

DIRECTIONS: Columbia Pavilion in Saratoga Spa State Park. Parking is available in the lot next to the pavilion.

FROM NORTH or SOUTH: Take Adirondack Northway (I-87) to EXIT 13N to merge onto US 9 N. Merge onto US 9 N. LEFT onto East-West Rd. (Park entrance). After about 0.5 miles RIGHT onto North-South Rd. After about 380 yards turn LEFT into parking lot and pavilion.

FROM the WEST or SCHENECTADY: Take Rt. 50 North thru Ballston Spa and shortly after road becomes divided highway turn RIGHT at first traffic light (East-West Rd., Park entrance). After about 1 mile turn LEFT onto North-South Rd. After about 380 yards turn LEFT into parking lot and pavilion. Click "GO" to bring up the directions on Google maps.



ESCV is only one of over 250 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

— Empire State Capital Volkssporters —



35th ESCV Anniversary Party

Saratoga Spa State Park

9k/5k Walk

Saturday, June 18, 2022

Sponsored By

Empire State Capital Volkssporters



Special Programs

- Walking the USA A-Z •

Eligible for credit towards IVV Achievement Awards

Sanctioned Event #

#121586

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AVA Rules & Conditions

- Start/Finish:** Columbia Pavilion, Saratoga Spa State Park
- Date/Time:** Saturday, June 18, 2022. Registration from 9 am to 11:30 am
Finish* by 2:30 PM. *Must finish by Noon to attend the Anniversary Party.
- Trail Rated:** 5K walk on roads/sidewalks rated 1A . 5K or 9K walk on nature trails rated 2B. Good walking shoes or hiking boots and walking sticks may be advisable for some walkers choosing the nature trails. Note: Park entrance fee for 2022 is \$10 per car so car pooling is recommended
- 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:** All participants\$ 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 Saratoga Spa Park 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:** Yes

Those wishing to attend the catered party after the walk will be required to sign up and pay in advance.

ESCV 35th Anniversary

ESCV has chosen to celebrate its 35th anniversary with a walk in the Saratoga Spa State Park, a very special and unique site known for its amazing collection of mineral springs and geysers. Once a sacred spot to native Americans, the area continues to attract visitors from around the world to sample the waters, soak in a spa bathhouse, hike the park trails or attend performances at the Saratoga Performing Arts Center. Designated a National Historic Landmark in 1987, the specialness of the park is especially appreciated by ESCVers who meet there for group walks in all seasons.

What better place to celebrate our club's 35th birthday.

Join in the ESCV 35th Anniversary Celebration with a BBQ Picnic catered by Dinosaur BBQ of Troy at noon. Sure to be



delicious — ***so sign up for it.***

For further information please call or email POC Carol Sorenson at 518-390-8458 carolhd27@aol.com

