



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# 464 (9090 Destiny USA Drive **GPS** [43.067138, -76.171737](#))

A New Year, A Walk in Destiny

LOTS TO DO AT DESTINY USA IN JANUARY!

The FM is at Destiny on Saturday, January 11 and Sunday, January 12, 2010 where we will meet the same place as last year, on the first floor of the Canyon area between Dick's on one side and Cantina Laredo on the other, just a little way in from the doors to the outside. If you park in one of the large parking lots on Solar Street and enter using the escalator up and across the pedestrian bridge over Hiawatha Blvd., you then need to go down to the first floor. There is an escalator nearby and an elevator a little farther along. Check out the new cars on display as you make your way to our tables. Besides getting your Annual Pass or Yearly Passport, be sure to vote for the new President of the Board of CNY Folksmarch and for some new Board members!



Image retrieved 1/1/2020 from <https://www.destinyusa.com/about/>

To walk the full 5k inside, you'll need to walk the perimeter of all 4 levels. We believe the mall will be able to provide a Passport of Savings booklet so you can take advantage of after Christmas sales, although most stores won't open until 10 am on Saturday. For those who want to go outside, since the area to the edge of the lake is still closed, we'll use the alternate outside Creek Walk route over the bridge on Hiawatha Boulevard and back towards the Inner Harbor.

Walk Registration

All participants in our monthly walk should be sure to sign in. This way all will be covered by our insurance.

January 2020 Folksmarch

Date: Saturday, January 11 start anytime between 8—11AM; Sunday, January 12, start anytime between 1—3PM

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

Yearly Passport Book \$10
prorated quarterly

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.

Lee Mount, President
Dawn Mackenzie, Secretary
Larry Webster, Treasurer
Other Board of Directors:
Dawn Bennett, Nancy Knaggs,
Ellen Nowyj, Adria Ripka,
Barbara Sleight, Stephanie
Nicholson, and Barbara Crane.

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

Directions

From the **north**, take Interstate 81 South to exit 23B (Destiny USA Dr.)

From the **south**, take Interstate 81 North to exit 23 (Hiawatha Blvd.)

From the **east**, take Interstate 690 West to I-81 North to exit 23 (Hiawatha Blvd.)

From the **west**, take Interstate 690 East to exit 8 (Hiawatha Blvd.)

New York State Thruway: take I-90 to exit 36 (I-81 South) and follow above directions from the north

If you would like to write about your walk or submit pictures, **please submit one week following the walk** to the newsletter editor, Erin Cunia, ecbcunia@gmail.com. The deadline to get content into the newsletter is the **15th of every month** in order to have time to print and mail copies. Thank you!

December Folksmarch

The Village of Skaneateles is fun place to walk even in the intermittent light rain we had on Saturday and more impressive in the clear weather early Sunday afternoon. All the Christmas decorations and lights on trees and in windows were signs of busy holiday shopping and activities. Children met Santa Claus in the Masonic Lodge, carolers in Dickens' era dress entertained with lovely voices and Girl Scouts were dispensing eggnog right out on the main street, putting the lie to the wandering Scrooge who hum-bugged his way up and down the sidewalk.

The Skaneateles YMCA graciously provided a comfortable room. Thanks to Brian & Stacy Noll who filled the gap when the previous leaders couldn't do it, and to Larry & Linda Webster and Walt & Peg Price and the rest of the team who managed the Saturday walk, and to Sue Straub and Barb Sleight who helped Brian & Stacy on Sunday.

Walk Schedule for 2020

Please consider serving as a walk leader or volunteer on walk day.

Jan 11/12	Destiny Mall, Syracuse	Jul 11/12	LeMoyne College, Syracuse
Feb 15/16	Highland Forest, Fabius	Aug 31	New York State Fair, Syracuse
Mar 21/22	Heiburg Forest, Tully	Sep 12/13	Mill Run Park Manlius – PICNIC Sat 11 am
Apr 18/19	Mexico	Oct 17/18	Green Lakes Park, Fayetteville
May 16/17	Rice Creek, Oswego	Nov 14/15	Driver's Village, Cicero
Jun 13/14	Amberations, Marietta	Dec 12/13	Downtown Syracuse

It's Time to Get Your Annual Pass or Yearly Passport

It's time to get your Annual Pass or Yearly Passport to start in January, 2020. The cost of the Annual Pass is \$40.00 for an individual and \$90.00 for a family (consisting of up to 2 adults and all children under 18 years of age). The Annual Pass provides two free walks and one yearly Passport. Or you can get a Yearly Passport for \$10 (pro-rated each quarter) in which you record your mileage and get a stamp of the walk; it is also the other way besides an Annual Pass to become a member of CNY FM. Make checks payable to CNY Folksmarch. You can send a check to our Treasurer, Lawrence Webster, 4908 Bryn Mawr Drive, Syracuse, NY 13215.

Remember also that if you want the Footnotes sent to you by US Mail, sign up in January for \$12.00 to get the 12 months – since this wasn't available at the December 2019 FM, we will mail out the January Footnotes to those on the 2019 list.

CNY Foksmarch Board Member Election

At our January walk at Destiny Mall we will hold election of board members by paper ballot.

The slate for the class of 2022 includes - Mary Ledford, Sue Straub, Elaine Davis, Barbara Sleight, Adria Ripka. Mary has volunteered to serve as President of Foksmarch and Sue has volunteered to serve as Vice President.

Class of 2021 - Eileen Arnold, Dawn MacKenzie, Stephanie Nicholson and Ellen Nowyj

Class of 2020 - Lawrence Webster, Elaine Mount, Barbara Crane, Dawn Bennett

The retiring Class of 2019 consists of Adria Ripka, Barbara Sleight and Lee Mount

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 Foksmarch.

About Us

Foksmarches 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 Foksmarch walking group.

Ideas, Comments, Questions?

For more information about the CNY Foksmarch contact Lee Mount at leelaine@twcny.rr.com or 315-668-7175.

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

The next CNY Foksmarch event will be held at Highland Forest, Fabius, February 15-16, 2020