



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)

October 2023 Folksmarch

Date: Saturday, October 14, 9:00—12:00 PM and Sunday, October 15, 1:00—3:00 PM

Annual Membership Pass: \$40 Includes Yearly Passport card and 12 monthly walks.

Yearly Passport card: \$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. – 2023 Board of Directors

Erin Cunia ('23), *President*
Sue Straub ('22), *Vice President*
Adria Ripka ('24), *Secretary*
Brian Noll ('22), *Treasurer*
Other Board of Directors:
Eileen Arnold ('24), Dawn Bennett ('23),
Barbara Crane ('24).

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

FM #509 (10-24 Ripley Rd, Camden **GPS:** 43.3301° N, 75.7415° W)

October Folksmarch: Forest Park

OCTOBER 14, 9:00 AM – NOON AND OCTOBER 15, 1:00 PM – 3:00 PM

On Saturday, October 14 (9 am – 12 noon) and Sunday October 15 (1-3 pm) fall into Fall at Forest Park, 10 Ripley Road, Camden, NY 13316. After leaving your car at the parking lot, follow the roadway about 200 feet into the park to register at the Fireman's Memorial Pavilion.



Enjoy the fall colors in this wooded area with an easy-to-walk wide main road that has several narrow footpaths off of it, begging for exploration. Pets on leashes are welcome as long as any droppings are picked up. Hats and bug spray are advisable as there is a lot of water around and, therefore, mosquitoes if the weather is warm enough.

The Village of Camden was established in 1799 and calls itself The Queen Village because its residents felt it was fit for a queen. Several homes built in the Victorian style popular in the 19th century indicate its citizens' pride in the growth and prosperity of the village. In 1891 the first portion of Forest Park was purchased and the Park established by the Friends of Forest Park in 1892. The park was later expanded and currently consists of 117 acres, has a road running through it, and has many pavilions and benches for patrons to enjoy. Trip Advisor calls Forest Park "the crown jewel of Camden, the Queen Village of Oneida County...nestled in a crook of the Mad River."

(Continued on next page)

Directions

From Syracuse Area

Take I-90 East to Canastota, then turn right onto St. Rt. 13 N and follow it about 19.8 miles. Go .3 miles after the sign for Village of Camden and turn right onto Ripley Rd. which is opposite the International Wire factory. You'll see a sign for Forest Park and a standing-up wooden bear.



If you would like to write about your walk or submit pictures, **please submit one week following the walk** to the newsletter editor, cnyfolksmarch@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!

Do you need a walk buddy?

Want to meet new people? We often have solo walkers that would like to walk with another or in a group. Let's meet at 10:00 AM Saturday and anyone who would like to explore as a group can join in.

Want to Meet New People?

We need monthly walk leaders to help plan the routes and check in participants. This is 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 cnyfolksmarch@gmail.com.

Walk Schedule for 2023 (subject to change)

Please consider serving as a walk leader. Any help would be appreciated!

~~1/14 & 1/15 Destiny Mall, Syracuse~~

~~7/8 & 7/9 Sterling Nature Center~~

~~2/11 & 2/12 Beaver Lake Nature Center~~

~~8/12 & 8/13 Dwyer Memorial Park, Preble~~

~~3/11 & 3/12 Village of Manlius~~

~~9/9 & 9/10 Reed Webster & Empire Trail~~

~~4/15 & 4/16 Jordan Elbridge Canal Trail~~

~~10/14 & 10/15 Forest Park, Camden~~

~~5/20 & 5/21 Critz Farms, Cazenovia~~

~~11/11 & 11/12 Village of Central Square~~

~~6/10 & 6/11 Great Swamp Conservancy~~

~~12/9 & 12/10 Downtown Syracuse~~

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

Sunshine Committee

If you know of a Folksmarcher who would enjoy a card for a special occasion, please contact Elaine Mount@ (315) 668-7175.

This might include a get-well card or condolences to a family, or wishes for a very happy milestone birthday.

Find us, Like us, Share us! Facebook: [@folksmarch](https://www.facebook.com/cnyfolksmarch) Twitter: [@folksmarch](https://twitter.com/cnyfolksmarch) Instagram: [@folksmarch](https://www.instagram.com/cnyfolksmarch)

Help Spread the Word!

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

- “Like” AND “Share” Folksmarch postings on Facebook, Twitter, Instagram
- Post photos of your Folksmarch walks on Facebook, Twitter, Instagram, etc. and use the hashtag **#cnyfolksmarch** and tag us **@cnyfolksmarch**
- Email a copy of Footnotes to someone who likes to walk and/or discover new places
- Hand-out a few postcards with the walking schedule (pick up a few at the next walk). ➔



Phone a friend and invite them to the next walk Tell your friends how much you enjoy Folksmarch!

Reed Webster Park and the Empire Trail

The weather forecasters aren't always correct as was the case on both days for our September Folksmarch in Camillus. The rain held off until most of our walkers had returned. The cloudy weather was probably a blessing as there isn't much shade along this stretch of the Empire Trail. Several walkers mentioned seeing (and saving!) numerous snails along the route.

There was a total of 36 Folksmarchers mostly made up of “the usuals” and no new walkers this month. It was wonderful to see Walt Price with his daughter Belinda Lopez who attended on Saturday; and good to see Theresa Grudzinski who visited with us on Sunday while her daughter, Jaci Fedrizzi completed the 5k.

Many thanks to our helpers: Adria R, Kathy S., Sue S., Nancy W.

Hope to see many more Folksmarchers at Forest Park in October along with some new participants.



BRING A FRIEND TO FOLKSMARCH



Don't forget....when you bring a new, first-time walker to the September Folksmarch, your name will be entered into the quarterly drawing for a \$10 gift card to Dunkin'.

Be sure to let the Walk Leader know that you brought a first-timer so that your name gets entered for the prize drawing. We'll offer this again for October-November-December. You can win more than once.

Any questions? Call Sue (315) 437-5087 or email sue.straub58@gmail.com

About Us

Folksmarches are generally held on the second weekend every month. Registration is held between 9 AM and 12 PM 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 distance is typically 5K (3.1 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 button to commemorate the walk and yearly passport cards are available (for a fee) for participants to record their personal accomplishment after each walk. Purchasing an Annual Membership Pass or a Yearly Passport card is a way to become a member of the CNY Folksmarch walking group.

Ideas, Comments, Questions?

For more information about the CNY Folksmarch email cnyfolksmarch@gmail.com.

The next CNY Folksmarch event will be held November 11th & 12th, 2023, in Central Square.

Please be safe and stay healthy.

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