

FOOTNOTES NEWSLETTER



FM# 540 (5241 Gorge Route, State Route 13, Cazenovia, NY 13035)

May 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)

May 2026 Folksmarch

Date: Saturday, May 16th, 9:00 am - 12:00 noon and Sunday, May 17th, 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

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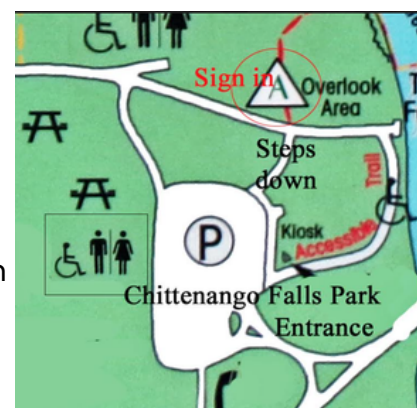
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Walk This Month at Chittenango Falls State Park - May 16th or 17th

Chittenango Falls is spectacular any time of year, but especially in the Spring when rains have fed the creek. Besides the fabulous falls, the park also has five short trails. The park is located at **5241 Gorge Route, State Route 13, Cazenovia, NY 13035**. Chittenango Falls State Park is a 193-acre state park located in Madison County, New York, east of Cazenovia Lake. The park features a 167-foot waterfall that cascades over roughly 400-million-year-old bedrock.



The entrance to the park is well marked. Sign-in will be at the **Overlook Pavilion**, which is down the steps in the northeast corner of the parking lot. Look for our *red arrows, banner, or A-Frame sign*. Restrooms are in the building facing the parking lot and a nice playground is right behind. Picnic tables are throughout the park, so you could enjoy lunch out in the fresh air.

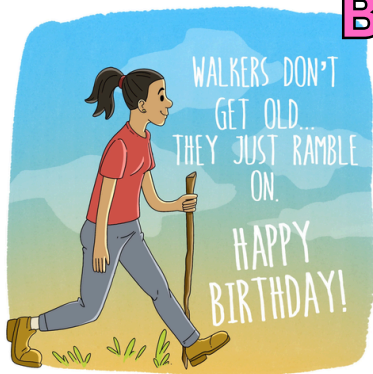
The gorge trail will be the most challenging, but also the most rewarding as it will take you to the bottom of the falls where you can gaze upwards at all that water coming down. You can decide if it's harder going down or climbing back up. We will let our walkers decide which of the trails to explore. The walk down to the Falls can be challenging, but other trails provide more moderate options. Dogs are welcome in the park but must be cleaned up after.

Before or after your walk you can enjoy lunch at one of the cafes nearby Chittenango or Cazenovia or just stroll Main Street and window shop.

Whether you are coming through the Village of Chittenango or the Village of Cazenovia, the lovely drive and small communities will add to your enjoyment of an outing to Chittenango Falls.



Best Wishes for a Special Individual



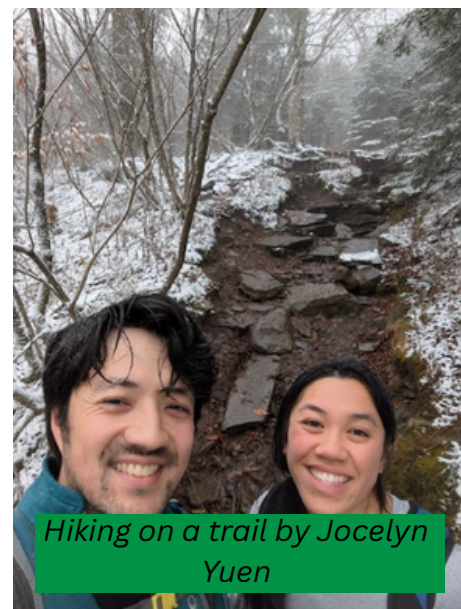
CNY Folksmarch wished Walt Price, our founder and mentor, a very happy birthday in April. Several cards were sent to Walt after our walk weekend. The cards included congratulations to Walt from walkers that were able to sign the birthday cards we have available. You may be able to wish Walt well at future walks since he remains a strong supporter and active walker when his busy schedule allows.



Mud Season Mayhem – How and Where to Hike in Spring

With the longer days and warmer weather, it's the perfect time to step outside and get some fresh air. If you're headed out on the trails this spring, we have some tips to make your adventure a great one:

- **Plan for lower elevation adventures:** Even with most of the snow off the ground, the higher elevations of the Adirondacks and Catskills will have mud and snow for several more weeks. Higher elevation trails are often steeper, making them more susceptible to erosion and runoff. To prevent damage to trails, we advise staying below 2,500 feet and checking out our Great Spring Hikes. Hiking at lower elevations can minimize impact to trails, prevent getting caught in mixed spring weather conditions, and offers the opportunity to check out new trails.
- **Stay on the trail and walk through the mud:** Our first instinct is to avoid mud puddles on the trail. However, the more we go around mud puddles, the more the trail widens, which leads to trail expansion and erosion. This can further exacerbate the muddy mayhem, and lead to unnecessary trail work. You can help protect the trails by walking through the mud or sticking to the rocks. Staying on trail also prevents damaging fragile trailside vegetation, which is extra vulnerable this time of year!
- **Bring the proper gear:** A good pair of waterproof shoes will help protect against the muddy, snowy, and wet conditions of spring. A pair of hiking gaiters will prevent water from getting in your shoes, pants, or socks, and will make it easier to walk through muddy trails. And wool socks, as opposed to cotton, are essential for their moisture-wicking properties! Even something as simple as wool socks can help prevent hypothermia during these wet and chilly months. As always, pack the ten hiking essentials and be prepared for cold conditions.
- **Be prepared for dangerous stream crossings:** Choose trails with minimal—or no—stream crossings as rainfall and snowmelt can quickly cause flash flooding and impassable crossings this time of year.

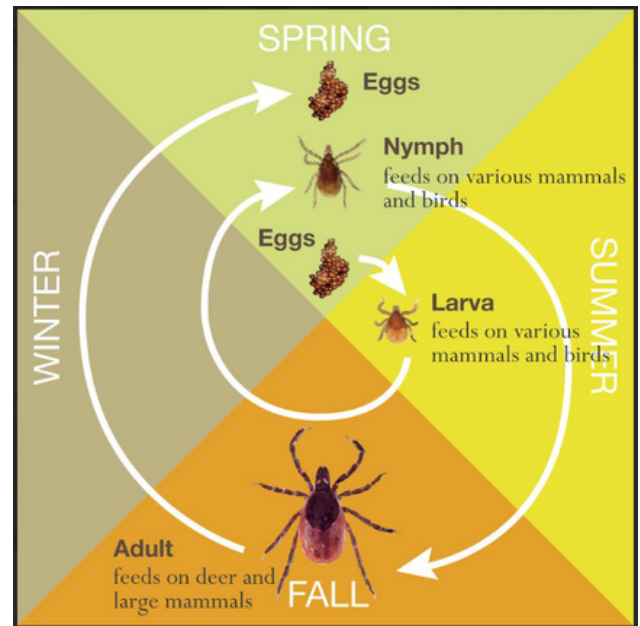




Tic-Toc. Tick Season is Here



Even though Central New York saw some snowflakes the weekend after our walk, tick season has begun in our area. To keep our walkers informed and safe, **Elizabeth Balfour**, Educator at the Central New York Lyme & Tick-Borne Disease Alliance, will be at our May walk at Chittenango Falls State Park *during our Sunday hours*. Elizabeth is very knowledgeable and willing to share important information on how to stay safe when out walking. We will have handouts and possibly some tick identification kits available to distribute. We hope you will take time to learn from Elizabeth and ask questions so you can help educate friends and family about staying safe while enjoying Spring, Summer, and Autumn outside activities.



The Alliance is sponsoring a Legs Against Lyme walk on May 30 at Long Branch Park. Find out more at [Home - CNY Lyme Alliance](#).



Two Important Changes in Our May and June Walks

Finding interesting and accessible walking locations month after month can be a challenge. Fortunately, CNY Folksmarchers are a flexible group. That said, you need to be aware of one change in dates and one possible change to a one-day Folksmarch.

Our May walk at Chittenango Falls State Park will be on the **THIRD** weekend of the month; that is **Saturday, May 16 from 9 a.m. to Noon and Sunday, May 17 from 1 p.m. to 3 p.m.** Local and State parks are very popular, and pavilions book up quickly once their season begins. The Board knew you would enjoy walking at the Falls but our usual second weekend had no pavilions available. So, mark your calendars and we'll see you there.

The June Folksmarch will be at the **Montezuma Audubon Center in Savannah, NY**. Response to the short survey we conducted in December showed strong interest among our walkers in exploring this location. Their education center is **ONLY** open on Saturday, however. That means that, while the walking paths are available on Sunday, there would be no bathrooms available. Should the board decide that it is in **YOUR** best interest to hold the June Folksmarch as a one-day event, we will offer an extended walk period so our afternoon walkers from Sunday may still enjoy this location. If you have a comment or suggestion about this potential change, please email President Adria Ripka at @adriaripka@hotmail.com.



ALMOST SPRING WEATHER IN APRIL



It was great to see many familiar faces as well as first-time walkers at our April walk in the Burnet Park/Tipperary Hill neighborhood. Several people said they looked forward to the location because they had never been to Burnet Park. While the section walked in the park included the circle route around the ball fields and pool, plus the exit to Avery Avenue, most of our route included other parts of the neighborhood.

We welcomed four First-Time walkers to our group in April. Michele B, Laurie S, Jennifer V, and Jenka P. If we have the last given name misspelled, we will correct it in our next newsletter. We look forward to all our new walkers joining us for the remainder of our 2026 walks.

We hope you enjoyed seeing the Pass Arboretum. Syracuse City Parks is planning some improvements to this lovely green area to highlight trees that have been there for generations as well as to add new trees to make it a great place to see additional tree varieties.

Tipp Hill has a certain literary flair for street names. You may have noticed that many of the streets are named after famous authors and poets. Examples of streets you crossed or walked on include Emerson Avenue (Ralph Waldo), Bryant Avenue (William Cullen), and Coleridge Avenue (Samuel Taylor). Let's not forget Milton Avenue (John), Tennyson Avenue (Alfred, Lord) and Whittier Avenue (John Greenleaf).

CNY Folksmarch gives a big Thank You to Liam Sherwood, City of Syracuse Department of Parks and Recreation Assistant Special Events Coordinator. Liam was very gracious in showing us around the facility the week before our event and for helping set up our registration site.



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.



2026 Walk Schedule

January - Destiny USA	July - DEC Oneida Fish Hatchery
February - Beaver Lake	August - Marcellus Park & Village
March - Onondaga Lake West	September - Great Swamp Conservancy
April - Burnet Park	October - Dewitt Town Hall & Canal Paths
May - Chittenango Falls State Park	November - TBA
June - Montezuma Audubon Center	December - TBA