



Celebrating Over 40 Years - Since 1981.

F O O T N O T E S

N E W S L E T T E R

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February 2024 Folksmarch

Date: Saturday, February 10th,
9:00—12:00 PM and Sunday,
February 11th, 1:00—3:00 PM

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

Yearly Passport card: \$10
prorated semi-annually

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. – 2024 Board of Directors

Barbara Crane ('24), *President*
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Eileen Arnold ('24),
Dawn Bennett ('26),
Erin Cunia ('26),
Lori Newcomb ('26).

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

FM #513 116 North Main St., Minoa, NY 13116
Northbound Mind & Body Shop

FEBRUARY FOLKSMARCH IN THE VILLAGE OF MINOA

Let's hope this unusually mild winter is the case on the second weekend in February when we will be walking the village streets of Minoa. Jamie, the very accommodating owner of **Northbound Mind & Body Shop** has agreed to open her store during off hours for Folksmarchers to sign-in at the shop which is located at **116 North Main St., Minoa, NY 13166.**



The 5k +/- route we have planned will take Folksmarchers through the residential streets of Minoa, which is the smallest of the 3 villages in the Town of Manlius. It was once a prominent railroad community and was known as Manlius Station – a stop on the Syracuse/Utica Railroad line. Nowadays, this quaint historic neighborhood, with a population of about 3500, has seen some growth with several new retailers joining the business district. **Leashed dogs are allowed on the walking route, but not inside the businesses.**



Our Folksmarch ends back at the Northbound shop and right across the street from **Trappers II Pizza & Pub** where you can grab lunch, a snack, dinner or a beverage on Saturday or Sunday after Noon. According to Jen, the owner of Trappers II, their slogan says they have: "food and fun for everyone." And good pizza!



DIRECTIONS

- * from Syracuse: Route 481 N to Exit 5E (Kirkville Rd.) Turn right on Fremont Rd.; Turn left on Central Ave. Go all the way to the end; Turn left on N. Main St.
- * Free parking on the street and in the municipal lot next to the Post Office on your left.

If the weather is too rainy, too snowy, too cold, or too windy to walk . . . come anyway! What a fantastic way to support your club and the volunteers who will surely be there to Take attendance for the month and get everyone checked in. You can pick up a copy of the route map, have your Passport stamped and get your pin; maybe have a bite to eat; then, you might choose to go back on a nicer day and do the walk.

A Great Beginning to a New Year at Destiny

What a wonderful start to a new year of CNY Folksmarch! Saturday saw a huge turnout including a few people who came early and who chose to walk outside. In spite of a few peeks of sunshine, the wind picked up a little later, encouraging other walkers to pick the inside option. Sunday's cold and cloudy weather made the inside walk the universal choice. Many people, both long-time and newer walkers, stayed to chat at the sign-in area, reminding us how easy it is to make friends with other Folksmarchers. We had some special visitors as both Channel 9 News came for an interview and some pictures, and, from the Syracuse University paper, the Daily Orange editor spoke with several workers and walkers!

Welcome to the First Timers who joined us in January: John R., Dick V., Christine S., Adaline C., Alan A., Kathy P., Barbara L. and Peter V. Destiny is a draw because of the possibility of both inside and outside walks but be sure to look for the interesting spots coming up this year! Feel free to chat or join up with another walker. Folksmarchers are known for being friendly.

Many thanks to the Destiny personnel who were so gracious and helpful. Thanks also to our dedicated workers: Erin, Avery, Dawn, Barbara, and Adria. Also, a big thank you to those who purchased an Annual Pass or a yearly Passport, helping support CNY Folksmarch for another year.

A reminder: it's time to sign up for a 2024 Annual Membership Pass or a Yearly Membership Passport. The price for these has once again remained the same for the new year. Purchasing either is a great way to stay motivated to walk, but the Annual Pass provides the greatest savings for the year.

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!

(IMPORTANT MESSAGE)

2024 FOLKSMARCH WALK SCHEDULE

This year's schedule can be found on the Folksmarch sign-in table. As usual, we have some interesting walks planned around CNY. Much time and effort goes into planning 12 routes each year. We'd love to see more and more Folksmarchers each month. Even if the weather is less than perfect, it's fun to explore someplace new or enjoy a favorite spot where Folksmarch has been in the past.

If you would like to help circulate the walk schedule, please pick up a few flyers. Suggested locations would be the info table or bulletin board at your place of business, your gym, your church, your senior/community center, daycare center, pet groomer, any club you belong to, etc.

Many thanks to Bill Goodwin who volunteered to distribute the schedule to ALL the Onondaga County libraries. Anyone out there who can drop off a flyer at a nearby county library?

If you know of any events in your area where we can attend and set up a table to promote Folksmarch, please contact Sue @ 315-437-5087 or cnyfolksmarch@gmail.com

2024 WALK SCHEDULE

January 13 & 14 —Destiny USA

February 10 & 11 – Minoa

March 9 & 10 – Rosamond Gifford Zoo

April 13 & 14 – Marcellus

May 11 & 12 – Green Lakes State Park

June 8 & 9 – Sterling Nature Center

July 13 & 14 – Cato

August 10 & 11 – Ceder Bay Dewitt

September 14 & 15 – Clark Reservation

October 12 & 13 – Chittenango

November 9 & 10 – Meadowbrook

December 14 & 15 – Auburn

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.



SUPERFAN PEP RALLY

Don't be surprised if sometime in the near future we have visitors at our sign-in table with info about Planet Fitness. On January 24th Folksmarch was invited to the gym's SU pep rally featuring basketball rookie Justin Taylor. Of course, Otto the Orange was also there to accommodate fans by signing autographs.



Jesse and Lucas, both managers with Planet Fitness, made sure our Folksmarch table was set up in a high traffic spot which produced many patrons stopping by to find out more about Folksmarch. Several of them grabbed a walk schedule. After hearing about our club, the favorite response seemed to be: "Wow, that's cool."



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 of 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 March 9 & 10 at Rosamond Gifford Zoo
CHECK WEBSITE FOR UPDATES <https://folksmarch.wordpress.com>