



**A Recreational  
Non-Competitive  
Walking Group**

# FOOTNOTES

## N E W S L E T T E R

Web: <https://folksmarch.wordpress.com>

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

FM# 432 (GPS: N 43° 10.841 W 76° 24.128)

### May 2017 Folksmarch

**Date:** Saturday, May 20, start anytime between 8—11AM;  
Sunday, May 21, 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.

### Spring Walk at Beaver Lake

Welcome back to Beaver Lake Nature Center.

(<http://www.onondagacountyparks.com/parks/beaver-lake-nature-center/>)

Beaver Lake Nature Center is 650 acres of natural wonder, including a 200-acre lake, which is a favorite spot of migrating Canada Geese. There are 9 miles of hiking trails of varying length to enjoy the peace and beauty of this local gem.

Beaver Lake will have available to purchase hot dogs, coffee and baked goods both days starting at 11:00 a.m.

Sorry, no dogs allowed this month.

Important: There is a \$4 vehicle fee to exit the park.

15 minutes of fame, at 9:45 on Saturday, will be presented by John Cecil, a retired geology professor and Beaver Lake guide since 2000. He has published four books on natural history. John loves to take nature photographs and will share them with us.



(<http://www.onondagacountyparks.com/parks/beaver-lake-nature-center/>)

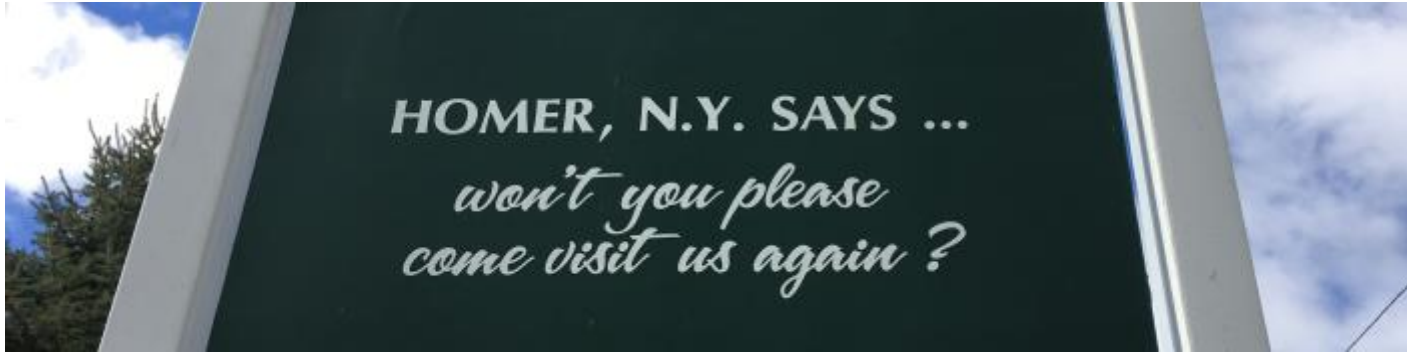
Beaver Lake Nature Center 8477 East Mud Lake Road Baldwinsville, NY

### Directions to Beaver Lake Nature Center

Take 690 North to 2nd Baldwinsville exit 370 W. Exit right from the ramp on to 370 W, watch for sign for Beaver Lake and turn Right on E. Mud Lake Road. Beaver Lake Center is on your left.

Coming from route 31 into the center of town, following signs to 370 W.

The team for the July Folksmarch in Chittenango will be led by Dawn Clark. (Lee Mount assisting). They will have their team planning meeting this month at 10 am.



### A Walk through the Village of Homer

The CNY Living History Center welcomed us in April and boasted quite the collection of memorabilia.

Editor's Note on the April Walk: For those of you who do not often or ever get a chance to continue on to the 10K length of the monthly walk, I thought I would share some of the highlights from Homer. The 10K route took us beyond the post office in the Village of Homer, past some cute little shops, some more historic homes, to the Durkee Memorial Park. It was a little flooded this weekend, as many things have been of late, but still a nice little park with a fishing pond (catch and release), a playground, tables and charcoal grills. I captured a couple geese on the pond, and one of Homer's finest patrolling the grounds.



*Folksmarchers Mary Ellen Jones and her daughter Emme enjoyed the Village of Homer.*



If you would like to write about your walk or submit pictures, please submit to the newsletter editor, Erin Cunia, [ecbcunia@gmail.com](mailto:ecbcunia@gmail.com).





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

## You're a Great Crew!

Folksmarch/Triathlon Volunteers... thanks for signing up to be a TRIATHLON VOLUNTEER JUNE 10th, 2017 at Green Lakes State Park.

More than 86% of you are repeaters! You know how to encourage first-timers, and every triathlete to make sure it's a safe special event that takes athletes to the next level! It also helps support the YMCA's Cancer Survivors' program.

Please pick up your assignment letters at the May 20th/21st Folksmarch at Beaver Lake Nature Center. Any letters "left behind" will be mailed to you that Monday. Contact Walt at 315-475-6741 if you have questions/suggestions or changes.

FMers are still welcome to sign up for the Monday May 15th work party at the Price's home (208 Strathmore Drive) at 9:00 to prepare each Tri--Volunteer's Assignment letter & other supplies. Please let us know that you'll join us, if you're not already signed up or need directions.

Plan on good refreshments & good company!

The last essential work party will follow Monday, June 5 at the Downtown YMCA on Warren Street at 8:30. We'll be preparing 300 individual & team Triathlete Packets.

Use on-street metered parking or the Warren Street Parking Garage. A car pool might be a good idea.

Again, plan on good refreshments & good company!

[More pictures of the Village of Homer](#)



Find Us! Facebook: <https://www.facebook.com/folksmarch> Twitter: <https://twitter.com/folksmarch>

## 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](mailto:Barbara.crane143@gmail.com)

*CNY Folksmarch -  
Come walk with us!*

***The next CNY Folksmarch event will be held at the Heiberg Forest, June 17 & 18, 2017***