

Co-President's Corner

You may or may not have noticed that I wasn't at the New Bedford walk. That's because I was winging my way home from vacation overseas! Karen Kolaczyk and I did an 8-day bus tour of England and Wales. There were 18 people all together on the tour and there wasn't much time to really talk. Usually it was at meals that we got to know each other. Breakfast especially, because everyone comes down at different times so you get to sit with different people.

One morning, Karen and I sat with a mother/daughter pair, Janet and Dinah. I was wearing a t-shirt from the Walking Adventures trip I had done for the Florida convention. Janet said she liked it and asked what it was from. I explained generally about Walking Adventures and where we had been.

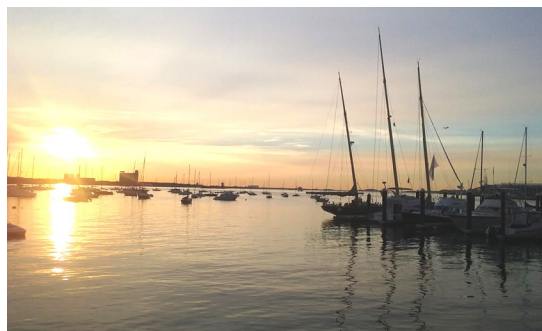
Pictures: Sunrise on the Freedom Trail

Boston YRE POC Jack Allen shared photos from a recent early morning walk along the Freedom Trail. The old state house glows as the sun arrives, while the water views are also spectacular.

by Mary Frink

Out of the blue, Janet asked if I'd ever heard of volksmarching! Turns out she had been a volksmarcher! It is hard for her to walk now, so she doesn't do it anymore. She'd walked all over and had even been to some of the conventions! She had medals and patches and everything. Her daughter had done some of the walks too. Such a small world. Go to the UK and meet a volksmarcher from Indiana!

I talk about the walking club all the time. It's such a great thing and has taken me to all kinds of interesting places. We have lots of opportunities to walk coming up! The next day event is October 1 in Lowell and there's a slew of group walks coming up. Who knows who you'll meet while out walking!



Come Friends, Let's Walk

- ❖ *Monday, Sept. 5
Guided Walk:
Bar Harbor, ME
8:30 am (The Bad Pennies, see p. 4)*
- ❖ *Saturday, Sept. 10
Group Walk:
Wallingford, CT
9:00 am (CVVC)*
- ❖ *Sunday, Sept. 11
Group Bike/Walk:
Bedford, MA
10:00 am*
- ❖ *Saturday, Sept. 24
Guided Walk:
New London, NH
10:00 am (TSVA)
Club 30th Anniversary*
- ❖ *Sunday, Sept. 25
Group Walk:
Wellesley, MA
1:00 pm*
- ❖ *Saturday, Oct. 1
Day Event:
Lowell, MA
NPS Centennial*

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



Issue Highlights:

AVA Achievements – 2

Trail Master's Diary: Lowell – 3

August Meeting Highlights – 3

Bulletin Board – 4

Where Were They? – 4

Summer in the Last Frontier – 5

Walk Coordinator Speaks – 6

New Bedford Recap – 6

AVA Achievement Awards (compiled from *American Wanderer*)

Congratulations to the following people on their achievements as shown:

Name	Events	Distance
John Christiansen	100	1,000 KM
Mary Frink	125	
Richard Strack	175	
Jack Suchodolski	175	
Mary Suchodolski	250	
Leo Bourque	375, 400, 425, 450, 475, 500	11, 12, 13, 14, 15, and 16,000 KM
Mary Saratora	400	
Diane Bucher	525, 550	5,500 KM
Elaine Johnson	575	

Did I overlook either your event or distance award? Please let me know so I can include it in the next issue of *Footnotes*.

-Marianne Marshall,
mrbwalker@verizon.net

Editor: WOW, someone has been extremely active this year or finally sent in a big pile of books!

Co-President

Margo Craven, Attleboro
508-222-1152
magoo249@comcast.net

Co-President

Mary Frink, Everett
617-387-1577
mfwalks2010@verizon.net

Secretary

Marianne Marshall, Waltham
781-899-5975
mrbwalker@verizon.net

Treasurer

Karen Plichta, Fall River
508-673-2374
karenp53@verizon.net

Activities Chairperson

Chris Lipson, Bedford
781-275-0464
c2lipson@msn.com

Email Contact

Paul Graveline, Andover
978-470-1971
k1yub@comcast.net

Membership Chairperson

Chuck Lipson, Bedford
781-275-0464
c2lipson@msn.com

Walk Coordinator

Beate Hait, Holliston
508-429-3564
beateh1@aol.com

Group Walk Coordinator

Pat Damiani, Sagamore Beach
508-888-7366
pmdwalks@aol.com

Equipment Managers

Keith & Dawn Harlow, Blackstone
krhguy13@yahoo.com

Trail Master

Ann Plichta, Fall River
508-673-6553
amplic@comcast.net

Assistant Trail Master

Karen Kolaczyk, Marlborough
508-481-7389
kkolaczyk@comcast.net

Print Newsletter Circulation

Ernie & Agnes Laviolette, Hudson
978-562-7023
ealavio@verizon.net

E-Newsletter Distribution

Margo Craven, Attleboro
magoo249@comcast.net

Newsletter Editor

Monica Hait, Holliston
footnotes.editor@gmail.com

Publicity Chairperson

Karen Kolaczyk, Marlborough
508-481-7389
kkolaczyk@comcast.net

Specialties Chairperson

Beate Hait, Holliston
508-429-3564
beateh1@aol.com

Sunshine Coordinator

Chris Lipson, Bedford
781-275-0464
c2lipson@msn.com

Historian

Dawn Harlow, Blackstone
dawnvt@yahoo.com

TAW Coordinator

Verna DeVine, Attleboro
508-399-8512
vernadvn@yahoo.com

Volunteer Awards

Marianne Marshall, Waltham
781-899-5975
mrbwalker@verizon.net

Facebook POC

Jack Suchodolski, Cumberland
suchodolskijack@yahoo.com

Webmaster

Bill Howe, Chelmsford
978-256-7370
bill.howe@bvhowe.com

Trail Master's Diary: Lowell

by Ann Plichta

Walk 'n Mass is continuing its celebration of the National Parks Centennial with 5km and 10km walks in historic Lowell on October 1. Lowell is considered the *Cradle of the American Industrial Revolution* as the money-making and social project that began in the 1820s as the "Lowell Experiment" became the first large scale factory town in the country. It was the United States' largest textile center at the time, and the industry lasted for nearly a century before declining.

The Lowell area was attractive due to its water power provided by the Pawtucket Falls on the Merrimack River. Canals were dug in order to build more mills and bring in more machinery. In 1822, the first group of Irish immigrants were brought in to dig the original canal system. Many more ethnic groups followed, including French Canadians, Greeks, Portuguese, Polish, Lithuanians, Swedes, and Jews.

Both the 5km and 10km walks explore Lowell's large canal system as well as the Mile of Mills on the Merrimack. Karen and I were lucky to measure the routes with POC Dave Byers, who is also a park ranger at the Lowell Historical Park. What a wealth of information! We learned so much. The walks begin at the Boott Cotton Mills Museum, the most fully restored manufacturing site in Lowell's historic district. They pass by Kerouac Park before crossing over the Merrimack River, where the Mile of Mills is

visible. The routes continue along the river before re-crossing it on the way to the back of LeLacheur baseball park and the UMass Lowell campus. The 5km route then continues along the Northern and the Western canals before heading back to the Riverwalk to the end for the 5km walkers.

The 10km route takes walkers to the Northern Canal Walkway, which provides a close-up look of the canal system and its workings. It then continues through the Acre neighborhood, one of the oldest in Lowell. St. Patrick's Church was built there in the early 1800s, which drew Irish immigrants, as well as those from England and Scotland. Walkers will pass by four different canals, as well as churches, gatehouses, and renovated textile mills. The route continues by the Merrimack, Pawtucket, and Hamilton canals before entering the Concord River Greenway. It then takes walkers past even more canals before heading to the finish.

The 5km route has an AVA rating of 1A. The 10km has an AVA rating of 2A, due to some small hills and unpaved paths. Both are doable for strollers, but not suitable for wheelchairs due to some uneven pavement, missing curb cuts, and small unpaved sections.

Join in the National Parks Centennial Celebration with 5km and 10km walks along Lowell's canals on October 1. Hope to see you on the trail!

August Meeting Highlights

Meeting held Tuesday, August 2, 2016

Treasurer's Quarterly Report accepted as presented

WnM Marathon Challenge program profitable

2016 WnM Awards: recipients not at the Barre Falls picnic will receive awards by mail.

Group Walks

- Bedford bike/walk, Sun., Sept. 11 @ 10:00 am
- Wellesley, Sun., Sept. 25 @ 1:00 pm
- Newton Centre, Sat., Oct. 8 @ 10:00 am
- Sandwich bike/walk, Sat., Oct. 15 @ 11:00 am
- Newport, Sun., Nov. 6 @ 11:30 am
- Plymouth (parade), Sat., Nov. 19 @ 10:15 am

Walk Coordinator

- Two definite day events in 2017 are Brookline on June 24 and Provincetown in Sept/Oct

by Marianne Marshall

Other club/regional/national topics

AVA July Checkpoint

- AVA is collecting positive personal narratives emphasizing how being an AVA participant has benefited them to use in conjunction with grant-writing initiatives.
- AVA is seeking a mascot. Send submissions to sueammed@aol.com by November 30.

Report from Betty Green, Northeast Regional Director on June 11 NEC Meeting

- Consideration being given to stop achievement program pins, patches, and certificates
- Online start box program being expanded
- Sanction fees and participation numbers are down
- Commendable Service Award will replace the Service Award

Twin State Volkssport Association to hold their **30th Anniversary Guided Walk in New London, NH on Saturday, Sept. 24 at 10:00 am**

Bulletin Board

WnM Fall Group Walk Dates

Bedford bike/walk

Sunday, Sept. 11 @ 10:00 am

Wellesley

Sunday, Sept. 25 @ 1:00 pm

Newton Centre

Saturday, Oct. 8 @ 10:00 am

Sandwich bike/walk

Saturday, Oct. 15 @ 11:00 am

Newport, RI

Sunday, Nov. 6 @ 11:30 am

Plymouth (Thanksgiving Parade)

Saturday, Nov. 19 @ 10:15 am

Bad Pennies walk Bar Harbor, ME on September 5

The Bad Pennies will hold a guided walk Labor Day Monday starting at **8:30 am from Harbor Place Dock (next to 35 West Street, Stewman's Lobster Pound) in Bar Harbor, Maine**. There will be an A award patch available for \$6, which includes credit.

For more info email matt@thebadpennies.org or call 703-980-0392.

http://clubs.ava.org/gen3/data/event_details.asp?eventid=106143

Next Club Meetings

**Tuesday, Sept. 6 &
Tuesday, Oct. 4**

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

The **Nittany Nomads** present
a Fall Foliage Weekend
in **State College, PA**
Sept. 23-25, 2016

Host Hotel/Registration Point:

Super 8 State College
1663 S Atherton Street
State College, PA 16801

Four different walks in 5km and 10km distances available each day. Additional YRE/SE in the vicinity to help you continue to explore the area by foot.

For further details, see AVA website.

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Sept. 25th

US FreedomWalk Festival

Host Hotel/Registration Point:

Holiday Inn – Rosslyn at Key Bridge, 1900 North Fort Myer Drive, Arlington, VA 22209

Dates: October 14-16, 2016

Website: www.usfreedomwalk.org

Different walk routes each day, with a variety of distances offered (5km up to 44km). After walking, participate in the swim and cool off those muscles to prepare for the next day. See website for trail descriptions, dinner & ceremony details along with social activities.



Where were they?

Karen Plichta, Miriam Boucher, and Ann Plichta traveled to see this long fellow, but where was that?

Summer Volksmarching in the Last Frontier

by Pam Medolo

On August 20, Mike and Pam departed Anchorage via Seward Highway for the hour drive to Girdwood. Our plan was to meet other Anchorage Volkssport Club members at Alyeska Resort for a group walk. The blue sky was dotted with a few puffy clouds and the tide was in as we drove along scenic Turnagain Arm (below, from Roundhouse Deck).



Eventually 18 people gathered in the hotel lobby. After everyone signed the roster and paid fees, we divided into two groups: eight to walk the 10km and ten to walk the 5km. Our 10km group was equally divided between new members who had never done this seasonal event & those who were familiar with it. Everyone started together by exiting the hotel near Remington's Mountain Man sculpture (below), but we soon separated into our respective groups. We walked on a bike path between Arlberg (the main road to the resort) and Moose Meadows with lovely views of the surrounding peaks. Those of us dressed in shorts and t-shirts were quite comfortable as the temperature was in the mid-60s.



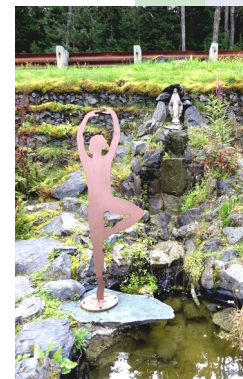
A couple of kilometers later, the directions took us up a dirt lane toward a chairlift and more resort property at the foot of Mt. Alyeska. After passing Tanaka Lift, we rejoined the bike path along Alyeska Highway going downhill into Girdwood. Walking along this

two-lane road might have been dull except there were lovely views and people to chat with. We crossed Glacier Creek then we turned left across the highway to walk by the Public Library via Egloff Road (torn up for construction) and were glad to go through Girdwood Park.



Glacier Creek with Eagle Glacier

We re-crossed the highway to walk along Hightower Road for a kilometer to their newly remodeled middle school. Near the school we paused to gawk at a beaver dam and lodge on nearby California Creek before retracing our steps back to the highway to head uphill.



Memorial to Nina von Imhoff

Stopping on the bridge over Glacier Creek, we had great views of Goat and Eagle glaciers (it's called "Glacier Valley" for good reason). Rather than stay on the bike path all the way back up the hill, the trail cut through a residential area with a variety of interesting houses. Clyde and Raye (long-time residents of Alaska) taught their grandchildren to ski at Alyeska so sometimes they could tell us who lived (or who used to) in the houses.

We turned left at Arlberg Road to rejoin the bike trail and approached the Resort via the back of the hotel where their annual Blueberry Festival was in full swing (as we went by some 5km walkers ensconced in the beer garden waved at us). After stamping our books we bid goodbye to our walking companions and went our separate ways. In our case, we lunched from booths at the Blueberry Festival then rode the Aerial Tram to the top of Mt. Alyeska where we enjoyed the panoramic views.



Pam on Mt. Alyeska

Do you have a volksmarching travel story to share?

Send it to footnotes.editor@gmail.com for publication in a future edition of **Footnotes**.

Photos by Mike Medolo

Walk Coordinator Speaks

by Beate Hait

SPECIALTIES – Starting Point

Order deadline for Starting Point 2017 is October 12; contact Bea today to reserve your copy at \$25. This book is a great resource for planning volkswalk-based adventures throughout the US. [Note from Bea: my daughters still talk about the vacation in CA where we started in San Diego and ended in San Francisco – doing volkswalks up the coast! Point Lobos State Reserve in Carmel was their favorite.]

Staffing for two October events — If you are available to work a 2-hour shift, mark a trail (1 hour prior to start time), take down the trail (1/2 hour after end of start time) for either **Lowell, MA on Saturday, Oct. 1** or **Milford, MA on Saturday, Oct. 29**, please contact Bea ASAP at beateh1@aol.com or 508-429-3564.



Photo: Bev Lange

Framingham, MA – Saturday, November 12 — Brochure with details will be in the next newsletter. Here is a synopsis: Start/Finish is Jack's Abby Brewery and Beer Hall at 100 Clinton Street. Since the Beer Hall doesn't open until 11:00, that's when we will meet to register and then head out on the map-guided walk in small groups. Those still needing Framingham and/or Natick to complete the Marathon Challenge book – this is the walk for you! The first 5km is along the Marathon route in both of these towns and then winds through neighborhoods back to the Brewery and Beer Hall. The second loop goes through downtown Framingham and passes Farm Pond before returning to the finish.

The Beer Hall is set up with long tables in German Beer Hall style. There are 24 varieties of beer on tap and tasty food options on the menu (<http://jacksabby.com/visit/#menu>). I'm sure many of our walkers will plan on staying for lunch. How about you?

New Bedford Recap

by Ann Plichta

It was a beautiful, sunny summer day on Saturday, August 27 for our day event in New Bedford. A little on the warm side, but thankfully less humid than it had been. Forty-nine two-legged walkers and one four-legged walker turned out to celebrate the National Parks Centennial. Many had never been to New Bedford before, or some people only to the Whaling Museum or Zeiterion Theatre. Judging by the post-walk comments, they were pleasantly surprised by the history, waterfront,

and historic architecture. That's what I love about volkswalking. It gives us a chance to see cities and towns we might never have explored before. As my cousin & co-POC Karen and I drove around, we observed some of the birthday events around the New Bedford National Whaling Historical Park including ranger talks and a demonstration at the Visitors' Center. Some walkers headed over there, while others enjoyed the working waterfront.



New Bedford Photos by Bev Lange

