

THE SCHENECTADY YEAR ROUND VOLKSWALKS

5K and 10K walks are available and they are both **rated 1A**.

Starting Point: Apostrophe Café inside Proctor's Theater Arcade Website: www.proctors.org
432 State St.
Schenectady, New York 12305 Café Phone: 518-881-4515

The Start Point is in the Proctor's Theater Arcade. A municipal parking lot is located at the rear of the theater and is free on Sundays. The Arcade of the theater is open M-S 9-5 and on Sundays 9-2. Closed major holidays. Restrooms are available to the left of the box office in the Arcade. Call the Café phone number listed above to confirm the arcade is open. If the Arcade or Café are not open, the walk can proceed from the parking lot behind the theater. Instead of walking through the Arcade to State St. just proceed LEFT on the wide walkway between the rear of the theater and the NYS Lottery building to Broadway. Right on Broadway to State St. and follow numbered directions (Step #2) from there.

DIRECTIONS TO STARTPOINT: Proctor's Theater is in downtown Schenectady, NY.

From the East, South or West: NYS Thruway (I-90) to Exit 25: I-890 to Exit 5 (Broadway). From east turn right at the foot of the ramp; from the west turn left onto Broadway. Take Broadway to 2nd traffic light and turn right onto Clinton St. Parking lot behind theater is 1-1/2 blocks on the left.

From the North: Take Northway (I-87) to Exit 12. Right on Route 67 towards Ballston Spa. Left on Brookline Rd (just past Curtis Lumber). Left on Route 50 to Route 5 in Scotia. Left on Route 5 over the Western Gateway Bridge. Right on Broadway, left on Hamilton St. then left on Clinton St. Parking lot behind the theater is 1-1/2 blocks on the left.

Course Description: Walk will be on city streets through two historic neighborhoods including the Stockade, one of the first designated historic districts in NYS. The walk also includes the newly renovated downtown, as well as the campus of Union College.

The following map & directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

For immediate emergency assistance call **911**.

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Website: www.walkescv.org

THE SCHENECTADY YEAR ROUND 5K VOLKSWALK

The name "Schenectady" is derived from the Mohawk word "skahnéhtati", meaning "beyond the pines."

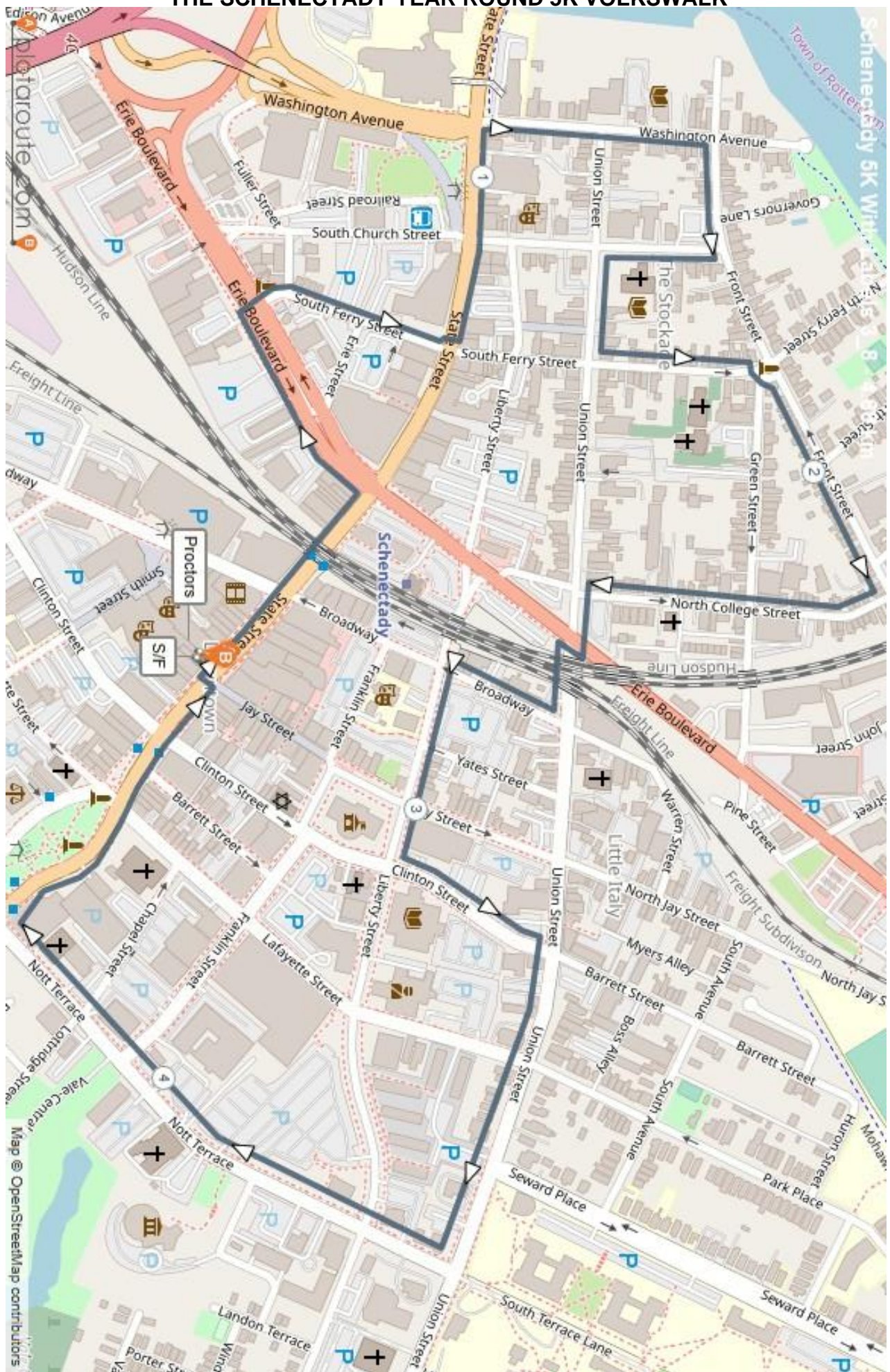
Schenectady was purchased from the Mohawk Indians in 1661 by Arendt Van Curler, a Dutchman, who had earlier settled in Albany. Van Curler called it "the fairest land the eyes of man ever rested upon." He and fourteen other families were anxious to leave the patroon system under Van Rensselaer and own their own land. The City of Schenectady was incorporated in 1798.

1. **EXIT** the cafe via the Proctor's Arcade which faces State St. (*Proctor's Theater was built in 1925. In the mid-1970s the theater was in danger of being destroyed, but a group of local citizens worked to save the theater. It has since been restored to its original splendor.*)(SP: Step to the Beat)
2. **LEFT** down State St. Walk under the railroad bridge to Erie Blvd.
3. **LEFT** on Erie Blvd. (SP: Great Lakes) (*Erie Blvd. traces the route of the Erie Canal which ran through Schenectady from 1825 until 1930 and was responsible for much of the city's growth during the first half of the 19th century.*)
4. **CONTINUE** for two blocks and look for S. Ferry St. on the right. Look for the second crosswalk that crosses Erie Blvd. at S. Ferry St.
5. **RIGHT** to cross Erie Blvd at the second crosswalk so that you're on the left side of S. Ferry St. (*In front of you is the first headquarters of General Electric formed in 1892 and site of countless inventions. Note the statue of General Electric's founder, Thomas Edison and a prolific GE scientist, Charles Proteus Steinmetz.*)
6. **CONTINUE** on S. Ferry St. to State St.
7. **LEFT** on State St. Make an immediately **RIGHT** to **cross** State. After crossing, make an immediate **LEFT** to walk on the right side of State St.
8. **RIGHT** on Washington Ave. for two blocks. Cucumber Alley will be on the left and Front St on the right. (*You are now walking in the Stockade, the site of the original Dutch settlement. This area contains many Dutch and English 17th and 18th century buildings. It is the first district in New York State to be placed on the National Register of Historic Places.*)
9. **RIGHT** on Front St. to Church St.
10. **RIGHT** on Church St. to Union St.
11. **LEFT** on Union St. to N. Ferry St. (*At the corner of Church and Union is the Stockade Inn, a former men's club and now a boutique hotel.*)
12. **LEFT** on N. Ferry St. to Front St.
13. **RIGHT** on Front St. to N. College St. (*Notice the statue of Lawrence the Indian who was instrumental in helping the colonists rebuild their town after the devastating massacre of 1690.*)
14. **RIGHT** on N. College St. to Union St.
15. **LEFT** on Union St. Cross Erie Blvd and make an immediate **RIGHT** to cross Union St.
16. **LEFT** on Union St. to N Broadway.
17. **RIGHT** on N. Broadway to Liberty St.
18. **LEFT** on Liberty St. to Clinton St. (SP: Town Halls/City Halls)
19. **LEFT** on Clinton St. to Union St.
20. **RIGHT** on Union St. to Nott Terrace. (SP: Walking with America's Veterans at 718 Union St.) (*You will pass Union College on the left, one of the oldest colleges in the country and once attended by Chester Arthur.*)
21. **RIGHT** on Nott Terrace to State St.
22. **RIGHT** on State St. to Jay St.
23. **LEFT** at Jay St. to use the crosswalk. Return to the Start Point at Proctors.

SPECIAL PROGRAMS	
Step to the Beat	Great Lakes
Town Halls/City Halls	Walking with America's Veterans

AFTER YOUR EVENT: Be sure to log back into the OSB system to 'finish/complete' your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date of the event, the distance, and the selection of applicable Special Programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying-for-credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.) Also note that an event registration expires after 30 days, but if your registrations lapses, you may re-register without cost.

THE SCHENECTADY YEAR ROUND 5K VOLKSWALK



THE SCHENECTADY YEAR ROUND 6K VOLKSWALK

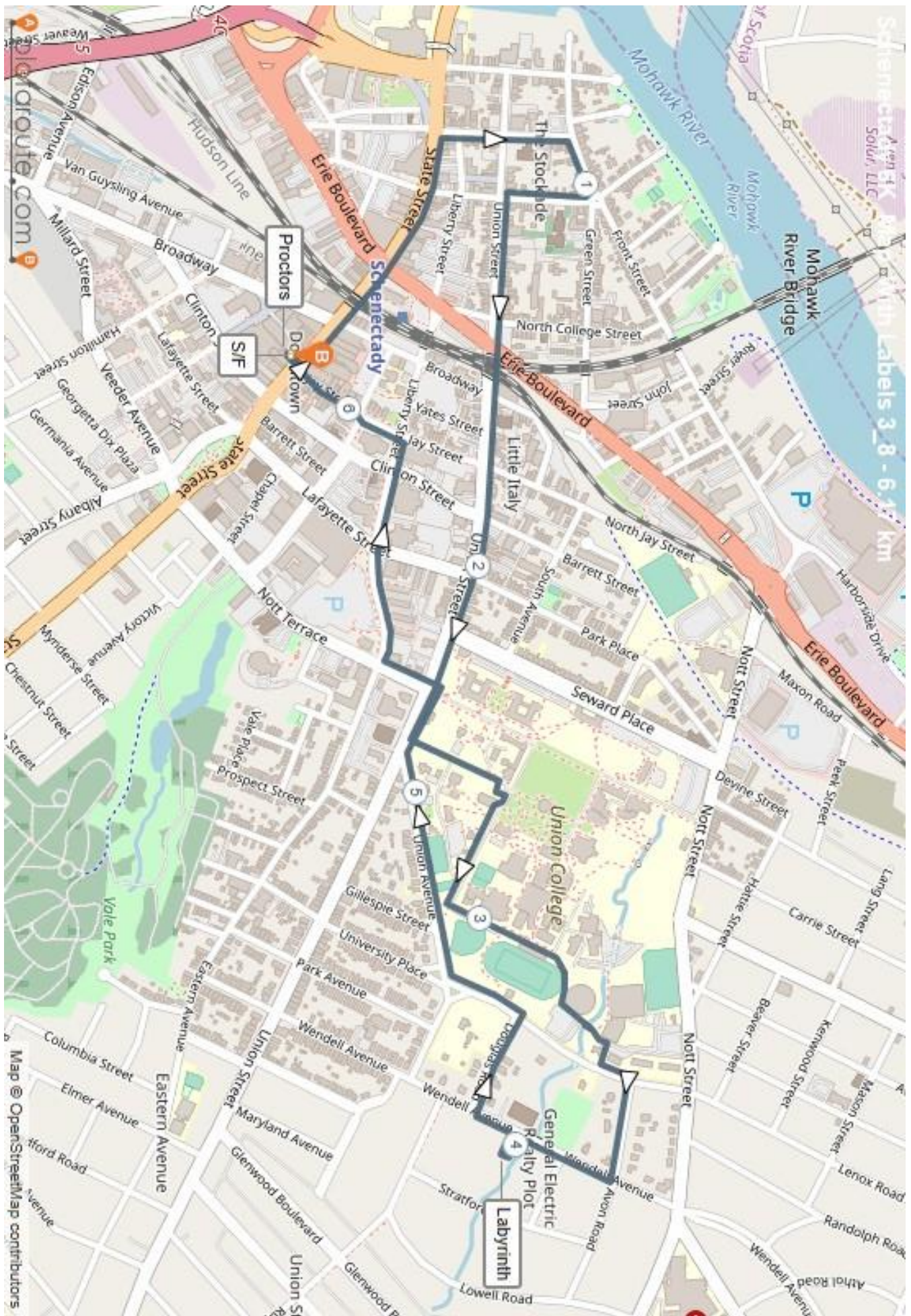
The name "Schenectady" is derived from the Mohawk word "skahnéhtati", meaning "beyond the pines."

1. **EXIT** the Proctor's Arcade and immediately cross State St. (*Proctor's Theater was built in 1925. In the mid-1970s the theater was in danger of being destroyed, but a group of local citizens worked to save the theater. It has since been restored to its original splendor.*)(SP: Step to the Beat)
2. **LEFT** down State St. Walk under the railroad bridge to Erie Blvd.
3. **Cross** Erie Blvd. (*Erie Blvd. traces the route of the Erie Canal which ran through Schenectady from 1825 until 1930 and was responsible for much of the city's growth during the first half of the 19th century.*)(SP: Great Lakes)
4. **RIGHT** on S. Church St. (*You are now walking in the Stockade, the site of the original Dutch settlement. This area contains many Dutch and English 17th and 18th century buildings. It is the first district in New York State to be placed on the National Register of Historic Places.*)
5. **RIGHT** on Front St. (*Notice the statue of Lawrence the Indian who was instrumental in helping the colonists rebuild their town after the devastating massacre of 1690.*)
6. **RIGHT** on S. Ferry St. to Union St.
7. **LEFT** on Union St. to Erie Blvd.
8. **CROSS** Erie Blvd and continue walking up Union St. for a half mile. (*Note 718 Union St. for SP: Walking with America's Veterans.*)
9. **LEFT** into entrance of Union College's via **Main Gate #1** across the street from the red stone church. (*Union College was chartered in 1795 making it one of the oldest colleges in the U.S.*)
10. **RIGHT** onto South Lane at the traffic circle. You will pass Memorial Chapel on the right, the site of a world class concert series.
11. **LEFT** on Alexander Lane. *Note football and baseball fields.*(SP: Par for the Course)
12. **RIGHT** on path just to the left of the blue emergency light. The round building is the college hockey rink.
13. **FOLLOW PATH HALFWAY AROUND THE BUILDING.**
14. **WALK** over the Whipple Truss Bridge.
15. **RIGHT** at first set of stairs **continue** past front of brick building out to Lenox Rd.
16. **LEFT** on Lenox Rd. to Avon Rd.
17. **RIGHT** on Avon. Rd. to Wendal Ave.
18. **CROSS** Wendell Ave. and turn **RIGHT**.
19. **Continue** on Wendall Ave. to the second driveway at 1248 Wendell, the Waters House.
20. **LEFT** up the driveway past the right side of the house to find a **LABYRINTH** in rear yard next to the garage. (SP: A-MAZE-ing Labyrinths)
21. **RETRACE** your steps to Wendell Ave.
22. **Continue LEFT** on Wendall to Douglas Rd.
23. **RIGHT** on Douglas to and **CROSS** Lenox Rd.
24. **LEFT** on Lenox Rd. to Union Ave.
25. **RIGHT** on Union Ave. to Union St.
26. **RIGHT** on Union St. to Nott Terrace.
27. **LEFT** onto Nott Terrace at **second crosswalk** at the traffic light.
28. **RIGHT** on Liberty St. to Jay St.
29. **LEFT** on Jay St. past Schenectady City Hall. (SP: Town Halls/City Halls) to State St.
30. **RETURN** to the Start Point at Proctors.

SPECIAL PROGRAMS		
Step to the Beat	Great Lakes	Walking with America's Veterans
Par for the Course	A-MAZE-ing Labyrinths	Town Halls/City Halls

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THE SCHENECTADY YEAR ROUND 6K VOLKSWALK



THE SCHENECTADY YEAR ROUND 10K VOLKSWALK

The name "Schenectady" is derived from the Mohawk word "skahnéhtati", meaning "beyond the pines."

Schenectady was purchased from the Mohawk Indians in 1661 by Arendt Van Curler, a Dutchman, who had earlier settled in Albany. Van Curler called it "the fairest land the eyes of man ever rested upon." He and fourteen other families were anxious to leave the patroon system under Van Rensselaer and own their own land. The City of Schenectady was incorporated in 1798.

- EXIT** the cafe via the Proctor's Arcade which faces State St. (*Proctor's Theater was built in 1925. In the mid-1970s the theater was in danger of being destroyed, but a group of local citizens worked to save the theater. It has since been restored to its original splendor.*)(SP: Step to the Beat)
- LEFT** down State St. Walk under the railroad bridge to Erie Blvd.
- LEFT** on Erie Blvd. (SP: Great Lakes) (*Erie Blvd. traces the route of the Erie Canal which ran through Schenectady from 1825 until 1930 and was responsible for much of the city's growth during the first half of the 19th century.*)
- CONTINUE** for two blocks and look for S. Ferry St. on the right. Look for the second crosswalk that crosses Erie Blvd. at S. Ferry St.
- RIGHT** to **CROSS** Erie Blvd at the second crosswalk so that you're on the left side of S. Ferry St. (*In front of you is the first headquarters of General Electric formed in 1892 and site of countless inventions. Note the statue of General Electric's founder, Thomas Edison and a prolific GE scientist, Charles Proteus Steinmetz.*)
- CONTINUE** on S. Ferry St. to State St.
- LEFT** on State St. Make an immediately **RIGHT** to **CROSS** State. After crossing, make an immediate **LEFT** to walk on the right side of State St.
- RIGHT** on Washington Ave. to end.
- RIGHT** on bike path.
- RIGHT** after the cannon onto N. Ferry St.
- LEFT** on Front St. to N College St.
- RIGHT** on N College St. to Green St.
- RIGHT** on Green St. to a five-street intersection.
- Continue** across the intersection keeping island with the statue on your right. to Front St.

(*Note the statue of Lawrence the Indian who was instrumental in helping the colonists rebuild their town after the devastating massacre of 1690.*)
- Continue** on Front St to N Church St.
- LEFT** on N. Church St. to Union St.
- LEFT** on Union St. to Erie Blvd.
- Cross** Erie Blvd and **continue** to Yates St.
- RIGHT** on Yates St. to Liberty St.
- LEFT** on Liberty St. to Jay St.
- LEFT** on Jay St. to and **CROSS** Union St.
- RIGHT** on Union St. to intersection with Nott Terrace on the right. (Note 718 Union St. for SP: Walking with America's Veterans.)
- LEFT through blue gate into Union College** You're on a path next to Terrace Lane. (*Union College was chartered in 1795 making it one of the oldest colleges in the U.S.*)
- Continue** on path past Sorum House and across large open grass space to a road, North Lane. Messa House is on the corner.
- RIGHT** on North Lane to a path on the right.
- RIGHT** on path leading directly to Nott Memorial.
- Circle** halfway around the building and **continue** on path towards traffic circle.
- LEFT** on road, South Lane, just before traffic circle. *You will pass Memorial Chapel on the right, the site of a world class concert series.*
- LEFT** onto Alexander Lane. *Note football and baseball fields.*(SP: Par for The Course)
- RIGHT** on path just to the left of the blue emergency light. The round building is the college hockey rink.
- FOLLOW PATH HALFWAY AROUND THE BUILDING.**
- WALK** over the Whipple Truss Bridge.
- RIGHT** at first set of stairs **continue** past front of brick building out to Lenox Rd.
- LEFT** on Lenox Rd. to Avon Rd.
- RIGHT** on Avon Rd. to Lowell Rd.
- RIGHT** on Lowell Rd. to Rugby Rd.
- RIGHT** on Rugby Rd. to Stafford Rd.
- RIGHT** on Stafford Rd. to Adams Rd.
- LEFT** on Adams Rd. to Wendell Ave.
- CROSS** Wendell Ave. and proceed straight into green space to plaque and former site of the home of Charles Steinmetz.
- Return** to and **CROSS** Wendell Ave.

THE SCHENECTADY YEAR ROUND 10K VOLKSWALK

42. **RIGHT** on Wendall Ave. to the second driveway at 1248 Wendell, the Waters House.
43. **LEFT** up the driveway past the right side of the house to find a **LABYRINTH** in rear yard next to the garage. (*SP: A-MAZE-ing Labyrinths*)
44. **RETRACE** your steps to Wendell Ave.
45. **LEFT** on Wendell Ave to next street on right, Douglas Rd.
46. **RIGHT** on Douglas Rd. to Lenox Rd.
47. **LEFT** on Lenox. Rd. to Union Ave.
48. **RIGHT** on Union Ave. to Union St.
49. **RIGHT** on Union St. to Nott Terrace.
50. **LEFT** onto Nott Terrace at **second crosswalk** at the traffic light.
51. **RIGHT** on Liberty St. to Jay St.
52. **LEFT** on Jay St. past Schenectady City Hall. (*SP: Town Halls/City Halls*) to State St.
53. **RETURN** to the Start Point at Proctors.

SPECIAL PROGRAMS		
Step to the Beat	Great Lakes	Walking with America's Veterans
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THE SCHENECTADY YEAR ROUND 10K VOLKSWALK

