

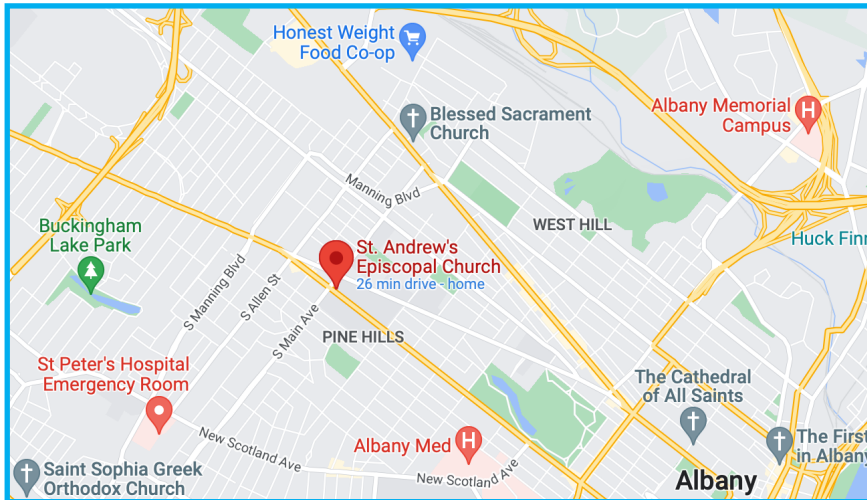
Directions:

From the North - Take Northway (I-87) south to exit 1 and east on I-90. Take I-90 exit 2 to Washington Ave. Go approx. 2.5 mi. to N. Main Ave. Turn right on N. Main to Western Ave. Church is on the left immediately after crossing Western Ave.

From the East - Take I-90 to exit 5, Everett Rd. From ramp turn left onto Everett to intersection with Central Ave. Turn left and get in lane on the right. In .5mi. turn right on to N. Main Ave.

From West and South - Take NYS Thruway to exit 24. After NYS Thruway Cashless Tolling Signs take I-90 east to exit 2. Follow directions in "from the north" above.

Parking - On the street or in St. Rose College parking lot just east of church. From intersection of Western Ave. and N. Main go east on Western Ave. (towards downtown Albany). At first traffic light take right into parking area.



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



Albany New York 23rd Annual Walk & Pizza Party

10k/6k

Saturday, November 5, 2022

Sponsored By
Empire State Capital Volkssporters



Special Event Programs:

- Walking the United States (50 States/51 Capitals)
- Walking the USA A-Z

Eligible for credit towards IVV Achievement Awards

Sanctioned Event #

121721

© 2022 ESCV

AVA Rules & Conditions

Start/Finish: St. Andrew's Episcopal Church, 10 N. Main Ave. Albany ,NY 12203

Start/Finish Time: Registration 9:30-9:55 - Walk at 10:00 am

Trail Rated: 1A

Dogs, Wheelchairs & Strollers: Difficulty easy for strollers, medium for wheelchairs. Dogs are welcome on the walk but not at the pizza party.

Stipulation: There is no walk preregistration and this walk will take place regardless of weather. At time of registration, each participant accepts the guidelines for AVA Volkssport events.

Procedure: We will follow the same procedures as our current walks. Members print your own directions and maps and sign the registration sheets and get your books stamped. This walk is sanctioned and insured for Nov 5 ONLY so no later day Start cards can be honored.

Event Fees: All Walkers now pay \$ 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.

New Walker Kits that contain both Event & Distance books are free to new walkers who pay and join ESCV

Disclaimer: The American Volkssport Association, ESCV, The City of Albany, St. Andrew's Episcopal Church, the College of St. Rose 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, available at start/finish & at Washington Park Lake House.

For further information regarding the walk please call or e-mail Deborah D'Arcangelis 518-456-3455, dmdarcang@gmail.com.

For information on the pizza party contact Chris Yost 518 377-3079, cyost@nycap.rr.com

Event History

The Empire State Capital Volkswalkers have held this event, which combines guided walks (10K and 6K) with an after walk party, since 1999. The location and menu have changed over the years but the tradition remains the same: get together for a guided walk and then a meal. We now also make it our annual recognition event where members who have achieved milestones such as 50 States/ 51 Capitals, the Centurion Challenge, and other Special Programs in the past year are recognized along with recipients of AVA awards for services to volkswalking.

This year's walks will go through residential neighborhoods in Albany and Washington Park (10k only) and will be primarily on sidewalks. Both distances will be offered as self guided walks only and will finish before the beginning of the pizza party.

All walkers are welcome at the pizza party but reservations must be made in advance. Reservation forms will be available on the club website: www.walkescv.org



The Pizza Party will take place immediately after the group walk around 1:00 pm, when the 10K walkers return. Price is \$15. Reservations are necessary, with forms on the ESCV website and in the newsletter.

Cutoff date for reservations is October 28.

What do you get for \$15?
This year's menu will include hors d'oeuvres, pizza, wings, salad, beverage & dessert.