



STEPPING OUT!

VOLKSPORT CLUB OF WEST POINT — MARCH 2010

HYDE PARK GROUP WALK A SUCCESS DESPITE THE CHILL!



On the Sunday morning and early afternoon of 21 February, intrepid members of the Volkssport Club of West Point had their monthly breakfast meeting followed by a 13 kilometer walk of the Hyde Park YRE trail.

Just the thing to do when you're getting sick and tired of the winter!

NEW MEMBERS!

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

- Nisonger
- Patrick
- Kimmel

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

10-APR, SAT, CORNWALL

Our usual breakfast meeting will be held at 9 AM at the PARK Restaurant, 451 Main Street, in the Village of Highland Falls. All are welcomed to the breakfast and meeting! Register at 10:15 A.M. at the West Point Visitor's Center, then you need to make a short drive to the Cornwall starting point - Directions provided at the Visitor's Center - Walking at 10:30 AM-ish.

NEXT GROUP EVENT

Goshen Event

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

STARTING POINT 2010 BOOKS STILL AVAILABLE!

See Joan Kimmel if you are interested in buying one, or if you pre-ordered and haven't picked yours up yet!

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!

CLUB AUDIT RECEIVED

Results of our annual financial audit delivered to the club by Col. "Luddy" Harrison:

23 February 2010

To: Volkssport Club of West Point(The Club)

I have reviewed the bank statements of The Club for the period 1 July 2008 thru 30 June 2009 and the reconciliations between the bank statements and The Club's transaction register. Both agree with each other and The Club has a net balance of \$920.86 on 30 June 2009.

/s/ Williams L Harrison Jr

COL, USA Retired



CONGRATULATIONS TO SHIRIN!

Congratulations are in order to club member Shirin Pagels on the birth of her son Vincent in mid January.

Shirin informs us that once the weather is a little warmer, she'll be back with us on the trails!



DAYLIGHT SAVINGS TIME AND OUR GOSHEN EVENT!

Remember that on Sunday morning, 14 March, Daylight Savings Time starts at 2 AM. That's also the SAME day as our Goshen event! So be sure to set your clock ahead Saturday night so that you show up at our Goshen event at the correct time—walking time starts from 1 PM to 2PM— see http://www.ava.org/gen3/data/event_details.asp?eventid=86690 for all the details. POC Mike Green informs us the book stamp will be **green**, and plan to arrive early to deal with the parade traffic!



CALL FOR HUDSON RIVER VALLEY RAMBLE LOCATION!

Members remember that we've made an event every year for the last few years for the annual Hudson River Valley Ramble. See their website at <http://www.hudsonrivervalleyramble.com/>.

It is held usually in late September. Over the past 9 years, we've created a walking event in New Paltz, Constitution Island, Storm King Art Center, City of Poughkeepsie (twice), Villages of Nelsonville and Cold Spring (twice), Vassar College, and most recently last fall, the City of Hudson to coincide with the 400 year Quadracentennial Hudson River events.

We're looking at where the members would like an event in September 2010 for the Ramble! One suggestion we are actively working on is for Tarrytown/Sleepy Hollow. Are there any other locations in the Valley you'd like us to consider? If so, please drop us a line at the email address with your suggestion.



CHAIN MEDALS FOR SALE! CORRECTION!

Club President Nancy Patrick informs us that former club President Tom Tesch has five complete sets of the "chain walks" medals for sale. He would be glad to sell them at \$5.00 per **medal** to any one who wants one. Pictured is one of the medals. Let Nancy know via our club email address if you are interested.



WALKWAY OVER THE HUDSON BRIDGE

"The Walkway Over the Hudson: Past, Present, and Future."

http://www.youtube.com/watch?v=sfYmBySg_do

Also, here's a web site with a series of images of this former Poughkeepsie Railroad Bridge that has been turned into a pedestrian walkway.

<http://gonewengland.about.com/od/nyattractions/ig/Walkway-Over-the-Hudson/A-Linear-Park.htm>

(Thanks to Judy Polczer and Mel Wasserman)



ON THE TRAILS WITH THE PATRICKS

BY NANCY PATRICK, CLUB PRESIDENT

W

hile we escaped some of the early winter snow in the Hudson Valley on our escape to southern climes, the weather was cool to downright chilly. Cooler days are actually better for volkswalking and we took advantage of that to explore new trails.

Winter Park, FL, a beautiful town near Orlando, has become one of our favorite places to walk. The trail is through residential areas with magnificent homes along a lake front. An hour's boat ride on the lake was a bonus as it went through little canals connecting two parts of the lake. The canals were like a little alley behind some of the lake homes and we could see beautiful landscaping and boat houses close up. The trail continued onto the campus of Rollins College then into the downtown with high end stores and many interesting restaurants. We returned a second time to dine at a restaurant featuring live Turkish music.

The start point of another Orlando walk, Lake Buena Vista, was only a few blocks from our motel. This trail began along park-like walks passing big hotels. The main part of the walk was through a very commercial Disney marketplace. It was a collection of stores selling everything Disney. A less commercial area was along a lake with condo and hotel buildings. This walk would be of interest primarily to families with young children.

Leaving Florida and heading north into much colder weather brought us to the very interesting town of Madison, GA. The trail description in Starting Point caught our eye with "antebellum and Victorian homes."

There were, indeed, huge historic homes on every single street. Most had markers in the front dating the homes to the 1860s. The checkpoint was an area in a cemetery where a group of Confederate soldiers are buried. One of the things that will make us remember Madison is that the weather was a cold and windy 20 degrees, yet we passed forsythia and camellia bushes in full bloom, saw daffodils up about five inches and saw hundreds of robins almost carpeting lawns!

Another walk we hope to return to in the future is Greenville, SC. Unfortunately, our time schedule permitted only a 5 km walk. We were not disappointed in this trail. It is completely through a city park with winding sidewalks, bridges and waterfalls (a stamp for the waterfall book!) The trail follows the winding Reedy River and passes a marker noting the original site of Furman University. (The college has since moved to another area of the city.) This 5 km is an out-and-back but the park is so beautiful that it was a pleasure to enjoy it twice. The only downside was the directions in Starting Point were really bad and we wasted time trying to find the start point.

Harrisonburg, VA is another walk we will return to when the weather is better. This city had been hard hit by snow and walking was a challenge. The checkpoint, a cemetery, had snow piled to the top of the entrance gates and was closed. This is a historic town and the site of James Madison University. It is a city with a church on almost every block...or so it seemed. The starting point is in an old building turned into a visitor's center. We enjoyed talking with one of the ladies behind the counter and think we may have lured her into volkswalking! The club that sponsors this walk is not nearby, but this lady said she was so happy the start box was in the visitor's center as she loved meeting walkers.

This is just a thumbnail sketch of some of the walks we most enjoyed on our most recent trip south. I hope you might put them on your walks "to do" in the future.

Nancy & Farrell Patrick

MINUTES OF THE FEBRUARY 2009 CLUB MEETING

Volkssport Club of West Point met on 21 February 2010 for a breakfast-business meeting at Eveready Diner, Hyde Park, NY. Eleven members were present.

Treasurer's Report: Current balance is \$1182.46. Yearly dues notices have been mailed. The cost of AVA supplies and walk fees was \$410.00.

New Business: + The bridge walk in May requires a state fee of \$40.00. The Albany Club has notified us that they will have one bus coming for the West Point walk and a second bus coming for the bridge walk.

The Philadelphia club may have one bus coming.

It is recommended that we mark the trails and have a manned check point. It was suggested that we might do a pre-walk as a group. One hundred fifty copies of the trail directions will be needed.

- AVA and Weight Watchers are combining for some event walks in the future. Clubs have been asked to participate. Joan Kimmel has communicated to our NERD that we would sponsor a walk at Mills Norrie State Park on 6 June.
- A security issue at West Point was raised by a group from Albany. Farrell and Nancy are working to resolve any questions.
- Copies of our monthly newsletter should be emailed to Thane Kelly at MWR.
- Andrew read the proposed AVA changes:
 - Changing the name to eliminate the term "volkssport" and substitute "popular sport". Club members voted against the change 8-2.
 - Requiring all bike participants to wear protective helmets. Club members were in favor 10-0;
 - Changing the walk rating system (presently 1-5) to a rating system used in Canada. Club members were in agreement that there were too many categories and some could be combined and be more concise.

Old Business: The next club walk will be in Rhinebeck on 6 March. Pre-walk in Goshen will be on 7 March.

Judge Tom will check the Main Street Cafe in Cold Spring to see if they are open for breakfast and could

accommodate our pre-walk breakfast meeting. The Depot restaurant (starting point) does not open until 1100.

The meeting was adjourned. There were 10 walkers for the YRE. - Nancy Patrick

AWARD NEWS FROM AVA HEAD- QUARTERS



The following information is from Connie at AVA headquarters and our members that participate in the national AVA awards program are urged to remind themselves of the following:

- When recording distance in record books, please remember to use whole numbers. Decimals and fractions of kilometers are not honored when book totals are added.
- Any Volkssporters who do not wish to keep their event and distance IVV award pins and patches may donate them back to Headquarters, as long as they are in good condition. However, other club awards, foreign awards, old jackets with patches attached, and any other medal or trophy for Volkssporting cannot be accepted. Please check with local youth groups or Special Olympics as they sometimes use such awards for their events and appreciate the donation of such items.
- Postage must be added to all orders made to Headquarters except when you present a free shipping card. Only four books are allowed to be ordered on a free shipping card, if you order more, please include \$1.00 postage for each event, distance, or special program book ordered.
- If you haven't done so, you might wish to review and/or print out the *Practical Guide to the IVV Awards Program* to hand out to new people. This handy can be found under Publications link, then AVA Club Forms from the AVA website, <http://www.ava.org>.

2010 YEAR ROUND EVENTS SCHEDULE AND INFORMATION

WEST OF THE HUDSON

1. CENTRAL VALLEY (SEASONAL WALK)

Y1958, RATING 3, 5k/11k,
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.

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
21-Feb	Sun	Group Walk	Hyde Park Group YRE - was held
6-Mar	Sat	Group Walk	Rhinebeck Group YRE - CONFIRMED!
14-Mar	Sun	Event	Goshen St. Patrick's Day Celebration - CONFIRMED! (Greens, POC) See http://www.ava.org/gen3/data/event_details.asp?eventid=86690 for details!
1-Apr	Sat	Informational Item	Fort Montgomery Group YRE - Permanent YRE trail opens
10-Apr	Sat	Group Walk	Cornwall Group YRE - CONFIRMED! (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 - CONFIRMED! (Patricks, POC) See http://www.ava.org/gen3/data/event_details.asp?eventid=86709 for details!
16-May	Sun	Event	Poughkeepsie Bridges Event - WEEKEND - CONFIRMED! (Andrew, POC) See http://www.ava.org/gen3/data/event_details.asp?eventid=86710 for details!
23-May	Sun	Group Walk	Fort Montgomery Group YRE - CONFIRMED!
6-Jun	Sun	Event	Mills-Norrie or Poughkeepsie - tentative (Joan, POC)
12-Jun	Sat	Event	(cancel this hold date)
19-Jun	Sat	Group Walk	Central Valley Group YRE - CONFIRMED!
26-Jun	Sat	Event	David Skinner Memorial Walk, sponsored by the Albany AVA Club
17-Jul	Sat	Group Walk	Cold Spring Group YRE -CONFIRMED
31 Jul or 14 Aug 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 - CONFIRMED!
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 - CONFIRMED!
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 - CONFIRMED!
4-Dec	Sat	Group Walk	New York City Central Park Group YRE - tentative (Andrew soliciting opinions)
12-Dec	Sun	Activity	Annual Holiday Party at Shadows on the Hudson - Tentative (Date TBD)

STEPPING OUT!
VOLKSSPORT CLUB OF WEST
POINT
PO BOX 30
WEST POINT, NY 10996-

Officers:

Nancy Patrick, President
Farrell Patrick, Vice President
Joan Kimmel, Secretary

Andrew Schmidt, Treasurer & Newsletter Editor

Thomas Scuccimarra, Trailmaster
Mike Green, Webpage Master

Web Page:

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Yahoo Group!:

[http://groups.yahoo.com/group/
volkssportclubofwestpoint/](http://groups.yahoo.com/group/volkssportclubofwestpoint/)

Latest Newsletter:

[http://www.ava.org/clubs/westpoint/
newsletters/](http://www.ava.org/clubs/westpoint/newsletters/)



our privacy is important to us!

If you received this email from us and you do not wish to receive electronic mail from the Volkssport Club of West Point, please send us a note to the email address to the left, let us know, and we will remove your name from our email list immediately.

The club ONLY uses the email lists for club business, and does not provide them to other organizations or people without specific individual authorizations.

We hate SPAM just as much as you do!

DISCLAIMER:

The Volkssport Club of West Point is an officially registered private organization operating on the installation of the US Military Academy at West Point. Membership and participation in all activities is open to all, regardless of military affiliation. We welcome all who wish to participate in our programs and camaraderie.

The Volkssport Club of West Point's website is privately owned and operated. The contents of the site, including words, images, and opinions, are unofficial and not to be considered as the official views of the United States Military Academy, United States Army, or Department of Defense. The site is not endorsed by the United States Military Academy, United States Army, or Department of Defense. Users accept and agree to this disclaimer in the use of any information obtained from this website.

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.