

President's Corner

I have said many times in this column about how important volunteers are to our club. A lot of people devote much time to keep the club going. You may not realize that the four main positions on the board, President, Vice President, Treasurer, and Secretary are elected every two years and this is an election year! We are required by AVA to have all four positions filled. The President keeps things organized, leads the board meetings, and works with AVA. You also get to write this wonderful column every month! The Vice President is the backup for the President and does whatever the President is not able to do. The Secretary attends all meetings, takes the minutes, and keeps all the board members up to date. The Treasurer keeps track of all the financials for the club and files the yearly reports with the IRS and AVA. There are no term limits which is good in some respects, but it also means that it's usually the same people doing the jobs. Fresh perspective is always welcome! If you are interested, please let me know. If you see us at a walk, feel free to ask us about what we do. You can also come to our monthly club meetings and see what it's like. Come anyway! Meetings are open to all members.

If an elected role doesn't interest you, but you would still like to be a bigger part of the club, we are looking to fill some other positions on the board. We

by Mary Frink

haven't had an Activities Chairperson since Chris Lipson retired from the position. Other board members have been filling in on an event-by-event basis. We try to have 3 big gatherings every year: the Soup Walk, the Picnic Walk, and the After-Holiday party! The Activities Chairperson coordinates who is bringing what, sets up the spaces, and organizes the food among other things. We all help out, but the Activities Chairperson is the overseer. If you like party planning, this is the job for you! If you'd like to know more, please let me know. I was the food coordinator for the Soup Walk in Hopkinton and I can give you more details.

If you look at the list in this newsletter of who is on the board, you'll see Beate Hait listed twice, once for Walk Coordinator and once for Specialties Coordinator. What is not listed is that she is also the Volunteer Staffing Coordinator! Bea is looking to lighten her load and give up some of her positions. She has written up job descriptions that are in this newsletter. If you are interested, please reach out. We can split jobs up among people so don't be discouraged if it looks like a lot of work.

Now that the recruiting bit is over... Get out there and walk! Our next event walk is **Warren, RI and please note new date: June 29 [see more on page 3]**. We have many group walks scheduled as well. See you soon!

Come Friends, Let's Walk

- ❖ *Saturday, May 4
Group Walk:
Bristol, RI
10:00 am*
- ❖ *Saturday, May 11
Group Walk:
Rockport, MA
9:45 am [TTWC, see
page 4]*
- ❖ *Saturday, May 11
Group Walk:
Wellesley, MA
10:00 am*
- ❖ *Saturday, May 18
Group Walk:
Mystic, CT
9:00 am (CVVC)*
- ❖ *Saturday, May 18
Group Walk:
Cheshire, MA
10:00 am*
- ❖ *Saturday, June 8
Group Walk:
Quincy, MA
10:00 am*

See club or AVA website for starting location details on these events. For group walks, please aim to arrive 15 minutes earlier to sign-in.



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AVA Achievement Awards (compiled from TAW)

Based on the IVV Event and Distance Award information provided in the April 2024 issue of *The American Wanderer*, **congratulations** are due to the following people:

Name	Events
Alida Lupsiewicz	100
Phil Lupsiewicz	100
Carol Giesecke	375
Roy Damiani	575
Kathryn Piffat	650
Sheila McClellan	1,150

Did I overlook either your event or distance award? Please let me know so I can submit it for the next issue of *Footnotes*.



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April Meeting Highlights

by Marianne Marshall

Meeting held April 1, 2024 in Franklin

Walk Coordinator:

- Bea to order ten 2024 May National Fitness patches
- Future event plans [updated post-meeting]:
 - ⇒ Warren, RI event on Saturday, June 29 (Workers' Walk on June 15)
 - ⇒ Blackstone, MA TBD: Keith seeking new start point
 - ⇒ Medway, MA TBD: Bea working on date/start point location

AVA News from March Checkpoint:

- New AVA policy allows clubs to determine if children 12 and under who do NOT stamp books will be charged the \$4 participation fee. If club charges, AVA receives \$2 of fee as with all other participant fees.

- All bulk emails from AVA will show sender as AVA and associated address as hector@ava.org. You can unsubscribe but this will apply to all bulk emailings, including *The American Wanderer* (TAW).
- 2025 AVA Biennial Convention is in Las Cruces, New Mexico with tentative dates April 28 to May 2, 2025.
- Regional Directors now responsible for approving updated OSB event PDFs.

New Business:

Upcoming club meetings, all below scheduled for Stop & Shop in Franklin:

- Monday, **May 6** at 6:30 pm
- Monday, **June 3** at 6:30 pm

Cha-Cha-Cha-Changes

by Monica Hait

Fall River seasonal has a new, new start point: Work Out World (WOW!), 18 Pocasset Street, Fall River, MA 02721; 508-679-2900 or www.wownewengland.com/fall-river/

After parking in their parking lot, enter under the black WOW! canopy and proceed down two flights of stairs. Please ask for the Walk Box at the front desk.

Our **Warren, RI traditional day event** that was originally scheduled for May 18 has been **moved to June 29** due to a date conflict at the start/finish location. We apologize for any inconvenience and hope you will plan to join us in June instead. Note: there's a beach along the route so, if it is a hot June day, anyone interested can take a quick detour to cool off.

Our sincere thanks to POCs Ann Plichta and Karen Plichta for their flexibility and adaptiveness in finding solutions to keep these events on the WnM docket for 2024.



Bulletin Board



Two Town Walking Club is planning a guided group walk in **Rockport** on **Saturday, May 11, 2024**. If interested in joining, please meet between 9:30-10:00 am at 2 Dean Road, Rockport, MA 01966.

See more about this seasonal event's details at:
<https://my.ava.org/event-view.php?sn=126489>

Next Club Meetings
Monday, May 6 &
Monday, June 3

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Registration for the **October 18-20, 2024 IML US FreedomWalk Festival** is open! See www.usfreedomwalk.org

US FreedomWalk Festival is a world-class, noncompetitive, non-profit, international walking festival co-hosted by Arlington County, AVA: America's Walking Club, and the IML Walking Association. The festival promotes walking as a fitness activity and international understanding & friendships while showcasing the USA by walking through the monuments, memorials, and parks of Arlington, VA and Washington, DC. A travel-worthy experience!

Do you have a volks-marching travel story or favorite walk memory to share? Send it to footnotes.editor@gmail.com for possible publication in a future edition of **Footnotes**.

Newsletter Submissions to:
footnotes.editor@gmail.com
Deadline for next issue: May 21st



AVA Northeast Region
Walking Weekend
Hudson to Housatonic Rivers
Sept 6-8, 2024

For more details on and pre-registration for the NE Region Weekend in September 2024, please visit:
<https://nodegreen.com/hudtohou/>



Job Description Summaries

by Beate Hait

Following is a summary of the responsibilities involved in each of the three positions I currently hold. Would greatly appreciate at least two of these being taken off my plate.

How the tasks to carry out the responsibilities are performed is up to the individual. I know that I've modified things over the years, and I'm happy to share the "how" I do things – but it doesn't mean that it must continue that way. New perspectives and ways of doing things are welcome.

Want to know more before making a decision? Let's talk.

Specialties Coordinator:

Offer items for sale that promote a sense of club membership and belonging to a group (e.g., t-shirts, caps, jackets).

Offer items for sale obtained from AVA (e.g., IVV books, New Walker packets, book covers, state bars, *Starting Point* book).

Manage/track inventory. Identify new items. Secure cost estimates. Present to Board for approval. Ensure specialty inventory is brought to each Walk 'n Mass traditional/day event. Check with POC of traditional event for staffing of Specialties table. After event, remit proceeds to club treasurer.

NOTE: There is discussion of eliminating the apparel inventory and keeping only the AVA-related items. If that happens, will be a lot less inventory to manage.

Volunteer Staffing Coordinator:

Contact club members by email or telephone to fill stations needed to facilitate delivery of excellent customer service and smooth operations at a traditional event.

Communicate with the event POC to determine staffing timeframes for a specific event. Obtain mailing list sorted by city from membership

chairperson. Contact members who live in towns/cities located near the location of the event to fill the various stations.

Walk Coordinator:

Encourage and guide club members in planning safe, non-competitive walking and biking events in interesting areas for the enjoyment of other volkssporters and the general public.

Submit documentation and reports to AVA within established deadlines using the online process (i.e., access the club account using my.ava.org) for event sanctioning and participation reports for traditional, year-round, and seasonal events.

Update event data on the my.ava.org website as needed to ensure current information is displayed.

Communicate as needed with year-round, seasonal, and traditional event POCs regarding event planning, operations, and reports. Request and obtain data using existing forms and checklists. Coordinate design and production of event award, if any.

Attend monthly club meetings and collaborate with other volunteer leadership to orchestrate well-prepared, safe, fun, and well-executed events.

Write monthly article for newsletter to keep membership informed of event happenings.

Some of the tasks involved in this role can be delegated to others. For example, using the club account on my.ava.org to enter and update event information, renew year-round and seasonal events, and post files that use OSB registration can easily be performed by someone else—as long as the Walk

Coordinator relays the information to that person.



Hopkinton: It All Starts Here

For anyone who has watched the Boston Marathon, you should be familiar with the sign at the starting line in Hopkinton – “It All Starts Here.” Since this year is the 128th running of the Boston Marathon and 2024 marks the 100th year that Hopkinton has served as the starting line, then it didn’t always start in Hopkinton. The original start line for the Boston Marathon was Ashland; however, that is a story for another time.

This year Walk 'n Mass can also claim that “It All Starts Here” in Hopkinton since our official walking season started with our annual soup walk which this year was held in Hopkinton. We had originally planned this walk for 2020; however, COVID derailed that plan and it took another four years before we were able to have Hopkinton serve as our start point. This walk was also a memorial walk in honor of Barbara Kimball, a long-time Walk 'n Mass member who passed away in April of 2022. We were very happy that Barbara Kimball's family was able to participate in the walk and to join us at the soup social.

When I started my day at 7:00 in the morning, there were light snow flurries that then turned into light rain. Thankfully, there were no downpours during the day and the weather was not too cold for walkers (although, it was a bit chilly for our volunteers whose duties kept them outside – I’ll bet that they were especially thankful for the hot soups that were available when their shifts ended!). Participants had a choice to do a 5km route, a 6km route, or they could do both routes in order to complete an 11km walk. Both routes started at St. Paul’s Episcopal Church on Wood Street. The 5km route headed through downtown Hopkinton and then to the Town Common which contains many Boston Marathon memorials, as well as a Doughboy statue and a new World War II Honor Roll memorial. Since Hopkinton was celebrating their 100 years of hosting the Boston Marathon, some 100th anniversary items were displayed at the Town Com-

by Bev Lange

mon. After leaving the Common, walkers continued through residential areas and passed Barbara Kimball's former home before returning to the start line. The 6km route took walkers on the Center Trail (a multi-use trail, which generally follows a railroad line to Milford that was built in 1863 and removed in 1950). Upon leaving the rail trail, walkers continued past the school complex and fields which serve as the athlete's village for Boston Marathon runners. After stopping at the checkpoint at the Hopkinton Center for the Arts, the route continued through residential areas and then returned to the start point for the soup social.

I would like to thank my co-POC Bea Hait for all her assistance on this event. Her expertise in running walking events is so valuable and extremely appreciated! Since our walks don't happen unless we have volunteers, a big thank you to everyone that helped to make this event successful: Bill Hatch, Monica Hait, Karen Kolaczyk, Sandy Hall, Laura Raney, Abel Clark, Priya Ahluwalia, Bonnie Negggers, Tom Narcavage, Diane Bucher, Paul Kelly, Linda Perrotto, Ernie Laviolette, Agnes Laviolette, Verna Devine, Charles Boddy, Mary Frink, Margo Craven, Carol Ann Dorer, Dawn Harlow, Keith Harlow, Joanne Izbicki, Marianne Marshall, Ann Plichta, Karen Plichta, and Bill Howe.

I thank the 44 people who joined us for this event and hope that they enjoyed the walk route and soup social!



Picture courtesy of Bev Lange

Hopkinton in Photos



Joanne Izbicki



Joanne Izbicki



Joanne Izbicki



Bev Lange



Bev Lange



Joanne Izbicki



Joanne Izbicki



Margo Craven



Margo Craven



Bev Lange



Bev Lange



Bev Lange



Bev Lange



Beate Hait



Bev Lange



Beate Hait



Beate Hait

Walk Coordinator Speaks

by Beate Hait

Warren, RI – DATE CHANGE — Unexpectedly, our start point notified us in mid-April that they could no longer accommodate our May 18 date. So, the new date for this walk is Saturday, June 29, 2024.

Fall River, MA Seasonal Event — It turns out that policies at the state-run Visitor Center at Heritage State Park prevent them from hosting our Walk Box without us applying for (\$45) and receiving approval for a Special Use Permit. The new start point is Work Out World (WOW!) at 18 Pocasset Street and the Walk Box is already in place [see page 3 for more].

Participation Fee — A reminder that a participation fee is now required of all walk/bike participants. At a traditional event – one that is scheduled for a specific day and is staffed by club members – the participation fee is \$4. Of this fee, \$2 is paid to AVA and \$2 remains with the club.

As a benefit of membership in WnM, when you participate in one of our club-sponsored seasonal or year-round events, you are granted a \$1 discount when registering in person. Please mark the appropriate participation category on the Registration Log in the Walk Box. Of this \$3 fee, \$2 is paid to AVA and \$1 remains with the club. Unfortunately, this option is not accommodated when using the Online Start Box (OSB), but you can take advantage of this discount when attending

on a Group Walk date where in-person registration is available – even for Boston (Back Bay and Freedom Trail), Cheshire, Oak Bluffs, and Provincetown, which currently do not have physical Walk Boxes.

Upcoming WnM 2024 walks — Disappointingly, no locations or dates have been suggested for traditional day events in the coming months. We will therefore schedule more frequent dates for Group Walks of our seasonal and year-round locations as incentive for our club members to get together and walk – if only to see one another when we register to walk at the designated time.

You may, of course, choose to follow the written route directions and walk on your own or walk with the group. Often, several people choosing to walk with the group will also opt to stop together for lunch – either while on the walk route or after finishing. Another opportunity to chat with and get to know your fellow club members and to put our motto into practice: Fun – Fitness – Fellowship – and Food!

Group walk dates are publicized through the newsletter, email notifications, Facebook, Meetup, the Northeast Region calendar page, and our club website. Please check walknmass.org for up-to-date status of Group Walks. Often, if severe rainfall is predicted, the group walk will be rescheduled.

Picture Time!

Ann Plichta was awarded her RI County Challenge victory towel following completion of the challenge in Wickford, RI (Washington County) on April 13, 2024.



Mary Fink



Carol West