

Southern Maine Volkssport

Association Newsletter

July

2000

President's Corner

What a wonderful time we had on the Downeast Weekend.... our deepest thanks to Barbara Weymouth and her working crew for the special walks in beautiful Castine (a town well worth visiting again) and the ever-popular and beautiful Bar Harbor (or is it Baaah Haahbah). I took the weekend off from my pastoral duties and I am really glad I did. How special it was. We stayed in a nice Bed and Breakfast just out of town, and the whole trip was very special. I know those who walked in Castine (50 walkers I believe) will tell you just how great it was, and the group walk on Sunday morning in Bar Harbor was beautiful, and especially neat because it was a blend of Acadia (The wild gardens of Acadia) and the shore. Again... Thanks!

We are into what (to paraphrase Willy Wonka) I would call "so many walks so little time" mode. I hope you are out there walking. Be sure to support the walks of the Wandering Maine-iacs on Thursday evenings, they need to break even, or we might not have those walks next year, and don't forget the "4th of July walk" in Falmouth, starting between 9:00 and 10:00 AM and ending by noon. It will start at the Maine Audubon Sanctuary store building at Gilsland Farm.

The route of this walk will partially follow nature trails within the Audubon Sanctuary. Dogs will NOT be allowed on this segment. Some of the route will be along streets and sidewalks within the town of Falmouth and dogs can be taken on this segment. Although there are no barricades, the segment of the route within the Audubon Sanctuary would not be suitable for stroller or wheelchairs. It is rated a 2. The remainder, along sidewalks and streets, is rated as 1.

To get there: From the north or south via the Maine Turnpike. Take exit 9 off the Maine Turnpike to Us Rte 1; turn right (south) and proceed to the Audubon sign on the right. Turn right and enter the Sanctuary.

From the north or south via 1-295 (through the city). Take the Falmouth exit; turn left on Bucknam Road; and right on US Rte 1. Turn right (south) and proceed to the Audubon sign on the right. Turn right and enter the Sanctuary.

At noon, following the walk event, all participants are invited to join in a picnic at the Start/Finish location. Please bring a picnic lunch and a lawn chair, and plan to socialize until 2:00 PM.

If you have any questions contact David Muzzy at 455 Duck Pond Road, Westbrook, ME 04092. His telephone is 207-774-8524. If you can't get Dave get Sylvia Allen at 887 Spring Street in Westbrook, Me 04092. Her telephone is 207-854-5424.

Below are two articles on the rewards of walking. First from Randy and Becky Adams who walk with the Dallas Trekkers, and then from Wendy Bumgardner, who is the 'czarina' of the walking scene on the dangers of the sedentary life style. After you read these articles, I think you will discover that there are VERY FEW reasons why you should not put on your walking shoes and getting out into this great big beautiful world. It also will draw your attention to the need to see that more and more decisions are made to promote walking rather than discouraging it. You are fortunate if you live in Portland proper, for there are so many opportunities to walk away from traffic. We are not so fortunate out in the country and small towns where shoulders are "mushy" or non-existent, and state roads often promote high speed and not too careful motorists. Be sure to support those organizations that are trying to make a difference in the health lives of individuals, and that includes those organizations that are working with communities and municipalities to set up walking and hiking and biking trails. We need more not less.



[SMVA HOME PAGE](#)

Taking Kids on Walks

This article appeared in the walking news list written by Randy & Becky Adams. It talks a bit about the joys of "families walking together". It is just another example of why walking IS the answer to good health, by having your physical, mental and emotional needs met, and also those same needs in your children. They write:

"Randy and I started Volkssporting the year we turned 40 "" we seemed to be almost the youngest people at most of the events." "Why

Do you think younger people don't get involved? I imagine it would be hard if you had small children."

I cannot imagine why anyone would think it would be hard to be a Volkssporter with small children. My son, Bryan, will turn six in August and has been walking full 10ks since he was about four and a half. He has over forty walks under his belt, has made numerous friends on the walks (Granted there are very few children to befriend so he latches onto older folks instead) and are learning things on each trip that will help keep his horizons broad. Walking is making him strong and alert. He gets extended hours of parental attention without the interference of a TV or radio or household chores or work brought home from an office. He's learned to look and see, listen and hear, touch and feel and be entertained by nature.

He is not unique. Our little friend Lenore from the Waco club has been walking just as long and seems to enjoy it just as much. I have seen other children in the 5-7 year range that walk at other events. It doesn't hurt them or harm them. Provided that you remember that they do have limitations, walking with children can be very rewarding. Children perceive things differently than an adult and hearing them tell what they are looking at can

be very uplifting. You'll have to slow down some. Kids don't necessarily go from point A to point B in one continuous advance. In a hundred yard stretch of trail Bryan may pass and re-pass me dozens of times. Be prepared to stop and aggravate the ants, smell the butterflies or poke at anything with a stick. Small children are not likely to want to do more than one walk in a day. Rabid stamp collecting is not what they want or understand.

We want to get younger people involved in volkssporting. I say start 'em young. Reward yourself and take a little kid for a walk.

The Dangers of Not Walking

Wendy Bumgardner

Walking less and weighing more?

You are not alone. Walking continues to be the most popular form of exercise in the US. But walking as a part of daily life is declining steeply and our waistlines are expanding as a result. The Mean Streets 2000 report from the Surface Transportation Policy Projects paints a grim picture of walking in the USA.

Fewer trips of under a mile are being made on foot - in favor of driving. This is a decrease of 42% in the past 20 years.

The decrease in walking as a part of daily life is contributing to the epidemic of obesity - over half of the adults in the US are overweight or obese.

Nationwide, 5.4 percent of all trips are made on foot, and 13 percent of all traffic fatalities are pedestrians. Yet the states spent less than one percent of their federal funds on pedestrian safety.

Children are walking far less, often due to pedestrian hazards around their schools. Childhood obesity is climbing, almost tripling in the past 20 years to 13.6%



Walking regularly for 30 minutes to an hour a day has been shown to reduce risk of heart disease, stroke, cancer, and diabetes among other ailments. In previous decades many adults walked as part of getting from one place to another.

Newer cities are the worst for pedestrian facilities, being designed for car traffic with pedestrian paths as a frill or afterthought.

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One More Walking Benefit

That May Amaze and Astound You!

Long time Volkssmarchers Robert E. Webster and Linda Eberspacher, who met on SMVA's "Christmas in July" walk in Portland, Maine on 7/25/90, were married May 3 in Foley, Alabama, where they now live. They celebrated - how else? - By going on a trip to walk in their last 8 states: CO, WY, UT, MT, ID, WA, AK and OR. Despite Bob's PSP (progressive supranuclear palsy) and his 10-month-old wheelchair, they accomplished their goal and are quite pleased with themselves. They hope to visit New England in September and look forward to walking with old friends. Linda Webster shared this news with us.

REMEMBER THESE NEW SMVA INCENTIVES:

1. When you finish an event or distance book, come to the next SMVA meeting and get a free "B" award of your choice.
2. You get a free walk on your birthday. Just write birthday on your walk card and include the following information - be sure to list the hospital where you were born, the town, the time born, the doctors attending, what room you were born in, and a certified copy of your birth certificate. (Just kidding).
3. We are looking at more incentives to keep you on the trail... keep tuned!

GOODIES FOR THE JULY MEETING

Ralph Green (drinks)

Shirley Milliken (sweets)

Your Opportunity: (Veggies)

!! NOTICE!! One more time!!!

Make this date change....

How would you like to go on a walk where you not only got your exercise, but also visited a New Balance factory in the process... (New Balance is an AVA sponsor)... and ... special discounts and some freebies as well.... CLEAR YOUR CALENDAR for Saturday, NOT SUNDAY, as originally planned, SEPTEMBER 2 in Skowhegan, Maine where this will be a reality. Watch the newsletter in August for more exciting information.

WE NEED YOUR STUFF!!

Give a ways - white elephants - things you have always wanted to get rid of. We turn them into awards for attending our monthly meetings. Give them to Dan or Happy or Ken or David or Jan, or anyone else who will bring them to our meetings.

Walk and Eat Gang"

The "Walk and Eat Gang" are continuing weekly. The walks start at 9:30 a.m Thursdays and will continue into September. Here is July's schedule

July 6 Newburyport, MA

July 13 Kennebunk, ME

July 20 Nashua, NH

July 27 Salem, MA

Aug. 3 Danvers, MA

These Thursdays walks all leave from the starting point of the walk. Try to arrive by 9:15 a.m. for a 9:30 start.

Contacts:

Chuck and Fran Hutchins 603-483-0598 bfinch38@aol.com

Don and Polly Meltzer 978-443-8513 Meltzwalk@aol.com

Al and Bonnie Moulton 603-778-0267 nnieal@mediaone.net

Dick and Joan Rossi 978- 887-5901 JODIROSSI@aol.com

Herm and Valerie Day 603-775-2586 walherm@worldpath.net

We welcome back some family Members!!

Dotty Lewis

David and Sherry Hoisington

Marty Gladu

Virginia and Vernon Smith

Some news from our neighbors...Walk 'n Mass

They are sponsoring a program of quality walking events in each of the 14 counties of Mass. Here are the walks for July and August. The rest of the schedule for 2000.

July 15 (Saturday) - Reading - brochure available at our club meeting. - Middlesex County.

August 19 (Saturday) - Fairhaven - brochure available at our club meeting. - Bristol County.

August 27 -(Sunday) Carlisle - Middlesex County.

NOTE: WE WILL TRY TO HAVE THE BROCHURES AVAILABLE AT CLUB MEETINGS AS THE BECOME AVAILABLE TO US.

NEWS FROM THE AVA CHECKPOINT

The Official Voice of the American Volkssport Association

Nancy Stenger will be serving as president of the AVA, after the sudden death of the President Ted Ballman.

As some of you have experienced, we have had problems with our event stamps and with our data entry of sanction requests, after-action reports and YRE/Seasonal participation reports. The events clerk has been dismissed, but prior to her departure, it appears that she made every effort to mess up our activities. We are working to identify and correct the problems she has caused, but we need your help in this effort.

If you encounter any problems with your events - wrong stamp, no stamp, reports you submitted not found at the headquarters- please give us your support in getting these problems corrected. It is especially important that you check to be sure you have received your event stamp. Do not wait until the last minute to do this we cannot get you a stamp with just one day to react. Also, be assured that we will not penalize the club or any volkssporter because of these problems.

One quick plea. We have one month left on the third year of our Millennium Fund and we are just under \$9,000 short of our goal. If any of our clubs can spare a little more for this fund, we would really appreciate it - or any of the volkssporters in your clubs would like to send a little more, it would be great. We really would like to meet our goal again this year.

And finally, just before the Canadian Volkssport Federation convention, Lynn Clark, our English-speaking, IVV Vice President and former AVA President, had a mild heart attack. Lynn is doing fine and now is at home recuperating. We wish her well and ask that all of our volkssporters keep her in their thoughts and prayers. (A NOTE: our club sent her our get-well wishes and she replied that she is doing better, but has to take it easy.)

SMVA housekeeping notes:

EVENT STAMPS - Starting with July events, all event stamps will be mailed to the official club address.

Quarterly YRE reports are due NOW. Please get them to David Cole.

STILL Wanted/Needed!

A REPLACEMENT FOR CHUCK HUTCHINS ON THE TRI-STATE WALK COMMITTEE!!

If you are willing to help, please contact Chuck at 603-483-0598

Or at bfinch38@aol.com

ALSO

AN EQUIPMENT MANAGER - This person will check to see that all the supplies and equipment needed for our walks are ready to go!

Minutes of June 21 SMVA meeting:

The June meeting opened by Dan Carr, President, with 20 members and visitors present.

The secretary's report was accepted as written in the May newsletter.

The treasurer's report was accepted as reported by Dave Cole, Treasurer.

Membership is at 181, plus a sign up of three new members at this meeting.

A total of \$116.00 was reported from the Castine walk on June 3, 2000 in Club sales.

Ken Jackson did an exceptionally good job of publishing the Castine and Bar Harbor walks in many of the local newspapers in the area. Thanks Ken for the great job.

News from away: Chuck Hutchins reported walking Crazy Horse and while there he met up with Kay & Jenness Buck. Also while in the area, they did other walks and enjoyed his trip.

The Schaefer's reported walking in Cape Cod, MA. They did the Bourne Canal walk - seeing a tug pulling a barge and also a tall ship. The next day they were in Falmouth, MA doing the walk there and enjoying the sights and many small shops through the town. The following day, they were at Nantucket where the walk started at a Motel, walking to the Nantucket Island ferry. The ferry ride took about 2 hours and was great, with plenty of room and enjoying the company of the Walk & Eaters group. The checkpoint was at a lighthouse. Finally on Monday on their way home they stopped at Sandwich, MA doing the SEA walk there. This took them over a boardwalk with names imprinted in the planks of all the donators for the boardwalk. It also included visiting a marina and the S/F was in a park along the canal - the other end of Bourne Canal.

Dave & Penny Cole reported walking in Middlebury, VT. This walk took them through town to the college area and back into a section of town, which had many little shops. Other than the heat, they enjoyed the walk.

Carroll Tiernan reported that while in MN she was ready to do a walk but the downpour put a damper on this. She ended up walking the three floors of The Mall of America. After all that walking she was sure she had done a 10K. Sad she couldn't get credit.

A total of 55 walkers did the Castine walk.

The Wandering Maine- iacs walks for June 22, July 13 - 27, and Aug 10 - 24 are ready.

The Sunrise/Sunset walks are almost done. They will be ready for Aug12/13.

Dave Muzzy reported that the bus trip to Ottawa still has some space left. Sign up now before it is too late.

The McCauley walk at Fort Williams and the Tri-State walk at York Beach are ready.

The Sanford/Burwick walks for Oct. 14/15 are cancelled for this year. Maybe in 2001.

The Dec 10 Holiday walk is now under construction. Dean Cilley and Carroll Tiernan are working of this Yarmouth walk.

YR/SEA Walks: Portland YRE 8 Walkers for May. Augusta SEA total of 97, Bar Harbor SEA total of 85, Brunswick SEA total 39, Kennebunk SEA total 74, Westbrook SEA total 54, SP Lighthouse SEA no report.

The fifty-fifty was won by Carroll Tiernan a total of \$8.50. Lillian Cross, Bob Chrllis, Dave Cole, and Happy & Ken Jackson won door prizes.

The meeting adjourned at 8:30 PM.

Respectfully Submitted,

Happy Jackson, Secretary

You have had full information on regular and seasonal events walks provided by our sister clubs in Maine, New Hampshire, Vermont and Massachusetts. We will only list the one days events, and no longer list the seasonal except for Maine.

We will LIST CHANGES ONLY FOR THE REST OF THE YEAR. TO CROSS REFERENCE, CHECK YOUR MAY OR JUNE NEWSLETTERS.

We will try to treat Maine (SMVA and Wandering Maine-iacs here in events and in the body of the newsletter, so look in both places.)

MAINE REGULAR WALKS - One Day Only

SOUTHERN MAINE VOLKSSPORT ASSN (SMVA)

PO BOX 722 WESTBROOK, ME 04092-0722

WANDERING MAINE-IACS (WM)

PO BOX 6403 PORTLAND, ME 04102-6403

7/4/00 - 7/4/00 - WALK - WM

Start: The MAINE AUDUBON SANCTUARY STORE BUILDING

AT GISLAND FARM FALMOUTH, ME 10K

Contact: SYLVIA ALLEN 207-774-8524

7/13/00 and 7/27/00 - GUIDED WALKS - WM

Start: ARBY'S, PORTLAND 10KM

Contact: DAVID MUZZY 207-854-5424

Start times: 4 PM to 6 PM. Finish by Dusk.

To get to Arby's... Leave Interstate 295 (through the city) at Forest Avenue, using Exit 6B. Arby's will be on your right... related information under the 8/10 and 8/22 walks.

8/5/00 - 8/5/00 - SMVA and Gray Parks and Recreation NE00/255

(NEW LISTING)

Starting at the First Congregational Church Parish House on Brown Street in Gray, Maine.

Contact is Michael T. Meedy 45 Blueberry Lane, Gray, Maine 04039. Phone is 207-657-2909 or MoodsMike@aol.com

8/10/00 AND 8/24/00 - GUIDED WALKS - WM

Start: McDONALDS, SOUTH PORTLAND 10KM

Contact: DAVID MUZZY 207-854-5424

Start: McDONALDS, SOUTH PORTLAND 10KM:

Contact: DAVID MUZZY 207-854-5424

The first Thursday Night Summer Evening Walk NE2000/0224

Distance and Trail Rating: 10K. Rated 2.

Start place address: McDonald's, Mill Creek Shopping Center, South Portland, ME

Start times: 4 PM to 6 PM. Finish by Dusk.

Event description: Wandering Maine-iacs welcomes you to participate in our six summer evening walks in 2000. These six events will be 'Map-guided Walks' where the participant will follow a printed directions as they walk the route. There will be no posted signs along the way. The routes of these walks will be along sidewalks and walking paths through business and residential areas. Many segments of these trails have been used before at other volkswalks held in the area, but we have tried to incorporate new segments as they fit in. Occasionally, there may be construction or dirt paths, which will have to be traversed. For these reasons, we are rating five of the trails as 2, although you may find them easier. One of the Portland trails will be rated 3 because of a series of stairs, which will be on the route.

Award and fees: Credit only event. Credit only - \$2.00; or you may walk FREE. 'B' awards may be available.

Directions: Exit I-295 at Forest Ave using Exit 6A. Turn right and follow RT 77 across the bridge into South Portland. Turn left off the

bridge at the Waterfront Market District exit. McDonald's will be to your left.

Contact: Sylvia Allen, 887 Spring St, Westbrook, ME 04092 (207-774-8524) OR, Dave Muzzy, 455 Duck Pond Rd, Westbrook, ME 04092, (207-854-5424)

Email contact: edmuzzy@aol.com

Comments: Registration: There is no pre-registration for this event. Each person must carry a start card even if walking for free. Start cards must be turned in at the finish of the walk.

Water/Restroom: At the start/finish. Walkers should plan on carrying water on the walk.

Pets: Pets must be leashed at all times. Owners must pick up after their pets.

FYI: COST OF DOING BUSINESS

In the past years, these evening walks have been a money-losing events for the Wandering Maine-iacs, but we continue to offer them for your walking enjoyment. To help offset these losses, donations will be gratefully accepted.

August 12/13 Sunrise/Sunset Walk SMVA

Old Orchard and Kennebunk

(If all goes well, the brochure will be included

In this newsletter.)

Saturday, August 12 starting at the Sea Road Middle School in Kennebunk, Maine. NE00/256

Contact Wendy Hunter, 8 Lessard Ave, Biddeford, Me 04005 or phone 207-284-9697

Sunday, August 13 starting at the Old Orchard Beach Pier on East Grand Avenue, Old Orchard Beach, Maine. NE00/257

Contact Wendy Hunter, 8 Lessard Ave, Biddeford, Me 04005 or phone 207-284-9697

STAY TUNED FOR MORE REGULAR EVENT INFORMATION

(Some still in planning stages - watch for them to show up in the section above.)

(When that happens consider them as ready to go)

September 2 - Skowhegan Walk

NE00/258

Factory tour/shop/gifts (NOTE DATE CHANGE)

Starting point is New Balance Shoe Factory, Skowhegan, Maine. Contact is Jan Lynsky, 16 Twin Coves Lane, Harpswell, ME 04079. Phone is 207-725-4879 or jroblyn@clinic.net

September 17 - Harvest Walk SMVA -

Bradbury Mountain State Park

NE00/259

Starting point is Bradbury Mountain State Park, Route 9 Pownal, Maine 04069. Contact is Ed Witherell, 139 Broadway #10, South Portland, Maine 04106. Phone is 207-799-5675 or ewither1@maine.rr.com

September 30 - McCauley Residence Walk at Fort Williams in South Portland - SMVA

NE00/260

Starting point is Fort Williams Park, Shore Road, Cape Elizabeth, Maine 04107. Point of contact is Alan R. Robitalle, P. O. Box 17553, Portland, Maine 04112.

This will be done in conjunction with Mercy Hospital. There will be a 20K, 10K and 5K walk available.

Phone is 207-797-5967 or arob@zwi.net

October 7/8 Tri State Lighthouse Walk - SMVA

Nubble Light, York Beach, Maine, (SAT)

Rye, Whaleback Light, Portsmouth Harbor, New Hampshire, (SAT)

Thatcher Island Twin Light, Rockport, Mass (SUN)

Annisquam Harbor Light, (East Gloucester), Mass. (SUN)

IMPORTANT: BE SURE TO SEE THE REGISTRATION AND ALL THE INFORMATION FOR THIS WALK UNDER REGULAR EVENTS IN THE NEW HAMPSHIRE LISTING. THIS ALSO INCLUDES RESERVATIONS FOR THE DINNER, WHICH IS A PART OF THE WEEKEND.

October 14/15 Sanford/Berwick Walks - SMVA (CANCELED FOR THIS YEAR... MAYBE IN 2001.)

October 28/29 Fryeburg, Maine and North Conway, NH. A joint venture of SMVA and the Seacoast Striders. -

Starting point is St. Elizabeth Ann Seaton Church, Main Street, Fryeburg, Maine 04037. Contact is John Schaefer, RR1, Box 456, Brownfield, Maine 04010. Phone is 207-935-4117 or jonjan@landmarknet.net

December 10 Maine Holiday Walk - SMVA (NEW)

Dean Cilley and Carroll are planning this exciting event. (More information coming- we can tell you it will be in the beautiful city of Yarmouth)

MAINE SEASONAL EVENTS - NOTE DATES

04/01/00 - 11/30/00 - SMVA

Start: PINE TREE STATE ARBORETUM, AUGUSTA **State Capital Walk** (New Route) - HIGHLIGHTED IN THE MAY NEWSLETTER.

10KM (2000/Y1179)

Contact: JAN LYNSKEY (207-725-1479)

04/01/00 - 11/30/00 - SMVA

Start: BURWALDO'S, BAR HARBOR 10KM

Contact: BARBARA WAYMOUTH 207-288-5216

HIGHLIGHTED IN THE MAY NEWSLETTER

05/28/00 - 11/30/00 - SMVA

Start: SHOP 'N SAVE, BRUNSWICK 10-12KM

Contact: JAN LYNSKEY 207-725-1479

04/15/00 - 11/30/00 - YEAR ROUND WALK - SMVA

Start: VILLAGE TAKE OUT, KENNEBUNK 11KM

Contact: CHUCK HUTCHINS 603-483-0598

Email contact: bfinch38@aol.com

2000/Y0344

City, State, Country: Kennebunk/Kennebunkport, ME

Distance and Trail Rating: 11K. Rated 1+. Suitable for strollers and wheelchairs.

Start place address: Village Take-Out, Village Market Place, Kennebunk Lower Village.

Start times: Open daily from 7 AM to 6 PM. Closed Easter and Thanksgiving. Village Take-Out maybe closed on Sundays. If so, an alternative start point will be located in the Market Place Video, which is also in the Village Market Place. Sunday's hours: 10 AM to 6 PM. A sign and directions to the Market Place Video will be located at the Village Take-Out.

Event description: This 11K walk is on sidewalks, paved roads, dirt paths and paved paths. Included along the route are the grounds of St. Anthony's Monastery, Kennebunk Lower Village and Kennebunkport with their shops, galleries and restaurants; historic residential neighborhoods; overlooks of the open Atlantic Ocean and Walkers Point, the summer residence of ex-president Bush.

Award and fees: The Award is a hand painted wooden magnet of a whale. Fees: 'A' award and credit - \$5.00; 'B' award and credit - \$4.00; Credit only - \$2.00; OR you may walk for FREE.

Directions: From the north or south: Take Exit 3 (Kennebunk) from the Maine Turnpike (I-95). The Maine Turnpike is a toll road. Follow RT 35 South, crossing US RT 1 in downtown Kennebunk. From downtown Kennebunk, continue on RT 35 South an additional

3.4 miles. The entrance to the Village Market Place is on the right just beyond the fire station (Washington Hose Co.). The Village Take-Out is towards the rear of the complex, beyond the AAA office.

Comments: Registration: There is no pre-registration, however, groups of 10 or more are encouraged to contact SMVA to make special arrangements. Each person must carry a start card even if walking for free.

Water/Restroom: At the start/finish and along the route. Refreshments: Refreshments are available along the trail.

Pets: PETS ARE NOT ALLOWED...

Accommodations: There are a variety of hotels/motels in the area. Room for RV parking.

04/01/00 - 11/03/00 - SMVA

Start: SHOP 'N SAVE, BRADLEE,'S PLAZA,

(NOT CVS AS PREVIOUSLY STATED)

WESTBROOK 10KM

Contact: PENNY/DAVID COLE 207-854-5761

01/01/00 - 12/31/00 - SMVA

Start: DOUBLE TREE HOTEL, PORTLAND 11KM

Contact: JOHN TIBBETTS 207-774-8306

04/01/00 - 11/30/00 - WM

Start: SHOP'N SAVE SUPERMARKET, SO. PORTLAND 11KM

Contact: SYLVIA ALLEN 207-748-524

NEW HAMPSHIRE- One Day Only

SEACOAST STRIDERS PO BOX 3151 (SS)

PORTSMOUTH, NH 03802-0168

07/08/2000 - 07/08/2000 - WALK (NEW LISTING)

Start: URBAN FORESTRY CENTER

PORTSMOUTH 10KM

Host Club: SEACOAST STRIDERS

Contact: CRAIG/STEPHANIE JOHNSON 603-778-6896

08/17/2000 - 08/17/2000 - WALK - SS (NEW)

Start: HOWARD JOHNSON'S HOTEL, POTSMOUTH 11KM

Contact: CLAUDIA CAUCHON (603) 659-8598/862-1533

09/03/2000 - 09/03/2000 - WALK - SS

Start: SEWALL FALLS PARKING LOT, CONCORD 10KM

Contact: BILL MOUNTFORD 603-463-9868

10/07/00 - 10/07/00 - WALK - SS

(PART OF THE TRI-STATE WALK ON 10/7 AND 10/8)

Start: WALLIS SANDS STATE BEACH, RYE

City, State, Country: Rye, NH, Whaleback Lighthouse

Host Club: Seacoast Striders

Distance and Trail Rating: 5 K/10 K. Rated 1+

Start place address: Wallis Sands State Beach, RT 1A, Rye, NH

Start times: 8 AM to 1 PM. Finish by 4 PM.

Event description: The Seacoast Striders invites you to enjoy a walk along the New Hampshire seacoast to view the 50 foot Whaleback Lighthouse in Portsmouth Harbor, built of unpainted granite in 1877. From the start at

Wallis Sands Beach, the trail leads north along the coastal road to Odiorne Point State Park, 137 acres of unique and varied vegetation and wildlife. It then

wanders to Fort Dearborn, an old U.S. military base whose bunkers protected the entrance to Portsmouth Harbor during WW II; and to the Seacoast Science Center to view Whaleback Lighthouse; Portsmouth Harbor Lighthouse at Fort Constitution in New Castle; the Isle of Shoals Lighthouse on White Island; and (on a clear day) Boon Island off Maine coast. The route includes roads, walk and bike trails, and wooded paths. 5K and 10K trails will be available. Some areas are not suitable for wheelchairs and strollers, but alternate routes will be available.

Award and fees: The award for all four walks is a 14" x 14" tote bag with the four lighthouses hand-stenciled on the front. The award may be earned by completing any one of the events. A limited supply of 75 awards will be made. Advance registration will assure receipt of an award. The cost of the award, including one IVV credit, is \$6.00 if registered in advance and \$7.00 if purchased on the day of the event. IVV credit for each event is \$2.00. Or you may walk FREE. 'B' awards may be available at

each event.

Directions: From I-95. Take Exit 5, Portsmouth Traffic Circle. (You will be 6.8 miles from the Start.) Follow the road marked 'Route 1 Bypass - South' for 2 miles. (After 1.2 miles you will merge with RT 1.) At the traffic light (Yokens restaurant and Sprague Energy gas station on the right and Exxon station on the far left corner) turn left onto Elwyn Road. Follow Elwyn Road for 1.4 miles to RT 1A (Rye Gourmet Cafe on the left and Foyes Corner Market on the right.) Bear right onto RT 1A South. You will pass the Odiorne Point Boat Launch (1.1 miles) and the entrance to Odiorne Point State Park on the left.

Wallis Sands State Beach is 1.6 miles past the entrance to Odiorne Point State Park.

Contact: Bonnie and Al Moulton, 111 Union Road, Stratham, NH 03885. Telephone: 603-778-0267

Email contact: bonnieal@mediaone.net

Comments: Water and restrooms: Available at the S/F and at several place along the route.

Pets: NO PETS ARE ALLOWED WITHIN THE STATE PARK OR STATE BEACH.

Accommodations: There are many hotels/motels in the area to choose from. The Suisse Chalet in Portsmouth, NH has set aside a block of rooms for walkers for Friday, Oct 6 and Saturday, Oct 7 (Group ID#1006VOLK). As the events are scheduled for the height of New England's foliage season, we suggest that you make your reservations as soon as possible. Reservations must be made by August 6. The Suisse Chalet is located near the Portsmouth Traffic Circle just off I-95. Telephone number: 603-436-6363; FAX: 603-436-1621.

Dinner for Walkers: 6 PM, Saturday, October 7, 2000 The Tri-State Committee has arranged for dinner in a private dining room at Newick's Seafood Restaurant in Hampton, NH, so that walkers may socialize after Saturday's events.

THERE WILL BE TWO SERVINGS FOR DINNER - 5:15 AND 6:45 - BE SURE TO SPECIFY WHICH SEATING WHEN REGISTERING...

Since 1948, Newick's Restaurants have featured New England's favorite Seafood! (They have actually served-up something like 12,000,000 pounds of lobster since opening.) Everyone knows Newick's for their quality, value, service and generous portions. And your menu choices are not limited to seafood. For the all-inclusive price of \$18.00 (Includes entree, beverage, and dessert, as well as tax and gratuity). You will have a choice of 1-lb Boiled Lobster; Broiled

NY Sirloin Steak; Fried Haddock Filet; Fried Baby Shrimp & Bay Scallops Combo; or BBQ Boneless Breast of Chicken (2). All meals include: Choice of Potato or Rice, Cole Slaw, Rolls and Butter. Choice of Soft Drinks, Coffee, Tea or Iced Tea. Choice of Dessert: Assorted Ice Cream or Pudding.

Newick's is located at: 845 Lafayette Rd, RT 1, Hampton, NH. Telephone 603-926-7646

To reserve your place at the table, you will need to pre-register. Send it with your payment to the address

indicated in the pre-registration section (below) to arrive no later than September 30, 2000. Dinner is by pre-registration only. Pre-Registration: Send Pre-registration to Alan Moulton, Tri-State 2000, 111 Union Road, Stratham, NH 03885. Make check

payable to 'Seacoast Striders, Tri-State 2000'.

Award and 1 IVV credit - \$6.00

IVV credit for each event - \$2.00 per event

Dinner - \$18.00 per person.

Start cards will be at the S/F table.

These events will be held regardless of the weather.

Contact: ALAN MOULTON 603-778-0267

12/03/2000 - 12/03/2000 - WALK - SS

Start: EXETER PUBLIC LIBRARY, EXETER 10KM

Contact: CRAIG/STEPHANIE JOHNSON 603-778-6896

MASSACHUSETTS REGULAR EVENTS

WALK 'N MASS VOLKSSPORT CLUB (WNM)

80 WINGATE RD HOLLISTON, MA 01746-1261

EMPIRE STATE CAPITAL VOLKSSPORTERS (ESCV)

PO BOX 6995 ALBANY, NY 12206-6995

TWO TOWN WALKING CLUB

56 LEDGEWOOD DRIVE DANVERS, MA 01923-1651

07/11/00 - 07/11/00 - GUIDED WALK - WNM

Start: FAIR BANK COMMUNITY CENTER, SUDBURY 10KM - 6PM walk - Ice Cream Social

Contact: BEATE HAIT 508-429-3564

07/15/00 - 07/15/00 - WALK - WNM

READING, MA 5-10KM

Start: BURBANK YMCA, 30 Arthur B. Lord Drive

Contact: KEN HOLT 781-944-8798

Start 8:30 AM - Noon- finish by 3:30 PM

Restrooms available at start/finish and along the route

Award: 4", fully embroidered, multi-colored patch depicting the Foster-Emerson house, a beautifully restored saltbox built in 1710.

Trail Description: Leaving the Burbank YMCA, the route passes multiple historic sites and then enters Reading conservation land and the Town Forest where there are many plant species. Birds and wildlife abound in these preserved woodlands.

Both the 10K and 5K routes are on paved residential walkways and on woodland trails. The AVA course rating is 2.0 (1=easy, 5=difficult). Due to uneven trail surfaces, the routes are not suitable for wheelchairs or baby strollers.

Refreshments: Water and hard candy will be provided at the start/finish and at checkpoints. You may carry refreshments but please do not litter.

Conditions: This event will be held regardless of weather conditions. Prepaid registrations not claimed are invalid and the fee is forfeited. There will be no refund for any reason.

VERMONT REGULAR EVENTS

EMPIRE STATE CAPITAL VOLKSSPORTERS (ESCV)

PO BOX 6995 ALBANY, NY 12206-6995

TWIN STATE VOLKSSPORT ASSN (TTVA)

PO BOX 907 MIDDLEBURY, VT 05753

07/22/2000 - 07/22/2000 - WALK -TTVA

Start: FIRST UNITED METHODIST CHURCH,

18 Town Crier Drive.

BRATTLEBORO 10KM -

Host Club: TWIN STATE VOLKSSPORT ASSN

Contact: PAT STARK 802-295-3077

You will be able to start between 8 AM and 1PM.

You'll find it right off Route 5, just north of town after crossing the West River.

The walk goes through the heart of Brattleboro, which Charlotte Phillips (President of TSVVA describes as "a fun New England Town" and, like most Vermont walks, the trail goes out to a covered bridge. For more info, E-mail Charlotte's email is cpwalkvt@together.net

Southern Maine Volkssport Association

P. O. Box 722

Westbrook, Maine 04092-0722

Dan Carr - President dan@sacoriver.net -

If you have info for the newsletter send by email or to Dan at: P. O. Box 128 Hollis, ME 04042

Jan Lynskey - Vice President Jroblyn@clinic.net

Happy Jackson - Secretary Agee2@aol.com

David Cole - Treasurer davpencole@webtv.net

Ken Jackson - Publicity Agee2@aol.com

SMVA Newsletter is issued monthly by Southern Maine

Volkssport Association for its members. Membership is open to any person regardless of residence, upon application.

News Articles for inclusion in this newsletter are welcome and may be submitted at any time, and will be published as space is available. All dated material must be submitted no later than the 23rd of the preceding month for inclusion in the next issue. Please send directly to: Dan Carr, P. O. Box 128, Hollis, ME 04042.

Almost forgot:

A big thanks to Edna Coyne, Happy Jackson's sister who made the bottle covers for the Castine Walk, and to Jan Lynskey who put the AVA logo etc. on them.

Send mail to dbolin@juno.com with questions or comments about this web site.

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