

FOOTNOTES NEWSLETTER



FM# 538 (266 Restoration Way, Syracuse, NY 13209)

March 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](https://www.facebook.com/folksmarch) Twitter: [@folksmarch](https://twitter.com/folksmarch) Instagram: [@folksmarch](https://www.instagram.com/folksmarch)

March 2026 Folksmarch

Date: Saturday, March 14th, 9:00 am - 12:00 noon and Sunday, March 15th, 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)

March 2026 Folksmarch

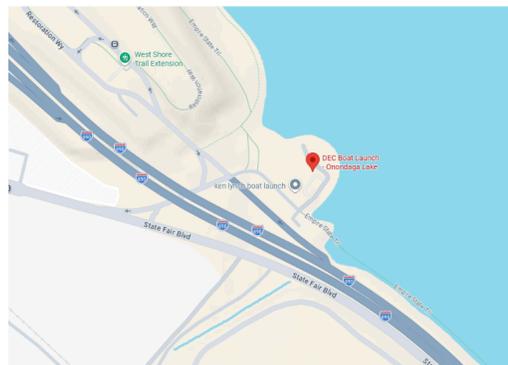
CNY Folksmarch will walk the Empire State Trail along the west shore of Onondaga Lake on March 14 and 15. This popular location will offer a great opportunity to see signs of Spring at the pollinator garden and waterfowl that make the lake home all year.



Registration will be at the Onondaga Lake Visitor Center located at the boat launch just off exit 11-12B from I 690. This is the same exit for the New York State Fair. The address location is 266 Restoration Way, Syracuse, NY 13209.

The Onondaga Lake Visitor Center (OLVC) was originally built and opened in 2012 by Honeywell to share information with the public about the cleanup and the history of the lake. Displays in the OLVC showcase the cleanup plan and progress, return of native plants and animals, and habitat restoration and enhancements.

The Center retained its name and following renovations, became a public outreach facility operated by Department of Environmental Conservation (DEC) Bureau of Environmental Education in 2025.



DEC Staff will be available to answer questions about their new presence at this location. They will also highlight birds we may see on our walk and answer questions about efforts to maintain the west shore as it continues to be an important spot for conservation efforts.

Walkers may want to bring binoculars to look for nesting and hunting eagles. Be sure to dress for March weather since the forecast can be challenging during this month.



Call for Walk Locations

As we head into the Spring season, Folksmarch needs to determine where we will walk from July through December 2026. Each of our walkers likely has a favorite place to walk, and the board is open to hearing your suggestions.

Please take some time to think about places that might be good for our group event each month. Keep in mind the basics we require are adequate parking, restrooms, and preferably, an inside registration site. We try to stay within a one-hour radius of Syracuse. Municipal and state parks are possible sites, as well as local villages, rural and urban areas.

If you have a place in mind, it will help if you do some preliminary exploration of the site. Questions like, does that location allow dogs on the walk; is the path level/hilly/gravel/paved need to be answered. We try to make our walks accessible to most individuals regardless of their abilities.

So, put on your explorer hat and help CNY Folksmarch find interesting places to walk for the second half of 2026. Places may be locations which we have walked in the past, or new to us. Bring your ideas to the next walk event or email them to adriaripka@hotmail.com.



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.



THE PIECES FOR PUTTING TOGETHER A MONTHLY WALK*

Putting together a monthly walk for 40+ years has been possible due to the dedication of our volunteers and the planning efforts of our board of directors. As a need for more volunteers to help keep this program going is always on the front burner, please review this list and decide if there is one task (or more) you can help with for one of the monthly walks.

Venue Coordination

Work with venue personnel to identify a place for registration, check restroom facilities, confirm the availability of tables and chairs, confirm that doors will be unlocked in advance of each walk as needed, confirm that electrical power and water are available, find out if the setup can be left in place Saturday night for 2-day walks. Obtain a contact phone number(s) in case there is a problem on the day of the walk(s).

History and Culture

Walkers appreciate having background information about the area where they are walking. This can be related to history, architecture, geography, art, and so on. This could be a description of homes and businesses along the route.

15 Minutes of Fame (Optional)

Investigate the possibility of someone speaking for 15 minutes about a related topic. This could be a town historian, a naturalist, or a museum docent for example.

Walk Route

Select a 5-kilometer (3 mile) route using a pedometer or other means to check distance. Strive for an interesting route. Avoid excessive climbing. Consider stroller friendly routes. Be aware of safety issues such as busy roads with no sidewalks. Use stoplights and crosswalks if possible.

Mark the Route

Use red ribbons and arrow signs to mark the route. At a turn, placing a ribbon 10 or 20 feet into the turn helps to indicate the direction. It's good if, at each ribbon, one can see the next ribbon. This is not necessary for well-defined portion of the route.

Set Up the Venue for the Walk

Arrive a half-hour early. Usually two 8-foot tables are sufficient for a check-in station, check-out station and information clipboards. Use the table signs and clipboards in the bins. Include: Sign-In clipboard, passport clipboard, Annual Pass clipboard, Footnotes by email clipboard, Footnotes by US Mail clipboard, Walk Volunteers clipboard (For the next walk)

*We reviewed the general activities for a walk in the January Footnotes. Perhaps you will be able and willing to help with at least one of the items repeated here, if taking on the full walk leader role feels a bit too much to handle. Your efforts could make a big difference in future walks.



FEBRUARY FOLKSMARCH RECAP - BEAVER LAKE NATURE CENTER



Our February walk at Beaver Lake Nature Center was a wonderful winter success, with perfect conditions both days for getting outside and enjoying the trails.

Saturday greeted us with sunshine and mild temperatures in the mid-30s. As walkers arrived in the morning, the woods were alive with sound—you could hear birds throughout the trees, especially the steady tapping of woodpeckers. It was a peaceful and energizing way to begin the day. By the afternoon, the sun had slipped behind the clouds, but the temperatures remained comfortable and the trails stayed busy with visitors enjoying the beautiful winter scenery.

Sunday was even brighter, with plenty of sunshine and equally pleasant conditions. It was a perfect day to be outside, and Beaver Lake was full of activity.

Most of our walkers chose the green trails, enjoying the relatively easy, scenic routes on the near-side of the lake. A few participants took advantage of the snow conditions and ventured out on snowshoes, adding a little extra adventure to their walk.

We were especially excited to welcome a record number of first-time walkers—16 in total! Even more exciting, four of those first-time participants became Annual Pass Members, which is a wonderful sign of our growing community.

Please join us in welcoming our newest walkers:

Dottie M, Linda M, Cindy D, Nancy M, Katie P, Kathy and Bob B, Patty P and Susan F, Ellen T, Angelina S, Greg B, Frank C and Ann R, and Christopher and Gerri V.

We are so glad you found us and hope to see you again next month! Please if you see someone walking you haven't met, introduce yourselves!

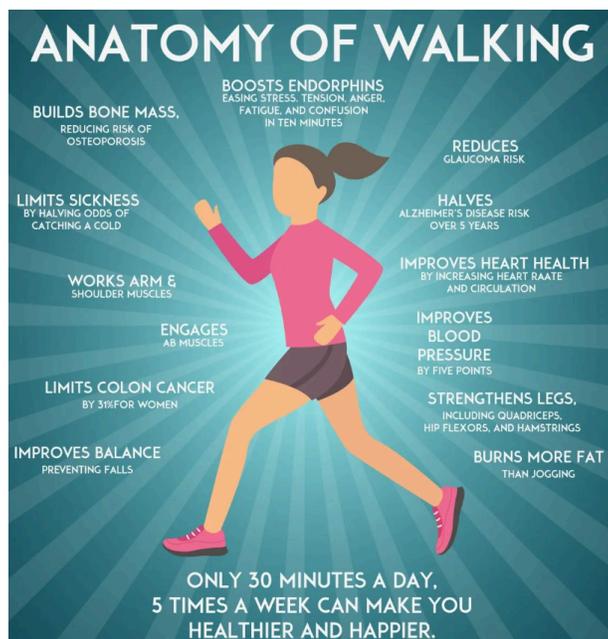
A special thank you to Beaver Lake Nature Center for featuring CNY Folksmarch on their weekend events webpage—we truly appreciate the support and partnership.

Thank you to everyone who came out to walk, volunteer, and enjoy the weekend. A special thank you to Dawn B and Cindy T for helping out with the registration table. We hope you'll all join us again next month as we continue our walking adventures at Onondaga Lake on the West Shore!

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.



CNY Folksmarch 2026 Walk Sites January through June

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