul	Saturday	West Point	Staatsburg, NY			
	August					
6-Aug	Saturday	Twin State	Northfield, VT	Cindy Gray	crwgray@comcast.net	802-584-4999
20-Aug	Saturday	Walk 'n Mass	Arlington, MA	Mary Frink	mkfrink@verizon.net	617-387-1577
	September					
11-Sep	Sunday	West Point	Nyack, NY	Peggy Goetz	volkssportclubofwestpoint@hotmail.com	845-268-2215
17-Sep	Saturday	West Point	Kingston, NY			
	October					
2-Oct	Sunday	West Point	(Ramble Walk)			
8,9 - Oct	Sat/Sun	Twin State	Addison, VT	Charlotte Phillips	cpwalkvt@shoreham.net	802-343-3033
8,9 - Oct	Sat/Sun	Twin State	Crown Point, NY	Charlotte Phillips	cpwalkvt@shoreham.net	802-343-3033
22-Oct	Saturday	Southern Maine	Portland, ME	Denise Macaronas	SMVA2005@yahoo.com	207-774-3415
	November					
5-Nov	Saturday	Walk 'n Mass	Bedford, MA	Sue & Dave Robertson	susdave@comcast.net	978-774-6449
	December					
3-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	magoo249@comcast.net	508-222-1152