



A Recreational Non-Competitive Walking Group

October 2020 Folksmarch

Date: Saturday, October 10,
8:00—11:00 AM or Sunday,
October 11, 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
Brian Noll, Treasurer
Other Board of Directors:
Eileen Arnold, Dawn Bennett,
Barbara Crane, Elaine Davis,
Elaine Mount, Stephanie
Nicholson, Ellen Nowyj, Adria
Ripka, Barbara Sleight, and
Larry Webster.

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

FOOTNOTES

N E W S L E T T E R

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

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

FM# 473 (6975 Cedar Bay Rd, F'ville **GPS:** [43.043540, -76.037565](#))

October Folksmarch: Cedar Bay Park, Town of DeWitt

[Cedar Bay Park](#) is located on Cedar Bay Rd., Fayetteville, NY 13066. (FYI: Lyndon Rd. becomes Cedar Bay Rd.) The entrance to the park is between N. Burdick St. and Kinne Rd.

Folksmarch sign-in will be located at one of pavilions – both are visible from the parking lot.

The trail near Cedar Bay Park is part of the Old Erie Canal State Park System which is a 36-mile stretch that has been designated a National Recreational Trail by the National Parks Service. It runs between Dewitt and Rome, NY. From the Cedar Bay pavilion, we will walk to the canal trail via Cooper's Tubular Arch Bridge. Our 5k route will head East along the Erie Canal. It is level and paved, dog friendly – with a leash of course, and a smooth ride for bicyclists. There is an option to continue on the trail if you want a longer walk.

The bridge was named for civil engineer, William Cooper, who, in 1886 when it was built, was employed on the New York State Canal System. The structure, made from cast and wrought iron, was moved from the Town of Canajoharie, NY to Dewitt in 1975. The bridge extends 61+ feet and the deck is about 16 feet above the water. Cooper's bridge design was widely used for small highway and street crossings from the mid to late nineteenth century.



Please remember to bring your own water as the water fountains are off-limits at the park.

Restrooms will be open. Folksmarch will supply a light snack.

NOTE: COVID19 precautions:

Please know that as we start to "reopen" by having actual monthly walks with a sign-in table, and as we start to have some committee

meetings and board meetings, we will be sure to take every measure we can to keep safe from the virus. We will practice social distancing and wear masks when necessary and have sanitizer available.

Directions

Cedar Bay Park does not have a numbered street address.

From the City of Syracuse, take Rt. 5E (aka Erie Blvd East), turn left onto Kinne Rd. (just before Shoppingtown) and follow to the T at the end. Turn left onto Cedar Bay Rd. (no street sign). After about .5 mile, turn left into Cedar Bay Park/Old Erie Canal State Historic Park parking lot.



From the east take Rt. 5 (aka Genesee St.) through the Village of Fayetteville, turn right at the light kitty corner from Fayetteville Center onto Burdick St., then at the light (where Burdick St. curves right on a bridge over the Canal), you go straight onto Cedar Bay Rd. for about 7/10 mile and turn right into the Cedar Bay Park parking lot.

From the north take Rt. 81S to 481S to the Kirkville Rd. East exit. At the light turn right onto Fremont Rd. and follow to the end where you turn left onto Rt. 290 then right at the next light onto Burdick St. and follow to the light just over the Canal bridge. Turn right onto Cedar Bay Rd. then after 7/10 mile turn right into Cedar Bay Park parking lot.

From the south take Rt. 81N to 481N to the Fayetteville exit (onto Rt. 5), turn left onto Lyndon Rd. which becomes Cedar Bay Rd. at the T with Kinne Rd. Follow another .5 mile then turn left into the Cedar Bay Park parking lot.

Highlights of September FM at Mill Run Park

Saturday started out cool and cloudy but brightened into a lovely day for a walk in this relatively small village park. Sunday was drizzly until just about 3 pm, our closing time, but we still got 3 walkers that day! Altogether there was a nice turn-out, with people wearing masks when near others and social distancing. Good work all of you! Best of all, we had two First Timers on Saturday and two on Sunday – Welcome Adrienne Kinney, Danny Beever, and Michael & Colleen Hedges!

Several people said the park was a very pleasant place to walk and even though the main trail wasn't always as well marked as one would like, the other short trails make it interesting and one could easily find the way back down the hill to the park entrance. For a short while the Yellow Trail followed Limestone Creek and the sound of gurgling water lifted spirits.

Many thanks to those who helped, Mary Ledford on Saturday and Sue Straub on Sunday, and to all who stayed to chat a while. It was wonderful to catch up with people we had not seen in a while.

If you are interested or need more info about getting more active with the Folksmarch, please email: cnyfolksmarch@gmail.com or call Mary Ledford (315) 236-6985 or Sue Straub (315) 437-5087.



Member Erin Cunia's niece, Reagan, and granddaughter, Avery, ready to hit the trails.

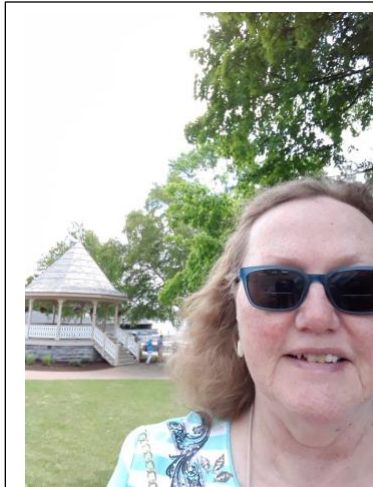
FM'er of the Month

It takes an artist to come up with those great pins we see every month at our walks. That artist is board member, Eileen Arnold, who has been creating the designs for us since February 2019.

She has a BS in Visual Arts and a BA in Anthropology. Eileen has a flower garden at her Oswego County home in order to take photos of the blooms and to attract hummingbirds. She mainly enjoys doing portraits in acrylics or watercolors.

Eileen retired from the US Navy, where she took part in her first Volksmarch in July 1986 at Fort Meade in Maryland. Many military people became fans of Volksmarches while they were stationed in Germany and brought the activity back with them to military bases in the States.

Eileen recalls Statue of Liberty Medallions being passed out at that event.



Eileen at a walk



Eileen in self portrait

It is not surprising that Eileen became a fan of CNY Volksmarch. She took part in her first local walk in January 2009 – a cold day at Arrowhead Lodge in Brewerton. Eileen says she has had many wonderful experiences with Volksmarch over the years, but her most memorable time was the trip through the Panama Canal in 2012.

FM Walk Locations

Our new committee has been formed and has already had a meeting! The members are Barbara Crane, Elaine Davis and Mary Ledford. They are very open to suggestions for some new places for CNY Volksmarch to walk. It's a little tough right now, during a pandemic, but hopefully things will turn around by next year and we'll have some new spots lined up. If you'd like to help on the committee (make a couple calls for info, etc.) or just have a thought of a new location, we'd like to hear from you. Generally, we try to stay within an hour's drive from the center of Syracuse.

FM Board of Directors

FINAL NOTICE: Let us know if you or someone you know would like to be considered for a 3-year term board position. Nominations are due by October 15th.



Barbara Crane and Linda Showens on a rainy Sunday at Mill Run Park.

How it All Began

In one short year from now, October 2021, Folksmarch will be celebrating its 40th anniversary!

We are hoping to be pandemic free long before that. We are also hoping to start making plans for the 40-year celebration as soon as 2021 begins. If you would like to be part of making those plans, please let us know. (email: cnyfolksmarch@gmail.com or call Sue 315.437.5087)

How did we get to this monumental point?

Back in 1981, a fella named Walt Price was working at the Syracuse YMCA where he had been the physical ed director since 1973. At that time, he and wife Peg traveled to visit their daughter and first grandchild in Germany where their son-in-law was stationed. It was there they participated in a Volksmarche. The Price's were impressed with the non-competitive fitness walk that just about anyone could participate in and enjoy. Walt decided this walking routine would be a good fit as a program within the YMCA. Walt and Peg Price created a program that has stood the test of time for all these years.

The first Folksmarch took place on October 1, 1981 at Green Lakes State Park and has been taking place on Saturday and Sunday of every single month since then. Only one Sunday was canceled in the winter of 1993....you guessed it – a huge snowstorm.

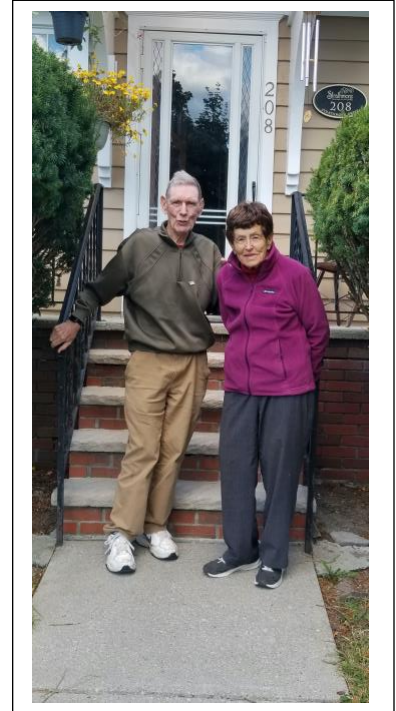
Even this year, with a global pandemic, Folksmarch has taken place every month via virtual walks. Obviously, that is not the same as getting together at one location, but we are now back to socially distance meeting at the same place for our monthly walks.

On average, in the 80s, and 90s, the Folksmarches drew 1000 or more walkers each month, with a record breaking 2000 participants at the 100th walk. In recent years, the monthly attendance has declined, but we are hoping to have a resurgence of interest from young families, new retirees, those who have recently developed an interest in walking, etc.

In 1991, after 36 years, Walt retired from the YMCA as the Health Maintenance Director, but he continued heading up the Folksmarch program under the Y's umbrella until 2016. Some changes in personnel and lifestyles put an end to Folksmarch as a program within the YMCA. But that did not stop Folksmarch, who incorporated as CNY Folksmarch, Inc., a 501(c)(3) organization as of January, 2017.

We tentatively plan to be back at Green Lakes State Park next October for the 40th anniversary of Folksmarch. How many walkers will attend? We hope to see some new faces between now and then, along with all those who have been walking every month for 5, 10, 20, 30, 40 years!

Many, many thanks to Walt and Peg Price for making it possible.



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 a 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 November CNY Folksmarch event will be held November 14 & 15, 2020, location TBA.

Please be safe and stay healthy.

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