



A Recreational Non-Competitive Walking Group

July 2020 Folksmarch

Date: Saturday, July 11, 8:00—11:00 AM or Sunday, July 12, 1:00—3:00 PM

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.

Mary Ledford, President

Sue Straub, Vice President

Dawn Mackenzie, Secretary

Larry Webster, Treasurer

Other Board of Directors:

Dawn Bennett, Barbara Crane,

Elaine Davis, Elaine Mount,

Stephanie Nicholson, Ellen

Nowyj, Adria Ripka, and

Barbara Sleight.

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: [@folksmarch](#) Twitter: [@folksmarch](#) Instagram: [@folksmarch](#)

FM# 470 (Join Us in Skaneateles or at a Favorite Location Near You!)

July Folksmarch: A Socially Distanced Summer Walk in Skaneateles

Many places are reopening with businesses trying to serve the community in a safe way. We Folkmarchers also want to safely start to transition back to monthly walks at the same location.

Part of the Folksmarch experience is sharing the sights and sounds and beauty of a particular CNY location with like-minded people.

With that in mind, we will continue to walk on our own – without a sign-in table or any refreshments or a specific route and a map. But we will suggest that Folksmarchers walk in the **Village of Skaneateles on the weekend of July 11 & 12**, during the usual time slots.

It is a familiar area for many and quite beautiful in the summer. Some of the shops and eateries have reopened for those who want to stop in or get a take-out lunch and head to a bench by the lake. It is very possible you will see a few familiar faces.



After your walk, please submit your selfies and any interesting tidbits about your walk to cnyfolksmarch@gmail.com to be posted on social media. Send by July 17th to be included in next month's Footnotes.

FYI: Currently, the municipal parking lot is free, but that may change by mid-July. There are a couple of free lots and some free street parking, but please be prepared to pay a small fee for a convenient parking spot in the Village.

Tip: For this month's walk or any walk, there is a website (and phone app) called [Map My Walk](#) that allows you to map out a route ahead of your walk depending on the distance you might want to walk (you can create a FREE account online). The app on your phone allows you to start your walk and uses your GPS to record where you have walked and will give you notifications for every mile.

A walk along the creek (by Sue Straub)

Sue Straub and her daughter Pamela traveled from Inner Harbor to Armory Square along the Creekwalk.

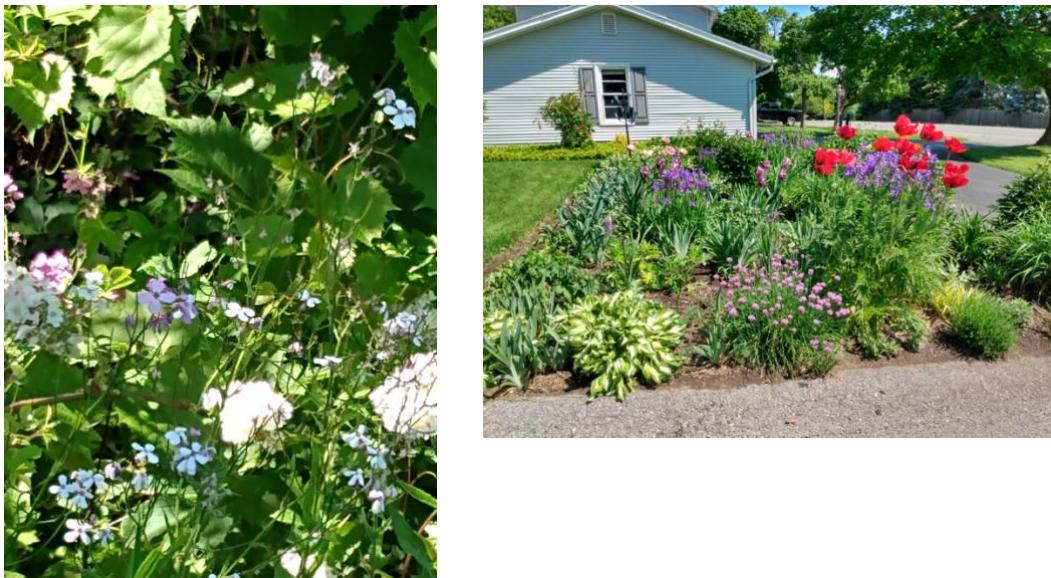
The Syracuse Creekwalk is a 2.6 mile paved trail that has extended from the bank of Onondaga Lake (near Destiny) to Armory Square (near the MOST Museum) since October, 2011. It's easy for pedestrians and bicyclists to follow the yellow line down the middle of the path. During normal times, there are many eateries and shops to choose from at either end.



Erie Canal in June (by Barbara Crane)

I walked along the Erie Canal path for the June FM. Very pleasant in the late afternoon with a good amount of shade and not too crowded on the wide path.

I also included a picture from my make-up walk for May:.. Neighbor's garden down Burdick St. from my home.

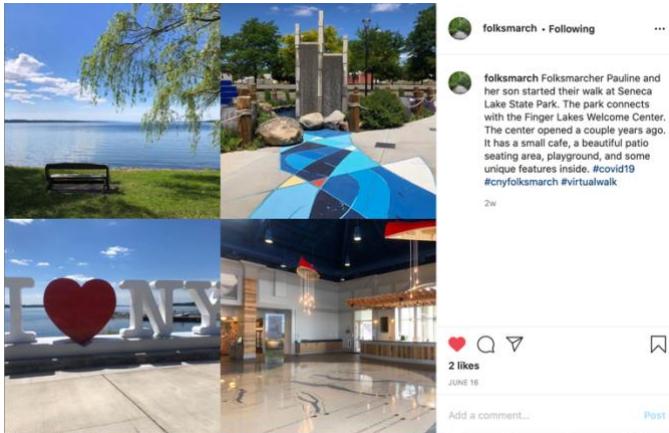


In Search of Buck Seasoning (by Mary Ledford)

My June walk took me to Mallory NY. Mallory is a small hamlet in Oswego county. It does have a post office and Cemetery. I went in search of where they make the Buck seasoning, at the Buck seasoning company.



Check Out Our Social Media and Be Sure to Post Your Own!



Make sure you use the hashtags #covid19 #cnyfolksmarch #virtualwalk2020.

Facebook: [@folksmarch](#)

Twitter: [@folksmarch](#)

Instagram: [@folksmarch](#)

My June virtual Folksmarch was on June 15 in Manlius. Really, just a quick walk around the park attached to the swan pond, plus the pond itself. It was a lovely day. And in keeping with Folksmarch tradition, I enjoyed some ice cream. We, historically, walked at a dairy farm, or in a village that provided a reduced rate on their ice cream. Hope to see you in July at a location to be announced. (P.S. I could only manage half the sundae, but it was delicious!) #covid19 #cnyfolksmarch #virtualwalk



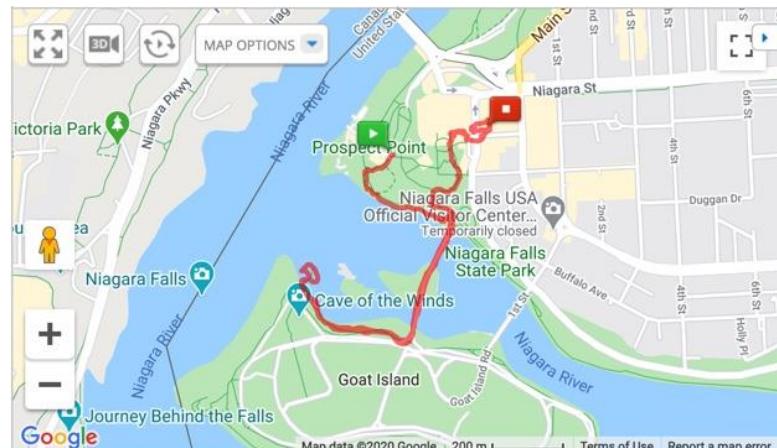
Niagara Falls is Open (by Erin Cunia)

I decided to get a little change of scenery for a week in June. We rented a beach house in Angola, NY, on Lake Erie near Buffalo. So, on Folksmarch Sunday we went to Niagara Falls State Park. The Visitor Center is still closed but there are some bathrooms open and a couple small concessions (water and ice cream bars, the important things). More importantly, the falls are still flowing, the air is fresh, and the trails are open and well-spaced. I brought along my granddaughter, Avery, and her scooter. The map is an example from [Map My Walk](#) I mentioned on page 1. (pictures next page)



Niagara Falls view from Goat Island. Border to Canada is still closed, but the view from USA is still enjoyable.

Be Smart. Stay 6 Feet Apart.



[VIEW ROUTE 1.92mi Hike](#)

[Map My Walk](#)

MAPPED 06/21/2020 BY ERIN CUNIA

FM'er of the Month

This month we are spotlighting long time Folksmarcher and our Footnotes editor, **Erin Cunia**.

Erin lives with her husband in the Fayetteville-Manlius part of town and works at creating training programs through Corporate Learning Design & Delivery.

Erin is not positive what year she first experienced Folksmarch, but she recalls pushing her little son in a stroller along Onondaga Lake. He is now 27 years old. She fondly remembers another Folksmarch she enjoyed years ago with her husband and his two daughters. Not only was it a pleasant walk through the SU area and part of Oakwood Cemetery, but there was a scavenger hunt making it even more fun. Now Erin's 7- year old granddaughter sometimes accompanies her on walks. Perhaps a new generation of Folksmarchers?



Need a challenge to get walking? Here are a couple of ideas.

Canalway Challenge

“This is an extraordinary time as COVID-19 disrupts normal work and social activities, threatens our health, and cancels activities and events for the foreseeable future. Now more than ever, getting outside for fresh air and exercise may be just what you need. The Canalway Trail and the grounds of state parks and historic sites remain open, and **the Canalway Challenge is on for 2020.**”

If you haven't created a challenge yet, simply signup at canalwaychallenge.org.

One NY Virtual Challenge - Race Across New York!

“A once-in-a-lifetime chance to run across New York! With all summer races cancelled or postponed, this is an amazing opportunity to get out the door and log some much needed miles.”

You have until July 5th to register, join the challenge and get your name on the leaderboard. Teams are encouraged!

OneNY is donating 100% of all donations and a portion of the proceeds from the 500k & 1000k challenges. COVID-19 Relief

Happy Independence Day everyone.

Stay safe and healthy.



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. **Be sure to double check the website for the date and time of walk each month in case of any alterations.**

The route distances are a choice of either 5K (3.1 miles) or with the possibility of also having a longer 10K (6.2 miles) or a shorter modified route for those who choose not to walk the longer distances. 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.

Participants receive a button 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 Mary Ledford at 315-236-6985 or Sue Straub at 315-437-5087 or email cnyfolksmarch@gmail.com.

The August CNY Folksmarch event may be held in Mexico, NY, August 8 & 9, 2020.

Please be safe and stay healthy.

CHECK WEBSITE FOR UPDATES <https://folksmarch.wordpress.com>