

— Empire State Capital Volkssporters —



**Directions:** From the NYS Thruway I-87, take exit 21 towards NY-23/Catskill/ Cairo. Turn left onto Main Street. Turn left to merge onto NY-23 E toward Rip Van Winkle Bridge/Hudson. At the traffic circle take the 2nd exit onto NY-23 E/ NY-9G N. Turn slightly left onto NY-23B E/NY-9G N. Turn left onto Allen Street. Turn left onto South Front Street. Turn right onto Broad Street. Henry Hudson Riverfront Park is on the left at 200 Water Street. Plentiful parking along the street, as well as free lots on both sides.

**From the Berkshire spur of the NYS Thruway I-90,** take US-9 south towards Hudson. Take 9H S, then NY-66 S/Union Turnpike, becomes Columbia St. Slight right onto State Street to end. Left onto N. Front St., becomes S. Front St. Right onto Broad Street. Right on Water Street. Henry Hudson Riverfront Park is on the left at 200 Water Street. Plentiful parking along the street, as well as free lots on both sides.



ESCV is only one of over 200 clubs affiliated with the American Volkssport Association (AVA). There are over 3,000 walking events, bikes, occasional swims and snowshoes every year in most of our 50 states. All events are open to the public. For more information about our Club or AVA, please send your request, including your name, address & phone:

**Empire State Capital Volkssporters**

PO Box 5464, Clifton Park NY 12065-5464

or visit our website:

[www.walkescv.org](http://www.walkescv.org)

**Hudson, New York  
10k/5k Walk  
Saturday, May 21, 2022**

Sponsored By  
**Empire State Capital Volkssporters**



**Special Event Programs:**

- Little Free Libraries • Mayflower - 400th Anniversary Walk •
- Rockin' Around The Clock • Walking the USA A-Z • TownHall / City Hall •

Eligible for credit towards IVV Achievement Awards

Sanctioned Event #

#121307

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## AVA Rules & Conditions

**Start/Finish:** 5k & 10k walkers begin at Henry Hudson Riverfront Park, 200 Water Street, Hudson, NY 12534.

**Date/Time:** Saturday, May 21, 2022. Registration from 10 a.m. to 12 noon, finish by 3 p.m.

**Trail Rated:** 1A. One set of steps over RR tracks near the start / finish, although there is an alternate route around that. Mostly city sidewalks for 5k & 10k, and paved cemetery lanes for 10k.

**Stipulation:** Pets allowed but must be on leash.

**Procedure:** Each participant must register and sign a waiver at the "Start" table. A "Start Card" must also be filled out & returned to the "Finish" table and becomes the property of ESCV.

**Event Fees:** For IVV Credit only .....\$ 3.00

**IVV Books:** Event & Distance books will be available at the Start/Finish for \$6.00 each. You may receive (1) Event Credit for this trail, and Distance Credit may be earned each time the course is completed.

**Disclaimer:** The American Volkssport Association, ESCV, the City of Hudson or any properties associated with this walk, cannot be held responsible for any lost or stolen items, damage, accident or injury of any kind, at any time. Every effort has been made to make this a safe and enjoyable event.

**Restrooms/Water:** Available at the Start/Finish, and along the way at commercial establishments.

**For further information regarding this event  
please call or email  
POC Wayne Knapp at 518-469-7298  
wayneknapp@gmail.com.**

## Hudson, New York

Named for the river and its namesake explorer, Henry Hudson, the city is located 120 miles from New York Harbor. The Dutch began settling here in the 17th century. In the 18th century, Quaker merchants and whalers arrived at this port city from Nantucket, Martha's Vineyard and Providence. In the 19th century, considerable industry was developed in Hudson, where wealthy factory owners and merchants built fine houses in the Victorian period.

During the early 20th century Hudson became a center of vice, but that was largely broken up in the 1950s. After a manufacturing downturn, an antiques industry spurred the economy to one based on tourism, services and related retail. The business revival stimulated tourism and attracted residents, some taking second homes in the



city. It has now become known for its active arts scene, restaurants, art galleries, antiques shops and night life. With hundreds of properties listed or eligible to be listed in the state and national historic registers of historic places, Hudson has been called the ***"finest dictionary of American architecture in New York State."***

Our walk will take us from the Hudson River and its historic lighthouse, through beautifully restored neighborhoods, and the exciting Warren Street arts and café district. Our 10k walkers will continue to the Hudson City Cemetery where surviving sisters of the Titanic disaster are buried.



On the day of this walk, the Farmers Market will be open at Columbia and North 6th Streets. And be sure to treat yourself to the shops and cafes before returning to the finish table.