

FOOTNOTES NEWSLETTER



FM# 516 (7900 Green Lakes Rd., Fayetteville, NY 13066)

May 2024

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

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

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

May 2024

Folksmarch

Date: Saturday, May 11th, 9:00 – 12:00 and Sunday, May 12th, 1:00 – 3:00

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
Sue Straub ('25), Vice President
Adria Ripka ('24), Secretary
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Other Board of Directors:

Eileen Arnold ('24)
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Erin Cunia ('26)
Lori Newcomb ('26)

APRIL FOLKSMARCH AT GREEN LAKES STATE PARK

Usually, the May Folksmarch is held on the 3rd weekend of the month, but this year we decided that many Moms might enjoy celebrating their special day with a walk along the beautiful trails at this local treasure. Green Lakes has been one of the favorite locations for Folksmarchers since the very first event in October 1981.



The last time Folksmarch was held at Green Lakes State Park was in November 2021. That weekend was typically Autumn-like with drizzly weather on Saturday and cool but dry on Sunday. This time we will be admiring the springtime scenery along the trails and hopefully we will enjoy sunshine and warmth. As usual, walkers will have the option of walking around just Green Lake (1.9 mi) or also adding Round Lake (.9 mi) and other trails for those who want even more.

A couple of suggestions:

If we have a bit of rain the week before, you will want to wear appropriate footwear for possibly muddy trails; also, even though ticks are year-round visitors, they seem to be more prevalent in the warmer months. See *info below* for some tips to protect yourself. Leashed dogs are allowed on the trails.



DIRECTIONS TO SIGN IN TABLE

For the easiest access to the Folksmarch table, we suggest you enter Green Lakes State Park at the main entrance (7900 Green Lakes Rd., Fayetteville 13066) which is located off NY-290 E. Turn onto Green Lakes Park Drive and pass the entrance booth, which may be empty since there is no fee to enter the park before Memorial Day. Continue along Green Lakes Park Drive to the West Beach parking lot. (FYI: the west side is the one with the boat/kayak rentals and the new Environmental Education Center.) Folksmarch will be set up near the parking lot closest to the restrooms. Look for the pop-up tent and our bright yellow banner.

How to Avoid Lyme Disease

For those of us who enjoy walking in woodsy areas and trails in CNY, we have the unfortunate problem of possibly encountering those annoying ticks. Some tick bites may result in Lyme disease. But the good news is we have some known preventions to help keep the bugs away:

- Apply tick repellent.
- Stay on the trail.
- Wear tall socks (and pull them over your pants if possible).
- Wear light colored clothing with sleeves.
- Shower or bathe as soon as you return inside.
- Toss clothing in a dryer on high heat for 15 minutes (or wash with hot water.)

Once you get home, where should you check for ticks?

Hairline, behind ears, back of neck, armpits, inside belly button, around waistline, groin, legs, behind knees, between toes and anywhere else on your body.

What are Lyme Disease Symptoms?

Fatigue, rash, headache, fever, sweats, chills, muscle pain, joint pain, neck pain, sleep issues. (Obviously, this means something more, or different, than the usual aches and pains so many of us experience.)

(Reference: CNY Lyme & Tick-Borne Disease Alliance)

PINS, PINS, AND MORE PINS

We have a couple of boards filled with pins from every single Folksmarch that has happened since October 1981. That's a lot of pins! Those boards are displayed at special meetings and/or walks – like the 40th anniversary party we enjoyed in 2021.

**IF YOU ARE LOOKING
FOR PINS FROM
YEARS GONE BY, LET
US KNOW. WE WILL
OFFER YOUR
CONTACT INFO TO
THOSE WHO HAVE
PINS TO GIVE AWAY.**

Email:
cnyfolksmarch@gmail.com

Some current and former Folksmarchers have asked if we have any use for their extensive pin collection. Since we have a complete set, we wondered if we might be able to facilitate an exchange for those who want to dispose of unwanted pins with those who are trying to increase their collection.



2024 Walk Schedule

January 13 & 14 - Destiny USA	July 13 & 14 - Cato
February 10 & 11 - Minocqua	August 10 & 11 - Ceder Bay Dewitt
March 9 & 10 - Rosamond Gifford Zoo	September 14 & 15 - Clark Reservation
April 13 & 14 - Marcellus	October 12 & 13 - Chittenango
May 11 & 12 - Green Lakes State Park	November 9 & 10 - Meadowbrook
June 8 & 9 - Sterling Nature Center	December 14 & 15 - Auburn



APRIL RAINDROPS AT MARCELLUS PARK

In spite of sprinkles on both Saturday and Sunday, Marcellus Park attracted many walkers who enjoyed the several trails around the park. Some trails led along the stream which in spots came close to overflowing the bank. Other trails led up into some woods or along a tree-lined edge of the park while others provided easy walking in the open. On those occasions when the sun peeked out, walkers were able to really appreciate the April weather bringing out some early spring flowers, purple violets and yellow trout lilies, and giving us all the promise of a beautiful spring about to pop up.

Ten First Timers came out to enjoy Marcellus Park with us. Welcome Donna S., Zoie S., Brian S-M., Jared L., Patrick R., Danette D., Glen P., Nicole B., Pearl F. and Leisa F.

Congratulations to you all for joining the FM on a rainy weekend. Try us again next month at Green Lakes when we hope the weather will be dry and sunny!

A huge Thank You to the Marcellus Park staff, especially Chris on Saturday and John on Sunday, who were extremely helpful and kind enough to check on us each day to see if there was anything they could do for us.

Thank you, also, to our monthly leader and workers: Adria R., Dawn B., Barbara C. and Sue S. Your help is greatly appreciated.

About Us

Folksmarches are generally held on the second weekend every month. 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.

The next CNY Folksmarch event will be held June 8 & 9 at Sterling Nature Center

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