



STEPPING OUT!

VOLKSSPORT CLUB OF WEST POINT — APRIL 2010

AWARD COINS AWARDED TO CLUB MEMBERS FOR SERVICES IN 2009

At the December holiday party, President Nancy Patrick and Vice President Farrell Patrick awarded a number of club members with a new, multicolored 'coin' (heavy metal) as a token of thanks for their work or services rendered or club walking promotion activities to the club in 2009.

The coin was produced by West Point, and has on the front the club logo (see the upper right of this page) along with the inscription "Founded in 1987", and on the back, the crest of the US Military Academy with the words "Founded in 1802" displayed.

The coins were awarded to: Tom Nisonger, Tom Scuccimarra, Peggy Goetz, Joan Vorbach, Joan Kimmel, Andrew Schmidt, Betty and Mike Green, and Marvin Stokes.

Congrats all!

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

- Pagels
- Sender
- Valdez
- Quinlan
- Penta
- Jansky
- Skow
- Orr
- O'Malley
- Lynch
- McElroy

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 (unlike some other clubs), those people who voluntarily join the club do their part to help support us.

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 **20 March 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

23 May, Sun, Fort Montgomery

Details of this first time group walk of Fort Montgomery (breakfast meeting location and time, registration information and time) will be provided in the May issue of STEPPING OUT and by our usual email notification.

NEXT GROUP EVENT

President's Walk at West Point on Saturday May 15th and the Poughkeepsie Bridges Walk on Sunday, May 16th.

See http://www.ava.org/gen3/data/event_details.asp?eventid=86709 and http://www.ava.org/gen3/data/event_details.asp?eventid=86710 for the details!

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!

WALK IN WOODBURY COMMONS

Mike and Betty Green prepared the following press release for our new Central Valley Year Round Event that opens this month:

The Volkssport Club of West Point announces the start of two walks in Central Valley, NY on April 15, 2010. The starting point for the walks is the Bright Star Diner on Rte 32 in Central Valley. Both 11 km (6.8 miles) and 5 km (3.1 miles) trails are available on the paved paths inside Woodbury Common Premium Outlets and on village streets.



The owner of the Bright Star Diner, Peter Gouvis, has graciously agreed for the diner to serve as a Starting Point for the seasonal walks. All are invited to enjoy these walks anytime from dawn to dusk, seven days a week. Easy to follow route maps are available inside the Diner. Ask for the “Walk Box”. The walk is free; AVA credit is \$3.00. The walk is suitable for strollers, children and families. WalkBox.Webmaster for the Volkssport Club of West Point and Central Valley resident, Mike Green, said “The Central Valley walk is now the 8th such walk the West Point Club supports in the Hudson Valley.

The other interesting walks supported by the club are located at West Point, Highland Falls, Cornwall, Fort Montgomery, Cold Spring, Hyde Park, and Rhinebeck. The club also sponsors special events such as the upcoming West Point / Walkway Over the Hudson Walks May 15-16.” For more information about these walks call Mike Green, 845-781-6801, or www.AVA.org.



Mike Green (left) is shown with Bright Star Diner owner, Peter Gouvis (right) holding the “Walk Box” for the new AVA Seasonal Walks in Central Valley.

MINUTES OF THE MARCH 2010 CLUB MEETING

Volkssport Club of West Point met on 6 March 2010 at Eveready Diner in Hyde Park prior to doing the YRE in Rhinebeck. Eight members were present for the breakfast meeting.

Andrew reviewed the upcoming events and group walk dates through the end of the year.

Mike and Betty Green will lead the pre-walk at Goshen on 7 March. There have been some modifications to the previous trail.

During the past week Joan Kimmel, Nancy and Farrell Patrick met at West Point with the MWR people to discuss the event in May. We will meet with them again two days prior to the event. Joan will provide AVA tape for them to mark the 10 km and 5 km trail.

The event will start at Buffalo Soldier Field at 0830 with the National Anthem played by the USMA Band.

MWR will provide tables, chairs, canopy, trail maps and directions. They asked that we provide a club banner and our AVA banner.

Runners will start the run first, followed by children for a "fun run" with walkers next in line. A car show will be open from 0900-1400. Five cars from each decade from 1900 - present. A DJ will play music from each decade. The cadet radio station, WKDT, will broadcast.

Walk registration will be from 0930-1100 and participants must finish by 1400.

MWR will map out walk routes for us to include Flirtation Walk.

There being no other business to conduct, the meeting was closed.

Nancy Patrick



HOLD THE DATE!

The 2011 AVA National Convention will be held in Des Moines, Iowa, from June 18-26, 2011. Mark your calendars now!



**AVA AWARDS
RE
CEIVED BY OUR
CLUB MEM-
BERS—**

**COMPILED BY BETTY AND
MIKE GREEN**

- Ed Choma—30 events
- Betty Green—75 events

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 April/May 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>.



STRAY WANDERINGS

- Farrell Patrick reports that our Fort Montgomery seasonal walk is now officially open. Box is at Visitor's Center at the battle site on Route 9W .
- Watch for upcoming news about a Rotary Club Boat ride.
- "Get well soon and back on the trail" to Doris Roberts who had foot surgery recently
- If you are able to walk (or be on the campus) of the West Point YRE on April 25th, you can see the 30th annual West Point Military Tatoo at Trophy Point, 11:00 - 6:00 p.m. It is presented by Cadet Pipes and Drums Club.

CLUB MEMBERS ATTEND THE ATLANTIC DIVISION CONVENTION
ANDREW SCHMIDT, TREASURER

Club members Tom Nisonger and Secretary Joan Kimmel and I attended all or part of the recent Atlantic Division convention held in Annapolis, Maryland in mid-March. There were 84 attendees at the convention itself, along with over 150 walkers partaking of the three walking events that were held. I also did the 17km Washington DC YRE.

A biannual AVA national convention or regional convention such as this provides attendees with many different activities besides just the walks themselves, although typically with the new venues that are planned for the events, those walks often are high points in and of themselves.

In this particular convention, there were three walks—two were in Annapolis, and one was upstate somewhat in Savage, Maryland. Annapolis being the capitol of Maryland as well as the “Sailing Capital of the East Coast” provides a great venue for walking. The Annapolis YRE is one of my personal top five favorite YREs. You’ll read elsewhere in this issue Betty Green’s write-up of the walks she and Mike did in Maryland as well over Easter Weekend.



the waterfront and the section of Annapolis called ‘Eastport’, an old (but still active) sailing boat building area. Tom and Andrew also detoured off the path a tad to tour the Maryland State House, the oldest continuously used State House (and former US Capitol) in the USA. The next day was the uptown section of Annapolis, including a walk through the Harley-Davidson motorcycle showroom, one of the largest in the Northeast. Nice bikes! Finally, the third day’s walk consisted of a beautiful wooded walk through Savage Park in nearby Howard County. The trail followed the Little Patuxent River. Joan Kimmel and her son and daughter also attended this walk as well.

Besides the walks themselves, the convention offered seminars on a “Menu for Club Success” for club members as well as a librarian from the US Naval Academy (USNA) who gave a very interesting history talk on the Academy. The USNA was not on these walks, but is a part of the normal Annapolis YRE.

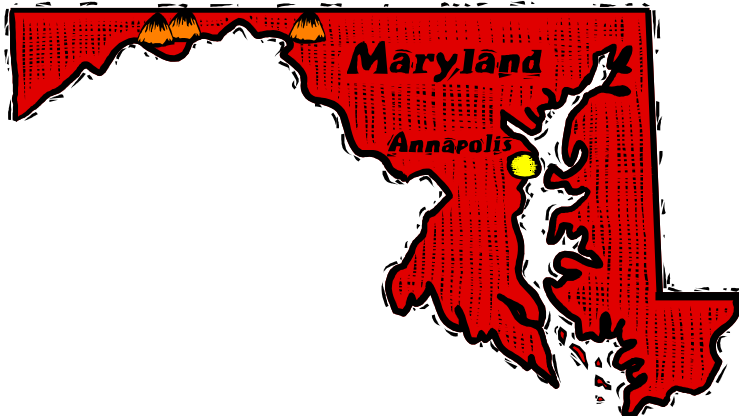
Of course, a Saturday night banquet was also held at the hotel which provided a chance to meet other walkers from Maryland and Virginia that sat at our table.

PLEASE consider attending a convention in the future! There’s a LOT to do; you’ll never be bored!

Pictures above show Tom Nisonger (top) on the trail in Annapolis during the first walk, and myself (Andrew) in front of the Annapolis State House (left).



The first convention walk was a modification of the Annapolis YRE that routed through the areas surrounding



WALKING THE EASTER WEEKEND IN MARYLAND

BY BETTY GREEN

Mike and I participated in 4 Volkssport walks in Maryland during an extended Easter weekend. The weather was perfect and many trees in bloom. Among trees in bloom that we could identify were plum, cherry, pear, and redbud. Daffodils and hyacinths were up and

plenty of pansies were already planted. What a gorgeous weekend!

Our first walk (Friday) was the Annapolis Amblers' 11K, Historic Annapolis (YR 264). This beautiful walk takes you through the Annapolis historic area (including the MD State House, the oldest state Capitol in continuous legislative use and many historic buildings) the Annapolis Harbor and City Dock, through the campus of the US Naval Academy, and historic Eastport. Fabulous!

Our second walk (Saturday) was the Columbia Volksmarch Club's 10K, Village of Harper's Choice (YR 0370). This was nostalgic for us, as we had lived in Columbia, MD as newlyweds back in 1972! This walk is a combination of village sidewalks and paved pathways through Columbia open space. The Walk Box is at a great store in Village of Hickory Ridge called Feet First. Upon Andrew Schmidt's recommendation, we tried some double-layer blister prevention "Wright Socks" purchased at Feet First and were very impressed. You drive a short distance from Feet First to the start of the trail. The walk can actually be combined with the Village of Hickory Ridge walk for a 20 km walk and no driving to the trail start. (We only did the 10K)

Columbia, MD is a master-planned community developed by James Rouse, beginning in 1967. When we lived in Columbia, there were 4 villages, now there are 10. A hallmark of Columbia is the amount of open space for public use. There are 80 miles of paved pathways that link neighborhoods with their village centers and villages to each other.

Our third walk (Easter Sunday) was the Baltimore Walking Club's 10K, Baltimore Inner Harbor (YR 1453). It takes you through the Otterbein Community, the renovated Inner Harbor area, and by the Baltimore National Aquarium, Civil War Ship Constellation, US Coast Guard Cutter Taney #37, the Fells Point area, Canton & Little Italy and much more. The city was alive with energy and packed with families and tourists. When I worked at University Maryland Hospital in inner city Baltimore in the early 70's, it was a much different place.

Our last walk (Monday, before heading home) was the Columbia Volksmarch Club's 10K, Ellicott City – Centennial Lake Walk (YR 1757). This beautiful walk included village sidewalks of Wilde Lake Village, pathways through woods and neighborhoods, next to Wilde Lake and all the way around Centennial Lake. The pathways appear to be utilized fully by area residents. It seems that all of Columbia is keeping fit! The Walk Box is at the Long Gate Sunoco and it is a short drive to Centennial Park to begin the walk.

The Columbia Volkssmarch Club sponsors 6 different walks, so we have good reasons to go back! Another Baltimore walk includes less of the Inner Harbor, but also takes you by Oriole Park at Camden Yards. Of course, meals including crab are a must when in Maryland. We ate at Phillip's famous seafood restaurant at the Inner Harbor and watched Butler beat Michigan State while eating crab cakes at Cacao Lane Restaurant & Bar in Ellicott City.

101+ THINGS YOU CAN DO FOR VOLKSSPORTING

Why do something for Volkssports? Because you care and want to get involved. Put your caring into action and give something back to volkssports: Inspire and help others, be a positive influence. Give and gain. Reap priceless rewards. How? Read on:

As an Individual:

- Talk up volkssports with family, friends, and acquaintances.
- Regularly participate in IVV events; include something like special events or an IWV Olympiad.
- Participate in IVV events aimed at attracting new participants.
- Give potential participants rides to their first IVV events.
- Take your spouse, (grand)children and friends on their first IVV walks.
- Aid someone at an IW event by, e.g., Answering their questions about volkssports, Helping solve their problems while on the route.
- Take only one brochure per IVV event that you re-considering attending.
- At IVV events, call attention to safety hazards and problems, e.g., when: Route marking and directions are confusing., Slippery and icy conditions develop, A restroom is out of toilet paper.
- Offer to help when you attend IVV events.
- Offer constructive criticism to IVV event sponsors to help them improve subsequent events; e.g., Suggest ways to clarify trail markings/directions.
- Join an AVA member club.
- Become an AVA Volkssport Associate member.
- Form a new AVA member club with neighboring volkssporters, especially if there is none in your immediate area.
- Speak about volkssports to other groups.
- Make a tax-deductible donation to an AVA 'member club, state association, or national organization.
- Raise YOUR awareness of volkssport issues and challenges, and comment to local, state, regional, and national volkssport officials.
- Say hello to those you encounter at IVV events ; participants as well as volunteers.
- Be a companion to newcomers.
- Encourage first time participants to buy a New Walker's Pack.
- Thank volunteers for donating their time.
- Compliment event sponsors.
- Congratulate volkssporters recognized for service to volkssporting.
- Express your gratitude to A V A officials when they do good jobs.
- Pass your skills and knowledge along to help others; e.g., Teach a workshop, Lead a seminar, Conduct training, Give a presentation.
- Pay postage when mailing back year-round registrations (or include that amount in your check when only postage-paid envelopes are provided).
- Arrange for your company to make a donation to a local member club or the AVA.
- Share your experiences with others.
- Read a book about walking.
- Learn something new to apply to Volkssports.
- Write about volkssports for, e.g., The American Wanderer, A club newsletter, Local media.
- Take pictures to show others what volkssports are like; for websites, to include with articles to the media; to submit to the AVA and The American W a n - derer.
- Post event information and brochures on bulletin boards at work, in community libraries and recreation centers, etc.

From "101+ Things To Do @ Folk Sport Associates, 2006 143224 Cardston Pl, Leesburg VA 20176

Grow this list send additional things you can do to rwright2@jhu.edu.

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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 Liter-
ary 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, Rhine-
beck, West Point (11k)

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

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

- **Honoring Law Enforcement**
– Cornwall, Fort Montgomery, High-
land 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, High-
land Falls, Hyde Park (only 6K “wood”
route and both 13K routes), West
Point

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

- **Walkin' Waterfalls** – High-
land Falls, Rhinebeck, Hyde Park

Not all routes in all YREs have all spe-
cial 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.

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 - was held
14-Mar	Sun	Event	Goshen St. Patrick's Day Celebration - was held
1-Apr	Sat	Informational Item	Fort Montgomery Group YRE - Permanent YRE trail opened
10-Apr	Sat	Group Walk	Cornwall Group YRE - was held
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)
22-24 Oct	Fri-Sun	Informational Item	US FreedomWalk Festival 2010, Arlington VA & Washington DC
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
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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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[@hotmail.com](mailto:volkssportclubofwestpoint@hotmail.com)

Yahoo Group!:

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

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

Latest Newsletter:

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



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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.