

Albany/Colonie, NY 6K & 11K Walks

The 6K and 11K walks are rated **1A**.

Please use either the Online Start Box (OSB) or the Physical Start Box (PSB) to register and complete the event. DO NOT mix and match, for example, by registering using the OSB then completing your event by using the PSB (nor signing the PSB log sheet). The sponsoring club only receives credit for OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.

Starting Point: CDPHP Fitness Connect at the Ciccotti Center Phone: 518-867-8920
30 Aviation Road
Colonie, NY 12205 Website: www.cdphpfitnessconnect.org

The Start Point is at the CDPHP Fitness Connect at the Ciccotti Center located in The Crossings of Colonie Town Park. The center is open M-F 5AM-8PM, Sat 8AM-2PM, closed Sundays and major holidays. Restrooms are available at the Start Point and at several locations on the route through the park. It is recommended that you call the Center to verify availability of restrooms or Physical Start Box if they are needed.

DIRECTIONS TO STARTPOINT: Colonie is in eastern New York State, approximately 4 miles northwest of Albany.

From the North: I-87(Adirondack Northway) South to Exit 4, Wolf Rd. At the light, turn left onto Route 155. Drive a short distance to the next light and turn left on Albany/Shaker Road. Follow 0.1 miles to the light with a Sunoco Station on corner. Turn right on to Wolf Road and get in the left lane. Follow 0.5 miles and look for Metro Park Drive on the left (there is a light). Turn Left onto Metro Park Drive and drive to the intersection with Aviation Road. Turn right and within 0.2 miles take a left at the sign for the CDPHP Fitness Connect at the Ciccotti Center and continue to the large parking lot in front of the Center.

From the South: NYS Thruway North to Exit 24. At the end of the Exit 24 ramp, take the ramp to I-87 North Exit 1N towards Montreal. Then take Exit 2E Wolf Road. Travel 0.5 miles on Wolf Road. Look for and turn right at the light on Metro Park Drive. Drive to the intersection with Aviation Road. Turn right and within 0.2 miles take a left at the sign for the CDPHP Fitness Connect at the Ciccotti Center and continue to the large parking lot in front of the Center.

From the East and West: Route 5 to Wolf Road. Travel 0.5 miles on Wolf Road. Look for and turn right at the light on Metro Park Drive. Drive to the intersection with Aviation Road. Turn right and within 0.2 miles take a left at the sign for the CDPHP Fitness Connect at the Ciccotti Center and continue to the large parking lot in front of the Center.

Course Description: The route is in a Colonie town park called The Crossings of Colonie on paved hiking/biking paths plus well-maintained dirt paths through a wooded area and both walks are rated **1A**. Both are suitable for wheelchairs and strollers; the bridge and dirt/gravel paths can be bypassed easily if necessary. The 10K walk includes some adjacent residential streets. Pets are allowed on leashes.

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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POC: Donna Farber Ph: 518-257-0988

E-mail: coloniewalk@walkescv.org

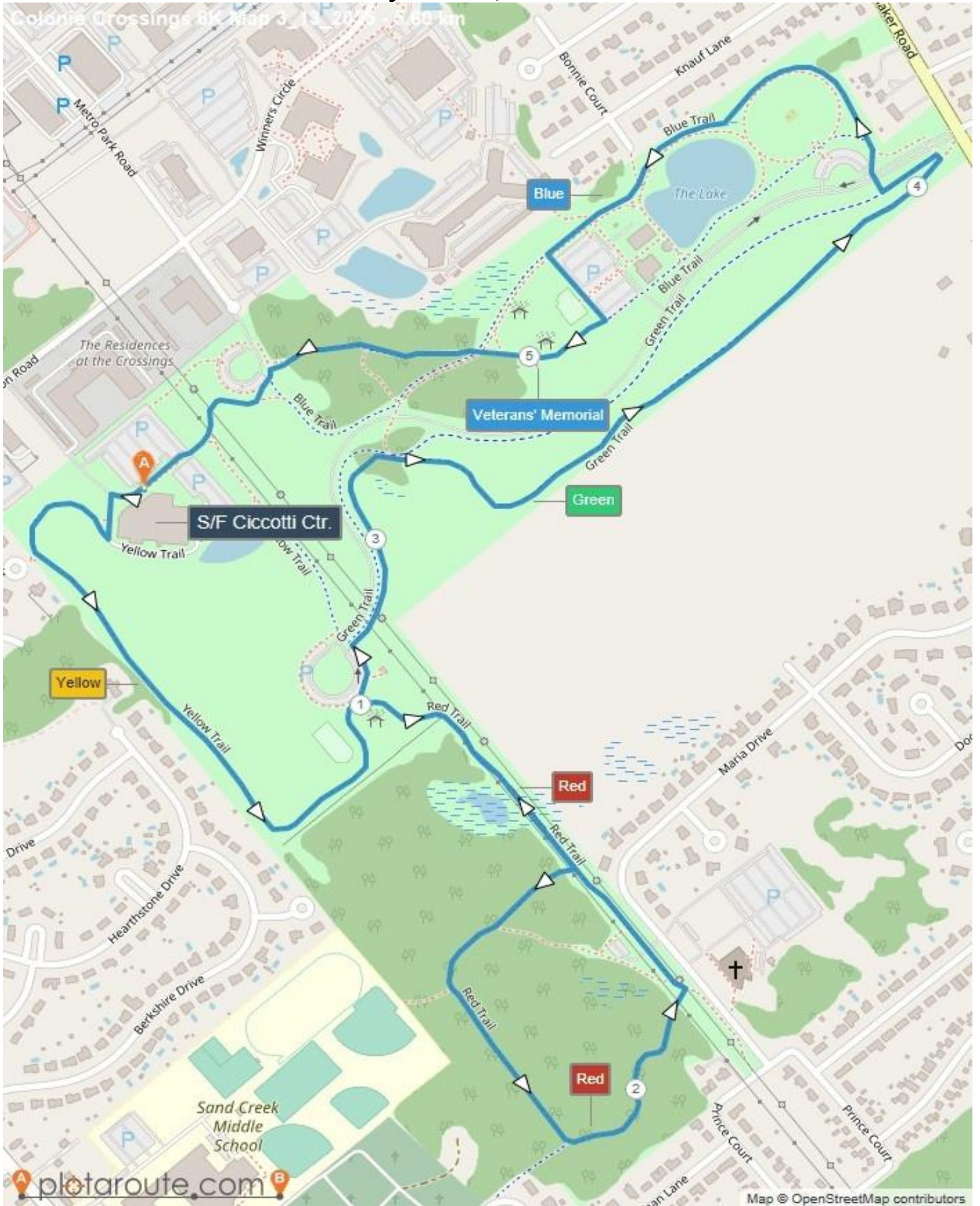
Albany/Colonie, NY 6K Walk

1. **LEFT** upon leaving the Ciccotti Center, walk along the front of the building to the end of the sidewalk.
2. **LEFT** at the paved roadway and walk for a short distance. Look for the paved path.
3. **RIGHT** on the paved path. Continue on the path through this section of the park called *The Flats*. (*sign on left*)
4. **CONTINUE** on the path and look for a playground on the left and a pavilion on the right. Restrooms are directly across from the pavilion. (*Par for the Course*)
****Strollers and Wheelchairs – continue on path go to Step 8 to: “Remain on this path for about 0.75 miles.”**
5. **CURVE RIGHT** to pass the pavilion to a wooden bridge. Cross the bridge and look for the first gravel path on the right.
6. **RIGHT** onto the gravel path. Stay on the main trail, ignore all side trails. (*Refer to the map.*) Exit woods and look for the first paved path you come to; it’s across from the church.
7. **LEFT** to follow this path back over the footbridge. Pavilion will now be on the left and the restrooms on the right.
8. **RIGHT** on the next path, keep the restrooms on your right. Remain on this path for about 0.75 miles. Note Par Course Stations on the path. (*Par for the Course*) Look for the Crossings sign near the traffic light intersection.
9. **LEFT** just before Crossings sign, then an immediate left to stay on path keeping park entrance road on your right. A short distance ahead is a crosswalk.
10. **RIGHT** at crosswalk crossing over the park entrance road. After a short distance path splits at “Y”. Take the path on the right.
11. **Continue** on this path walking past a pond, (*Refer to the map, outer BLUE trail*) a gazebo (*Step to the Beat*), buildings (restrooms), and large parking lot, all on the left. After the large parking lot, look for a STOP sign and playground on your left.
12. **LEFT** on path after STOP sign to walk between the large parking lot and the playground. At the end of the playground, look for the next right.
13. **RIGHT** after the playground and walk past the Veterans Memorial on the left. (*Walking With American’s Veterans*)
14. **CONTINUE** to the top of a slight incline. Walk straight and look for a sign: *The Ramble*. Enter the wooded area on the path closest to *The Ramble* sign. Walk to the end of the wooded area.
15. **LEFT** when leaving the wooded area. Look for a “Y” intersection, bear to the **RIGHT**. In a very short distance, look for another “Y” and bear to the **LEFT**. Follow the path down and then up a small hill. Take the first path on the right back to the Start Point.

SPECIAL PROGRAMS		
Step to the Beat	Par for the Course	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.

Albany/Colonie, NY 6K Walk



Albany/Colonie, NY 11K Walk

- 1. LEFT** upon leaving the Ciccotti Center, walk along the front of the building to the end of the sidewalk.
- 2. LEFT** at the paved roadway for a short distance. Look for the paved path.
- 3. RIGHT** on the paved path. Continue on path through this section of the park called *The Flats (sign on left)*
- 4. CONTINUE** on the path and look for a playground on the left and a pavilion on the right. The restrooms are directly across from the pavilion. (*Par For the Course*)
****Strollers and Wheelchairs – continue straight on this path. Go to Step 24 to: “Remain on this path for about 0.75 miles.”**
- 5. CURVE RIGHT** and walk over the wooden footbridge. Look for a gravel path on the right.
- 6. RIGHT** on this gravel path. Stay on the main path as it curves left. (Refer to the map) Look for a side path on the right that heads towards a street with houses.
- 7. RIGHT** on this path for a short distance, a split rail fence will be on your left.
- 8. LEFT** at the end of split rail fence onto Isabell Ct. (no street sign) Continue on Isabell to intersection with Wertman Ln/Campagna Dr.
- 9. CROSS** Wertman/Campagna and continue as road becomes Winifred Dr. Note decorations at mailbox of #8 Winifred. (*Walking With the Wild Things*). Continue to Miracle Ln.
- 10. LEFT** on Miracle Ln to Prince Ct. Note the characters on the lawn of #63 Miracle Lane. (*Walking With the Wild Things*)
- 11. LEFT** on Prince Ct following it as it curves to the right to Maria Dr.
- 12. LEFT** on Maria Dr, passing the church on the right. Continue on Maria to Chanelle Ct on the left.
- 13. LEFT** on Chanelle Ct, walk around the cul de sac and return to Maria Dr.
- 14. LEFT** on Maria Dr and look for Dogwood Ln on the right.
- 15. RIGHT** on Dogwood Ln. Look for Paul Peets Ter.
- 16. LEFT** on Paul Peets Ter, to Woodridge Dr.
- 17. LEFT** on Woodridge, walk around the cul de sac, walk to the **OTHER** end of Woodridge and walk around **ANOTHER** cul de sac. **Return** to Paul Peets.
- 18. LEFT** on Paul Peets to Dogwood Ln.
- 19. LEFT** on Dogwood to Maria Dr.
- 20. LEFT** on Maria Dr. Look for Evergreen Ct.
- 21. LEFT** on Evergreen and walk around the cul de sac, return to Maria Dr.
- 22. LEFT** on Maria and walk to where there are parking lot entrances on both sides of the road, just before the church.
- 23. RIGHT** to a pedestrian crossing just before a small parking lot.
- 24. RIGHT** on the pedestrian crossing to walk back over the footbridge to Colonie Crossings. Continue to trail intersection where the pavilion will now be on the left and restrooms on the right.
- 25. RIGHT** on path, then **immediate RIGHT** on the next path, keeping the restrooms on your right. Remain on this path for about 0.75 miles. Note Par Course Stations on the path. (*Par for the Course*) Look for Crossings sign near the traffic light intersection.
- 26. LEFT** just before Crossing sign, then an immediate **left** to stay on path keeping park entrance road on your right. A short distance ahead is a crosswalk.
- 27. RIGHT** at crosswalk crossing over the park entrance road. After a short distance path splits at “Y”. Take the path on the right.

Albany/Colonie, NY 11K Walk

28. **CONTINUE** on this path walking **PAST** a pond, (*Refer to map, outer BLUE Trail*) a gazebo (*Step to the Beat*), other buildings (restrooms), large parking lot, and playground all on your left. Stay straight going up a small incline to STOP sign on your right.
29. **LEFT** at STOP sign taking (second) path to the left to head down to Veterans Memorial on right. (*Walking With American Veterans*). Playground and parking lot now on left.
30. **CONTINUE** straight on path keeping the buildings, gazebo and pond on the left. The path will split at a “Y” intersection. Bear right to pass a sundial on left.
31. **FOLLOW** the path as it curves to the right back to the crosswalk over park entrance road.
32. **CROSS** park entrance road and **RIGHT** onto the first path.
33. **CONTINUE** on path as it runs parallel to park entrance road. Look for a STOP sign on right.
34. **RIGHT** at STOP sign using crosswalk to cross park main road to intersection where FIVE paths meet. Take **SECOND** path from the **LEFT** to enter wooded area.(Refer to map)
35. **LEFT** at next path T intersection and continue to end of wooded area.
36. **LEFT** to “Y” intersection, then bear **RIGHT**. In a very short distance, look for another “Y” and bear **LEFT**. Follow path down then back up a small hill. Take first path on right back to the Start Point.

SPECIAL PROGRAMS	
Step to the Beat	Par for the Course
Walking With the Wild Things	Walking with America’s Veterans

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