



A Recreational Non-Competitive Walking Group

April 2017 Folksmarch

Date: Saturday, April 8, start anytime between 8—11AM; Sunday, April 9, start anytime between 1—3PM

Annual Pass Membership \$40
Includes Annual Passport and 12 monthly walks

Annual Passport \$10

Monthly Walking Rates

First Time Walkers FREE!

Adults	\$4.00
Youth 6—18	\$1.00
5 and under	FREE
Family	\$9.00 (max)

CNY Folksmarch, Inc.

Barbara Crane, President
Stephanie Nicholson, Sec.
Lee Mount, Treasurer
Other Board of Directors:
Dawn Bennett, Nancy Knaggs,
Ellen Nowyj, Adria Ripka,
Barbara Sleight, and Judy
Sokolowski.

A folksmarch is a non-competitive walking event conducted monthly for people of all ages and abilities in Central New York.

FOOTNOTES

NEWSLETTER

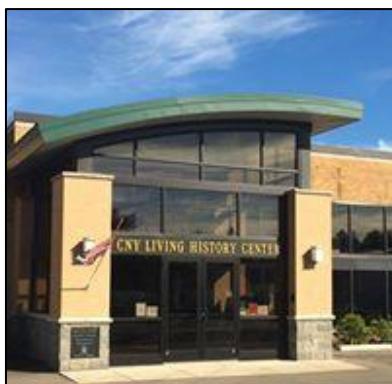
Web: <https://folksmarch.wordpress.com>
Facebook: <https://www.facebook.com/folksmarch/>

FM# 431 (GPS: 4386 U.S. 11, Cortland, NY 13045)

An April Walk to Remember

Our walk this month starts at The CNY Living History Center (<http://www.cnylivinghistory.org>), located at 4386 US Route 11 in Cortland, which is home to three separate museums: The Brockway Truck Museum, The Homeville Museum and The Tractors of Yesterday (T.O.Y.S.) Museum.

The Brockway Museum features the history and trucks of the Brockway Motor Company which manufactured Trucks in Cortland, N.Y. from 1912—1977. The Homeville Museum contains the Ken Eaton Collection of military, railroad and Cortland County artifacts. The T.O.Y.S. Museum collection includes antique tractors, plows and many other artifacts that were used in rural America 50 to 150 years ago. Folksmarchers will receive a special reduced admission price of \$8.



From the CNY Living History Center our walk will take us north into the Village of Homer (<https://www.homerny.org>). Settled in 1791 and incorporated in 1835, it is the birthplace of such notables as Amelia Jenks Bloomer (women's rights activist and advocated pants or "bloomers" as appropriate clothing for women), Francis B. Carpenter (painter of "Lincoln Reading the Emancipation Proclamation to his Cabinet" that hangs in the U.S. Capitol), William Stoddard (one of Lincoln's personal secretaries), Andrew Dickson White (co-founder and first president of Cornell University) among others. Known for its many Victorian Era buildings, our route takes us along Main Street where many these houses stand.

Directions

From Syracuse and points north:

Take Interstate 81 South to Exit 12 / Homer. Take the first right off the exit ramp, follow signs for Cortland. Turn right onto Rte. 11. The CNY Living History Center is $\frac{1}{4}$ mile on the left.

From Rochester and points west:

Take Interstate 90 East to Exit 36 / Syracuse. Take Interstate 81 South (Follow signs for Cortland) to Exit 12 / Homer. Take the first right off the exit ramp following signs for Cortland. Take a right onto Rte. 11. The CNY Living History Center is $\frac{1}{4}$ mile on the left.

From Utica and points east:

Take Interstate 90 West to Exit 34-A. Take Interstate 481 South to Interstate 81 South. Take Interstate 81 South (Follow signs for Cortland) to Exit 12 / Homer. Take the first right off the exit ramp following signs for Cortland. Take a right onto Rte. 11. The CNY Living History Center is $\frac{1}{4}$ mile on the left.

The team for the June Folksmarch in Heiberg Forest in Tully will be led by Jim and Shirley Wilcox. (Barbara Sleight assisting). They will have their team planning meeting this month at 10 am. Their phone number is 315-469-6074; or alchemst@twcny.rr.com.

Liverpool Freeze

Thanks to the walkers who braved the cold at March's Folksmarch. Some people explored the Liverpool Village Walking Tour which mentioned many historic homes and sites as presented in the booklet prepared by the Historian's Office and the Library. Village Historian Dorianne Gutierrez presented a very informative talk and she did us a favor opening up the Gleason house museum early (open 2nd and 4th Saturdays 12-4). Hopefully you will get a chance to stop in as well as to the Willow museum this summer.

The Liverpool library personal were gracious hosts especially Laurel Griffith. If you make up the walk be sure to stop in the library for a historic walking tour guide. The library provided these to us. The Liverpool team was fantastic. They were always available and stepped up whenever needed. Thanks to all: Tammy Peck, Dianne Bilecki, Chris Sorenson, Toni DeFurio, Sue Blanding, Ellie Pryor, Pat Hart, Louise Dean, Gini & Cal Bowne, Gail & Doug Nielsen, and leader Ellen Nowyj.





<http://www.syracuse.ymca.org/programs/healthy-living/sports--recreation/green-lakes-race-weekend.html>

Time to Tri

Thanks to each Folksmarcher who has volunteered at the YMCA Triathlon – “We couldn’t do it without YOU!”

June 10th is the 2017 event at Green Lakes State Park...the 38th!

The Triathlon entry fees help the Y to support their Cancer Survivors program ...besides providing a fitness goal for men and women to aspire to.

PLEASE SIGN UP AT THE April 8th & 9th Folksmarch in Homer!

We'll also be asking you for your current T-shirt size and, if you've volunteered before ...would you like a different assignment?

Your help would also be welcome at two prep-events:

May 15th – Volunteer Assignment Letters (Walt & Peg Price's home) 9:00

June 5th – Triathlete Packet Packing (Downtown YMCA) 9:00

About Us

Folksmarches are generally held on the second weekend every month. Registration is held between 8 am and 11 am on Saturdays, and from 1 to 3 pm on Sundays of the event. Participants walk at their own pace, and the purpose is strictly for fun, fellowship and exercise.

The route distances are a choice of either 5K (3.1 miles) or 10K (6.2 miles). Routes vary at each location, but normally include a combination of paved walkways and natural settings. Routes are marked and a map is provided to each walker. A shorter modified route is always available to those who choose not to walk the longer distances.

Participants receive a pin to commemorate the walk and passports are available (for a fee) for participants to record their personal accomplishment after each walk. Purchasing an Annual Pass or a Yearly Passport is a way to become of member of the CNY Folksmarch walking group.

Ideas, Comments, Questions?

For more information about the CNY Folksmarch contact Barbara Crane at Barbara.crane143@gmail.com

*CNY Folksmarch -
Come walk with us!*

The next CNY Folksmarch event will be held at the Beaver Lake Nature Center, May 20 & 21, 2017