

FOOTNOTES NEWSLETTER



FM# 529 (338 McLean Rd., Cortland, NY 13045)

June 2025

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

Web: www.cnyfolksmarch.org

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

June 2025 Folksmarch

Date: Saturday, June 14th, 9:00 - 12:00 and Sunday, June 15th, 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. - 2025 Board of Directors

Adria Ripka ('26), President
Sue Straub ('25), Vice President
Barbara Crane ('26), Secretary
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Brian Noll ('25)



Join Us Near Cortland for the June Folksmarch

CNY Folksmarch heads south in June to a spot we explored a few years ago. The weekend of June 14th and 15th will have walkers enjoy the trails at Lime Hollow Nature Center, just a short drive south of the city of Cortland.

Registration will be at the Visitor Center at 338 McLean Road, Cortland, NY 13045.

Once you register, we will recommend 2 trails to get you close to a 5K walk. However, feel free to explore more or different trails at your leisure. The nature center trails walk through forested areas, former farmland, past a pond, and a bog. Trails are classified as easy, moderate, or difficult. The Lehigh Valley Trail takes walkers along the former railroad right-of-way and offers the most level walking path. Leashed dogs are allowed on all trails East of Gracie Road. If you want to bring your dog, please register, then please drive to one of the three parking areas on Gracie Road to enjoy the walk with your pet.



The nature center was formed in 1993 following 20 years of collaboration and land purchases. The goal of the center is to provide environmental and cultural education to the community. It now is comprised of 600 acres of beautiful rolling hills, shallow glacial valleys, and a great diversity of flora and fauna. Thirteen miles of trails are always free and open to the public year-round.

We look forward to seeing you at Lime Hollow in Cortland on June 14th and 15th!

Directions:

1. To go through Cortland, drive south on Interstate 81 to exit 52 (Cortland). Turn right onto Route 13 and follow signs for 13 south. You will zigzag through and out of downtown Cortland on Clinton Avenue, Church Street, Port Watson Street onto Tompkins Street. Once past the college, look for Footie's Freeze on your right, turn right onto McLean Road (it may say Mclean spur). Stay on McLean until you reach Lime Hollow.
2. From Google Maps, drive south on Interstate 81 to exit 54. Turn right and drive south on Route 281. You will go through Little York and continue through Homer. Route 281 eventually is named West Road when you get to Cortland. When you see the Paul Trinity plant on your right, and Doug's Fish Fry on the left, turn RIGHT onto McLean Road and continue to the Lime Hollow Nature Center.

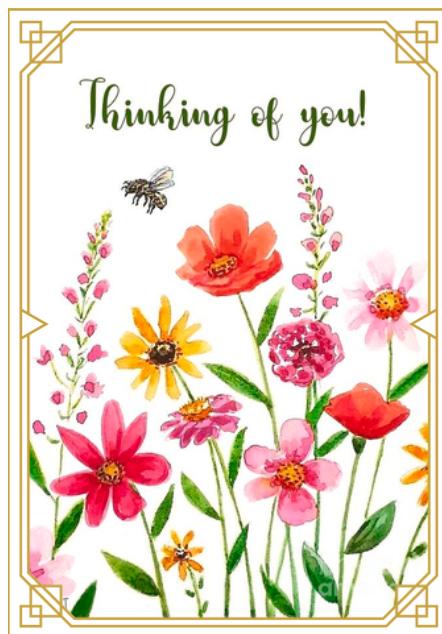


Ticks are around all year long BUT as it gets warmer outside and as we shed some layers of clothing, we become more vulnerable to being bitten. On Sunday, April 13th, we were joined by **Jonah Cummings** from the **CNY Lyme & Tick-Borne Disease Alliance**.

Jonah explained ways to avoid tick bites, how and where to check for ticks, and he demonstrated what to do if you find one on yourself. He provided information that is useful to anyone who walks outdoors, especially in woodsy areas like we Folkmarchers often enjoy.

We have extra information sheets he left with us to share with our members at other upcoming Folksmarches.

For more information, check out their website: cnylymealliance.org



SUNSHINE COMMITTEE

IF YOU KNOW OF A CURRENT OR FORMER FOLKSMARCHER WHO MIGHT ENJOY A CARD FOR A SPECIAL OCCASION, PLEASE CONTACT ELAINE MOUNT @ (315) 668-7175 OR EMAIL: leemount@gmail.com WITH THE DETAILS.

THIS MAY INCLUDE A GET-WELL CARD OR CONDOLENCES TO A FAMILY MEMBER OR WISHES FOR A VERY HAPPY MILESTONE BIRTHDAY.

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 a member of the CNY Folksmarch walking group.



SOME NEW INCENTIVE FOR FOLKSMARCHERS

Starting in January 2025, besides the wonderful areas our walkers get to explore each month with Folksmarch, we will be providing some extra motivation to walk with us. We are currently working on designs for some special pins that will be offered after completing 10 walks – 25 walks – 50 walks (and who knows, maybe 75 and 100.)

We hope you will spread the word, bring some friends with you each month and join in this fun new challenge.



2025 Walk Schedule

January - Village of Cazenovia	July - Village of Fayetteville
February - Beaver Lake	August - Salmon River
March - Village of Liverpool	September - Village of Fair Haven
April - Oxbow Falls	October - Jamesville Beach
May - Village of Cleveland	November - Village of Hamilton
June - Lime Hollow	December - Village of Jordan

A Plea from the President

Greetings, Folksmarchers. I hope this issue finds you well. As we head into the second half of our walk year, I want you to consider how you can help at the remaining walks for 2025 with a look ahead to 2026.

When you come to our monthly walks, you likely see familiar faces at the registration table. Since 2016, it has been primarily board members handling the walk site planning and the monthly registration process. Frankly, the board needs your help at future walks to give these reliable folks some breathing room. Think about that. That is almost 10 years of being available to plan walk sites and to be at our many locations to allow our walkers the opportunity to enjoy a walk at either a new, or favorite, park, village, or rural area.

The second half of 2025 will see us walking at:

July: Village of Fayetteville

August: DEC Fish Hatchery in Altmar and Salmon River Falls trail

September: Village of Fair Haven

October: Jamesville Beach County Park

November: Village of Hamilton

December: Village of Jordan

I am asking you to PLEASE consider filling in at the registration table for one (or more) of the upcoming venues. You have seen the process:

- greet people as they arrive
- make sure they sign in and pay (if monthly walkers)
- stamp their passport or map
- explain the route
- have new people complete an information form to get the Footnotes
- answer questions about what Folksmarch's goal is.

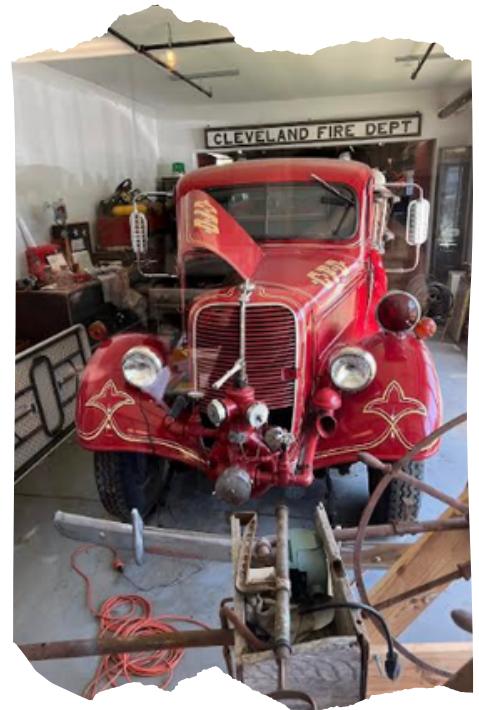
If you can give us 1.5 to 3 hours at one or more of the upcoming walk sites, please let us know. You can email us, or me to reply. I may have a questionnaire sent out to our walkers, or available at the June site, to make tallying your responses a little easier.

We also encourage our walkers to identify walk locations. If you have a favorite spot, please let us know. An even bigger help would be for several of you to act as a walk leader for that spot. The leader task involves a bit more than registration, but we can help you do that.

I look forward to your stepping up to help! If you have any questions or would like to volunteer please contact Adria at: adriaripka@hotmail.com

LOVELY VILLAGE WALK IN CLEVELAND

Cleveland welcomed us with dry and pleasant weather both days of the weekend since the rain ended early on Saturday and the sun shone on Sunday. Both days had a large turn-out of Folksmarchers who were able to explore some of the quiet roads and corners of this peaceful village. Some walkers explored a portion of the rail trail which is an abandoned right-of-way of the Ontario & Western Railroad between Cleveland and Fulton while others checked out the exhibits at the Cleveland Historical Society. After signing in, a few curious walkers found the display of the miniature Village which is used by the volunteers to determine the best routes and maneuvers for their various vehicles within the village. There is also on display the first fire truck from the early 1940's, near the front of the Fire Department.



Welcome First Timers: Lori A., Donna & Ken M. and Jeremy F. We hope you enjoyed exploring this lovely little village and hope to see you next month at Lime Hollow Nature Center, Cortland for a totally different kind of walk.

Thank you to the Cleveland Volunteer Fire Department for hosting Folksmarch and also to Joni Hinds, the village historian, for opening up the museum for us and providing so much about the history of the village. Thanks also to our FM monthly leader and workers: Sara N., Brian N., Adria R., Dawn B. and Barbara C. The volunteers make each month's walk possible and we are always looking for more people to help.



THE NEXT CNY FOLKSMARCH EVENT WILL BE HELD JULY 2025 IN THE VILLAGE OF
FAYETTEVILLE

CHECK WEBSITE FOR UPDATES www.cnyfolksmarch.org