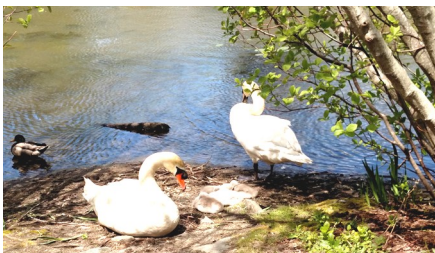


Co-President's Corner

by Margo Craven

A little information from the US Department of Health and Human Services:

150 minutes of walking (or any aerobic activity) per week is needed for an adult to stay healthy. That means that one 10km or 11km walk can maintain your health. For the 5km walkers, you'll need to do at least two walks a week, but with the good weather coming upon us, that might not be too difficult. (If you want to drop some weight after the long winter, you may need to increase the time to 300 minutes each week, or about 1 hour a day for 5 days.) According to Harvard Medical School, walking can have a bigger impact on disease risk and various health conditions than just about any other remedy that's readily available to you. Walking is no cure-all. It's an activity, at least in our club, for getting outside, moving around, socializing, laughing with friends, and meeting some new ones. I know for myself I always have and still do feel better after walking, especially when I was working. I believe they call that a stress relief. Of course weight loss comes in there somewhere.



Here are a few recent photos: taken from the park during the Fall River group walk;



from the Plymouth group walk of 10km and 5km walkers (taking in the sun along with the view). A little swan family was spotted on the 5km path.



Don't forget that in addition to WnM, there are other New England clubs who also have many nice seasonal/yearly walks that are very enjoyable. You can find their events and websites (where available) through the national www.AVA.org platform.

Come Friends, Let's Walk

- ❖ Saturday, June 4
Day Event:
Cohoes, NY (ESCV)
- ❖ Sunday, June 5
Group Walk:
Wellesley 1:00 pm
- ❖ Saturday, June 11
Day Event:
Ashland, MA
- ❖ Saturday, June 18
Group Walk/Bike:
Simsbury, CT
9:00 am (CVVC)
- ❖ Saturday, June 25
Day Event:
Kingston, NY
(VCWP)
- ❖ Sunday, June 26
Group Walk:
Bristol, RI 10:00 am

See club or AVA website for starting location details on these events. For group walks, please aim to arrive 15 minutes earlier to sign-in.



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Membership Renewal Reminder

by Chuck Lipson

This is a reminder to those of you that haven't renewed your membership for the year April 2016 to March 2017. Many of you have responded to the mailing that went out with the April edition of *Footnotes* and have renewed for the coming year. To those of you that have responded, thank you. We followed up with correspondence to the remaining members at the beginning of May. Next, we will be updating our membership list and email distribution in mid-June to remove non-renewers.

If you wish to continue receiving walk notifications and are planning to renew, please respond to the mailing to ensure continuity of your membership status.

Thank you,

Your membership team of one



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Trail Master's Diary: Ashland

by Ann Plichta

Now that the warm weather is here, it's a great time to get out for a walk. Join Walk 'n Mass for 5km and 11km walks in Ashland on June 11. If you are still working on completing the Walk 'n Mass Marathon Challenge, here's your chance to add the Ashland stamp. It's the second of the eight towns along the Boston Marathon route, and at one time was even the starting point before it was moved to Hopkinton in 1924.

Ashland was first settled in the early 18th century, and incorporated as a town in 1846. The construction of the Boston and Worcester railroad in the 1830s helped the area develop, with two other railroad lines joining in later. These helped attract numerous mills to a busy shoe and boot industry. The rail lines were gone by the 1920s, but another industry sprung up when inventor Henry Warren developed the Warren Synchronizing Timer in 1916. That led to electric clocks being manufactured in Ashland until 1979. This is the reason the Ashland High School athletic teams are nicknamed the Clockers.

The first loop, which is the 5km loop, takes walkers through downtown Ashland past town buildings to Stone Park. From there, the route heads up a natural trail on Megunko Hill. Then the walk continues on to Route 135 at approximately the 3-mile mark of the Boston Marathon. Follow the Marathon route as it passes the Simpson-Jones Burial Ground,

which is Ashland's oldest cemetery. Among the people buried there are Savil Simpson, considered Ashland's first settler, and his son-in-law, Col. John Jones, a prominent political figure in Ashland. There are also the remains of slaves as well as soldiers from the French and Indian and Revolutionary Wars. The route continues to the large clock tower at Ashland Technology Center before heading back to the finish for 5km walkers and a checkpoint for the 11km.

The second loop of the 11km takes walkers back up Megunko Hill and through the MBTA Commuter Rail station before visiting Marathon Park, the original start point of the Boston Marathon. It then heads to the Bay Circuit Trail, which features natural terrain. Keep your eyes open, as you never know what wildlife you might spot. As co-POC Bev and I were measuring, we spotted a deer bounding through the trees not too far in front of us. Later on, enjoying the pond were two elegant swans. By the shores of the pond were a gaggle of goslings along with Father and Mother Goose. So cute! The route continues through residential areas before heading back to town and the finish.



Downtown sign with an Ashland clock

Due to natural trails and hills, both walk routes have an AVA rating of 2B. The 5km route is doable for strollers but not wheelchairs. The second loop of the 11km is not suitable for strollers or wheelchairs.

Join Walk 'n Mass on June 11 for 5km and 11km walks through Ashland. Add another stamp to your Marathon Challenge book, or just enjoy walking through the picturesque town. Hope to see you on the trail!

Placard in Marathon Park



Bulletin Board

Two Eastern NY State YREs Temporarily Closed

Sorry to say, but one of the country's top walks is temporarily closed (YRE 0037, West Point) along with the neighboring village walk (YRE 1145, Highland Falls). The West Point Visitor's Center building that the start box is located in is temporarily closed while they knock it down and build a new one. We're actively looking for a replacement site. Stay tuned!

Regards -

Andrew Schmidt, Treasurer
Volkssport Club at West Point
vcwpava@gmail.com

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: June 21st

Save the Date! - 20th AVA Biennial Convention Crazy Horse to Billings & Beyond

Official convention dates: June 7-9, 2017 with walks before and after to extend the fun. Crazy Horse will be June 3-4 and convention walks are planned in Wyoming and Montana. And a post-convention excursion to Yellowstone National Park.

Learn more at <http://2017avaconvention.org>

Next Club Meeting Tuesday, June 7

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk



May Meeting Highlights

Meeting held Tuesday, May 3, 2016

Group walks:

Wellesley, Sunday, June 5 @ 1:00 pm

Bristol, RI, Sunday, June 26 @ 10:00 am

Shelburne Falls, Saturday, Aug. 20 @ 9:00 am

Greenfield, Saturday, Aug. 20 @ 12:30/1:00 pm

For both Aug. 20 walks, contact the Varnons if you are planning to go so they know to expect you.

Ice Cream Parlor Special Program: 14 books sold to date

Membership Renewals: approximately 42% have renewed; reminder letter being sent

Newsletter items need to be sent to Monica Hait by May 21

by Marianne Marshall

Sunshine: Cards sent to Jean Jackman to welcome her home and Jim Lundt for a speedy recovery. Cards to be sent to Myrt Walker who is recovering from surgery and Elizabeth (Hait) Ahluwalia who is on bed-rest prior to the birth of her twins.

Walk Coordinator: Norwood, April 16, had 79 participants. High cost of renting facilities offset by generous donations so loss for walk only \$11.64.

Dave Byers designed a patch for the New Bedford (August 27) & Lowell (October 1) walks.

Other club/regional/national topics: Chris Mellen voted in by clubs in Northeast as Deputy Regional Director for the Northeast.

In Memoriam: Steve Kehoe

We are sad to report the passing of Steve Kehoe on April 11 due to complications from pneumonia. Though he was not an active volkssporter the past several years, those who remember Steve are likely to recall his inquisitive spirit, jovial outlook, and (nearly) ever present hat. We extend our sympathies to his family and friends.

Notable Volunteer Contributions

- Event Chairman for 6 events
- Volunteer of the Month: 8/1996
- Newsletter Editor: 1993-1995
- Mailing List: 1994-1995
- Email POC: 1996-1997
- Shifts at multiple events for Start/Finish, Checkpoint, Trail Marking, Trail Takedown, Pre-walk, Parking Attendant



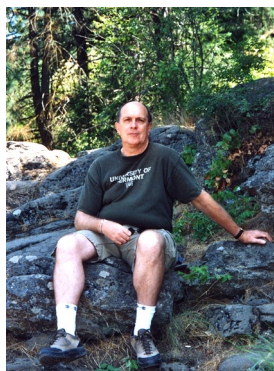
In Memoriam: Phil Hait

January 9,
1951
—
April 22,
2016

Phil started volksmarching with the York White Rose Wanderers in Pennsylvania in 1990 and sought out a local club after moving to Massachusetts in 1992, leading him and his family to join Walk 'n Mass, where he was a fixture at events for many years. Phil preferred natural surface trails, ones with some incline ("it's not a walk without a hill"), and enjoyed being in the woods (except for the mosquitos). There were times he was so busy chatting with fellow walkers, about the Red Sox or a hundred other topics, that he (and they) walked extra mileage after missing a crucial turn.

Notable Achievements and Volunteer Contributions

- NERD: 2007-2010
- Event Chair/Co-Chair for 9+ events
- Co-President: 1994-1995
- Volunteer of the Month: 1997
- Nominating Committee: 1997, 1999



Worked at numerous Start/Finish tables, checkpoints, specialties, marked trails, unmarked trails, acted as Runner, served as guided walk leader, handled Greeter duties, assisted at Tully Lake Work Party, manned AARP table, directed traffic, set-up tent, helped in kitchens. Participated in over 60 events.

Volksmarching North (way north) of the Border by Pam Medolo

We'd been in Alaska for nearly two months when we finally walked our 2nd Alaskan volksmarch, this time in Chugach State Park. On such a fine Spring day, the park was very popular with folks from the Anchorage area, so we parked in the lower overflow lot then hiked up to the start at the Eagle River Nature Center. Besides the walk box, the center has knowledgeable, friendly staff, restrooms, a small gift shop and interpretive exhibits on park flora, fauna and geology. We were the first to sign in for the 10km YRE hosted by the Anchorage Volkssport Club.

We departed heading downhill via the Rodak Nature Trail. This trail is just over one kilometer with interpretive signs and superb views of the surrounding mountains. At Four Corners, we turned left onto Albert Loop Trail. There are wooden posts with "you are here" maps at intersections. In some sections Yellow Anemones and other wildflowers bordered the path.

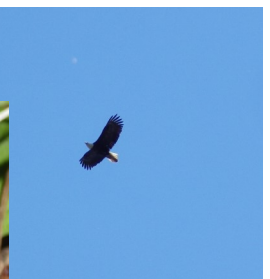
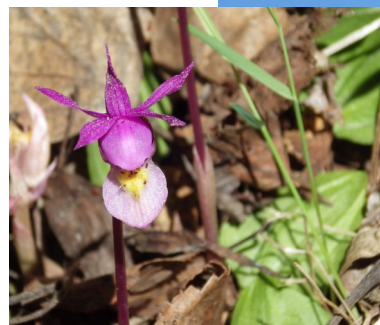
While we could hear several birds calling, they weren't easy to spot; the exception being a bald eagle circling lazily overhead. We talked as we walked and Mike has a bear bell on his pack; staying alert for bears, after all, Alaska is "bear country" (Grizzly and Black), moose and other wildlife. We saw plenty of other hikers - many with leashed dogs - but otherwise we only saw a rather vocal chipmunk.

This section of the Albert Loop Trail was supposed to follow the banks of Eagle River, but a few years ago floods washed out a large portion of it so we took the Bypass Trail recommended by one of the staff. It was narrow with many surface roots, requiring us to watch our footing and sometimes step off the trail to allow others to pass. We were glad to reach a more open area on a boardwalk. We stopped to admire the view of the glacially-carved valley and the still snow-



capped Chugach Mountains and munch granola bars. Then the trail headed through a small meadow and uphill, passing two viewing platforms for observing salmon and beavers (in season) to rejoin the Rodak Trail.

The second 5km was narrower and less traveled. We followed Dew Mound Trail, designated by orange metal markers on the trees. The trail gradually climbed to the next intersection. Hanging a right onto Mountain Meadow Trail we descended more rapidly to Crow Pass Trail. Along here we passed a few erratics (stray boulders) left by retreating glaciers plus lots of tripping hazards (rocks and roots) so we had to stay alert. Near the sign noting Crow Pass trail as being part of the Iditarod National Historic Trail, we found a patch of lovely Calypso Orchids. From the Four Corners we retraced our steps back to Rodak Trail and uphill back to the Nature Center.



Photos by
Mike Medolo

Do you have a volksmarching travel story to share?
Send it to footnotes.editor@gmail.com for publication in a future edition of **Footnotes**.