

Southern Maine Volkssport Association Newsletter

September

2000

President's Corner

Some of you had the opportunity to walk the 10th anniversary of the Portsmouth walk on Thursday, August 17th. It was a beautiful day and a nice walk as usual. The flowers in Prescott Part were outstanding, and it was great that they had established a checkpoint in that area. Thanks to the Seacoast Striders for a great time.

As usual, I found myself walking with someone new. It was great to get to know Kathleen Stewart, who is living this summer in Vermont, and who lives in Fort Worth, Texas

It is always exciting to meet new people, see new scenery, see old friends, and get healthy at the same time.

There are several new items I would like to mention as we begin to wind down the year, though there are PLENTY more walks to go, and set out sights toward the future.

First, we have adopted for the years 2001-2004, a WALK THE COUNTIES IN MAINE PROGRAM. You will find more information on it later in this newsletter.... LOOK FOR IT! It will be a joint project of SMVA and the Wandering Maine-iacs.

Second, we want to put more emphasis on a theme for the rest of this year and into 2001. We will be developing the theme "Walking for the Health of it." At our August meeting, the question was asked, "Why do you walk?" There were many great responses, and many of them centered on health. We will try to develop some resources to publicize our club to fellow walkers you encounter on your daily walks. Most walkers you meet are out to walk and not to stop and talk. You will be able to give them a card with pertinent information about SMVA, AVA/IVV and send them on their way.

Some words of thanks. Thanks to Alan and Wendy for the great job they did on the Sunrise/Sunset Walks or was it the Sunset/Sunrise walk. Thanks to Mike Moody and his crew, and to all the club helpers for the Gray Walk. I didn't get a chance to attend, but those who walked the trail said it was great.

Now, we have some new adventures. Remember the Skowhegen walk is on Saturday, September 2 - -**A 5km and 10k walk "A Walk and A Visit to the New Balance Store" in Skowhegan, at 10 Walnut Street. A "B" -Award Event - but there ill be goodies. Start: 9:00 a.m. - Noon Finish by 3:00 p.m. Event Number NE 00/258. Trail Description: Skowhegan is the site of the oldest state fair in the country, the Skowhegan State Fair. It is also the site of the Margaret Chase Smith Library, which is nationally known and located on one of the most**

beautiful sites overlooking the town. The New Balance factory here is not open on Saturday, but the store will be.

Come and enjoy many BIG savings, freebies and drawings. From New Balance, Our AVA corporate sponsor, and see the Skowhegan home of Margaret Chase Smith and her Library. This Trail is part of the USAF&T route... and will wander through a park, and by the Kennebec River. For more information, please contact: Jan Lynskey, (207) 725-1479, 16 Twin Coves Lane Harpswell, ME 04079. Email: jroblyn@clinic.net or Gloria Gilley (207) 474-5179, 14 Haeselton St., Skowhegan, ME 04074. Email: gagilley@colby.edu

Directions: From I 95 follow 201 to Skowhegan. Just before going into town will see a big Skowhegan Savings Bank sign, right there onto Walnut St. to Factory Store which is located at 10 Walnut Street.

PHONE: (207) 474 6243.

On Sunday September 17, The HARVEST WALK at Bradbury Mountain State Park in Pownal, Maine will include a potluck picnic and the September Club Meeting. This will be a 10K walk within the Park. Trails of shorter length are available for those unable to complete a 10K walk. There is an "A" award, a 3 ½" pumpkin patch available.

The start time is 9:30 AM to 10:30 AM, finish time 1:30 PM. The start finish is at the Bradbury Mtn. State Park, at the picnic shelter. Please note there is a \$2.00 per adult fee and a \$.50 fee for children 5-11 Park Entrance Fee. Water and restrooms will be available at the Start/Finish.

Directions: From the South: Maine turnpike to exit 6A, to I-295. North on I-295 to Exit 20 - Freeport/ Durham. Follow signs to Bradbury Mountain.

From the North: I-95 south to Exit 20 - Freeport/ Durham. Follow signs to Bradbury Mountain.

Each of you should have received a packet relating to the Mercy/SMVA Walk on September 30th with plenty of information about the walk and about how you can become a part of the pledge process if you desire. There is also more info later on in this newsletter.

Got to stop and get out on the trail.

See you there – Dan



[SMVA HOME PAGE](#)

Minutes for the August 16th Meeting of SMVA

The August meeting opened at 7:00 PM by Dan Carr, President, with 18 members and visitors present. The Secretary's report was accepted as written in the July Newsletter. There was no Treasurer's report as the Treasurer was unable to attend the meeting.

The total membership to date is 195. Let us all do our part to increase this number.

John Tibbetts reported a sale of \$196.00 at the Gray Old Home Days walk.

A report to date of the YRE & SEA Walks. Portland YRE 16 walked in July, Augusta SEA has a total of 120, Bar Harbor SEA has had 26 walk for award and 101 for credit and 3 free Brunswick SEA a total of 62, Kennebunk SEA a total of 161, Westbrook SEA no report and South Portland Lighthouse SEA No report.

Under unfinished business, a draft has been drawn up to walk the 16 counties of Maine over a 4-year period. This could also include some of our YRE & SEA walks. More information will be in the newsletter. There are still many pieces of our club equipment, missing. If anyone out there has any club equipment, please let the club know so we can track its use.

Under new business it was voted to adopt a trail [such as the Audubon trails] and help keep it clean. Lets all of us get in the habit of carrying a plastic bag and picking up as we walk. We will have Carroll Tiernan share more information at the September meeting.

Dave Muzzy announced that he could make magnetic awards for our YRE & SEA walks in 2001.

It was voted that any member could walk free on their birthday. This would include the YRE & SEA walks.

It was voted to send a check to the Kennebunk Beach Improvement Association in the amount of \$10.00, for the use of their bathrooms at the Kennebunk Sunset walk.

A big thank you for all those who helped at the Sunset/Sunrise walks. There were 53 walkers at Kennebunk for the Sunset walk and 50 walkers at the Sunrise walk at Old Orchard Beach.

Under SMVA & Wandering Maniacs walks for 2000, the New Balance walk in Skowhegan is ready. There will be drawings, freebies and savings. This walk will take us past the home of Margaret Chase Smith.

The Harvest walk at Bradbury Mt. State Park is all set. There will be a potluck lunch and meeting after the walk. There will be charcoal for those who may want to really get into things.

The Ottawa Bus Trip for Sept. 22 25 still has a few empty seats. Contact Dave Muzzy for details. Come and join in on the fun.

The McAuley walk at Fort Williams is ready. There is a list in the brochure of prizes available for money you raise for this event. This is a worthy cause, so lets see how many of us can make a good showing to support our SMVA club. But remember, you do not have to get pledges to walk this walk. The pledges are purely voluntary. It is a sanctioned walk.

Thelma Gagne, John Tibbetts, Wendy Hunter, Shirley Millikin, and Karin Sears won door prizes.

A thank you goes to John Tibbetts and Happy Jackson for refreshments.

Meeting adjourned at 8:15 PM.

Respectfully submitted,

Happy Jackson, Sec.

The nominating committee composed of Alan Robitalle, 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.

Do you have ideas a special walk in 2001? Dan will meet with our sister clubs during the Lighthouse Weekend, and would like to place our regular walks (other than YRE's and SEA; on the calendar. Please

come to the September meeting (which will follow the Bradbury Mountain event) with ideas and suggested dates. Also, you can email Dan at: dan@sacoriver.net or call 949-4047.

We need your best pictures! And we need them before the Seasonal Events end in 2000

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.

**NEW FOR THE FALL!!!
WEDNESDAY NIGHT
GROUP WALKS!!
Begin at 5:30 PM**

September 6- Portland Year Round - Doubletree Hotel.

September 20 - Brunswick - Shop 'n Save- Elm Street

October 11 - Augusta - Pine Tree State Arboretum

October 25 - Kennebunk - Village Take-Out

News From Away

Some Ken and Happy Happenings!





Happy watching the ducks. City Park, Turo, NS



Happy with new friends, Mike & Shirley Hackett of the Darmouth Club in NS. Fort Edward, Windsor, NS

We both sure enjoyed the company of our new found friends. Walking together sure helps getting to know each other. Not only do we walk, but camp, attend Jamborees and many other things. We have a lot of the same interests. Hard to believe we could meet up with such nice people. I am going to send them a copy of our newsletter when it comes along with pictures we took with them. I will also send them a copy of the walks we did two years ago on our trip to Alaska and back.

Ken and Happy Jackson

Help Us Please!

**WHERE IS THE SNIPPIOPITOR? WHO HAS THE GIGLIOMETER? WHAT HAPPENED TO THE OTHER "STUFF"?
HUH?**

Now that I have your attention, let me ask you.

Do you have any SMVA property in your basement, garage or car trunk?

Over the years, countless SMVA items have disappeared: Hammers, staple guns, cash boxes (with or without cash?), start boxes, dog dishes, first aid kits, and on and on and on and on, etc.

Periodically, we have a "scavenger hunt", trying to retrieve lost, misplaced and forgotten items. Now is the time to look again. If you have any SMVA items, please make a list and bring to the next meeting (the list, not the items).

We need to get that "stuff" located. Please help. Thank you.

**AVA HOUSEKEEPING
FROM THE CHECKPOINT**

- 1. NO 5K walks on Year Round or Seasonal Events. If a sanction request is received with a 5K walk indicated that portion would not be approved.**
- 2. Processing of award books is currently taking approximately four weeks from the time they are received at Headquarters. Thanks for your patience.**
- 3. Please remember that SEASONAL stamps are due back at Headquarters 10 days after the close of the event.**
- 4. Great News! Upgrades in computer software will now allow AVA to accept contributions for The American Wanderer. Please E-mail articles to AVAPR@aol.com. They are preferred as attachments. The 1st choice remains a hard copy, double-spaced accompanied by a disk. The deadline will remain the 25th of the month, with the exception of Christmas; early contributions are not only welcomed but also encouraged.**

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 that 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 dan@sacoriver.net or 929-4047 (for SMVA assignments), or Dave Muzzy at edmuzzy@aol.com or 854-5424 (for WM assignments)

The counties for 2001 are:

COUNTY	WALK/CLUB	LOCATION (Choice of, except *)
--------	-----------	-----------------------------------

WASHINGTON	WM	CALAIS, BAILEYVILLE, LUBEC, MILBRIDGE, KNOX
KENNEBEC	SMVA AUGUSTA SEASONAL	AUGUSTA * April 1 - November 30
OXFORD	SMVA	RUMFORD, PARIS, MEXICO, DIXFIELD, BUCKSFIELD
PISCATAQUIS	WM	DOVER-FOXCROFT, GREENVILLE, BROWNVILLE
LINCOLN	WM	LINCOLN, WISCASSET, BOOTHBAY HARBOR, JEFFERSON, DAMARISCOTTA, NEWCASTLE, DRESDEN
ANDROSCOGGIN	SMVA	LIVERMORE - The NORLANDS - September 30
CUMBERLAND	SMVA	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	SMVA	BELFAST, WINTERPORT, UNITY, STOCKTON SPRINGS, SWANVILLE

**ACT QUICK IF YOU WANT TO
BE IN SHAPE?**

[SHAPE](#) Magazine is looking for volunteers to wear-test shoes for Shape Magazine. Women who fit their readership profile (between 20 and 40, and 40+ experienced women walkers are also welcome). You must walk at least 10 miles a week. The testing will involve wearing one pair of shoes continually for walking workouts for several weeks, then filling out a questionnaire that

covers topics such as fit, performance, value, durability, etc. In most cases walkers can keep the shoes, but they may need to be examined after testing to see how they held up. Testing will probably begin in late August or early September and run into October. Tracy Teare is the contact and can be reached at tracey_teare@msn.com or call 207-781-2979.

**A HEARTY WELCOME TO THE
NEW OFFICERS IN OUR SISTER CLUBS**

Seacoast Striders - President Stephanie Johnson

Two Town Walking Club - Co-Presidents, Diana Campbell and Jim Campbell, Secretary Ben Andreozzi, and Treasurer Bill Jenkins.

**REMEMBER THAT THERE WILL BE A POTLUCK PICNIC FOLLOWING
THE BRADBURY MOUNTAIN WALK ON SUNDAY SEPTEMBER 17TH . THE
SEPTEMBER MEETING WILL ALSO TAKE PLACE AT THAT TIME.**

**THE NEXT 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!

Sept. 7	Roslindale MA
Sept. 14	Back Bay (Boston)
Sept. 21	Boston Freedom Trail
Sept. 28	Williamstown, MA

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 valherm@worldpath.net

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

**Notes from Patty Proulx,
our Regional Director**

The Executive Council voted to use some of the unrestricted money donated in memory of Ted Ballman to buy a bench, plaque, and tree in the Kiwanis Park near his home in Cincinnati. Any

money left will be designated for AVA sponsored youth programs.

The IVV moved to offer fewer awards and to discontinue the patches. The AVA, along with other member nations, has until September 1st to notify the IVV of their position on this change. The Executive Council voted to take the position to continue with the same levels, and offer the patch, pin and certificate at each level.

If you are helping at the Tri-State Walk on October 7/8, you might want to take advantage of the pre-walk schedule. Chuck Hutchins gives it as follows:

York Beach ME Tues, Sept 19 at 10:00 AM

Rye NH Sun, Sept 10 at a time to be

determined

Rockport MA Sat, Sept 9 at 9:30 AM

Annisquam MA Sat, Sept 9 at 2:00 PM

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-day events, and no longer list the seasonals.

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

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 Lynskey, 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@gwi.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 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, 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)

NEW HAMPSHIRE- Regular (One Day Only) events

**SEACOAST STRIDERS PO BOX 3151 (SS)
PORTSMOUTH, NH 03802 0168**

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 places 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

10/28/2000 Fryeburg, ME - WALK -SMVA

5K and 10K

Start: St. Elizabeth Ann Seaton Church Hall

Fryeburg, ME

Start time: 9am to noon, finish by 3

Contact: John Schaefer 207 - 935-4117

Email: jonjan@landmarknet.net

10/29/00 North Conway, NH - WALK -SS

5K and 10k

Start: North Conway Community Center, Main St., No. Conway, NH.

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

Contact: Claudia Cauchon (603) 659-8598

Email: Claudia.Cauchon@unh.edu

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

09/23/2000 09/23/2000 WALK - WNM

Start: STEAMSHIP AUTHORITY TERMINAL BLDG, VINEYARD HAVEN 5 10KM

Start 8:00 AM -1:00 PM Finish by 5:00 PM

actually two walks and a bike - a 5K and 10K Lighthouse walk and a 5K and 10K Conservation walk and a 27K Tri-Town Bike.

Contact: PEG WIHTOL 508 655 5548 or email at 9oddjjob66@juno.com

Lots of info. More next month.

Some facts to know from Walk N Mass about this walk.

1. The parking fee at Woods Hole during the season is \$10 rather than \$8 as stated in the brochure.
2. There is no group rate for the ferry. If at all possible, please avoid taking the 9:45 ferry named "GOV". This ferry is mostly a car carrier, has very little seating, and limited amenities with no food.
3. If you inadvertently take a ferry that goes to Oak Bluffs, or take the Martha's Vineyard ferry from Falmouth, which only goes to Oak Bluffs, you can get a bus for 50 cents to take you to Vineyard Haven.

09/23/2000 09/23/2000 WALK

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

10/08/000 - 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 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 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'Malley 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 Russell 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, accommodations 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 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

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

09/30/00 - 09/30/00 - WALK -TSVA

Saturday, September 30, 2000

Start: JACKSON ARENA- Stowe Vermont

An "A" event - 3.5 embroidered patch of downtown Stowe.

Start: 8AM to 1PM, complete by 4PM.

Contact: Ernie or Janis Belforte (802) 888-2757, 2231 Randolph Rd., Morrisville, VT 05661, or Charlotte Phillips:
cpwalkvt@together.net

11K is rated 2 and goes along a stream, on the bike path and through Stowe and a lower village, one hill.

5K is rated 1+, goes through Stowe and on bike path.

Restrooms available at start point and control point.

Pets must be leashed.

Food and beverages available near finish.

Pre-register by September 23.

Connecticut Regular Events

Connecticut Valley Volkssport Club
P. O. Box 251, Glastonbury, CT 06033-0251

09/09/00 - 09/09/00 - WALK CVVC

Old Saybrook YRE Group Walk

Join us at 9:00 AM as our group passes through a historical residential neighborhood and thought he site of the 17th century Old Saybrook Fort and Nehantic Indian Village. Adjacent to the fort site is a late 19th century excavated railroad round house. The trail also goes by the beautiful Fenwick area (home of actress Katherine Hepburn) and includes a couple of miles along the water at the mouth of the Connecticut River on Long Island Sound (Old Saybrook "outer light" visible from stretch of beach before Castle Inn.) Directions: FROM NORTH: a) from Rte. 9, take exit 2. Turn right at end of exit. Proceed 1.8 mi (on Boston Post Road/Rt.1) through 4 traffic lights (at 3rd light, road becomes Rt. 1 west.) Take left at 4th light, which is Main St. (Old Saybrook Motor Hotel is on the right.)

b) Go about 0.5 mi. passing Hoyt's Cinema on left. River Mart is on right.

FROM 1-95 NORTH, take exit 68. Right at end of ramp. Follow to 1st light. At 2nd light, take left. See b) above.

FROM 1-95 SOUTH, take exit 67. Bear right at fork. Go through 2 lights on Rt.1 (W). At 3rd light, take left. See b) above.

For more information contact: Lee West at 860-721-1185 or email LCWEST@PRODOGY.NET

SOUTHERN MAINE VOLKSSPORT ASSOCIATION

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

Don Bolin - SMVA Website - DJMSMASTER@aol.com

Southern Maine Volkssport Association

P. O. Box 722

Westbrook, Maine 04092-0722

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 publish as space is available. All dated material must be submitted no later than the 20th of the preceding month for inclusion in the next issue. Please send directly to: Dan Carr, P. O. Box 128, Hollis, ME 04042.

Send mail todbolin@juno.com with questions or comments about this web site.
Copyright © 2000 Southern Maine Volkssport Association (AVA #193)
Last modified: 12/20/2004 9:40 PM