



A Recreational Non-Competitive Walking Group

September 2017 Folksmarch

Date: Saturday, September 9, start anytime between 8—11AM; Sunday, September 10, 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# 436 (2112 South Geddes St., Syracuse; GPS 43°01'26.5"N 76°10'31.1"W)

September Walk: Bellevue Heights

Welcome to the September walk starting at Bellevue Heights United Methodist Church. The address is 2112 South Geddes St. Syracuse. We will be walking in a neighborhood in the southwest part of Syracuse called Strathmore. This area was marketed as "an exclusive residential district" when it officially opened on September 27, 1919. Due to the elevation above the city the views east toward downtown and the hills south of the city are beautiful. We will also walk thru Upper Onondaga Park with Hiawatha Lake.



15 Minutes of Fame

Fifteen minutes of Fame-At 9:45 Ann Barnes will teach us how to play a piano in 5 minutes and the proper way to walk a dog in 5 minutes also. We will be so smart when we leave.

Directions

From Points East: Take I-690 W to N West St in Syracuse. Take exit 11 from I-690 W. Drive to S Geddes St.

From Points West: Take I-690 E to N West St in Syracuse. Take exit 12 from I-690 E. Drive to S Geddes St.

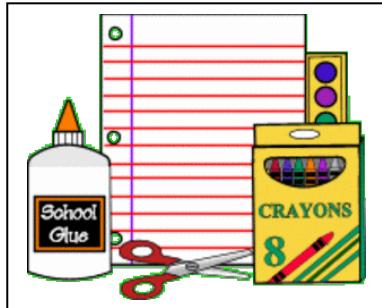
From Points North: Take I-81 S to Butternut St in Syracuse. Take exit 20 from I-81 S. Take W Fayette St to S Geddes St.

From Points South: Take I-81 N to Syracuse. Take exit 17 from I-81 N. Take W Brighton Ave and Glenwood Ave to S Geddes St.

School Supplies Donations

At the September walk we will be collecting packs of paper, 3 or 5 subject notebooks, pencils, 24 count crayons, and good quality (durable) erasers. These will be donated to a school where many

children cannot afford to buy these necessary items. A Syracuse school nurse has requested elementary size socks and underwear (male and female). Please share with us a suggestion for a school where the need is great.



August Walk Highlights: Phoenix

The CNY Folksmarch walk in Phoenix was a success with 82 walkers signed in. This venue was interesting and the weather was fine. We were able to use the Henley Park shelter adjacent to the Bridge House and the canal. There were some beautiful boats tied up along the canal and passing through the lock.

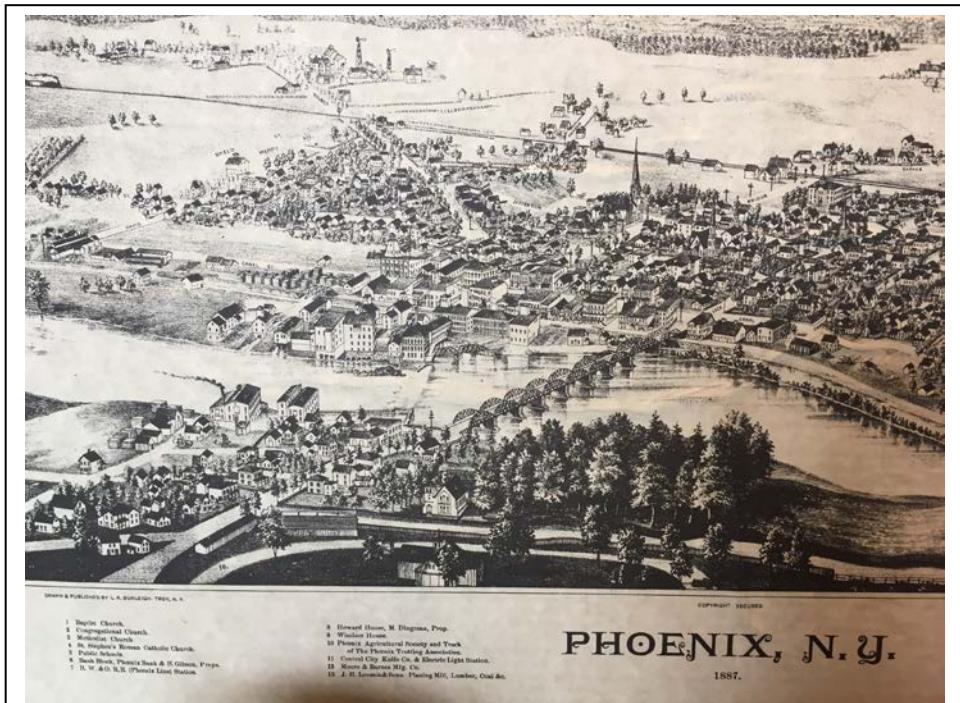
Ellen Nowyj and Nora Shymkiw determined the route, placed the ribbons and markers early Saturday morning and removed them Sunday afternoon.

Walt and Peg brought two posters about the Mountain Goat Run and the Triathlon.

Barbara Dix, Village and Town Historian gave a very interesting talk about Phoenix. Topics included early industry, the fire that destroyed most of the village at the end of the nineteenth century, the trolley line that passed through the village on the way to Oswego and three former bridges and the present bridge.

The button and stamp were based on a picture of the Bridge House.

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



Reminder

If anyone knows of an FMer who is in need to a Get Well card, please contact Elaine Mount at 315-668-7175. Also, if anyone knows of an FMer who has passed away, please get in touch with any Board Member; provide an obituary and relevant information so we can arrange to have it posted at the next Folksmarch.

Day Trip to The Wild Center

CNY Folksmarch trip to The Wild Center has been cancelled.

Save the Date for a Picnic

All walkers are invited to a picnic on Saturday, October 7 at the Folksmarch at Green Lakes.



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 a 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 or 315-656-7146.

*CNY Folksmarch -
Come walk with us!*