



STEPPING OUT!

VOLKSPORT CLUB OF WEST POINT — APRIL/MAY 2011



17th Biennial AVA Convention

Des Moines Marriott Downtown
Des Moines, Iowa
June 18-26, 2011



**BE SURE NOT TO MISS
the fantastic events
in Greater Des Moines!**

ENJOY THE CONVENTION FOR THOSE CLUB MEMBERS WHO ARE GOING!

If you are, please let us know who you are so that perhaps we can meet at the Convention Banquet or ensure we walk with friends.

CHECK THE CLUB'S WEBPAGE !

As you know, we had to cancel our first club meeting of 2011 because of snow in the early part of January. So, in case of inclement weather, check the web page!

Note that GROUP WALKS are normally NOT cancelled; however, it may very well be that officers (especially if the club meeting ahead of time is cancelled), will not attend! Attend at your own risk!

WEEKEND EVENTS COMING UP 14-15 MAY 2011!

The weekend of 14-15 May has two events planned. The first, on Saturday, is a special walk of West Point that includes areas that are not on our regular YRE path. The second event on Sunday is a Beacon event. **Note!** Originally, this was going to be Newburgh, but fairly recently we found out that the City of Newburgh is holding some other events as well on that day, so we moved our event across the Hudson River not to interfere.

Our webpage has all the details and brochures on these two events at <http://www.ava.org/clubs/WestPoint/walkhome.html>. Those on our mailing lists were emails and snail-mailed.

Web Page:
<http://www.ava.org/clubs/WestPoint/>

email:
volkssportclubofwestpoint@hotmail.com

Yahoo Group!:
<http://groups.yahoo.com/group/volkssportclubofwestpoint/>

Latest Newsletter:
<http://www.ava.org/clubs/WestPoint/newsletters/latest.pdf>

Club Calendar of Events:
<http://www.ava.org/clubs/WestPoint/>

Latest Club Meeting Minutes:
<http://www.ava.org/clubs/WestPoint/minutes/latest.pdf>

Latest AVA North East Region Calendar (3/28/2011):
http://groups.yahoo.com/group/volkssportclubofwestpoint/files/latest_NE_calendar.xls



NEXT CLUB GROUP WALKS, EVENTS, AND ACTIVITIES!

NEXT GROUP WALK

Fort Montgomery YRE Group Walk —Sunday, May 22nd.

Club Meeting and Breakfast at 9:00 at Foodies, 121 Firefighters Memorial Drive, Fort Montgomery and...

Walk at 10:15 with registration at: Fort Montgomery NY State Historic Park Visitor's Center, 690 Route 9W, Fort Montgomery 10922

NEXT GROUP EVENTS

MAY 14, 15 SAT, SUN - WEST POINT / BEACON EVENTS

In concert with MWR's 5/10 km run: http://www.ava.org/gen3/data/event_details.asp?eventid=89941 -and- http://www.ava.org/gen3/data/event_details.asp?eventid=89942

NEXT ACTIVITY

THURSDAY, OCT 13 - SOCIAL WITH THE WALKING ADVENTURES INTERNATIONAL— TENTATIVE

Details to be posted at a later date.



**Volkssport Club of
West Point
Club Reward Book 2011**



**THE 2011 VOLKSSPORT CLUB OF WEST
POINT INCENTIVE CARD (REWARD
BOOK) PROGRAM**

The Volkssport Club of West Point (VCWP) obtained approval for an incentive (reward) card program! Completion of the reward book will earn a gold star 2011 hat pin.

Reward books are free.

Completion of the book encourages VCWP members to support the VCWP's local YRE walks and Traditional Event walks.

But, you do not have to be a VCWP member to complete the program.

Our hope is that the program will be self-supporting via walkers walking for credit or making donations if walking for free.

Eligibility: Complete 9 different VCWP - YRE walks. Remaining 3 walks may be Traditional Event walks held by VCWP or repeat of a VCWP - YRE. (12 VCWP walks total) No more than two stamps per year for the same YRE

will be accepted. If you completed VCWP walks in 2011 prior to the books becoming available, you may write in the walk location and date for those walks. You must have registered (walk box log) for those walks. After you receive (or print) the book please record walks by imprinting event stamp on numbered lines and hand write the name and date of the walk on the location line. All pins will be ordered Feb 2012.

To receive the 2011 gold award pin submit completed book (12 events) no later than Jan 31, 2012 to:

Betty Green 22 Dogwood Drive Central Valley, NY 10917

Books will be available at the next club meeting. Thank you MWR for printing the books on card stock for us!

If you would like the book before the meeting you can 1) send a SASE (envelope at least 4..25" X 5.5") to Betty Green or 2) Print out attached PDF. Print two sided or tape together and cut in half. (Will make two books.)

**CALENDAR UPDATES FOR
SECOND HALF OF 2011**

We've made several calendar updates for 2011 and they are reflected on our calendar (which can be seen right from our club's homepage) and near events on the second to last page of this issue of **STEPPING OUT!**

So please double check any events you might have penciled in for 2011!

NEW MEMBERS:

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

Most of these dues are from the first half of 2011 renewal appeal:

 Patrick's, Rogers, Mowery, Vorbach,
 Penta, Aumick, Jansky, Skow, McElroy,
 Lynch, and Valdez.

Thanks all!

SPECIAL EVENTS COMMENCING JANUARY 2012

(WITH CREDIT FROM THE WALK N' MASS NEWSLETTER "FOOTNOTES" OF APRIL 2011)

The following are special events commencing on 1 January 2012:

- - **Celebrating Golden Cinemas:** any event that passes a building that currently or historically served as a classic movie theater, defined as being built more than 50 years ago, qualifies.
- - **Works Progress Administration Project:** The WPA during its 8 years of activity constructed or repaired 651,000 miles of roads, 124,031 bridges, 125,110 public buildings, 8,192 parks, and 853 airports. Any walk route that passes or traverses a WPA project qualifies. This special event will require some research..
- - **America's Bakeries:** Any walk that passes a local bakery qualifies; Chains, such as "Krispy Kreme" or "Panera Bread" do not qualify.
- - **Struttin' Down Main Street:** Any walk or bike event that traverses a town's main street for at least one block qualifies.
- **Strolling Somewhere Over the Rainbow:** Any walk route goes through or by a place named with a color qualifies, such as "Red River", "Blue Hills", Orange, etc.
- **Classic America Diners:** To qualify, the word "diner" must be in the name of the establishment. Fast food chains and donut shops do not qualify.

CLERMONT STATE PARK 30 APRIL EVENT WALKERS

Members Tom Scuccimarra, Carolyn Carpenito, and Eddie Choma walked the Clermont State Park route recently with the Albany Club. This was an traditional event that the Empire State Capitol Volkssporters ran as one of their annual Walks in the Parks.

Tom reports 75 people took part, and he passed along a few photos:



SEVERAL MEMBERS TRAVELED TO WALLINGFORD FOR A FUN

CONNECTICUT EVENT WALK ON 30 APRIL.

Pictured in back row are: Club VP Farrell and Club President Nancy Patrick, Lea Seats

Pictured in front row are: Joan Kimmel, Dorothy Basini, Doris Rogers.

Also participating were Mike and Betty Green but they missed the photo op.

(Thanks to Club Vice President Farrell Patrick for the photo and identifications!)



VCWP 4/3/2011 MEETING MINUTES (CORNWALL YRE)

1) Treasurer's Report

a) No report as the meeting was early in the month and the official bank balance statement remains unchanged from last month.

2) Old Business

a) VCWP May 14 West Point Walk Event to be held in conjunction with MWR 5K/10K walk/run at West Point. MWR will set up Canopy, Table & Chairs.

Mike & Tom will set out trail markers (esp. for Flirtation Walk). Betty & Mike to get the event stamps.

b) Betty Green explained the VCWP Incentive book, as reported at last month's club meeting. Books will be available at club meetings and can be printed from the club website link.

c) 2011 National Physical Fitness and Sports Month (May) patches will be pre-ordered for club members who requested them.

d) Convention Registration booklets were made available for anyone interested in attending the National Convention in Iowa in June.

e) The Nyack September Event walk and Nyack Seasonal Event sanctioning were discussed. The Nyack Hospital will be the starting point for the 2011 seasonal event and 2012 YRE. Start point for the September Event walk to be determined.

3) New Business

a) National Convention in June: will cast ballot for those running for National Office, as there is no opposition. Doug from ESCV running for NERD.

b) Rotary Boat Ride: Sunday, August 28th. Be at West Point South Dock by 5:30, departs at 6PM. (Ride is about 2 hours long) May bring guests, must bring own food & drink. The ride is free! No RSVP required

c) Fort Montgomery: staff there told Farrell & Nancy we can have a party on site (beautiful veranda). Proposal that we do a walk (optional) & picnic in September – date to be determined.

d) May 22 - Fort Montgomery Group Walk. Breakfast will be at Foodies in Fort Montgomery.

e) AVA has instituted a new trail rating system effective 2012. We will need to change all of our YRE and seasonal trail ratings. The new system incorporates numbers & letters to indicate elevation changes as well as terrain.

f) Pictures of club events and walks have been requested for use by the AVA Convention. We need to check with Andrew S and Tom S about providing some pictures. Nancy & Farrell purchased the VCWP donation for the AVA Convention Auction: A foot care goodie bag with a VCWP Hat Pin. Total was \$18 plus shipping.

4) Meeting adjourned . Walkers registered at the West Point Museum and drove to the walk start in Cornwall. It was a beautiful, breezy day.

Respectfully submitted,

Betty Green
Secretary

2011 YEAR ROUND EVENTS SCHEDULE AND INFORMATION

WEST OF THE HUDSON AVA SPECIAL PROGRAMS

1. CENTRAL VALLEY

Y1958, RATING 3, 5k/11k,
1/1/2011 - 12/31/2011 -
[http://www.ava.org/clubs/WestPoint/](http://www.ava.org/clubs/WestPoint/yre_centralvalley.html)
[yre_centralvalley.html](http://www.ava.org/clubs/WestPoint/yre_centralvalley.html)

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

2. CORNWALL

Y0252, RATING 3, 10k, 1/2/2011 to
12/31/2011—[http://www.ava.org/](http://www.ava.org/clubs/WestPoint/yre_coldspring.html)
[clubs/WestPoint/yre_coldspring.html](http://www.ava.org/clubs/WestPoint/yre_coldspring.html)

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

3. FORT MONTGOMERY (SEASONAL WALK)

Y1740, RATING 3+. 5k/10k,
4/1/2011 to 10/31/2011

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

4. HIGHLAND FALLS

Y1145, RATING 1, 10k, 1/2/2011 to
12/31/2011

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

5. HIGHLAND—WALKWAY OVER THE HUDSON

Y0797, RATING 2, 7k/12k, 1/1/2011
to 12/31/2011

Start Point: The Gateway Diner,
3579 Rt. 9W, Highland

6. WEST POINT

Y0037, RATING 2+, 7k/11k,
1/2/2011 to 12/31/2011

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

- **Central Valley** - Firehouses, Veterans Memorials

- **Cold Spring** - Firehouses, Historic Churches, Honoring Law Enforcement, Museums, Veterans Memorials

- **Cornwall** - Firehouses, Historic Churches, Honoring Law Enforcement, Museums, Veterans Memorials, Waterfalls

- **Fort Montgomery** - Forts of the United States, Museums

- **Highland Falls** - America's Baseball Walks, Firehouses, Forts of the United States, Historic Churches, Honoring Law Enforcement, Museums, Veterans Memorial, Waterfalls

- **Hyde Park**—America's Gardens, Firehouses, Historic Churches, Hooray for Hollywood, Museums, Waterfalls

- **Highland (Walkway over the Hudson)** — Artistic Heritage, Historic Churches, Honoring Law Enforcement, Hooray for Hollywood, Veterans Memorials

- **Rhinebeck** - Artistic Heritage, Firehouses, Historic Churches, Honoring Law Enforcement, Veterans Memorials, Waterfalls

- **West Point** - America's Baseball Walks, Artistic Heritage, Firehouses, Forts of the United States, Historic Churches, Honoring Law Enforcement, Hooray for Hollywood, Museums, Veterans Memorials

**Note: Not all trails on all
walks qualify for all events!
Each walkbox has a matrix of
what programs are for which
events**

EAST OF THE HUDSON

7. COLD SPRING

Y1633, RATING 2+, 5k/10k,
1/2/2011 to 12/31/2011

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

8. HYDE PARK

Y1108, RATING 3, 6k/13k, 1/2/2011
to 12/31/2011

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

9. RHINEBECK

Y1094, RATING 1, 5k/10k, 1/2/2011
to 12/31/2011

Start Point: The Delamater House,
The Delamater House Inn and Con-

More details on these walks are available on the club's website: <http://www.ava.org/clubs/WestPoint/walkhome.html>



Upcoming 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.

May 14	Sat 8:00AM	Event	West Point Event in concert with MWR's 5/10km run - CONFIRMED! Registration starts at 8:00 AM, walkers can leave after runners at 9:00 AM, need to finish by 2:00 PM. Park either at West Point Visitor's Center and walk through Thayer Gate, or drive through Thayer Gate (need photo ID in both cases) and park near Buffalo Soldier Field; our registration table will be near the Bowling Alley.
May 15	Sun	Event	Beacon- CONFIRMED; 5km & 11km - 2+ ; Start Time - 9AM - 12 Noon , finish by 2 PM. ; Start Location -Beacon Newburgh Ferry Dock at the Beacon Metro North Train Station ; A 5 or 11 kilometer self-guided walk (trail instructions provided) through the historic city of Beacon, NY. The entire trail is located on city streets and sidewalks. Scenic views of the Hudson River. You'll walk by many historic buildings, antique shops, restaurants and specialty stores, and Beacon's Riverfront on the Hudson. Suitable for strollers; not for wheelchairs, primarily due to some larger hills. See http://www.ava.org/gen3/data/event_details.asp?eventid=89942 for other details.
May 22	Sun 9:00AM	Club Breakfast and Meeting	CONFIRMED! Our usual breakfast meeting will be held at 9 AM. All walkers are welcomed to the breakfast and meeting!
May 22	Sun 10:15AM	Group Walk	Fort Montgomery Group Walk - CONFIRMED! Details to be posted at a later time.
Jun 04	Sat 9:00AM	Club Breakfast and Meeting	CONFIRMED! Our usual breakfast meeting will be held at 9 AM. All walkers are welcomed to the breakfast and meeting!
Jun 04	Sat 10:15AM	Group Walk	Hyde Park YRE - CONFIRMED!
Jun 12	Sun 10:15AM	GROUP WALK	Highland Falls Group Walk - TENTATIVE Registration and walking at 10:15 AM at the West Point Visitor's Center. No breakfast/ club meeting ahead of this walk.
Jul 16	Sat 7:45AM	Club Breakfast and Meeting	CONFIRMED! Our usual breakfast meeting will be held at 7:45 AM. All walkers are welcomed to the breakfast and meeting! (Note the 7:45 AM start since the breakfast is a little distance from the starting point AND this is SUMMER HOURS!)
Jul 16	Sat 9:15AM	Group Walk	Rhinebeck YRE - CONFIRMED Note these are summer hours! We'll move everything up one hour from normal. Registration and walking at 9:15 AM at The Delamater House, at the end of
Jul 31	Sun	GROUP WALK	Location and Time TBD - TENTATIVE Details to be posted at a later time. (Volkswalk)
Aug 14	Sun 10:15AM	Group Walk	West Point Group Walk - confirmed NO CLUB MEETING BEFORE FOR THIS WALKING-ONLY EVENT! There is a picnic tentatively being planned AFTER this Group Walk.
Aug 27	Sat 11:15AM	GROUP WALK	Cold Spring Group Walk - TENTATIVE Registration and walking at 11:15 AM. NOTE THE TIME CHANGE FROM OUR USUAL BECAUSE THIS RESTAURANT DOES NOT OPEN UNTIL 11 AM. (Volkswalk)
Aug 28	Sun 5:30PM	EVENT	Annual VCWP Hudson River Boat Ride - CONFIRMED!

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

Officers:

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



PRIVACY NOTICE

Your 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!

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.

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.