

Southern Maine Volkssport Association Newsletter

October

2000

President's Corner Since several of us will be involved in the Tri-State Weekend (Lighthouse Walks), I joined the pre-walk crew at York Beach on Tuesday, September 10th. All I can say is this, if you are planning to walk the walks the weekend of October 7 and 8, you are in for a real treat if this walk is indicative of the rest. What a beautiful walk. Chuck should be commended. It takes you all over the beautiful York Beach Area, then up to the Nubble Light close and personal, and what an awesome finish. Enough said! Hope you will a part of that special weekend.

A lot of walking this past month. A neat Skowhegan Walk with lots of neat giveaways and prizes, thank you Jan Lynskey and Gloria Gilley. The Portland group walk which started at 5:30 PM had a "huge" attendance with Pat Broome (from Portsmouth) and myself being the only walkers. However, it was a good walk. I had walked a walk with Pat back at the New Year's Millennium. Pat moves right along, and we did the 10K walk in about 2 hours flat getting back to the DoubleTree just as dark settled. We changed the time to 3:30 PM for the remaining group walks. At the walk in Brunswick on the 20th we did better with 9 of us walking. The time works better. Hope YOU will join us for the group walk in Augusta on Wednesday, October 11th at 3:30 PM, and on Wednesday, October 25th for a group walk of Kennebunk. I can't say a lot about the McAuley/Mercy/SMVA walk at Fort Williams on September 30th. It will be over by the time you get this newsletter, but I am looking forward to it and plan to go all the way and do the 20K portion. We'll compare feet at our NEXT MEETING OF THE SMVA at the WALKER LIBRARY IN WESTBROOK ON OCTOBER 18TH AT 7:00 PM.

Don't forget to get out your calendars and put the walk on Saturday, October 28th at Fryeburg on them. John and Jan Schaefer promise an exciting time. We will get to honor Eleanor Draper on

that day. Who is Eleanor Draper? Read the SMVA minutes from the meeting at Bradbury Mountain to find out. Then on Sunday, October 29th, the Seacoast Striders promise the same type of excitement you had in Fryeburg in North Conway. And the last walk on our club calendar is the Holiday walk in Yarmouth on December 10th. Dean Cilley and Carroll Tiernan plan to make this a neat one, and the award is neat too... For all those who select the award will have a new instrument on which to play Christmas carols over the holidays.

With the loss of Ted Ballman several months ago, we have not updated the recent happenings in the AVA, so I thought I would include the latest news for your enlightenment and edification.



[SMVA HOME PAGE](#)

HAPPY HALLOWEEN!



FROM THE EXECUTIVE DIRECTOR'S DESK

It is a time for review, reflection, and, most important, planning for the AVA. The future of our association is in our hands and now is the time to mold that future into the shape that we want to see during the next decade. As we look at the past fiscal year, I think we can all feel comfortable but not really satisfied. Our financial report was good with some surplus in income over expenses. Our participation figures and the number of IVV books processed held steady over the year, hopefully indicating a resolution to our years of decline. We had forty-six Star Clubs last calendar year. This was a more than 30% increase over 1998. We are showing about a 9% increase in IVV 10-Event Books being processed. We have completed a strategic planning retreat

and are on our way to the first draft of a new strategic plan. I believe the stage is set for us to grow and for our sport to prosper in the first decade of the new millennium.

Our next important step is to get our strategic plan completed and into action. All of you will play a vital role in this step. You will have the opportunity to review the draft plan and provide comments and/or recommendations before the final plan is approved. This should happen in early November. The time for this review will be short, so I ask each of you to give the plan your number one priority once you receive it. Congratulations to the forty-six clubs who achieved Star Club status for 1999. A special congratulation goes to the Asheville Amblers and the Princeton Area Walkers for being our only two Gold Star clubs. Letters have been sent to all of the clubs. The ribbons and certificates have been sent to the Regional Directors for presentation to the clubs. The National Headquarters- is back to full strength again. Thanks for your patience during this period of transition. And finally, on a sad note, the president of the Black Hills Volkssport Association, Rita Thovson, and her husband lost their home in the Flag Pole Mountain fire that raged through the Southern Black Hills of South Dakota. Our thoughts and prayers go out to these folks. Please remember them and, if you can, help them in some way. Thank you for helping us renew The Spirit of Walking across the United States.

Some AVA Housekeeping Chores

Due Date. Sanction fees are due 60 days prior to the event. If the ESR is submitted less than 60 days prior to the date of the event, the sanction fee should accompany it.

Officer Updates. Any change to your club information (name, officers, phone, etc) requires a Club Officer Update form. Please submit promptly so that event stamps go to the correct address. Submit through the sanctioning channels for your state.

IVV Books. Remember that IVV/AVA policies require that your club have IVV books available for sale at your events.

Return of Stamps. Seasonal events should return their event stamp within 10 days of the end of the event EVEN if they are going to renew next year. The only exception would be an event that came onboard late as a seasonal this year that is going to be a year round next year.

Patience, Please. We are currently backlogged about three weeks in awards.

New Staffers. We are training two new people. One in Membership/Specialties and one in Events. Please be patient with them. Jackie will be happy to assist. *Clipping Coupons.* Remember, coupons **MUST** be attached to the after action report. They cannot come in later with the payment. The AAR is what generates the billing. If you forget to include them with the AAR, please hold them for your next event. We cannot go back and give credit when they come in separately.

Avoid the Rush. Please do not wait until the last minute to get your sanctions and reports in. Our cutoff date is the 25th. Everything received up to that date has to be entered in the computer and invoiced prior to the end of the month. If they all come in at the end of the month, it really hurts the one person responsible for all of the data entry and invoicing. Thanks for your assistance.

Your Attention Please.. Some Corrections from Patty Proulx -

The Shelburne Falls, MA event, NE 00/262, scheduled for Saturday, September 23rd, had to be RESCHEDULED for Saturday, October 21st. This event is sponsored by the Out and About Volkssport Club, which is really the Western Mass. Girl Scout Council. They were not able to use the start point on Sept. 23rd so they decided to change the date at the last minute.

Also! The Dover, NH SEASONAL Swim sponsored by the Seacoast Striders has been canceled for the remainder of the year. It was scheduled to run thru 30 Nov. I know the Seacoast Striders regret any inconvenience this may cause to fellow volkssporters but it was beyond their control.

Minutes for the September 17th Meeting of SMVA held at Bradbury Mountain.

The September meeting opened at 1:45 PM by Vice President, Jan Lynskey, with approximately 18 members and visitors present. The Secretary's report was accepted as written in the August newsletter. There was no Treasurer's report as our Treasurer was out of State. The total membership is now at 199. However, we did have a new person join our club today. Welcome aboard Cheryl. Hope we see you and your two boys walking with us as much as possible. There was no report given on trinkets at this time. At the New Balance walk held on Sept 2,00, we had a total of 59 walkers. New Balance Ken Jackson, Gerry Edgar, won shirts, John Stevens and Marjoleine Racine from Quebec. Janet won New Balance hats Sherrod, Fran Hutchins, Don Phillips, Wendy Hunter and Sue Cilley. Myrtle Walker won the New Balance Jacket. Roland Melcher and Kay Buck won the New Balance walking shoes. The Harvest walk held on September 17 had a total of 57 walkers. The morning started off with sunshine, but soon disappeared behind the clouds. Anyway, the rain did hold off for us, which was great. By the time you receive this Newsletter, the Ottawa Bus Trip scheduled to leave on Sept 22 at 7:00 AM from Bradley's Shopping Center in Westbrook, will be off and running. The McAuley

Residence walk to be held on Sept. 30 at Fort Williams is now ready to accept all walkers. Anyone getting pledges amounting to \$75.00 will be entitled to a T-shirt with the McAuley and SMVA logo on it. A big turnout is expected. The Tri-State walk already has many, many people pre-registered and more are coming in each day. There will be three busses arriving also. The Fryeburg Walk to be held on Oct. 28 will have a very special walker from Texas walk with us. Eleanor Draper, at the young age of 81 will be flying in to get her fiftieth State. Let us all try to make a special effort to be there and help her celebrate this occasion. There will be a special cake made in her honor. She started to walk in 1996 to get in shape as her goal was to climb Mt Washington. It was accomplished that same year at the age of 77. What an inspiration to all of us. The walk for the next day in North Conway , Oct 29, is ready. Any questions please feel free to contact Claudia Chauchon at (603)659-8598. The brochures for the Maine Holiday Walk to be held in Yarmouth on Dec 10 will be in the October Newsletter. The Portland YRE had a total of 31 walkers for August. The Augusta SEA has a total for the year of 138. The Bar Harbor SEA has a total for the year of 143. The Brunswick SEA has a total for the year of 97. The Kennebunk SEA has a total for the year of 189.

There was no report on the Westbrook and South Portland SEA. There was no old business to be taken up at this time. Under new business, it was voted to sell B- wards and split the total with the McAuley Residence. It was also voted to have a cake made for Eleanor Draper for walking her fiftieth state with us at the Fryeburg walk. Claudia Cauchon and her Mom, Jane, Chuck Hutchins, Don and Gerry Edgar, Janet Tibbetts, Wendy Hunter, Herman Day, Paul Robeson and our newest member Cheryl Letourneau won door prizes. Meeting adjourned at 2:30 PM.

Submitted by Happy Jackson, Club Secretary

Happy's Ambrosia Salad Mold

Many have requested Happy's recipe she have brought to the Harvest Walk. Here it is:

1 can (8 oz) crushed pineapple

2 cups boiling water

1 pkg (8 oz) or 2 pkgs (4 0z) orange Jell-O (sugar free)

1 ¾ cup thawed lite cool whip topping

1 can (11 oz) mandarin orange segments, drained

1 cup miniature marshmallows

Drain pineapple, reserving juice

Add cold water to pineapple juice to make 1 cup.

Stir boiling water into orange Jell-O in large bowl for 2 min. or until Jell-O is completely dissolved. Stir in measured liquid and refrigerate about 1 hour or until slightly thickened. Stir in whipped topping with wire whisk until smooth. Refrigerate 10 min. or until mixture will mound. Stir in pineapple, oranges, & marshmallows. Pour into mold and refrigerate for four hours or until

firm. Unmold. Approx per serving: Cal 98, Pro 3.7g , Carb 15g, Fat 1.4g, Chol 0, Sod 66.6mg.

Next year's Club Officer's

The nominating committee composed of Alan Robataille, chairman, Ken Jackson and Carroll Tiernan are asking for volunteers to fill the position of Vice-President, Treasurer, several board members and membership. If you would be willing to give of your time and talents, please contact one of the committee.

NOW IS THE TIME!!

We need your best pictures as soon as possible!

None have been received yet! And we need them for the new seasonal brochure for 2001.

Our "A" Awards for next year will feature a picture from our Seasonals and Year Round walks. The problem is we need pictures from this year before the walks end.... for example, in the Kennebunk walk, does anyone have a picture of the Walker Compound or the Abbey? We will return the pictures to you. Please give suggested pictures from any of our walks to Dave Muzzy, he will scan them, make the magnets, and the picture will be returned to you unharmed. What do you have that is exciting. Remember, what may be normal and dull to you because you have seen it a thousand times, may really excite someone who is visiting our area and walking it for the first time.

I AM WALKING ALL SIXTEEN MAINE COUNTIES 2001-2004

"Walking Maine Counties is a program for walkers who wish to walk in each of Maine's sixteen counties. The program is sponsored by the Southern Maine Volkssport Association and by Wandering Maine-iacs. These walking clubs are affiliated with the American Volkssport Association, and each walk will be a sanctioned volksmarch as defined by the AVA.

There will be two walks for credit in each of Maine's 16 counties. They will be offered on alternate years. Example: Washington County will have a walk in 2001 and 2003, so you will have two opportunities to get credit for each county. Below are the counties, which will be walked in 2001. Only the locations marked with an (*) are set at this time. A walk will be established in one of the towns listed as a location. Upon adoption, an asterisk will be added

to that location. We invite you to adopt and set up a walk in one of these towns in your favorite county and present it to the club. Upon approval we will add it to this list. If you have any questions contact Dan Carr at or 929-4047 (for SMVA assignments), or Dave Muzzy at or 854-5424 (for WM assignments)

THE COUNTIES AND WALKS FOR 2001 ARE (Most of these are still tentative - dates are given as a guideline at present: ALSO, we need sponsors to adopt a walk in several counties as soon as possible:

***WASHINGTON COUNTY May 12/13 OR 19/20 WM CALAIS**

***KENNEBEC COUNTY - AUGUSTA SEASONAL COUNTS - SMVA AUGUSTA**

NEED SMVA SPONSOR FOR OXFORD COUNTY - PICK A TOWN FOR ADOPTION:

RUMFORD, PARIS, MEXICO, DIXFIELD, BUCKSFIELD

NEED SMVA SPONSOR FOR LINCOLN COUNTY:

**PICK A TOWN FROM :LINCOLN, WISCASSET, BOOTHBAY HARBOR,
JEFFERSON, DAMARISCOTTA, NEWCASTLE, DRESDEN**

*** ANDROSCOGGIN COUNTY - SPONSORED BY SMVA Sept. 29 and 30 LIVERMORE
- with Civil War enactments at the NORLANDS**

*** KNOX COUNTY - SPONSORED BY WM - October 13/14 in ROCKLAND**

**NEED SMVA SPONSOR FOR CUMBERLAND COUNTY - PICK A TOWN FOR
ADOPTION:**

PORTLAND, BRUNSWICK, WINDHAM,

GORHAM, YARMOUTH, FALMOUTH,

**GRAY, HARPSWELL, NEW GLOUCESTER, CASCO, NO. YARMOUTH, POWNAL,
BALDWIN WESTBROOK ,SCARBOROUGH, CAPE ELIZABETH, STANDISH,
FREEPORT, CUMBERLAND, BRIDGTON, RAYMOND, NAPLES, HARRISON,
SEBAGO**

***WALDO COUNTY - sponsored by WM. Sept 29/30 in BELFAST**

**THE NEXT SMVA MEETING AT THE WALKER LIBRARY IN
WESTBROOK WILL BE AT 7:00 PM ON OCTOBER 18TH**

“Walk and Eat Gang”

The Walk and Eat Gang will continue to walk weekly on Thursday. We gather at the starting point by 9:15a.m. for a 9:30 a.m. start. Come join us for walking, eating and socializing. These walks are open to all-singles and couples (and dogs). All are welcome!

Oct. 5 No walk due to Tri State preparations

Oct. 12 Exeter, NH (Retiring this year, and we want one more lunch at the Loaf & Ladle)

Oct. 19 Kennebunk, ME (Because this is a really nice walk.)

Oct. 26 Salem, MA (Where else the week before Halloween?)

contacts:

Chuck and Fran Hutchins 603-483-0598

Don and Polly Meltzer 978-443-8513

Al and Bonnie Moulton 603-778-0267

Dick and Joan Rossi 978- 887-5901

Herm and Valerie Day 603-775-2586

THANKS SO MUCH!

We are pleased to announce that Joan and Roland Melcher will be the SMVA representatives on the planning committee for the Tri-State Walks in 2001. We appreciate their willingness and sacrifice of time to make something great happen.

TWO FALL GROUP WALKS LEFT!!!

WEDNESDAY NIGHT

Begin at 3:30 PM (NOTE TIME CHANGE)

October 11 - Augusta - Pine Tree State Arboretum

October 25 - Kennebunk - Village Take-Out

UPCOMING SMVA WALKS

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 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 NH AND MASS. LISTING.

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 Hall, Main Street, Fryeburg, Maine 04037.

Start time is 9am - Noon. Finish by 3PM.

Trail description - Both the 5K and 10K trails are mostly on sidewalks and roads, however the 10km has a 200' high hill/boulder with a trail going through the woods to the top. This is rated a 2. The 5k is rated a 1 on the basis of 5 being hardest.

Facilities and restrooms: Refreshments and rest rooms will be available at the start/finish and at commercial establishments along the route.

Pets are allowed, but must be kept on a leash at all times and owners must clean up after them. Littering along the way is prohibited.

Contact is John Schaefer, RR1, Box 456, Brownfield, Maine 04010. Phone is 207-935-4117 or

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)

NEW HAMPSHIRE- Regular (One Day Only) events

SEACOAST STRIDERS PO BOX 3151 (SS)

PORTSMOUTH, NH 03802-0168

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 Gourment 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 Susse 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 Susse Chalet is located near the Portsmouth Traffic Circle just off I-95. Telephone number: 603-436-6363; FAX: 603-436-1621.

THE DINNER EVENTS ARE FULL.

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

A JOINT WALK

10/29/2000 No. Conway Walk (see also Fryeburg, ME - WALK -SMVA)

5K and 10K

Start: North Conway Community Center, Main St.,

No. Conway, NH.

Start time: 9am to noon, finish 3 pm.

Trail description: Both the 5km and 10km walks are mostly on sidewalks and roads with a hill and a wooded exercise trail. The trail is rated a 2.

Facilities and restrooms: Water will be provided at the start/finish and at checkpoints. You may carry refreshments but PLEASE DO NOT LITTER. Restrooms are available at the start/finish.

Pets are allowed, but must be kept on a leash at all times and owners must clean up after them.

Contact: Claudia Cauchon (603) 659-8598

Email:

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

Event Number: NE2000/0245

Start: EXETER PUBLIC LIBRARY, EXETER 10KM

Host Club: SEACOAST STRIDERS

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

10/21- NOTE THIS IS A CHANGE

----09/23/2000 - 09/23/2000 - WALK (RESCHEDULED FOR OCTOBER 21)

The **Shelburne Falls, MA event**, NE 00/262, scheduled for Saturday, September 23rd, had to be RESCHEDULED for Saturday, October 21st. This event is sponsored by the Out and About Volkssport Club, which is really the Western Mass. Girl Scout Council. They were not able to use the start point on Sept. 23rd so they decided to change the date at the last minute

Event Number: NE2000/0262

Start: BUCKLAND-SHELBURNE ELEMENTARY SCHOOL, SHELBURNE FALLS, 5/10KM

Host Club: OUT AND ABOUT VS CLUB

PO BOX 558

LEEDS, MA 01053-0558

Contact: PAULETTE McCAULEY 413-584-2602

10/01/00 - 10/01/00 - WALK

Event Number: NE2000/0205

Start: LAWRENCE ACADEMY ATHLETIC CENTER, GROTON 10KM

Host Club: WALK 'N MASS VOLKSSPORT CLUB

Contact: PAULINE & CHRIS MELLEN 978-649-7633

10/08/00 - 10/08/00 - WALK - SUNDAY -TTWC

Yankee Lighthouse Weekend (4th Annual Tri-State Walk) NE2000/0222

Rockport, MA, Cape Ann Twin Lights, Essex County

Host Club: Two Town Walking Club

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

Start place address: Rockport High School,

32 Jerden's Lane, Rockport, MA

Start times: 9 AM to 1 PM. Finish by 4 PM.

Event description: The Two Walking Club welcomes you to walk Cape Ann and view the twin lighthouses of Thacher Island, first established in 1771. The present 124 foot North and South Lights were built of granite in 1861. The island was named by Anthony Thacher, an Englishman whose vessel "Watch and Wait" was wrecked in a ferocious storm near the island in 1653.

He originally dubbed the island "Thacher's Woe." The General Court awarded Anthony Thacher the island to compensate for his loss of four children, a cousin and his ship. The twin lighthouses were the first lighthouses built by a colonial government in North America to mark a dangerous spot rather than a harbor entrance. The trail is mostly paved, with some road shoulder walking and a foot trail path around Loblolly Point. Points of interest along the way include a bonus view of Straitsmouth Light (seen along Eden Road and again at Loblolly Point); several distant views of Thacher Island and the twin lights, as you walk through a beautiful seacoast residential area; a nice view of Loblolly Cove, seacoast inlet; and finally a spectacular view of the lighthouse off Loblolly Point. Bring your camera for this look across a small body of water. You might even catch a view of lobster men as they work their traps in the waters below the Point. You will have seacoast views as you pass Land's End, Pebble Beach, and at the Checkpoint overlooking Cape Hedge Beach and Long Beach. The trail returns through a lovely

residential area, by a beautiful Queen Ann House, before entering the Atlantic Seacoast Path with its dazzling panorama view of the rocky Atlantic coast. 5K and 10K trails will be available. Some area is 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 45 (RT 128). RT 128 South for 19 miles to the bridge over the water entering Gloucester. After going over the bridge you will come to two traffic circles. Proceed half-way around both and continue straight to end of RT 128. At the traffic light turn left on to RT 127 to Rockport. At the 5-street intersection in Rockport, proceed straight onto RT 127A South ("Bearskin Neck-Rockport Center"). At the small lighthouse in the center of the street, turn right onto Mt. Pleasant St., which becomes South St. Approximately 0.5 mile from the monument, turn right at Jerden's Lane (tree in the middle of Jerden's Lane) and continue 0.25 mile to Rockport High School on left.

Contact: Joan and Dick Rossi, 91 Washington St, Topsfield, MA; Telephone; 978-887-5901

Email contact: jodirossi@aol.com

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

Pets: Pets are permitted on leash. Owners must pick up after their pets.

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 Start cards will be at the S/F table.

These events will be held regardless of the weather.

10/08/00- 10/08/008 - WALK - SUNDAY - WNM

Yankee Lighthouse Weekend (4th Annual Tri-State Walk) NE2000/0221

Annisquam Harbor, East Gloucester, MA, Annisquam Harbor Lighthouse, Essex County

Host Club: Walk 'n Mass Volkssport Club

Distance and Trail Rating: 6 K/11 K. Rated 1+

Start place address: Parking Lot, Dorothy Talbot Memorial Rink (at the Ralph B. O'Maley Middle School), Dr. Osman Babson Road, Annisquam, MA

Start times: 9 AM to 1 PM. Finish by 4 PM.

Event description: The Walk 'n Mass Volkssport Club offers a walk to Annisquam Harbor Light, named most photogenic scene in Massachusetts by a photographic website. The light was established in 1801 when the U.S. government built a 32 foot wooden light tower, a keeper's house and a stone oil house . The present 41 foot lighthouse was erected in 1897. The USA Photo Web Site recommends that the best time for photographers to visit the lighthouse is in the Fall before sunset and the best

photo opportunity is from the south side, where there will be a walk checkpoint. The trail begins near the golden Mill Pond marshes and follows sidewalks and roads past Goose Cove across a wooden footbridge to scenic Annisquam Village and its picturesque harbor on Ipswich Bay. The village was first settle by Europeans in 1631. Its residents have been dependent on the commerce of the sea, but its serenity has also prompted a rich contribution to the arts - from painting to literature to music.

Artist Winslow Homer and writer Rudyard Kipling both spent time at Annisquam, and Russel Crouse and Howard Lindsay wrote 'The Sound of Music' in the village. On the day of the walk there will be a juried Arts and Crafts show in the village.

After a trip around the village, the trail leads through an exclusive neighborhood to Wigwam Point and Annisquam Harbor Light. The trail then passes through more of the village and returns to the S/F via paved roads and sidewalks.

See Rockport walk above for awards, accommodation and registration information

Directions: From I-95. Take Exit 45 (RT 128). RT 128 South for 19 miles to the bridge over the water entering Gloucester. After going over the bridge go 3/4 of the way around the first traffic circle and follow RT 127 toward Annisquam. After 0.5 miles turn right onto Dr. Osman Babson Road, the fifth street on the right from the circle. (Note sign for the Ralph B. O'Malley School.) Follow Dr. Osman Babson Road up to the hockey rink parking lot on your left. Look for the Walk 'n Mass tent.

Contact: Polly and Don Meltzer, 341 Old Lancaster Road, Sudbury, MA 01776. Telephone: 978-443-8513

Email contact: meltzwalk@aol.com

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

Pets: Pets are permitted on leash. Owners must pick up after their pets.

10/21/00 - 10/21/00 RESCHEDULED WALK

The **Shelburne Falls, MA event**, NE 00/262, scheduled for Saturday, September 23rd, had to be RESCHEDULED for Saturday, October 21st. This event is sponsored by the Out and About Volkssport Club, which is really the Western Mass. Girl Scout Council. They were not able to use the start point on Sept. 23rd so they decided to change the date at the last minute

Event Number: NE2000/0262

Start: BUCKLAND-SHELBURNE ELEMENTARY SCHOOL, SHELBURNE FALLS, 5/10KM

Host Club: OUT AND ABOUT VS CLUB

PO BOX 558

LEEDS, MA 01053-0558

Contact: PAULETTE McCauley 413-584-2602

10/21/00 - 10/21/00 - WALK

Event Number: NE2000/0206

Start: OLD STURBRIDGE VILLAGE EDUCATION BLDG, STURBRIDGE 10-15KM

Host Club: WALK 'N MASS VOLKSSPORT CLUB

Contact: MIMI STRACK 508-347-7227

11/04/00 - 11/04/00 - WNM

Event Number: NE 00/ 243

CLINTON, MASSACHUSETTS

Start :St. John's Gym, 149 Chestnut Street, Clinton, MA 01510

Start time: Saturday, November 4, 9:00 AM - noon

Finish Time: by 3:30 PM

Clinton, incorporated in 1850, celebrates its 150th anniversary this year. Settled in 1654, Clinton was originally part of Lancaster, a neighboring town. With shallow soil and hilly terrain unsuitable for farming, Clinton became an industrial community with the Lancaster Cotton Mills, the largest world producer of gingham during the late 1800's.

Clinton's central park is one of the largest and most beautiful in the western suburbs. The ornate Victorian style Foster Fountain, constructed in 1890 and damaged during the 1938 hurricane, was restored to its original elegance this year. The 10km route traverses the Wachusett Dam and Reservoir, an abandoned railroad, Central Park, and passes several elegant Victorian homes. With hills and uneven terrain, the AVA rating is 2.5 and is not suitable for wheelchairs or strollers. The 5km route is mostly on paved surfaces, has an AVA rating of 1.5 miles and is suitable for strollers but not wheelchairs.

Award: a 4-inch, fully embroidered multi-colored patch depicting the Wachusett Dam and Reservoir.

IVV Credit \$2.00 IVV Credit and Award \$5.00

Contact: Joy Peach - 74 Beach Point Road, Lancaster, MA 01523 - (978)365-5021, OR Betty Foley, 807 Boston Post Road, Sudbury, MA 01776 , (978)443-4857, or

WALK 'N MASS CHANGES

1. Concord, MA start point Brooks Pharmacy has changed its Sunday hours to open at 9AM and close a 8 PM.

2. Boston Freedom Trail - hear "The Charleston Bells" created by Paul Matisse as you start across the Charles River Bay Dam.

3. The walk box for the Newport seasonal walk will be moved to the "7 to 11" convenience store located at 29 Memorial Boulevard. Memorial Boulevard is the last street on the final leg of the seasonal event.; down the street from the "Cliff Walk Manor," the present start point. The Newport walk remains open for walkers to do on a day of their own choice until Sunday, October 22. There is a 15 minute limit on the parking at the "7 to 11" store. Therefore, please pick up your walk directions and park at the Cliff Walk Manor before starting your walk. When you pass the "7 to 11" near the end of your walk, leave your walk card and any money due, and stamp your IVV books.

VERMONT REGULAR EVENTS

No more regular walks in 2000, but don't forget these seasonal walks with the foliage season upon us.

04/01/00 - 11/30/00 - YEAR ROUND WALK

Start: JAY'S CARDS & GIFTS, BENNINGTON 10KM

Host Club: EMPIRE STATE CAPITAL VOLKSSPORTERS

FMI Write: PO BOX 6995 ALBANY, NY 12206-6995

Contact: LAVERNE STILES 518-584-5285

04/01/00 - 11/30/00 - YEAR ROUND BIKE

Start: RADISSON HOTEL, BURLINGTON 25KM

Host Club: TWIN STATE VOLKSSPORT ASSN

FMI: PO BOX 907 MIDDLEBURY, VT 05753

Contact: CHARLOTTE PHILLIPS 802-462-2019

01/01/00 - 12/31/00 - YEAR ROUND WALK

Start: RADISSON HOTEL, BURLINGTON 10KM

Host Club: TWIN STATE VOLKSSPORT ASSN

FMI: PO BOX 907 MIDDLEBURY, VT 05753

Contact: CHARLOTTE PHILLIPS 802-462-2019

05/01/00 - 10/31/00 - YEAR ROUND WALK

Start: THE WHITE MARKET, LYNDONVILLE 10KM

Host Club: TWIN STATE VOLKSSPORT ASSN

FMI: PO BOX 907 MIDDLEBURY, VT 05753

Contact: JIM/MARY FEARON 802-626-3829

04/01/00 - 11/30/00 - YEAR ROUND WALK

Start: MIDDLEBURY INN, MIDDLEBURY 10-11KM

Host Club: TWIN STATE VOLKSSPORT ASSNFMI: PO BOX 907 MIDDLEBURY, VT 05753

Contact: CHARLOTTE PHILLIPS 802-462-2019

01/01/00 - 12/31/00 - YEAR ROUND WALK

Start: CAPITAL PLAZA HOTEL, MONTPELIER 10KM

Host Club: TWIN STATE VOLKSSPORT ASSN

FMI: PO BOX 907 MIDDLEBURY, VT 05753

Contact: CHARLOTTE PHILLIPS 802-462-2019

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

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