

FOOTNOTES NEWSLETTER



FM# 543 (2449 Platt Road, Marcellus, NY 13108)

August 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)

August 2026 Folksmarch

Date: Saturday, August 8th,
9 am – 12 pm and Sunday,
August 9th, 1 pm – 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*
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CNY Folksmarch Will Enjoy Marcellus Park in August

Join CNY Folksmarch walkers as they enjoy a walk at Marcellus Park and through the village the second weekend in August. This is a favorite location because of the lovely, scenic park that offers a playground and picnic areas, and the pretty village just outside of Syracuse.

The park is located at 2449 Platt Road
Marcellus, NY 13108.



It is convenient to reach by driving west on State Route 175 through Onondaga Hill. Once at the blinking light, turn left and follow Route 175 for less than a mile. Turn right on Slate Hill Road and a quick left on Platt Road. The Upper Park entrance on your right will lead you to the sign-in locations on either day.

You are invited to walk on:

Saturday, August 8 between 9 a.m. and Noon by registering at the **Annex Pavilion**. It will be on your right soon after you enter the park.

Sunday, August 9 between 1 p.m. and 3 p.m. register further down the parking lot to the **Welcome Center** on your left.

Please note the sign in place for each day. This is a popular and busy park, so Folksmarch had to reserve two different locations to enjoy the walk. Both are close to parking and restrooms. Our walking route will take you through the park and/or through the village. Feel free to do both!

Marcellus is a town in Onondaga County southwest of Syracuse. The **Town of Marcellus** contains a village also named Marcellus. The territory was part of the lands of the Onondaga tribe. Marcellus was a named township in the former Central New York Military Tract. It was first settled by outsiders circa 1794.

The Marcellus Formation is a vast geological layer of shale spanning Pennsylvania, West Virginia and parts of other states and Ontario, which is named for an outcropping near Marcellus. Folksmarchers may have heard about this formation in recent years because of the interest in drilling for natural gas using fracking methods.



An Interesting Health link through New York State's Website

This brief introduction to a wellness site showed up in a monthly DEC Birding Trail email our President receives. I thought I would share the brief paragraph and the link in Footnotes for our Folksmarchers' and supporters' benefit. Besides the physical benefits of walking, I know that our participants also find our monthly walks a great way to see, relax, and appreciate our natural world, and to improve mental health.

Feel free to share information you may find on ways our group can improve our daily routines. You can bring information to the monthly Folksmarch as well as share it by sending an email to any board member.

Your Wellness. Your Way.

Spending time outdoors is one of the best ways to care for both your mind and body. Being in nature for even a few minutes can lower your stress, boost your mood, and help you feel more relaxed. Next time you're outside, consider taking a "Rainbow Walk." Try to spot something in every color of the rainbow. This simple game is a great way to calm a busy mind and take in the world around you.



Check out BeWell.ny.gov to find more easy, everyday strategies to manage stress, build resilience, and find your wellness, your way.



Tic-Toc. Tick Season is Here



Tick season in Central New York began in March, regardless of the chilly weather. We still have handouts provided by the Central New York Lyme Alliance during our May walk at Chittenango. Please feel free to take a handout to read and share with your friends. Tick season will run through Autumn with Summer months being prime time for their presence.

Remember to consider wearing long pants, and not shorts, depending on where you walk during the Summer. Stay on any paths at nature centers and parks and consider wearing long socks that come partially up your calves. You may want to invest in treated socks that have insect/tic repellent characteristics if you will be doing a lot of walking this Summer.

HATCHING UP AN ENJOYABLE WALK IN CONSTANTIA

Our weekend at the Oneida Fish Hatchery in Constantia was perfect with two days of mild temperatures and sun. Starting the walk from Fish Hatchery Road to the Rail Trail past quiet neighborhood homes, our route continued through part of the village. Many FMers checked out the Hatchery itself and got to see some tiger muskellunge, commonly called tiger muskie, which is a hybrid of the true muskellunge and northern pike, and is carnivorous. Our friendly DEC contact Ken explained the muskie is generally sterile and must be bred in hatcheries like this one which stocks this fish for many New York State lakes.

If anyone wishes to visit the Oneida Fish Hatchery, in the summer it is open Monday through Friday from 8am to 3:30 pm. We are especially grateful to Bill Evans, manager of the Oneida facility for opening up the hatchery for our weekend FM and to Ken who was there both days, helpful and informative.

We were delighted to welcome five First Timers each day; on Saturday: Finn D., grandson of Cathy; Nelson and Maureen (Mo) S.; Kathy E.; and Howard N. And on Sunday: Dave and Mike C.; Niki D.; Michelle and Brandon S. We hope you had a good time and we look forward to seeing you at Marcellus Park in August.

Thanks to our workers who make each FM possible: Lori N., Dawn B., Al S., and Barbara C. on Saturday, and on Sunday Eileen A., Karen A. and Lee and Elaine M.



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 - Rice Creek Field Station, Oswego
June - Montezuma Audubon Center	December - Onondaga Lake Park, Liverpool