



# STEPPING OUT!

## VOLKSSPORT CLUB OF WEST POINT— FEBRUARY 2010

### MAY 15-16 EVENT WEEKEND PLANS ARE PROGRESSING!

JOAN KIMMEL, CLUB SECRETARY

On May 15th, the Volkssport Club of West Point will be holding an event starting at Buffalo Soldier Field on the campus of the United States Military Academy. This will be the first traditional volkswalk held on the actual campus of the USMA in a very long time. The Morale, Welfare, and Recreation (MWR) folks (this is a West Point agency) has invited the Volkssport Club of West Point to take part in their May 15th event. They will be sponsoring 5K and 10 K races, which draw hundreds of participants. Tents will be set up on Buffalo Soldier Field, the West Point Band will be present, and the mule mascots will be in attendance. There will also be food for sale. The Volkswalk would start after the races. Obviously, this will be a special event for the VCWP, and we have designated it as our President's Walk. The past presidents of our club have been invited, and some are coming from far off places such as Hawaii, and Kansas.

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### NEW MEMBERS!

Recently, we've received renewals and membership dues from the following people and/or families:

- Carpenito
- Scuccimarra
- Schmidt
- Green
- Rogers
- Heuberger

Thank you all and welcome to the new and returning members above! Although we do maintain our email mailing list for free, and people are welcome to walk on our walks without charge, those people who voluntarily join the club do their part to help support our club.

Dues provide needed funds for many of the activities that do not generate covering income and make up some of the shortfall for other events.



### SECURITY NOTICE

Any club activities listed (walks, events, cruises, social events, etc.) taking place on the US Military Academy (USMA; West Point campus) require ALL persons to provide government-issued photo IDs (e.g.: driver's license, Military ID) ; any automobiles passing through Thayer Gate will be searched by security.

Although unusual, note that access to the West Point campus may be revoked at any time due to security restrictions.



### 2010 Regional Calendar!

Our Northeast Regional Director Phil Hait has provided us with the current calendar of events updated as of **6 January 2010** events. Please mark your calendars, and check with the Point of Contact or official AVA website to ensure the event is sanctioned.

We have placed it in the Yahoo! Groups file section as "Northeast Regional Calendar.xls".

Every active walker should be a subscriber (or least check frequently) to our Yahoo! Group. No need to be a member. And thanks Phil!



## NEXT CLUB GROUP WALKS, EVENTS, AND ACTIVITIES!

### NEXT GROUP WALK

#### Hyde Park YRE—21-Feb, Sun

Our usual breakfast meeting will be held at 9:00 AM at the Eveready Diner in Hyde Park. (540 Albany Post Rd, across US Route 9 from the FDR Presidential Library) in Hyde Park.

All are welcomed to the breakfast and meeting!

Registration at 10:15 AM at the Eveready Diner as well. Walking at 10:30 AM.

### NEXT GROUP EVENT

#### Goshen Event

This event is Sunday, 14 March— See <http://www.ava.org/clubs/westpoint/goshenWalk2010.html>.



**It's 2010! Check out the 2010 club calendar in this edition of STEPPING OUT!**

### NEXT ACTIVITY

#### Walk with Picnic, West Point, Sunday, 29 August

The club is tentatively planning a Group Walk of our West Point YRE, followed by a boat ride to Constitution Island.

We will then have a picnic on the island.

Details to be arranged in the next few months, so stay tuned for further details.

**Hold the weekend of May 15-16th for our big President's & Bridge Walk Events!**



**AVA AWARDS RE-  
CEIVED BY OUR  
MEMBERS**  
COMPILED AND RE-  
PORTED BY BETTY AND  
MIKE GREEN

- Dorothy Basini— 10 Events
- Thomas Scuccimarra— 50 Events & 500 Km
- Vera Weiss- 225 & 250 Events & 3000 Km
- Nancy Patrick— 525 Events
- Carol Hollar -750 Events & 8000 Km
- Eileen Skinner - 14,000 Km
- Maureen Penta - 1150 Events & 18,000 K

These awards were received by club members that participate in the American Volkssport Association's Achievement Awards Program. They were compiled and reported by club members Betty and Mike Green from the February/March 2010 issue of the AVA's national magazine, *The American Wanderer*. If we missed any club member, please let us know so we can make a correction next issue!

AVA awards are confirmed to walkers that earn a specific number, and ever increasing levels, of both IVV-sanctioned events and distance. For more details, see <http://www.ava.org/What We Are About/vmfaq.htm#IVV Awards>.

### STRAYS

- 2010 *Starting Point* books are still available for \$17.50 each; we'll have some at the upcoming club events
- At the February meeting, we'll discuss some items on the national AVA agenda.
- Mike Green needs volunteers to do a pre-walk of the Goshen 5 and 10K walks on either March 6th or 7th!

### MAY 15-16 EVENT WEEKEND, CONTINUED FROM PAGE 1

The next day, Sunday May 16th, we are planning a walk over the new Walkway Over the Hudson. This is the new pedestrian bridge over that Hudson River, that opened in October of 2009. It used to be the Poughkeepsie Highland Railroad Bridge, and is now a New York State Park. This should be a spectacular walk. Rest rooms are available at either end of the bridge, and there is level, handicapped access on both ends of the bridge. The Walkway is wheelchair accessible and motorized scooters are allowed (for the handicapped only). The bridge deck stands 212 feet above the river's surface and is 6,678 feet (1.28 miles) long, making it the longest, elevated pedestrian bridge in the world. Check out <http://nysparks.state.ny.us/parks/178/details.aspx> for a view. The park offers interpretive signs and a Talkway Over the Walkway cell phone tour.



As far as security goes, nothing special needed for the bridge walk. For entrance to West Point, you need a government issued photo ID (like a drivers license with photo, passport, military id, etc.) for every walker 16 and older. Bridge Walk parking is on the west side of the Hudson, which is in Highland NY (although the walk will take in some of Poughkeepsie on the east side). The parking is along the north side of Haviland Road at 87 Haviland Road, Highland, NY 12528. The weekend is shaping up to be a great event! See the Calendar in this issue of STEPPIGN OUT for weblinks to the AVA listings for these two events.

## MINUTES OF THE JANUARY 2009 CLUB MEETING

Volkssport Club of West Point met on 23 January at the PARK Restaurant in Highland Falls, NY. Club Treasurer Andrew Schmidt ran the meeting in lieu of Club President Nancy Patrick's absence this month.

**Treasurer's Report:** Club Treasurer Andrew Schmidt provided the club bank balance of \$1,357.56, noting that this balance was the highest since June 2007 on a quarterly reporting basis. But he did note that some expenses will be showing up in the January billing cycle. On the other hand, dues notices for the first six months of 2010 will be mailed shortly so that will help as well.

The 2009 fiscal audit materials were submitted to retired Colonel Luddy Harrison as usual.

On a rolling 12 month basis, it was noted that we were in the black of \$74.79 with income of \$2,131.15 and expenses of \$2,056.36.

For the calendar year (not our July-June official fiscal year), our \$74.79 surplus was the best since 2003.

A discussion of various topics was performed:

- **Walking Statistics:** Andrew noted that the final 2009 tally of 468 total walkers was the worse since 2006. (2009 468; 2008 589; 2007 554; 2006 441; 2005 818) We need to get the numbers up. As such, publicity should be looked at in the future. Doris Rogers volunteered to inform the Middletown Record of our walking events for publicity purposes.

- **Goshen Event in March:** Betty Green reported that the Goshen walk is approved, building wise. She would like the club to make a donation to the Church for the use of their starting point since the Girl Scouts are not part of the picture this year. Joan Kimmel suggested a jar as well to accept donations. The insurance certificate has been requested from the A V A .

- **Cold Spring YRE:** Andrew informed the group that the Cold Spring Walk Box is now established at the

Depot Restaurant in Cold Spring. He and club member Tom Scuccimarra visited the Depot on 2 January 2010 to place the walk box. The club thanks Tom for his efforts in obtaining the starting location for this newest YRE of the club, the first in at least 10 years as well as the restaurant itself.

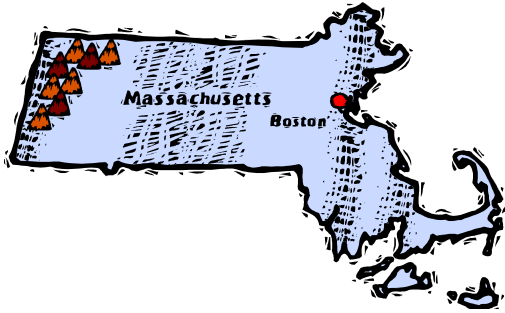
- **May Weekend Event:** Secretary Joan Kimmel reviewed the May 15/16 event weekend we are having with the group. It was encouraged to use car pools for the Sunday bridges walk starting in Highland due to the lack of parking. See Joan's full article starting on page 1 in this issue of **STEPPING OUT!** for the details.
- **April Albany Olana Walk:** On 17 April, the Albany Empire State Capital Volkssporters club will be holding an event at Olana in Hudson as part of a MARCH FOR PARKS event. Club member Dorothy Basini will be investigating possible car pool details for members if they wish to do that to get to the walk.



- **West Point YRE Group Walk:** The club adjourned, and 13 of us did the West Point YRE in some 18 degree weather! A photo above shows some of the group at Trophy Point huddling to keep warm! (Thanks to Ed Choma for the picture with Tom Scuccimarra's camera!)

Andrew Schmidt, Treasurer





## BOSTON'S FREEDOM TRAIL AVA WALK #730

**OR, HOW I SURVIVED 5 HOURS IN 13 DEGREES!**

It should come to no shock from anyone who knows me (or listens to me talk for more than 2 minutes) where I'm from. Like most native Bostonians, we have some pride (some might say 'arrogance!') in that we hail from Beantown—after all, we don't call Boston, "The Hub of the Universe" for nothing!

Whenever I get a chance when I'm visiting relatives and friends back "home", I try to do one of Walk 'N Mass's walks, typically the YRE 730, otherwise known as the "Freedom Trail Walk". The last Saturday in January gave me the opportunity to do it again, my 6th time in 10 years (the highest number of YREs I've done outside of our own club's). The temperature was a balmy 13 degrees—the coldest I've ever walked. I hadn't done the walk in 5 years, and many changes along the route have occurred, which is why I decided to write this article.

The walk itself is 11 kilometers, and starts at the National Park Service's Visitor's Center (15 State Street), directly across the door from Boston's Old State House, the oldest public building in Boston (1713). The Visitor's Center is a great place to browse for maps and brochures about the city. The walk follows a considerable portion of the 'Freedom Trail', which itself is a 2.5 mile walk passing by many of the famous sites in Boston. It is usually designated by a series of red bricks in the sidewalk.

The walk quickly passes Faneuil Hall and Quincy Marketplace. Faneuil Hall was built in the early 1740s, and was always a marketplace area. Speeches were made in the hall by a number of notables such as Samuel Adams and James Otis. As such, its nickname is the 'Cradle of Liberty'. The day I was there, the Republican Gubernatorial candidate Charlie Baker was making his kickoff speech inside, and it was closed. Quincy Mar-

ketplace, a series of old long buildings and stores in the same area is also part of the action. It is a downtown urban outdoor mall—in the summer, throngs of people are there. I heard the former Mayor of Boston once claim that Quincy Marketplace is the most popular single tourist attraction in the entire United States!

As one follows the trail, you pass by two historic firsts—the oldest continuously operating restaurant in the USA (The Union Oyster House Restaurant (1826), John Kennedy's booth is still labeled where he often ate as a Senator), and the Bell in Hand Tavern (1795), the oldest continuously operating bar in the USA! Of course, I've been to both, often. Both are near the famous 'Boston Stone', a rock built into the side of a brick building in the early 1700s to mark the measuring point of distances from Boston.

From there, a shop walk over the Rose Kennedy Greenway, which is now a small, one mile long park. It is the site of where Boston's elevated roadway once stood, which was removed when the Big Dig opened a few years ago. The structure essentially blocked the Italian Section of Boston (The North End) from the rest of the city; the fact that there is no physical impediment now concerns many of the Italian residents in that there small enclave is no longer protected from downtown's commercial encroachment. The trail leads through the North End, passing the Paul Revere House (the oldest building in downtown from 1680), as well as the famous Old North Church, where Paul Revere saw the lanterns in the steeple ("One if by land, two if by sea"). A stop in both is recommended.

We now walk towards Charlestown, which is across the Charles River, and was once a separate city in its own right. What the walk directions do not point out as you pass by 165 Prince Street is the parking garage of the famous Brinks Robbery of 1950, at the time, the largest robbery (\$1.28 million in cash alone) - that was almost 60 years to the day I did this YRE (17 January 1950).

Once in Charlestown, the trail brings you to the famous Bunker Hill Monument in Charlestown. A mini-Washington's Monument (it's 221 feet tall, and you can walk up it for a great view), it sits atop Breed's Hill. Most people know (and if you don't, you'll learn something) that the battle was held mostly on Breed's Hill in June of 1775, not Bunker Hill which is nearby. During the battle, it is rumored that Col William Prescott issued the famous directive, "Don't fire until you see the whites of their eyes", as the ammunition the colonists had was limited, and needed to be saved. There is a great NEW (continued.....)

(from previous page)

National Park Service Visitor's Center across the street from the monument (not in the trail directions yet) which is worth the visit to see the diorama and look at all the exhibits related to the Battle. While technically the British won the battle, they suffered the largest number of casualties of any battle in the American Revolution here, and it was a hollow victory at best. (Ultimately, the British could not hold Boston) and the colonists real-



ized they in fact could beat the British on their own soil. The trail continues

down the hill to the (former) Charlestown (Boston) Naval Yard, home of the USS Constitution. The ship itself was built in 1794-1797 across the Charles River in Boston, but now resides at the former Naval Yard. The ship is the oldest active (commissioned) Naval warship afloat in the world. Unlike the HMS Victory in Portsmouth, England (which is some 30 years older and is indeed also commissioned, but is in permanent dry dock), the Constitution is afloat on the water, and in fact, goes out into the Harbor on occasion to turn around and exercise herself. Free tours are provided by the active Navy (sorry!) personnel assigned to the boat; again, an active US Naval Vessel. From the yard, in fact, one can look across the Mystic River Bridge and gaze upon the small city (the smallest in Massachusetts, in fact) of Chelsea, my actual home town. (I was born in the Chelsea Naval Hospital, again sorry to my Army buddies!)

There is now also a new museum on the Naval Yard's property which replaces the old National Park Service museum that was located outside the gate. Be aware that the instructions for the walk have not been updated yet, and the old checkpoint is now in the NEW Visitor's Center...you'll find that there is no visitor's center according to the directions, and by that time, you've already left the Naval Yard.

Returning across several locks spanning the Charles River (right across from Boston's newest world class,

attraction, The Zakim Bridge, also part of the big dig project. It's the largest cable-stayed bridge in the world.) The trail goes through the water front, passing by the New England Aquarium and all the old wharfs (with some very nice yachts and condos) at the waterfront. Passing through a portion of South Boston, it winds its way literally through South Station, the Grand Central Station of Boston. This railroad station was, in fact, the world's largest when it opened in 1899.



Passing through downtown's commercial district of Washington Street, the walk

continues up to Beacon Hill through the 50 acre Boston Common, the oldest Park in the United States. At the top of the hill sits the Massachusetts State House. Passing down the hill, we travel into the Old Granary Graveyard, final 'home' of Paul Revere, John Hancock, and the rabble-rouser Samuel Adams., whose grave is pictured below. (I like "his" beer, but that's a different story).

A final swing past the Old South Meeting House, the largest building in Boston during the war. It was here



that the colonists met and left for the famous Boston Tea Party in 1773. The Boston YRE is

a great walk for you to do, showcasing my wonderful city of Boston, known as "America's Walking City". Let me know if you need any further information!

- Andrew Schmidt, VCWP Treasurer

## 2010 YEAR ROUND EVENTS SCHEDULE AND INFORMATION

### WEST OF THE HUDSON

#### 1. CENTRAL VALLEY (SEASONAL WALK)

Y1958, RATING 3, 5k/10k,  
4/15/2010 to 12/31/2010

**Start Point:** Bright Star Diner,  
220 Rte 32, Central Valley, NY

#### 2. CORNWALL

Y0252, RATING 3, 10k, 1/2/2010 to  
12/31/2010

**Start Point:** USMA Visitors Center,  
West Point Highway, Highland Falls

#### 3. FORT MONTGOMERY (SEASONAL WALK)

Y1740, RATING 3+. 10k, 4/1/2010  
to 10/31/2010

**Start Point:** Fort Montgomery State  
Historic Site Visitor Center, 690  
Route 9W, Fort Montgomery

#### 4. HIGHLAND FALLS

Y1145, RATING 1, 10k, 1/2/2010 to  
12/31/2010

**Start Point:** USMA Visitors Center,  
West Point Highway, Highland Falls

#### 5. WEST POINT

Y0037, RATING 2, 5k/11k, 1/2/2010  
to 12/31/2010

**Start Point:** USMA Visitor's Center,  
West Point Highway, Highland Falls

### AVA SPECIAL PROGRAMS

- **America's Gardens** - Hyde Park

- **American Authors and Literary Landmarks** - Central Valley, Cornwall, Highland Falls, Hyde Park, Rhinebeck, West Point

- **Artistic Heritage** – Rhinebeck, West Point

- **Cemetery Stroll** - Central Valley (10K), Highland Falls, Hyde Park, Rhinebeck, West Point (11K)

- **Firehouses** – Central Valley (10K), Cornwall, Hyde Park, Rhinebeck, West Point (11k)

- **Forts of the United States** – Fort Montgomery, Highland Falls, West Point

- **Historic Churches** - Cornwall, Highland Falls, Hyde Park, Rhinebeck, West Point

- **Honoring Law Enforcement** – Cornwall, Fort Montgomery, Highland Falls, Rhinebeck, West Point

- **Hooray for Hollywood** - West Point

- **Museums** – Cornwall, Highland Falls, Hyde Park, West Point

- **Railroad Heritage**– Central Valley (10K), Cornwall, Hyde Park (both 13K routes)

- **Riverwalk** - Cornwall, Highland Falls, Hyde Park (only 6K “wood” route and both 13K routes), West Point

- **Veteran's Memorials** – Central Valley (10K), Highland Falls, Rhinebeck, West Point

- **Walkin' Waterfalls** – Highland Falls, Rhinebeck, Hyde Park

Not all routes in all YREs have all special events; check individual routes!

### EAST OF THE HUDSON

#### 6. COLD SPRING

Y1633, RATING 2+, 10k, 1/2/2010  
to 12/31/2010

**Start Point:** Cold Spring Depot  
Restaurant, Depot Square, Cold  
Spring

#### 7. HYDE PARK

Y1108, RATING 3, 6k/13k,  
1/2/2010 to 12/31/2010

**Start Point:** The Eveready Diner,  
540 Albany Post Rd. (Route 9),  
Hyde Park

#### 8. RHINEBECK

Y1094, RATING 1, 5k/10k,  
1/2/2010 to 12/31/2010

**Start Point:** The Delamater  
House, The Delamater House Inn  
and Conference, Rhinebeck



## 2010 Calendar of Club Events

We are sometimes asked what a "Group Walk" (as opposed to a Year Round Event, or YRE) is. A "Group Walk" \* means all meet and signup together at the same time, get the trail directions and start together, then you proceed at your own pace. There are NO GUIDES for this kind of walk, nor does a group have to stay together. We usually have fast walkers, slow walkers, and medium walkers, there's almost always someone you can walk with if you join us for your first time in a GROUP WALK! ; "Events" are one-time only walks. AVA credit is provided, and these are usually a one-time deal ; perhaps repeated yearly.

**RED** items are items updated from our last issue; **CONFIRMED** events still to be held are in **BOLD** face; **TENTATIVE** (planning dates) are listed in plain text—Due to unforeseen circumstances, we always reserve the right to cancel ANY event, but try very hard not to do so with **CONFIRMED** events. (\*-Thanks to ESCV for this!)

### 2010

Date	Day	Type	Venue or Details
2-Jan	Sat	Informational Item	Cold Spring YRE - Permanent Trail Opened
23-Jan	Sat	Group Walk	West Point Group YRE - was held
<b>21-Feb</b>	<b>Sun</b>	<b>Group Walk</b>	<b>Hyde Park Group YRE - CONFIRMED!</b>
<b>6-Mar</b>	<b>Sat</b>	<b>Group Walk</b>	<b>Rhinebeck Group YRE - CONFIRMED!</b>
14-Mar	Sun	Event	Goshen St. Patrick's Day Celebration - <b>CONFIRMED!</b> (Greens, POC) See <a href="http://www.ava.org/gen3/data/event_details.asp?eventid=86690">http://www.ava.org/gen3/data/event_details.asp?eventid=86690</a> for details!
1-Apr	Sat	Informational Item	Fort Montgomery Group YRE - Permanent YRE trail opens
10-Apr	Sat	Group Walk	Cornwall Group YRE - <b>CONFIRMED!</b> (with new 'extreme' route option!)
15-Apr	Thur	Informational Item	Central Valley YRE - Permanent Trail Opens
15-May	Sat	Event	West Point President's Event - WEEKEND - <b>CONFIRMED!</b> (Patricks, POC) See <a href="http://www.ava.org/gen3/data/event_details.asp?eventid=86709">http://www.ava.org/gen3/data/event_details.asp?eventid=86709</a> for details!
16-May	Sun	Event	Poughkeepsie Bridges Event - WEEKEND - <b>CONFIRMED!</b> (Andrew, POC) See <a href="http://www.ava.org/gen3/data/event_details.asp?eventid=86710">http://www.ava.org/gen3/data/event_details.asp?eventid=86710</a> for details!
23-May	Sun	Group Walk	Fort Montgomery Group YRE - <b>CONFIRMED!</b>
12-Jun	Sat	Event	(open date for an event, perhaps Manitoaga in Garrison) - tentative (Patricks, POC)
19-Jun	Sat	Group Walk	Central Valley Group YRE - <b>CONFIRMED!</b>
26-Jun	Sat	Event	David Skinner Memorial Walk, sponsored by the Albany AVA Club
17-Jul	Sat	Group Walk	Cold Spring Group YRE - <b>CONFIRMED</b>
31-Jul	Sat	Event	Mills-Norrie - tentative (Joan, POC)
14 or 21 Aug	Sat	Event	West Point Round Pond Event - tentative (Patricks, POC)
29-Aug	Sun	Group Walk + Activity	West Point Group YRE + tentative BOAT RIDE afterwards for picnic - <b>CONFIRMED!</b>
12-Sep	Sun	Event	Nyack Street Fair - tentative (Peggy, POC)
25-Sep	Sat	Event	Hudson River Valley Ramble (Location TBD) (Andrew, POC)
1-2 Oct	Fri-Sat	Informational Item	AVA National Executive Council Meeting - Albany, NY
3-Oct	Sun	Group Walk	Highland Falls Group YRE - <b>CONFIRMED!</b>
10-Oct	Sun	Event	Beacon - tentative (Joan, POC) (changed date to 10/10/2010 to avoid Freedom Festival walks)
6-Nov	Sat	Group Walk	New York City Greenwich Village Group YRE - <b>CONFIRMED!</b>
4-Dec	Sat	Group Walk	New York City Central Park Group YRE - tentative (Andrew soliciting opinions)
12-Dec	Sun	Activity	Annual Holiday Party - Tentative (Date and Venue TBD)

STEPPING OUT!  
VOLKSSPORT CLUB OF WEST  
POINT  
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WEST POINT, NY 10996-

Officers:

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Farrell Patrick, Vice President  
Joan Kimmel, Secretary  
Andrew Schmidt, Treasurer & Newsletter Editor  
Thomas Scuccimarra, Trailmaster  
Mike Green, Webpage Master

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We wish to thank the Garrison Commander and the Directorate of Morale, Welfare, and Recreation (MWR) Office of West Point for their support, as well as saluting all the men and women of the Army and other branches of the Armed Forces of the United States serving on our behalf.