

Co-President's Corner

by Margo Craven

As Halloween approaches, I know everyone is excited to dress up in costumes and act like a child again. I am sure the Walk & Eat Gang will be having their annual Halloween dress-up walk of the Two Town seasonal in Salem again this year, so don't miss out on the fun. [Editor: see page 4.]

Now, I am going to skip back to the history of **Walk 'n Mass in the year 1997:**

We had a few firsts during that year: 1) Tri-State Weekend of events in MA, NH, and ME, 2) introduction of the Year Round/Seasonal Event booklet, 3) roller blade/skate event (Bedford Seasonal), and 4) the inauguration of the Bedford Year Round Event (the Bedford Walk).

Membership for January 1997 was 280. Co-Presidents were Bea Hait and Polly Meltzer. Walk 'n Mass, believe it or not, held 14 day events that year along with 10 Seasonal/Year Round Events. The day event with the largest number of walkers was Newburyport with 234. A very busy year, if I may say so.

The first Tri-State Event was called "Yankee Seacoast Weekend" which attracted close to 250 walkers to each event. Walkers were from Canada, NV, FL, NY, NJ, and the New England states.

Individual brochures for YRE/SE events are done away with and the Year Round/Seasonal Event Book took their place.

A "National Trails Day" walk was held in Uxbridge at the Blackstone River and Canal Heritage State Park; 171 walkers attended.

Chris Mellen (Group walk/Tour organizer) had a bus full of walkers on April 5th and went to New York City. We all had a great time!

The Freedom Trail walk had an 'alternate' trail, which went through some lesser known historical sites, like Chinatown and Liberty Square.

The Bedford XC (cross country) Ski Seasonal Event which was open for 3 months ended at the close of March with no snow at all during that timeframe. It did storm heavily the day after the seasonal closed (April 1) and we got 30 inches. That snow event became known as the Blizzard of '97.

My many thanks again go to Jeanette Dosé for taking the time, patience, and effort to catalog all the club's historical documents in albums so that they can be shared with others. You had to really love walking and care for the club to put so much effort into this work.

Come Friends, Let's Walk

- ❖ *Saturday, Oct. 1*
Day Event:
Lowell, MA
NPS Centennial
- ❖ *Saturday, Oct. 8*
Group Walk:
Newton Centre, MA
10:00 am
- ❖ *Saturday, Oct. 15*
Group Walk:
Sandwich, MA
11:00 am
- ❖ *Saturday, Oct. 22*
Guided Walk:
Tariffville, CT
9:00 am (CVVC)
- ❖ *Saturday, Oct. 29*
Day Event:
Milford, MA
Charles River Trail
- ❖ *Sunday, Nov. 6*
Group Walk:
Newport, RI
11:30 am

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:

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September Meeting Highlights

by Karen Plichta

Karen Plichta acted as secretary for meeting held Tuesday, September 6, 2016

Group Walks:

- Bedford bike, Sunday, Sept. 11 @ 10:00am
- Newton Centre, Saturday, Oct. 8 @ 10:00am
- Sandwich, Saturday, Oct. 15 @ 11:00am
- Newport, Sunday, Nov. 6 @ 11:30am
- Plymouth, Saturday, Nov. 19 @ 10:15am

There was excellent participation at the Shelburne Falls (16 walkers)/Greenfield (10 walkers) group walks on Aug 20, 2016.

Walk Coordinator: West Roxbury YMCA being explored for a future walk/swim day event by Sue Harrington.

All year round/seasonal events for 2017 have been approved.

Bonnie Negggers & Tom Narcavage will be the alternate POCs for the Boston walks.

Boston Special Places is on a "resurrected list" for 2018.

National/Regional Topics:

AVA has teamed up with Navigator USA. There are 100 chapters and walks can be co-sponsored with them.

Best practices should be promoted to encourage members to walk and walk often. WnM has their own best practice with the weekly Walk & Eat Gang.

National election of officers will be held at the 2017 convention; candidate search underway.

America Walk Study – looking for volunteers with iPhones or Androids to download.

Awards: Looking for potential nominees for the regional awards to be submitted to NERD.

The AVA certificate of service has been renamed as a Commendable Service Award.

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Trail Master's Diary: Milford

by Ann Plichta

Even though summer is over, there's still plenty of good walking weather left. In fact, fall is my favorite season to go for a long walk. The temperature is cool, the humidity is low, and the air is crisp. Enjoy the fall walking weather and join Walk 'n Mass on October 29 with 5km and 10km routes in Milford.

Milford was first settled in 1662 and incorporated as a town in 1780. It's famous for its pink granite, discovered in 1870, which has been used in buildings all over the world. Notable buildings include the Boston Public Library, the Main Post Office in New York City, and Pennsylvania Station in Baltimore. It was also used in the Battle Monument at West Point.

The 5km route is completely on the Upper Charles Trail, a proposed 25-mile trail to link Milford, Ashland, Holliston, Hopkinton, and Sherborn along an abandoned rail bed. Milford was the first town to complete their section, totaling 6.58 miles. Walkers will pass by Fino Field with soccer and baseball fields, as well as a pool, Cedar Swamp Pond, and the Louisa Lake recreation area. Watch out for wildlife among the lily pads on the water as well as the trees lining the way. The only wildlife Keith, Karen, and I spotted while walking was a small turtle on the path. Karen successfully persuaded the turtle to get off the path before any bicyclists came speeding by.

The 10km route explores a bit of downtown Milford before joining up with the Upper Charles Trail. Walkers will pass by the Milford Town Hall, built in 1858 in an Italianate architectural style. It is listed on the National Register of Historic Places and is unusual among Milford's municipal buildings in that it is not built from the local granite. The route continues by a statue of General William Draper sculpted by Daniel Chester French. Draper was a Civil War general, Ambassador to Italy, and Member of Congress before retiring to head the Draper Corporation in nearby Hopedale, manufacturing cotton machines. Walkers will then pass through residential areas before returning to Main Street and the Upper Charles Trail.

The 5km route is completely on the mostly flat, paved Upper Charles Trail. The 10km route has one slight incline, but is otherwise mostly flat on paved surfaces. Both routes have an AVA rating of 1A, suitable for strollers and wheelchairs.

Enjoy a fall walk with 5km and 10km routes in Milford on October 29. Hope to see you on the trail!



Milford Town Hall



Don't Forget! Our Lowell walk is October 1, so start the month off with a great trail in historic Lowell and explore the many canals.



Photos by Monica Hait

Bulletin Board

Reminder: contact
Bea ASAP to order a
copy of the 2017
Starting Point. The
AVA order deadline
is October 12 and
the cost is \$25.

The Walk & Eat Gang is heading to **Gloucester on Sept. 29** and starting at 9:30 am. The group will also be walking **Salem on Oct. 31** starting at 9:00 am; Halloween costumes fun but not required as there will be plenty to see on other holiday revelers while walking about town.

Vote

WnM Officer Elections

At October 4 club meeting in Franklin, come & vote!

Next Club Meetings

**Tuesday, Oct. 4 &
Tuesday, Nov. 1**

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Save the Dates! January 14-16, 2017

Visit Florida over MLK Holiday weekend and enjoy multiple events in the **Daytona Beach/DeLand area** hosted by the **Florida Volkssporting Association** and **Happy Wanderers Walking Club**.

Three morning day events are planned and there are many YREs to enjoy in the afternoons, some along the beaches.

You can also see the manatees at Blue Springs State Park and experience the nature trail at DeLeon Springs State Park with a pancake breakfast!

Area Airports: Daytona Beach, Sanford, Orlando (60 mins), and Jacksonville (90 mins).

www.happywanderersfl.org

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Oct. 23rd

Oktoberfest

Bonus Activity Oct. 1 in Lowell!!!

We've learned an **Oktoberfest** celebration will be happening in Lowell the same day as our walk! And, the location is conveniently very close to our 2nd checkpoint on the 10km route.

Sat., Oct. 1 from Noon to 10pm
Free admission, purchase food & drink

www.lowelloktoberfest.com

Answer to last month's where were they?

Karen Plichta, Miriam Boucher, and Ann Plichta walked in Portland, ME.

Denali in Autumn

by Pam Medolo

We decided to celebrate our six month anniversary in Alaska and Mike's 31,000 km milestone at Denali National Park. On 17 Sept., we departed at 0630 for the 235-mile drive north. Bands of fog shrouded the countryside while clouds shrouded Mt. McKinley on the drive up. Guides say two out of three people (us) who come to view the peak don't.



Volkmarchers register by mail and receive the directions for this seasonal event from the Anchorage Volkssport Club POC so we were able to start right away. Luckily the weather was nicer than forecast; by the time we arrived the fog had burned off so it was a beautiful autumn day (warm enough to walk in shirt-sleeves).

The first half of the 10 km followed two established hiking paths. After departing Denali Visitor Center, we walked Taiga Trail, a gravelly path broken by step-across erosion



control ditches. It wound through a mixed forest of yellow aspen and spruce loaded with cones, past lots of berry bushes (blueberries, low-bush cranberries, etc.) and lichen.

Distance sign, including a town called North Pole rather than the geographic landmark

Photos by Mike & Pam Medolo

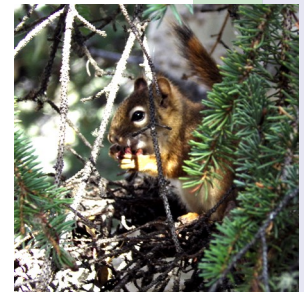
Crossing Alaska Railroad tracks we reached Horseshoe Lake Trailhead. It too is a well-kept gravel trail that climbs to the Overlook, offering a panoramic view of the lake and Nenana River. The path drops steeply with lots of steps to reach lake level. The trail ends at a beaver dam but instead of following the VM by immediately turning around, we walked around the lake, crossing a few wooden footbridges and admiring the crystal clear water and two more dams before returning to the VM trail. We were lucky to see the "Denali Star" train go by near the top of the hillside.



Horseshoe Lake

Although moose are known to frequent the area, our wildlife sightings were limited to a few squirrels, grouse and birds. There was plenty of evidence of beavers but we saw none.

We retraced our route up Horseshoe Lake Trail and back across the railroad tracks to the bike path along Park Road. We followed it a couple kilometers to the Jonesville Trail. This last trail cuts the corner formed by Park Road and Route 3. Rejoining the bike path, we crossed a pedestrian bridge over the Nenana River, admiring the grey (due to fine silt dissolved in the water) glacier-fed torrent below. We reversed our route back to the railroad tracks then continued on the bike path to the Visitor Center. Stamped insert cards will be mailed to us. Fortunately we had reservations at the Denali Park Hotel in Healy so we had time to see more of the park (including peaks dusted with fresh snow overnight) and didn't have to face the long drive home until Sunday afternoon.



Bright-eyed Arctic Ground Squirrel

Do you have a volkmarching travel story to share?

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

TSVA 30th Anniversary Celebration

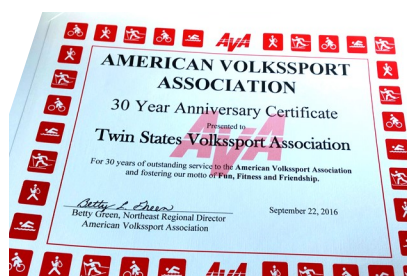
by Beate Hait

The guided walk in New London, NH on Sept. 24 celebrated the 30th anniversary of Vermont's Twin State Volkssport Association and also recognized the longevity of Seacoast Striders, which merged with TSVA a few years ago. The event was attended by 20 volkwalkers from NH, VT, MA, CT, NY, and FL. NERD Betty Green presented certificates to Carolyn Adams representing TSVA and Claudia Cauchon, representing Seacoast Striders. Brigid Stiller, who attended the first TSVA event, is still walking with the club 30 years later. Long-time members Charlotte Phillips and Ruth Cade, who were instrumental in keeping the club going, were also in attendance.

It was a delightful fall day with bright sunshine. The 5km route was an out-and-back through the downtown area to Colby Sawyer College. Along the way, there were many colorful flower gardens to admire. We also spied some

colorful cattle that were decorated according to various themes, often matching their location (i.e., eyeglasses on the one in front of an optometrist's office). The 10km route included a portion through a wooded area before meandering through the college campus and the downtown.

The participants continued socializing and celebrating during lunch at the Flying Goose Pub that culminated with a red velvet anniversary cake. We thank Cindy Gray, Carolyn Adams, Brigid Stiller, and Claudia Cauchon for organizing this event.



Photos by Monica Hait & Bea Hait

Even though the days are getting shorter and the weather is getting cooler, there are still plenty of good walking days left. Mark November 12 on your calendar as one of those days as Walk 'n Mass invites you to join in a guided 5km or 11km walk through Framingham starting at 11:30 am.

Framingham was first settled in 1647 and incorporated as a town in 1700. The first church in town was organized in 1701, and the first permanent schoolhouse established in 1716. It started as a farming community, and then became a manufacturing town, known for the Dennison Manufacturing Company which was founded in 1844 as a jewelry and watch box manufacturing company. It merged into Avery Dennison in 1990. Due to its central location between Boston and Worcester, Framingham experienced a large increase in population during the post-World War II baby boom.



The start point for our guided walk is Jack's Abby, a microbrewery that has already gained a big following in the area. You may remember the name from previous walks, but now they have moved into a new location near the old Dennison complex [pictured above] with a 5,000 square foot tasting room and restaurant featuring long, communal tables. If you want to have a bite to eat or try out a craft beer after the walk, that is optional. Bev, Karen, and I checked out the menu for future reference, and there is a good variety.

If you're still working on your Boston Marathon book, this walk gives you the opportunity for two stamps...Framingham and Natick. They are the third and fourth towns along the Boston Marathon route. The 5km loop takes walkers along Route 135 from downtown Framingham into Natick. Walkers then cross over the railroad tracks near the West Natick MBTA station before heading into quiet, residential neighborhoods and returning to the finish for 5km walkers and the end of the first loop for 11km walkers.

The second part of the 11km passes the Metrowest Medical Center-Framingham and Marian High School before heading out to Farm Pond, a popular fishing and boating area with



Cushing Memorial Chapel

walking trails. The route also passes by Cushing Memorial Park, which encompasses 57 acres and is situated on the site of a World War II Army hospital. Walkers then head back to downtown Framingham along Route 135, passing the MBTA commuter station and through the center of town before heading back to the finish at Jack's Abby.

Both walk routes are on mostly flat, paved surfaces with small inclines. The AVA rating for both is 1A, suitable for strollers but difficult for wheelchairs due to some uneven spots.

Enjoy guided 5km and 11km walks through Framingham on November 12. Whether you need more stamps for your Boston Marathon book, or just want to walk someplace new, it's a good reason to get out on the trail.

Photos by Monica Hait



<http://jacksabby.com/visit/>

Walk Coordinator Speaks

by Beate Hait

Lots happening this fall! – We start and end October with day events. Looking forward to seeing many of you at the **October 1 walk in Lowell** to celebrate the National Parks' 100th Anniversary. The 12 folks who participated in the Workers' Walk on Sept. 18 were very impressed with the 5km and 10km routes planned by National Park Ranger Dave Byers.

October 29 will find us in Milford where the 10km route takes us through downtown before joining the 5km route that is entirely on the paved Upper Charles River Trail. Then two weeks later on **November 12 we'll be in Framingham** for a map-guided walk that starts and ends at Jack's Abby Brewery and Beer Hall – and this route qualifies for both Framingham & Natick on the club's Marathon Challenge program. Three weeks later on **December 3 is our traditional Attleboro holiday walk** starting at La Salette Shrine.

In between there are several group walks of seasonal events. Do you still have some spots to fill on your blue YRE/SE Incentive Program cards? Enjoy the fall season as you get out and walk these routes.

Events in 2017 – Would love to get some location ideas for our traditional Soup Walk next March/April (need access to a dining hall and kitchen) and Club Picnic in July/August. Is there a location we've done in the past that you'd like the club to revisit for either of these specialty events or a typical weekend walk? I'm waiting to hear from you. 😊 Suggestions, please! beateh1@aol.com

Pictures:

Merrimack River views from the Lowell Workers' Walk, come see for yourself on Oct. 1



SPECIALTIES

The *Starting Point* book published by AVA is a handy reference to see in what cities YREs and SEs exist. Considering there are more than 1800 such events, wherever you travel or even in "your own backyard" there is bound to be a nearby event.

Order deadline for *Starting Point* 2017 is Oct. 12. If you have been thinking about ordering this book (\$25) that lists all YREs and SEs in the US, please contact Bea now: beateh1@aol.com or 508-429-3564. Delivery is expected in early December.

A limited number (and sizes) of the new WnM "electric blue" fleece jackets (\$40) are available for purchase at day events, mailed to you, or be delivered at an upcoming group walk. Photo is on the Products page of the club website:

<http://walknmass.org/products.htm>

Are you tracking the states in which you've walked? A fun way to do so is with a 50-state/51-capital T-shirt available for \$10. See photo on WnM products page and order form to have one mailed to you (postage is \$4). Handy coloring guide included with each purchase. Also available at the Specialties table at day events.

Photos by Monica Hait

