

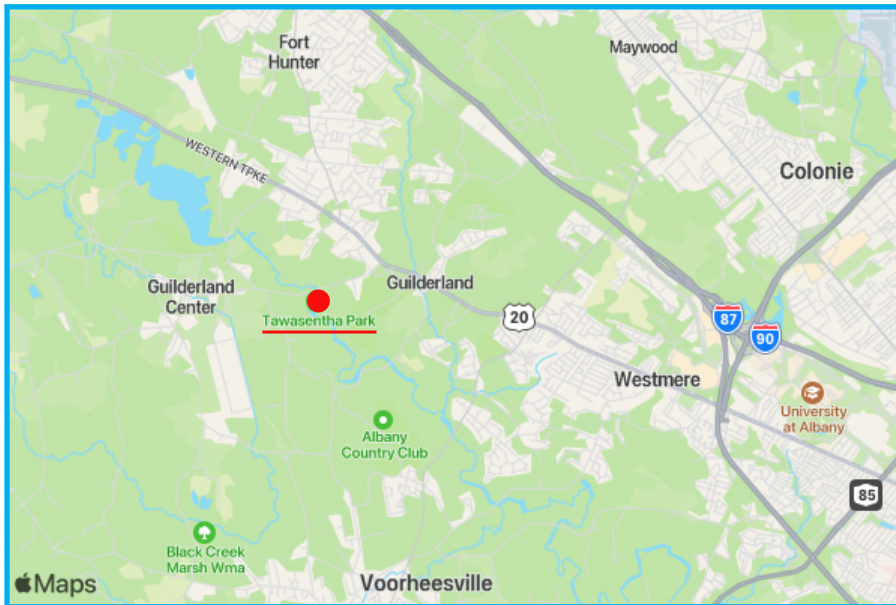
EVENT CONDITIONS: This event will take place regardless of weather conditions except as noted in the sanction. Please check the website before traveling to the event using the URL on the bottom of the front page. Anything extraordinary will be noted there. There will be no refunds for pre-paid credit fees.

DIRECTIONS: Tawasentha Park, Guilderland, NY
Address: 188 NY-146, Altamont, NY 12009. Large Pavilion (Bottom of hill on the right in Park.) Parking is free for event.

From North: Northway I-87S to end. Turn right onto US 20W/Western Ave. Go 4.3 mi. and turn left onto 146W. Park is 0.7 mi. on left.

From South: Thruway, Exit 24. Merge onto I-87N/I-90E toward Montreal. Take exit 1S toward US 20/Western Ave. Right on US 20W/Western Ave. Go 4.3 mi. and turn left onto 146W. Park is 0.7 mi. on left.

From Schenectady: Take 890E to Exit 9B toward NY 146. ¾ around circle to 146W. In 3.3 mi., left at Western Ave./Rt.20. After 0.7 mi., right onto 146W. Park is 0.7 mi. on left.



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



Special Programs
Par for the Course

Sanctioned Event #124894

URL/web link: my.ava.org/event-view.php?sn=124894

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AVA Rules and Conditions

Start/Finish: Main Pavilion at bottom of hill, Tawasentha Park, Guilderland, NY.

Time: Walk registration at Start/Finish table in the Pavilion between 9 and 11:00 AM the morning of the walk. Walk should be completed, and everyone checked back in by 2:00 PM. Oktoberfest cookout/buffet begins promptly at Noon so schedule your walk accordingly.

Trail Rated: The 10k and 5k routes are rated 2B, along marked trails at the park, including on park roads, through pleasant woodlands, and along the Normans Kill.

Stipulation: This event is open to everyone. With registration for these events, the participants accept the guidelines for AVA Volkssport events and agree to observe the principles of good sportsmanship. Littering is prohibited. Dogs are allowed in all Town parks and the hiking trails. All dogs must be kept on leash at all times. Town regulations also require the removal of dog excrement from the trails and other park locations. Children under 12 must be accompanied by an adult and watched carefully.

Procedure: Each participant must register and sign a waiver at the Start/Finish table. A "Start Card" will be filled out, but there will be no checkpoints along the route. The card must be returned to the Start/Finish table so that we know you have completed your walk, and it now becomes the property of ESCV.

Event Fees: All participants pay \$3 for this walk.

IVV Books: Event & Distance books will be available at the Start/Finish for \$6.00 each. Event and Distance Credit may be earned each time the course is completed. Participants who become new members by joining ESCV today will receive New Walker Kits containing both Event & Distance books and three free event coupons! Membership for the remainder of the year is half price, \$6 per individual or \$10 per family.

Event Disclaimer: The sponsors are not liable for accidents, thefts, and/or material damage. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable and memorable event. An AVA athletic waiver must be signed by those participating in any event. A parent or guardian must sign for children under 18.

Restrooms/Water: Available at start point and locations along the trail.

More Info: POC: John Shaw Cell: (518) 265-1345 Email: jshaw024@gmail.com

Tawasentha Park

Brief History: Tawasentha Park, a 192.5-acre jewel in the geographic center of the Town of Guilderland, was created with the acquisition of two large tracts of land. The first tract of 95 acres, the main park section, was purchased in 1969 and is located east of the Normans Kill and south of Route 146. Prior to the Town's purchase, the property had already been enjoyed by many Guilderland residents for swimming, picnicking and other outdoor activities. The second tract of 97.5 acres, the Winter Recreation/Community Gardens section, was purchased in 1989 and is located west of the Normans Kill and on the north and south sides of Route 146. It had been operated as a dairy farm for many years.



The Battle of Normanskill was the only Revolutionary War battle fought in Albany County - to prevent the Tories from interfering with Continental supply lines 5 weeks prior to the Battle of Saratoga. Notably, the 1st Rhode Island Regiment is commonly known as the "Black Regiment" due to allowing recruitment of African Americans in 1778.



The Vale of Tawasentha is the Iroquois name for a burial ground near the mouth of the Normans Kill creek. It is mentioned in the introduction of the "Song of Hiawatha." Hiawatha was a historical Indian Chief, recognized for convincing the 5 New York Tribes (Mohawk, Oneida, Onondaga, Cayuga, and Seneca) to stop fighting each other and join together to form the Iroquois Nation.



Join us for an Oktoberfest celebration after the walk.

Pre-registration for Oktoberfest cookout/buffet is necessary. See registration form in the ESCV August Newsletter (no newsletter in September) or on the ESCV website. Fill out and send in the registration form with \$6 fee. We will enjoy grilled hot dogs, knockwurst, bratwurst, rolls, water, and condiments. Please bring your favorite dish to share and other beverages if you so desire. Plasticware, cups, paper plates and napkins will be provided. Electrical outlets are available in the pavilion.

— **Buffet will start promptly at noon.**

