



On **Sunday, October 23, 2022**, Keuka Outlet Trail and the new pavilion at Cascade Falls will host the first-ever in Yates County **Volksmarch**, in a collaborative walking event with the American Volkssport Association ([AVA](#)). Also known as America's Walking Club, the AVA is a non-competitive sports organization committed to fun, fitness and friendship drawing on the German term "volkssport" which means "the sport of the people." There are over 200 active AVA clubs nationwide and more than 2,500 volkssports activities each year. Participants set their own pace, be it walking, biking, swimming, canoeing, or snowsports such as cross-country skiing or snowshoeing. AVA informational materials will be at the starting booth.

Participants of the Yates County inaugural **Octoberfest Volksmarch** can do a 5K or 10K walk, starting between 10:00am - 12pm, with the goal of finishing by 3:00pm. Walkers, hikers, bikers, supporters and friends seeking a fun afternoon on the KOT will begin gathering at the Cascade Pavilion for the German-themed Octoberfest that runs from **12 noon – 3:00pm**. The Apple Strudel Gang will take the stage providing live music with an oom-pah-pah beat, and there will be plenty of beer, wine, bratwursts, plus an assortment of other refreshments.

"This new Octoberfest brings together the people and purpose of two terrific organizations that will equally benefit from knowing about each other," per Robert Schwarting, an AVA member and a FOTO board member. "AVA is a great group of folks who love being active outdoors and I'm excited about introducing some existing members to our amazing Keuka Outlet Trail, as well as all the incredible amenities we know and love in Yates County. Local people who appreciate outdoor fun with fitness while making new friends should consider joining our Volksmarch on October 23." AVA is family friendly, and open to all ages and abilities.

For more than a hundred years, Keuka Outlet waterway hosted mill races, sluices, gears, shafts and multiple buildings all housing the water wheels of hydropower and an assortment of different industries. Through the many decades, these facilities employed hundreds of people and fed thousands more. Gradually, as commerce changed, the hydropower uses of yesteryear gave way to the recreational uses of today.

The Keuka Outlet Trail is open year-round as the waters of Keuka Lake flow approximately eight miles east to Seneca Lake. As the waterway drops 270 feet in altitude from Penn Yan on the west end to Dresden, New York, on the east it can be a raging river or a babbling brook depending on the time of year. In 1984, a group of local citizens formed [Friends of the Outlet, Inc.](#) as a nonprofit organization dedicated to preserve, protect and develop properties along Keuka Outlet Creek as an area for outdoor recreation and education, and to serve as responsible stewards for the region's natural resources.

For further information or to assist with the **Octoberfest Volksmarch**, go to www.keukaoutlettrail.org/.