



FOOTNOTES

NEWSLETTER

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

Facebook: [@folksmarch](https://www.facebook.com/folksmarch) Twitter: [@folksmarch](https://twitter.com/folksmarch) Instagram: [@folksmarch](https://www.instagram.com/folksmarch)

January 2022 Folksmarch

Date: Saturday, January 8, 8:00—11:00 AM and Sunday, January 9, 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. – 2022 Board of Directors

Erin Cunia, *President*

Sue Straub, *Vice President*

Adria Ripka, *Secretary*

Brian Noll, *Treasurer*

Other Board of Directors:

Eileen Arnold, Dawn Bennett, Barbara Crane, Elaine Davis, Adrienne Kinne, Mary Ledford, Dawn Mackenzie, Ellen Nowyj, and Barbara Sleight.

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

FM #488 (9090 Destiny USA Dr, Syracuse **GPS:** [43.0693807,-76.242881](https://www.google.com/maps?ll=43.0693807,-76.242881))

DESTINATION: DESTINY USA

Our January FM is at [Destiny USA](https://www.destinysyracuse.com) on Saturday, January 8 and Sunday, January 9, 2022. The mall is generously letting us meet again on the first floor of the Canyon area close to the entrance to Dick's - the same place as last year, although I understand Cantina Laredo is no longer there. Perhaps some new stores or eateries will fill the spot. There are large parking lots on Solar Street which will let you enter via the escalator up and across the pedestrian bridge over Hiawatha Blvd. Then you need to descend to the first floor by either the nearby down escalator or an elevator which is a little farther along. Remember to sign up for your 2022 Annual Membership Pass or Yearly Passport. Masks and social distancing are still the order of the day.



For the inside option, walking the perimeter of all 4 floors of the mall is a full 5k. For the outside walk we have a new option but only if there is either no snow or only a dusting since the county website says they do not plow the south side trail along Onondaga Lake, and some of the sidewalks may not be cleared. Here it goes: A new bridge was completed on Onondaga Lake South Shore Trail that is just a half mile from Destiny, so a 5k option would be to exit the mall using the pedestrian bridge over Hiawatha Blvd. to the east side of Hiawatha Blvd. Proceed south towards highway 690 (same beginning we used last year for the Creek Walk). Walk about a half mile to the corner of Hiawatha Blvd. and Pulaski St. Cross Hiawatha Blvd. and see the entrance to the Onondaga Lake South Shore Trail. Follow the trail to the

new bridge which is less than a half mile from Hiawatha Blvd. and cross the bridge to walk a little more than half a mile to a parking lot for the South Shore Trail. This is the half-way point for the 5k. Just turn around and return to the mall by going back to Hiawatha Blvd., crossing Hiawatha and turning left to get back to the pedestrian walkway into the mall. A possible extension would be to walk all the way to the Onondaga Lake Visitor's Center which is about another half mile. The views along the lake are beautiful and there have been eagles in the area during the winter months.

Another outside option to Franklin Park is also available (see page 6 for directions or the website).

NOTE: COVID19 precautions:

We will practice social distancing and wear masks when necessary and have sanitizer available at the sign-in table. We will observe all County, local and facility rules for staying safe and healthy. Masks are required indoors and recommended outdoors in groups of 2 or more.

Directions

From the South/East: Take 81N toward Syracuse. Take exit 23-24A-24B for NY-370 E/Park Street. Turn left onto NY-370 W/Park St and then left onto Haborside Dr/NBT Bank Pkwy. Turn left on Destiny USA Dr and follow along to the front entrance of the mall.

From the North: Take NY-481 S and I-81 S to Destiny USA Dr in Syracuse. Take the NY-298/I-690 W/Bear St exit for I-81 S. Keep right to continue on Exit 23B. Follow signs for Carousel Ctr and merge onto Destiny USA Dr. Follow along to the front entrance of the mall.

From the West: Take I-690 E to Hiawatha Blvd W in Syracuse. Take exit 8 from I-690 E. Continue on Hiawatha Blvd W to the front entrance of Destiny USA mall.

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 **20th of every month** in order to have time to print and mail copies. Thank you!

Footnotes by US Mail

Due to the rising cost of postage and copies, we need to raise the cost of receiving Footnotes by mail. We continue to offer the Footnotes online and by email at no additional cost. To receive 12 months of Footnotes by US Mail in 2022 the cost will be \$1.25 each month, or \$15.00 for the year.

TENTATIVE Walk Schedule for 2022 (subject to change)

Please consider serving as a walk leader. Any help would be appreciated! You can Contact Erin Cunia 315-439-9400.

1/8 & 1/9	Destiny Mall, Syracuse	7/9 & 7/10	Sterling Nature Center
2/12 & 2/13	Salt City Market, Syracuse	8/13	Rogers Env. Ed. Ctr., Sherburne (Picnic)
3/12 & 3/13	Village of Cazenovia	9/10 & 9/11	Onondaga Lake Park West Shore
4/9 & 4/10	Lime Hollow, Cortland	10/8 & 10/9	Amboy 4-H Env. Ed. Ctr.
5/14 & 5/15	Webster Pond, Syracuse	11/12 & 11/13	Oneida Rail Trail
6/11 & 6/12	Village of Liverpool	12/10 & 12/11	Village of Skaneateles

Please be mindful to check each month's Footnotes and our website for location, date or time changes.

A Bright & Beautiful December Day in Fulton

Sunday was sunny and unusually warm for mid December at the Folksmarch in Fulton. Walkers said it was a little windy when crossing the bridges but it was a gorgeous day to walk and observe the upgrades the city has made since the last time Folksmarch had a walk in Fulton. The river sparkled and the sun lifted everyone's spirits. At the Moose Lodge there were more than enough pizzas with various toppings, soda, and scrumptious home-made cookies from our out-going President, Mary Ledford. (I want the recipe for those cookies with raspberry on top!) People enjoyed the food, the Christmas music, the conversation and the general air of joy and celebration. After lunch Mary presided over a short Annual Meeting, ending with a farewell speech in which she thanked everyone for their participation and help, and said she is looking forward to Folksmarch continuing for another 40 years!



Sights of the walk.



Check in with Barbara Crane and Adria Ripka.

Our outgoing president was a GIFT! Thank Mary Ledford!

Members enjoying the end of year party.

CNY FOLKSMARCH 2021 ANNUAL MEETING

At the Annual Meeting in December, the members in attendance voted in the 3 nominated Directors who are returning to serve another 3-year term. They are: Eileen Arnold, Barbara Crane and Adria Ripka. We thank them for their continued interest in helping to keep Folksmarch going. Also, many thanks to all the current Board members who are listed on page 1 of this newsletter. The dedication from these folks, along with member participation and new walkers each month, helps to keep the club alive and active and ready to begin year 41!

Also at the Annual Meeting, the amended by-laws and financial statements were approved and are available to Folksmarch members upon request.

Hope to see you often in 2022. We have a great line-up of locations for our walks.

New Year – President's Message

Well, out with the old and in with the new, as they say. Does anyone else have a bit of déjà vu around this new year? These last couple years of the pandemic have been hard for so many different reasons. Many of us have lost loved ones but just the stress of all that is going on in the world right now seems constant.

A great stress reliever? Walking! And that is what I LOVE about Folksmarch. At least once a month I have a place to go, sometimes a place I've never been before. I have fond memories of walking the Onondaga Lake trail with my mother and my son in a stroller (he turns 30 this year), doing a scavenger hunt with my step-daughters in Oakwood Cemetery and the SU campus (they will be 23 and 25 this year), and pushing my granddaughter's stroller up the hills at the YMCA camp in Fayetteville/Manlius (she turns 10 this year).

Paying an annual membership helps to support this walking club and the planning and logistics that goes into each of those monthly walks, including the facility rental fees and our insurance, not to mention collecting the stamps in my passport and my button pin. Please join me in making an investment in our club and in our healthy new year! See you on the trails! –*Erin Cunia*

Challenges

If you want a great new year's resolution, how about walking?!? If you are interested, the [2022 One NY Moving Forward Virtual Challenge](#) starts at midnight, January 1, 2022. There is a cost involved which includes a walk/run medal and more depending on the distance and duration that you choose. See the website for more details. I signed up for the 2022 One NY Moving Forward Virtual Challenge on Jan 1, 2022! <https://runsignup.com/Race/NY/NYState/OneNYForward?raceRefCode=q8mKGiCQ> and I created a **CNY Folksmarch TEAM** you can join.

Don't want to join that challenge, then here is MY no cost challenge to you. The Full Year Challenge is 2022 miles (YIKES) OR 2022 kilometers which converts to 1256 miles. (That is a bit more my speed/distance.) This equals just over 5K or almost 3.5 miles per day or 24 miles per week. I might shoot for 2-3 miles per day during the week and make up the difference on the weekends when I have more time for longer walks.

If you have a step tracker or pedometer, you can also [convert steps to miles](#) to figure how much you walk during the day. For me, a 5'5" woman, that works out to be about 2935 steps per mile.

There is also a FREE [Erie Canalway Challenge](#). "Whether you are taking your first steps toward fitness or are an experienced athlete, set your sights on adventure and fun along the 524-mile NYS

Canal System and 360-mile Erie Canalway Trail. I created a **CNY FOLKSMARCH 2022** challenge that you can join, and we can rack up the miles together! Go to **Add or Join a Challenge** (<https://eriecanalway.org/explore/challenge/challenges/add>). Click the **Join a Challenge** tab and enter the join code: **61cf4cdb**.

We Need Help!

In 2022 we hope to get back to normal with our walks. This includes having monthly walk leaders to help plan the routes and check in participants. This was always a great opportunity to meet others interested in walking around CNY. We also need help with the newsletter and social media accounts. Anyone interested in helping to keep this club going please contact Erin Cunia, 315-439-9400 or ecbcunia@gmail.com.

Help Spread the Word!

Here are some easy ways for you to help raise awareness about our group:

- 1) "Like" AND "Share" Folksmarch postings on Facebook, Twitter, Instagram
- 2) Post photos of your Folksmarch walks on Facebook, Twitter, Instagram, etc. and use the hashtag **#cnyfolksmarch** and tag us **@cnyfolksmarch**
- 3) Email a copy of Footnotes to someone who likes to walk and/or discover new places
- 4) Hand-out a few postcards with the walking schedule (pick up a few at the next walk)
- 5) Phone a friend and invite them to the next walk
- 6) Tell your friends how much you enjoy Folksmarch!



5 tips for walking your way to better health

According to an article from the Mayo Clinic, "Walking is a gentle, low-impact cardio exercise that can ease you into a higher level of fitness and health. It's safe and simple. And regular brisk walking can provide many of the benefits of more vigorous exercises, such as jogging."

There are numerous benefits to a regular exercise walking routine. Walking burns calories and trims the waistline, but it also is important for your lymphatic and immune systems." ([Read More Online](#))

Follow these 5 tips when getting started walking: 1. Start slowly; 2. Set goals; 3. Plan continually; 4. Don't let the weather get you down; and 5. Plan several different routes, and make walking a social event.

We especially LOVE #5. Make walking a social event! Our monthly Folksmarch is a great opportunity to meet new people with a similar interest of walking various locations throughout Central New York.

January Outdoor Route Directions

One of the outdoor options for walking at our January Folksmarch:

Leave Destiny from doors on Hiawatha Blvd & Solar St. either from 2nd Floor - thru walkway and down escalator OR from 1st Floor - cross Hiawatha Blvd @ the light.

Travel straight up Solar St.

Solar St. ends at the intersection of Plum St. (Freedom of Espresso will be on your right - it's open every day until 4:00.) Cross the street and continue straight to Creek Walk. (Cars can't go this way, but walkers can.)

Turn right onto Creek Walk (see sign: Creek Walk Mile 1.7 Zone B8)



Continue along Creek Walk until you see the Amphitheater on your right at Inner Harbor;

Turn right - see sign: A Harbor for Syracuse.

Now choose:

(1) turn right at the sign; head back to Solar St; turn left on Solar St; head back to Destiny.

(For extra $\frac{1}{2}$ mile, before entering Destiny turn left on Hiawatha Blvd and continue on Creek Walk (yellow line) to the shore of Onondaga Lake and then back to Destiny.)

OR

(2) turn left at the sign; continue on Creek Walk until Hiawatha Blvd; turn right; head back to Destiny. (For extra $\frac{1}{2}$ mile, continue on Creek Walk to the shore of Onondaga Lake and then back to Destiny.)

The next CNY Folksmarch event will be held February 12 & 13, 2022, at Salt City Market, Syracuse.

Please be safe and stay healthy.

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