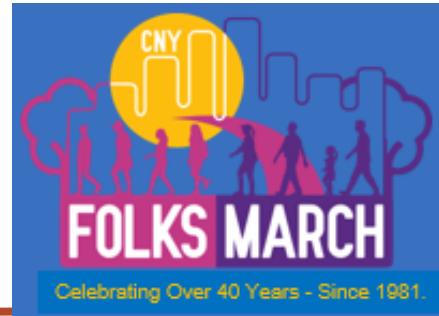


FOOTNOTES NEWSLETTER



FM# 536 (1 Destiny USA Dr., Syracuse, NY 13204)

January 2026

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](#)

Januay 2026 Folksmarch

Date: Saturday, January 10th, 9:00 am - 12:00 noon and Sunday, January 11th, 1 - 3 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. - 2026 Board of Directors

Adria Ripka ('26), President
Barbara Crane ('26), Secretary
Brian Noll ('25), Treasurer

Board Members:

Eileen Arnold ('27)
Adria Ripka ('27)
Dawn Bennett ('26)
Erin Cunia ('26)
Lori Newcomb ('26)
Barbara Crane ('27)
Brian Noll ('25)

Greet the 2026 New Year at Destiny Mall in January

It's a new year. Did you make a resolution to get out and walk more? Now is your chance. Whether it's snowy and frigid or warm enough to brave the elements, Folksmarch returns to Destiny Mall on Saturday, January 10, 2026 from 9 am-12 noon and Sunday, January 11 from 1-3 pm. The sign-in table is again on the first floor in the Canyon area with Dick's Sporting Goods on one side. Then you can decide to walk inside or outside.

This early in January there may still be some great after-Christmas bargains! Otherwise, a walk through the mall will take you to many familiar stores and introduce you some new places, like Ikea and The Melting Pot restaurant. Of the 236 retail stores, restaurants, and entertainment venues, there's bound to be something to catch your attention.

Our planned FM is a 3 mile walk inside the mall, following the indicated path along the perimeter of all 4 levels. Should the weather be cooperative or if you are adventurous enough to go outside, there are walks available such as the short path down to the lake – look for the eagles – or the Creekwalk to the Amphitheater and beyond if you so choose.

The closest parking lot to the Folksmarch sign-in table is on Solar St. From the parking lot, enter the mall via the up escalator that takes you to the pedestrian bridge over Hiawatha Blvd. Then you will need to descend to the first floor by the down escalator or the nearby elevator. Once there, look for the Folksmarch table in the center area. Or if you park around the side of the mall by the entrance to Dick's Sporting Goods, go in their door and straight through to the Canyon area and the sign-in table will be in sight.



What, Exactly, is CNY Folksmarch

As our regular walkers, and hopefully new walkers know, CNY Folksmarch is a non-competitive walking group. The goal is to encourage people of all ages and abilities to get out and walk by meeting at a variety of locations in Central New York. For 40+ years, we have walked monthly on the second weekend of each month. Walks are usually 5k in length, but participants may walk as far as their abilities and interest allow.

The walks are the visible part of the organization. However, you may not know how we are structured. In 2016, when support by the Greater Syracuse YMCA was no longer available, a handful of long-time participants decided to continue the Folksmarch by forming a not-for-profit organization. Today, CNY Folksmarch is a 501(c)(3) organization that has a board of directors, officers, and bylaws.



Annual Passes and Yearly Passports for 2026

Annual Passes for 2026 will be available at the January walk site at Destiny USA for \$40.00. That cost gives you 2 monthly walks and the Yearly Passport at a savings of \$18.00. Yearly Passports will also be available for \$10.00. While Passport holders still pay the \$4.00 walk donation, the Passport saves you \$2.00 for the year. You may also purchase either item at our website: <https://cnyfolksmarch.org>.

Walkers Complete 10 and 12 Walks in 2025

Several participants achieved the 10-walk goal by attending the December Folksmarch. They are: Cindy Titus, Barbara Crane, Brian Noll, and Stacy Noll.

Walkers who made it to all 12 Folksmarches this year include: Bob Phillips, Patrick Santmyer, Donna Conway, and Betty Klamm.



CNY Folksmarch wishes all our walkers and supporters a wonderful start to 2026.



adding layers will help keep you
warm as the temperature drops

CHILLY



weather.gov/safety

DRESSING FOR COLD WEATHER

COLD



EXTREME COLD



The Role of Monthly Volunteers

Whenever you come to a monthly walk, you meet volunteers who make up the walk team for that month. It helps Folksmarch if we have **two Location Volunteers** each day of the walk weekend to keep the walk process running smoothly.

The first Location Volunteer sits at the cash box/sign-in station. He or she is responsible for

1. having people sign in and indicate their status (First -timer, Annual Pass holder, etc.).
2. taking any payment due and making change (\$4.00 per adult; \$1.00 for kids 5 to 18; Military veteran \$2.00; donations).
3. Having new walkers complete the short contact form so they may receive future Footnotes.

The second Location Volunteer helps by

1. stamping Passports and handing out the monthly pin;
2. reviewing the route map/printed directions;
3. pointing out restrooms available.

Both of the weekend Location Volunteers work together to give a friendly welcome to walkers as well as help each other when times get busy.

A second, very important role for monthly volunteers is to find people who want to act as **Walk Leaders**. The Walk Leader takes a more active role by

1. planning a walk location, (contacting locations, arranging dates, coordinating fees and insurance requests);
2. designing the walk route, marking the route if necessary;
3. and being on hand both weekend days to oversee the walk activities.

This volunteer is likely most familiar with the walk directions and can clarify turns, terrain, and identify a shorter route for those who may prefer that option. The Walk Leader also

4. takes charge of the cash box overnight between Saturday and Sunday, and
5. will complete the walk summary to identify any money for deposit.

CNY Folksmarch is approaching its 45th anniversary soon. The organization was built on the idea of encouraging people to get out and walk by exploring various locations in our region. So many of you have enjoyed the locations we saw in 2025 and the board appreciates your positive comments. However, you have likely seen the same faces, over and over again, staffing the sign-in locations. Those faithful few really need a break from that monthly duty if YOU want CNY Folksmarch to continue.

Thank you to several folks who stepped up to the chance to participate as Location Volunteers in 2025. The board of CNY Folksmarch hope more of you will consider taking a more active role in the walks we are planning for 2026. We REALLY need both types of volunteers We can help you work through the details to learn the process.

Sign up at the next walk at Destiny and learn more about keeping CNY Folksmarch the great walking group it has always been.

A TRUE WINTER WALK IN JORDAN

Folksmarch walkers faced true winter weather during our walk times on December 13 and 14. The village of Jordan offered a nice opportunity to see this village in a holiday mode. The village regularly clears the village sidewalks, so most of the route was walkable without any deep drifts. The business section was festive, with some businesses open on Saturday. Elaine Peters, Village Historian provided us with an excellent map that included information about historic homes and businesses, some of which still have a presence today. Christ Episcopal Church offered a very welcoming environment and made sure we had plenty of coffee and hot water for tea for walkers to enjoy before and after their walk. Elaine was on hand both days and shared the history of the church and sanctuary tour with interested Folksmarchers. We have no doubt some walkers will come back to retrace the historic route during a summer month. We welcomed two new walkers at Jordan: John E. and Madden S.



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.

THE NEXT CNY FOLKSMARCH EVENT WILL BE HELD FEBRUARY 2026 AT BEAVER LAKE IN BALDWINSVILLE.

CHECK WEBSITE FOR UPDATES www.cnyfolksmarch.org

CNY Folksmarch 2026 Walk Sites January through June

Start the new year by putting these walks on your calendar.

Winter 2026 Confirmed:

January 10 and 11: Destiny and Creek Walk
February 14 and 15: Beaver Lake Nature Center, Baldwinsville
March 14 and 15: Onondaga Lake West Shore DEC Center

Spring 2026 Tentative:

April 11 and 12: Burnet Park and Rosamond Gifford Zoo
May 9 and 10: Chittenango Falls State Park
June 13 and 14: Montezuma Audubon Center, Montezuma, NY

We have come up with a variety of walk sites in both natural and village settings. Walk destinations are within an hour of Syracuse and reach north, south, east, and west locations.

Most walks are accessible to all walking abilities and usually allow dogs on leashes with clean up. Locations are subject to change due to registration sites, parking, restroom availability, and fees.

Details and updates will be on our Facebook page, our website and social media.

<https://folksmarch.wordpress.com>

x (Twitter): @folksmarch

Instagram: @folksmarch

2026 Walk Schedule

January - Destiny USA	July - TBA
February - Beaver Lake	August - TBA
March - Onondaga Lake West	September - TBA
April - Rosamond Gifford Zoo	October - TBA
May - Chittenango Falls State Park	November - TBA
June - Montezuma Audubon Center	December - TBA