

President's Corner

Happy Spring! I love the changing seasons. That's why I live in New England. However, I'm getting tired of cold and the stick trees. I am SO looking forward to everything greening up! A sure sign of Spring is our annual soup walk, which this year is on April 6 in Hopkinton. I hope you are planning on coming. If you are able to bring something for the lunch, please let me know at mfwalks2010@verizon.net. You can bring anything. It doesn't have to be soup. We also need bread, appetizers, and, of course, desserts. Everything is a help! It will be great to see everyone.

Are you doing the RI Counties Challenge? If you are and you had trouble getting to Block Island last year for Washington County, you are in luck! CVVC is doing a group walk of their new seasonal in Wickford, RI walk on April 13 which counts for Washington County. I haven't been to Wickford in ages. I remember going when I was

by Mary Frink

a teenager with my family to visit friends and peruse the little shops. I'm really looking forward to it. If you haven't signed up for the RI County Challenge, I highly recommend it. Rhode Island is a beautiful little state. (Being a native Rhode Islander, I'm very biased.)

We are always looking for start points for walks. We are currently looking for somewhere to have our summer picnic walk. It could be a park pavilion like we had at Lincoln Woods 2 years ago or a hall with tables and chairs like we had for the Potluck and Pie in Milford last October. If you know of somewhere that is also a good place to walk, please let me know as soon as possible so we can get the ball rolling. If the place you have in mind would work better for a Potluck and Pie in the fall, we can do that too! The hardest part is figuring out the start point.

See you in Hopkinton!

Come Friends, Let's Walk

- ❖ *Monday, April 1
Group Walk:
Newport, RI
10:30 am*
- ❖ *Saturday, April 6
Day Event:
Hopkinton, MA
Soup Walk*
- ❖ *Saturday, April 13
Group Walk:
Wickford, RI
9:00 am (CVVC)*
- ❖ *Monday, April 15
Group Walk:
Concord, MA
8:00 am
(Patriot's Day)*
- ❖ *Saturday, April 20
Group Walk:
Providence, RI
10:00 am*
- ❖ *Saturday, April 27
Group Walk:
Fall River 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.

Welcome, New Members! compiled by Diane Peterson

We are delighted to welcome our newest club members:

- ◆ Sue Cassidy of Sunderland, MA
- ◆ Daniel & Emily Scoland of Norton, MA

We look forward to seeing you out on the trails!



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March Meeting Highlights

by Marianne Marshall

Meeting held March 4, 2024 in Franklin

Walk Coordinator:

- Bea created elevator pitches for WnM's events
- AVA Northeast Region Event, Sept. 6-8, includes walks in Hyde Park, Highland, and Kent Village
- Bea is distributing stamps for our seasonal events
- Future event plans:
⇒ Warren, RI on Saturday, May 18

AVA News:

- 2025 AVA Convention will be in New Mexico during April/May timeframe
- Electronic version of The American Wanderer is FREE to everyone. For a printed version, you must be an AVA associate/lifetime member and alert Hector of preference from print

- Eleventh Biennial Atlantic Region Conference will be April 5-7, 2024 in Dover, Delaware
- May 8 is World Walking Day

New Business:

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

- Monday, **April 1** at 6:30 pm
- Monday, **May 6** at 6:30 pm
- Monday, **June 3** at 6:30 pm



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Trail Master's Diary: Hopkinton

by Ann Plichta

As I write this, spring is in the air. We've already sprung forward with our clocks, and the calendar has officially turned the page to the new season. When I walk around my neighborhood, I see robins everywhere, and purple and yellow crocuses abound. The surest sign of spring, in my mind, is the Walk 'n Mass Soup Walk. It's a chance to shake off the winter doldrums and enjoy walking and socializing with friends over delicious soups and desserts. This year, Walk 'n Mass invites you to join them for 5km and 11km walks in Hopkinton on April 6th. The walk is also part of National Walking Week, and is a Barbara Kimball Memorial Event. Barbara was a 20 plus year member of Walk 'n Mass whose hometown was Hopkinton. She participated in numerous volkswalks, both walking and volunteering.

The town of Hopkinton was incorporated in 1715 and named for Edward Hopkins, an early Connecticut colonist. He left a large sum of money to invest in New England land, with the proceeds to benefit Harvard University. The trustees used the money to purchase over 12,000 acres from the Native Americans, and named the area in honor of its benefactor. Grain was the first crop grown in the area, followed by fruit and dairy. Boot and shoe industries arrived in 1840, with eleven factories by 1850. In 1882, fires destroyed some of the industry, and the shoe and boot factories moved to other parts of the country. Today Hopkinton is known for being the headquarters for Dell EMC Corporation.

The first 5km loop heads to downtown Hopkinton, passing by the library and heading toward the Common. Every Patriot's Day the town attracts global attention for being the starting point of the Boston Marathon, the

world's oldest annual marathon. Walkers will most likely notice increased activity with the race being a week away. The Starting Line will be freshly re-painted, and is a popular photo stop. There are also memorials and statues, including the "Doughboy" World War I memorial and "The Starter" firing the starting pistol. As you pass the Center School, there is a statue dedicated to marathoners Dick and Rick Hoyt with the father famously pushing his son in a wheelchair. The route continues through the Common and residential neighborhoods before heading to Grove Street where Barbara Kimball lived at #27. Walkers then head back through downtown Hopkinton before returning to the finish for 5km walkers and a checkpoint for the 11km route.

The second loop is a 6km that explores the Center Trail, which connects Main Street to the Hopkinton school complex. It employs an old rail corridor and will eventually become part of the Upper Charles Rail Trail. The athletic fields at the schools are used as the athlete's village for the Boston Marathon. After passing the Hopkinton High and Middle Schools, walkers will go by the Hopkinton Center for the Arts and continue through residential neighborhoods before returning to the Finish and soup! Both routes are mostly on paved surfaces with a few slight inclines. They have an AVA rating of 2A, unsuitable for wheelchairs and marginally difficult for strollers.

Celebrate the start of spring and join Walk 'n Mass on April 6th for their annual Soup Walk in Hopkinton with 5km and 11km routes. Enjoy the company of fellow walkers and partake in some delicious soup and desserts. It's not necessary to bring anything. Just come and have a good time. Hope to see you there!

For **walking in Hopkinton**, please aim to arrive, register, and start out on the route between 9:00-11:00 as recommended below. All walkers should **finish by NOON** when soup will be served.

11km start: 9:00-10:00 a.m.

5km/6km start: 10:15-11:00 a.m.

Bulletin Board

The **2025 AVA Biennial Convention** will be held in Las Cruces, **New Mexico**. The tentative dates are April 28 - May 2, 2025. Added to these convention dates will be pre-convention events Saturday, April 26 and Sunday, April 27 as well as post-convention events Saturday, May 3 and Sunday, May 4. Plans are still being developed, so stay tuned!

Save the Dates for these other Spring Group Walks [April group walks noted on page 1]

- May 11 in Wellesley, MA
- June 8 in Quincy, MA (tentative)
- June 15 in Bristol, RI
(sign in begins 9:30 am, group walk at 10 am unless noted)



Next Club Meetings Monday, April 1 & Monday, May 6

6:30 pm

Stop & Shop

40 Franklin Village Drive

Franklin, MA 02038

Up the stairs past

Customer Service Desk

Do you have a volksmarching travel story or a memorable walk 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: April 21st

For our **Fall River seasonal walk**, please note the new start point, at **Fall River Heritage Park Visitor Center, opens for the year on Sunday, April 7, 2024**. The VC's scheduled hours are Wednesday through Sunday from 8:30 a.m. to 3:30 p.m.

As spring weather in New England arrives, please plan to explore the **many WnM seasonals** that open on April 1 and thereafter.

And check out some events from our sister clubs in the region as well:

Two Town hosts events in MA: Beverly, Danvers, Gloucester, Ipswich, Rockport, and Salem.

Southern Maine hosts events in ME including: Augusta, Brunswick, Falmouth, Kennebunk, Portland, and Saco.

Twin State hosts events in ME, NH, and VT, including: Appalachian Trail locales, Concord, Dover, Littleton, Montpelier, Peterborough, Portsmouth, Stowe.

And **ESCV** hosts walks in Bennington, VT as well as Williamstown, MA along with many in NY.

Details on my.ava.org just click "Find a" to search for events.

Picture Time!

Newton Group Walks in late January (pictures in top row) and again in late February (second row); what a difference a month made!



Marianne Marshall



Joanne Izbicki

Wellesley Group Walk on March 16

7 WnM, 3 Meetup, and 2 who found us searching for "events in Wellesley" which took them to walking events in Wellesley which then brought them to Meetup with the details for our WnM walk.

Lots of fun was had at the Putnam/Thompson (CVVC) group walk on March 9 (all photos below) that brought walkers from several states to enjoy the sights, and find the Tri-State Marker (MA-CT-RI).



Carol Giesecke



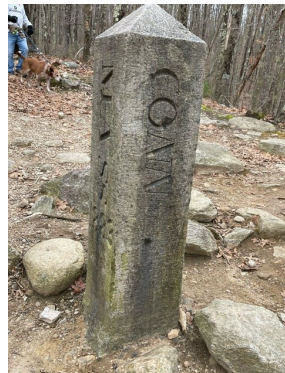
Joanne Izbicki



Carol Giesecke



Marianne Marshall



Carol Giesecke



Carol Giesecke

You likely know by now that our Walk 'n Mass Club has teamed up with the Connecticut Valley Volkssport Club (CVVC) to offer a Rhode Island 5 County Special Program. I will have details at the end of the article on how to sign up, if you are interested. I used to live in Delaware, the second smallest state in the US, and we had only 3 counties. It's amazing to me that RI has 5! But nevertheless, participating in this program is a great way to appreciate the variety of terrain and beauty in the Ocean State.

The Rhode Island 5 County Special Program includes walks in Providence, the Capital (Providence County), Bristol, a short drive (or nice bike ride) south of Providence (Bristol County), Newport (Newport County), East Greenwich (Kent County), and Block Island (Washington County). When the program first began, Block Island was the only walk that one could do to get the Washington County stamp. That has since changed with the addition of a 2024 Wickford seasonal on the mainland. If the weather is unfavorable for the ferry trip, which happened to Walk 'n Mass walkers last summer, one can actually still complete the Washington County walk in Wickford. Because of Rhode Island's size, it is quite easy to complete all five county walks in a weekend, if so desired. But if you have the time and the interest, it is much more fun to spread out the joy of walking in this beautiful state!

Last September, due to the illness of my camping partner, I had to cancel our annual week-long stay at Paul Bunyan Campground in Bangor, Maine. I was looking for some fun alternatives nearby and settled on a three-day visit with a college friend who lives in Wakefield, RI. Luckily, she likes to walk and also wanted to take the trip to Block Island. We boarded the ferry on a beautiful sunny day in late September and took the hour-long ride to the island. It's an OSB (online start box)



Carol and friends aboard the Block Island Ferry

walk, so one should register online & download the directions before leaving. One has 30 days to complete the walk after registering, so if your plans or the weather change at the last minute you can easily reschedule. I downloaded the directions to my phone and my friend printed them out. The walk begins right at the ferry terminal. One can grab a snack on the ferry or time it so that you can have lunch when you arrive. We decided to bring snacks and water with us and eat lunch after the walk. The walk begins with an uphill climb to see the beautiful **Spring House Hotel** [picture below]. We made a mental note to eat there when we finished the walk, but we ended up eating at the National Hotel on the main street across from the ferry terminal. They have a lovely large porch area in view of the ferry.



One of the highlights of the walk is the **South-east Lighthouse**, sitting atop a grassy hill [picture on next page]. After a winding climb,

the vista opens up and there is the entrance to the lighthouse grounds. Upon visiting the grounds, we learned that the entire lighthouse and building were moved back 150 feet due to beach erosion over the years. This seemed like a Herculean task and speaks to the dedication of Rhode Islanders to save their national landmarks. The lighthouse was built in 1873 and moved in 1993. If you want to read more about this historic structure, please visit the website: www.southeastlighthouse.org



Carol at the Southeast Lighthouse

From there we walked past a **beautiful stairway to the sea** [photo at right]. I took a picture of it and maybe another day I will walk down there, but that day we were both hot and tired and beginning to think about lunch! There are many other sights and history lessons on this walk. One especially interesting item is that a man who owns a glass blowing company in Wakefield, RI, decided to make and hide a number of glass orbs on Block Island each year since 2018. The project has captured people's imaginations around the

country. There's a YouTube video of the CBS *Sunday Morning* episode about this. The project has done wonders for the glass blowing company and store, which was struggling a bit until this project took off. We quickly discovered, however, that looking for glass orbs and walking do not mix. One might decide to spend the night on the island if really interested in finding one of the souvenirs.

We wended our way back down the hill to the hotel and had a wonderful lunch overlooking the harbor and the ferry terminal. I fell asleep on the ferry on the way back to the mainland! I highly recommend this trip and the Rhode Island 5-County program. It costs \$10 to register and comes with a list of the walks and the counties. Upon completion of the 5 walks, one gets a lovely neck cooling cloth for those hot summer walks. For more information and to get a booklet, please contact Bea Hait, Walk 'n Mass Walk Coordinator, at BeateH1@aol.com or Carol West of CVVC at carol.west@sbcglobal.net



View of the 144 steps to ocean

Walk Coordinator Speaks

by Beate Hait

Walk and Soup Social in Hopkinton on Sat.,

April 6 – At the official measuring of the route on March 17, it was determined that the Downtown Loop measured 4.96 km and the Center Trail Loop measured 5.69 km. Rounding up, we have **5km and 6km loops (total 11km)**. Walkers who do not want to walk the full 11km may choose which loop to walk.

Volunteers are in place, and now we need YOU to attend. Also, if you would like to bring a food item to share at this Soup Walk, please contact Mary Frink, who will be coordinating the food aspect of this event.

Warren, RI – Saturday, May 18 – The Warren brochure is included with this newsletter. Hope to see you there! And, if you would like to participate in the challenge to walk in each of Rhode Island's five counties, those Challenge books will be available for purchase.

Rhode Island County Challenge – At the present time, there are events scheduled/available in each of Rhode Island's five counties: two in Bristol County (Warren TE and Bristol SE); East Greenwich YRE in Kent County; Newport SE in Newport County; Providence YRE in Providence County; and two in Washington County (Block Island YRE and Wickford SE).

Year-round and Seasonal Events – Please note our newest seasonal events: **Roslindale/Arnold Arboretum** and **Oak Bluffs (on Martha's Vineyard)**.

Pat Damiani tells us the reconstruction of the boardwalk over the saltmarsh in **Sandwich** is reported to be on track to reopen by the end of March! While "our" club's engraved board has disappeared, the new boardwalk is wider and has rails on both sides, which will make walking across it more comfortable for many.

How many of our club's 19 self-service events will YOU participate in this year? Choose one now to start and, by the end of the year, you'll marvel at the many interesting sights you discovered while putting one foot in front of the other.

Information regarding start point locations, hours of operation and route descriptions can be found in multiple areas: in the YRE/SE booklet that was mailed to members last December, on the club website (walknmass.org) and on the AVA: America's Walking Club website (ava.org). If you have questions, please contact the respective POC.

- Concord, Fall River, Hyannis, Newton Centre, Plymouth, Sandwich Walk, Sandwich Bike, Wellesley, Bristol, and Newport use a **Physical Start Box (PSB)**.
- Boston Freedom Trail, Boston Back Bay, Cheshire, Oak Bluffs, and Provincetown use the **Online Start Box (OSB)**.
- Lowell, Providence, Quincy, and Roslindale offer either **OSB or PSB**.

Group walk dates of these events are noted in *Footnotes* and posted on the club website, Facebook (AVA Walk 'n Mass Volkssport Club), and Meetup. Announcements and reminders of club activities are sent by email. If you want to be added to that email list, please contact Paul at nsartevents@gmail.com. **In-person registration will be available at each scheduled group walk.** You may then choose to walk with the group or walk on your own.

Upcoming events – After the walks in Hopkinton (April 6) and Warren, RI (May 18), we currently have no traditional/day events scheduled. Unfortunately, a new start point needs to be identified for the Blackstone walk that we expected to have in June.

Please contact me to suggest a location and date for another day event. Would especially like a location for a picnic walk and one or two walks this fall. Information about a planned event needs to be submitted to AVA at least 90 days prior to the event date, so time is of the essence to schedule walks for this year.

