

President's Corner by Mary Frink

Did you watch the Marathon this year? I find it completely fascinating! I grew up in RI, so I'm not even sure I knew about it until I went to college in MA. When I moved to Arlington, Patriot's Day became a big thing. I would walk down to Mass Ave. to see the parade, then watch the Marathon and Red Sox on TV. I would watch it from start to finish and beyond. One year I went to the Patriot's Day Red Sox game, but I never made it down to Kenmore Square to see the runners in person.

Then, 3 years ago, Karen Kolaczyk asked if I'd like to volunteer at the Marathon's Ashland water station with her. She's now been doing it for 26 years! I had no idea what I was getting into, but I said yes! We had to get up REALLY early so we could get to Ashland (and Dunkin' Donuts for caffeine & breakfast) before the roads closed. Turns out it was the same Dunkin' Donuts we used as a checkpoint for the first Ashland walk! We had to be at the water station by 7:00 to start setting up.

That year it was cold and it rained...a lot. That didn't dampen the spirits of the volunteers! I never knew how much effort went into the water stations. There are about a dozen tables and we fill them with cups of water or Gatorade 4 levels high. I couldn't image why we needed so many. Once the race started, it was thrilling to see the wheelchairs and the elite runners go by. Then came the waves of "regular" runners. It was overwhelming at first and a little

emotional when you thought of what all these people were actually doing. What we do is hold out a cup and yell "water" at the top of our lungs so the runners know what we are holding. You don't want someone dumping Gatorade over their heads thinking it's water, especially that early in the race! I soon found out why we needed so many layers of cups, even on such a cold day. You just keep holding out cups and grabbing new ones after a runner takes it. After a while you go on autopilot because there are so many people and they all need water. It didn't seem like what I was doing was such a big deal, but so many runners said "thank you for volunteering." Here they were, just starting a 26-mile run and they were taking the time to thank us! It made it a very humbling experience.

After the last wave goes by, the cleanup begins. The runners throw the cups on the ground when they are finished. You can't expect them to hit a trash barrel! Between the waves, we rake them off the road, but eventually they all have to be picked up and thrown away. There's a chase car that follows after the runners so the water stations know when to close. It's followed by a caravan of vans to pick up the tables and trash barrels and trash trucks to pick up all the bags of cups. One of the good things about working the first water station (just over 2 miles from the start) is that we're done

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Come Friends, Let's Walk

- ❖ *Friday, May 5
Group Walk:
Shelburne Falls, MA
12:00 pm*
- ❖ *Saturday, May 6
Day Event:
Deerfield, MA*
- ❖ *Sunday, May 7
Group Walk:
Greenfield, MA
9:30 am*
- ❖ *Saturday, May 20
Guided Walk:
Madison, CT
10:00 am (CVVC)*
- ❖ *Saturday, June 3
Group Walk:
Caroga Lake &
Johnstown, NY
10:00 am (ESCV)*
- ❖ *Sunday, June 4
Group Walk:
Lexington, MA
10:00 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.



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President's Corner (continued)

and cleaned up by 12:30 or so. I was exhausted, but also exhilarated. I'd finally seen the Marathon in person and actually played a part! Some of me misses being able to watch the race from beginning to end, but not enough to make me stop volunteering!

If you were watching this year, and they showed it, we were the water stop just after the 2-mile marker in Ashland and we were lined up on the left hand side of the TV. You probably only saw our backs as we were facing the runners, just like the cameras were. The theme of our stop was Hawaii so we all wore flowery leis and some workers had grass skirts on! If you get a chance to volunteer, I highly recommend it. If you run, let me know and we'll keep an eye out for you next year!



Mary Frink

Prepared to hydrate all those that race by!

*Karen is on the left and
Mary is 2nd from right.*

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AVA Achievement Awards (compiled from *American Wanderer*)

Congratulations to the following people on their achievements as shown:

Name	Events	Distance
Alice Kreider	10	
Jack Allen	125, 150, 175	1,000 KM
Janet Varnon	800	
Robert Varnon	800	9,000 KM

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

April Meeting Highlights

by Marianne Marshall

Meeting held April 4, 2017

• Upcoming Group Walks:

Shelburne Falls (May 5 at noon) &
Greenfield (May 7 at 9:30 am) to coincide
with May 6 day event in Deerfield

Lexington Battle Road, Sunday, June 4 at
10:00 am

Plymouth, Saturday, June 10 at 10:00 am

Bristol, Sunday, June 25 at 10:00 am

- **153 Ice Cream Parlor** special program books sold
- 2017 AVA Convention **Publicity Contest entries** included 4 brochures (Brookline 2015; Provincetown 2015; Framingham 2016; Lowell 2016), 2016 Year-Rounds & Seasonals Booklet, and 5 newsletters (August, September, & November 2015; June and December 2016)
- Bea to pursue purchase of **unisex short-sleeve royal blue V-neck** as new item for Specialties Table
- **Plymouth seasonal closed** until a new Start Point can be secured
- Bea to contact POCs of year-round and seasonal walks to determine interest in hosting **#OptOutside** (walk on day after Thanksgiving) again this November

National/Regional Topics

- **AVA wants clubs to put together seasonal events incorporating the Appalachian Trail** in their state. WnM investigating where to access, parking options, easiest route, etc., but also notifying AVA we may not be able to accommodate 2018 *Starting Point* deadline (August 2017).
- Members unanimously voted nominees Chris Mellen for NERD and Carolyn Adams for Deputy NERD.
- Members voted for NEC nominees David Bonewitz as President, Nancy Wittenberg as Vice President, and Sam Korff as Secretary. Vote on Treasurer to be held at May meeting as more time to consider nominees Bob Morrison and Candace Purcell was wanted.
- Deerfield deemed unsuitable location for potential 2019 Convention walk due to expected high volume of participants and parking concerns; WnM to find alternative locale, preferably in Pioneer Valley/western MA.

Bulletin Board



*Boston
Freedom Trail
Group Walk
on a sunny
spring day
(April 2)*

Top: 11km walkers courtesy of Bev Lange
Bottom: 6km walkers courtesy of Beate Hait

Any AMC* Members in our ranks?

As part of a new AVA program, we are seeking folks with experience hiking the **Appalachian Trail through Massachusetts** (or a desire to explore that section) to identify a good trailhead for a 6-8 mile route. Please contact Bea Hait if you can offer expertise.

*AMC = Appalachian Mountain Club

Next Club Meeting Tuesday, May 2

6:30 pm

*St. Michael's Parish Center
90 Concord Road (Rt. 62)
Bedford, MA*

AVA is participating again in the **Big Give**, this year's event is **May 4**. To donate to AVA, please go to **TheBigGiveSA.org** between April 27 and May 4 to maximize the matching funds and other prizes awarded.

Newsletter Submissions to:
footnotes.editor@gmail.com
Deadline for next issue: May 21st

Membership Renewal Reminder

A membership renewal form was sent with the March edition of *Footnotes*. We thank those who have already renewed and hope the rest take the time to complete & return the form with payment soon. Doing so will ensure your continued membership in Walk 'n Mass for the 2017/2018 season. Remember that club dues are \$15 per year for which there are many benefits in addition to walking with a great group of people -- the holiday party, soup walk, and picnics to name just a few. Please renew now so that you're not removed from our membership distribution of *Footnotes* or from the email notification list.

Newport Seasonal Parking

Free parking at the Newport Visitors' Center until May 1. Don't be concerned about the lot being torn up. There is parking for cars but not buses.

After May 1, validate your ticket at Visitors' Center counter for a free 1/2 hour of parking.

Desert Volksmarch with Wildflowers Galore

by Pam Medolo

After experiencing almost seven feet of winter snow, we decided to celebrate our first year in Alaska anniversary by escaping to somewhere warmer. We spent March 19-25 in the Phoenix area volksmarching, sightseeing, and visiting friends and family. For warming up, our timing was excellent because we arrived in the midst of a record-setting heat wave, nine consecutive days of 90°+ temperatures.

Luckily Friday wasn't as hot as earlier in the week. After breakfast, we traveled from Glendale to the Sun City Grande CVS in Surprise to sign up for YRE #7; then drove nine miles to Waddell into White Tank Mountain Regional Park. We parked at the Waterfall Trailhead and joined the "parade" of folks headed to the waterfall. It is a popular spot on a nice spring day.

We saw **petroglyphs** in several spots along the



way plus an array of wildflowers and cacti in bloom.

The trail

instructions said the stairs to the waterfall were optional. We climbed up (passing packs of youngsters) to see the trickle of water falling over the rocks to a small pool below (not much rain lately). Then we retraced our steps 1½ km back to the car park.

The second part of the VM was not crowded; we encountered a dozen people, including one couple on mountain bikes and another on horseback plus others on foot like us. The instructions had us follow the Mesquite, Ford, and Waddell trails that meandered through

dry washes and the desert landscape dotted with more wildflowers, paloverde, saguaro, and other cacti. The instructions were clear and the trails well sign posted.

We noted a few small lizards (most skittered away at our approach) and at a larger dry wash a roadrunner shot down the trail ahead of us. A few other birds (including a cactus wren) caught our eye as they went about their avian business. Also a pair of F-16s from Luke Air Force Base flew overhead a couple of times in the deep blue sky.

Walking this 10km took us longer than normal but we enjoyed it—especially seeing the desert in bloom. It was well worth the \$6 per car entry fee for the park. Near the park entrance is a branch of the Maricopa County Library with a small nature center. We stopped there for souvenirs and saw some snakes, a scorpion, a tarantula (all safely locked away behind glass), and a desert tortoise before heading back to Surprise where we enjoyed a picnic lunch and stamped our books.



Craggy Bluff near YRE start



Mexican Gold Poppies



Strawberry Hedgehog Blossoms

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**.

Walk Coordinator Speaks

by Beate Hait

Plymouth Seasonal Event – As this newsletter goes to print, our Plymouth seasonal is not active since our start location closed. We are in the process of securing a new start location and are hopeful it will be in place soon. Keep an eye out for updates via email and next month's newsletter.

Lexington Seasonal Event – Please update the YRE/SE booklet that was mailed to you in December. We learned the National Parks Visitor Center will be closing earlier than anticipated, so the new end date for Lexington this year is October 29. By the way, if you haven't done this event, let me tell you that it's a lovely, flat, out-and-back walk with a tree canopy practically the whole way that affords cool shade on hot summer days. If you watch the short movie at the Visitor Center that tells about Paul Revere's ride, take note of the woman who portrays Mrs. Revere. She's played by my fellow Holliston Historical Society member, Teri Chamberlain. She and her husband, Frank, often participate in Revolutionary War reenactments. I'm told that he's in the film too. I guess I'll have to pay better attention to pick him out amongst the many Minutemen!

Deerfield walk on May 6 – Am very much looking forward to revisiting this area of Massachusetts and walking through Old Historic Deerfield and the cornfields. The last time Walk 'n Mass hosted a walk here was

mid-August 1999, and Polly and Don Meltzer were POCs. Polly told me recently that she was amazed how many people commented on the marvelously tall cornfields. At this time of year they will barely have been planted. I wonder what will capture the attention of volkswalkers this time?

Greenfield and Shelburne Falls – Jan and Bob Varnon tell me that they have modified the Greenfield seasonal route. When in the area to do the Deerfield walk, Greenfield is a short hop-and-skip away. Why not make time to walk this new route? If seeing the Bridge of Flowers at the beginning of the growing season is of interest to you, Shelburne Falls is just a 30-minute ride from Deerfield. And then there's the seasonal event in Brattleboro, VT – a quick drive straight up I-91. Make the most of your time in the area!

Appalachian Trail Program – To offer opportunities for volkswalkers who like hiking and long distance walks, there is a national AVA initiative to have seasonal volkswalks sanctioned in each of the 14 states that make up the Appalachian Trail. If you are reading this and are familiar with any of the sections of the 91-mile trail that run through Massachusetts, would very much like to hear your thoughts on which approximately six-mile section of the AT our club could sanction to support AVA's national AT initiative.

Volunteer of the Month: Bev Lange

by Marianne Marshall

In just over two years with Walk 'n Mass, **BEV LANGE** has served as a guide, helped set up for an event, worked on the Start and Specialties tables, cleaned up a trail, and served as Co-Chair on walks in Ashland, Framingham, and Hopkinton. Without Bev's willingness to step up to the plate to find safe and interesting trails, there might have been fewer day events these past few years. Walk 'n Mass is the very fortunate recipient of Bev's love to explore areas and lay out walks. Thanks, Bev, we truly appreciate all your efforts!

