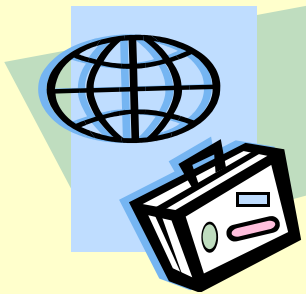




What Travel Writers Say Newsletter

www.whattravelwriterssay.com

Outward Bound: Saratoga Springs, NY



The "Match of the Century" on November 1, 1938, at Pimlico, featured underdog Seabiscuit who defeated War Admiral, and only a few days ago, I saw both horses...well, at least their images, hanging on plaques in Saratoga Springs' Official National Thoroughbred Racing Hall of Fame. In off-season, I virtually had the place to myself!

Like Cooperstown's excellent Baseball Hall of Fame, this inviting, modern facility, located a short 5-minute drive from the city core, is geared to provide the entire family with a rewarding experience through a well-organized series of informative exhibits, many of which are interactive and will keep kids motivated to discover more about horse racing.

At present, there are 186 Thoroughbreds, 93 jockeys and 88 trainers in the Hall. A video display beams up important data on each selection. I was pleased to read about Canadian jockey inductees, Ron Turcotte, who rode Secretariat and Sandy Hawley as well as perennial Cuban favourite, Avelino Gomez who tragically died in a track mishap.

Please see Outward Bound, page 3

One's destination is never a place but rather a new way of looking at things.

Henry Miller

"Toronto escape" draw winner: Teacher, Kent Avery

Congratulations to Kent Avery who has won our draw for two days at the Westin Harbour Castle Hotel along with breakfast for two in downtown Toronto.

The hotel is located near major attractions including the Air Canada Centre, CN Tower, and Toronto's financial and theatre districts. This CAA/AAA Four Diamond Award hotel is less than 30 minutes from Lester B. Pearson International Airport.

Kent is a secondary school teacher of Cooperative Education and Social Studies.

Each March/April, he takes students to various parts of the world on international travel opportunities.

This March, they are traveling to Egypt with a five day cruise of the Nile River included.

Don't you wish you were back in high school!

Featured Tips:

Looking for cheap flights, accommodations, currency conversion, even local temperature or subway information? For the latest data, we supply 770 links to every conceivable travel related question that you might have. Bookmark this helpful site to assist you in future travel: <http://www.whattravelwriterssay.com/indextips.html>

This month's featured tip: <http://www.vrbo.com/> offers vacation rental properties by the owners themselves. Friends have used this web site regularly to secure lodgings in Florida and in Hilton Head, SC.

I have found out that there ain't no surer way to find out whether you like people or hate them than to travel with them.

Mark Twain



In addition to travel tips, our *What Travel Writers Say* website includes:

- Travel articles (459)
- Travel tips & links (770)
- Professional travel writers (90)
- Seniors' travel links (105)
- Current travel industry news (World-wide)

Life-long Learning

We learn from, and correspondingly teach others, as we travel through life. For those involved in education, our web site is a huge database containing lesson plans and an abundance of geographically related material readily adapted to the classroom or for family activities when travelling by car, boat, train or plane. If engaged in "Trivial Pursuit" contests, this is the place to go! **See actual lesson plans at:**

<http://www.whattravelwriterssay.com/tipslessonplan.html>
<http://www.whattravelwriterssay.com/tipslessonplan1.html>

Find world venue-related material at:

<http://www.whattravelwriterssay.com/index.html>

or the tips/links section which offers material related to travel at:

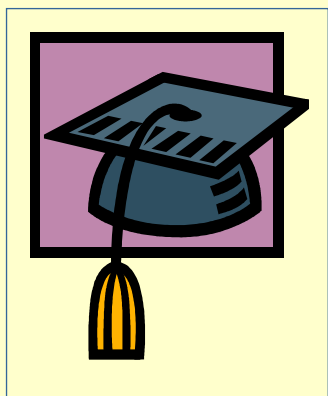
<http://www.whattravelwriterssay.com/indextips.html>

Need a laugh? Go to:

<http://www.whattravelwriterssay.com/indexseniorhumour.html>

Want to translate text into one of 10 major languages? Go to:

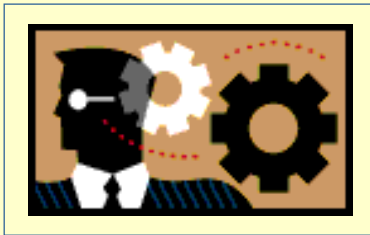
<http://www.whattravelwriterssay.com/index.html>



Website of the month: The Food Timeline

<http://www.foodtimeline.org/index.html>

What did the Vikings eat when they set off to explore the new world? How did Thomas Jefferson make his ice cream? What did pioneers cook along the Oregon Trail? Who invented the potato chip...and why? What did President Obama eat at his inaugural luncheon? Food Timeline & Food history presents a buffet of lore and contradictory facts. Most foods we eat are not invented; they evolve. A great educational site.



Outward Bound: cont'd.

The galleries are well laid out in a circular fashion around an outdoor courtyard that features a large, stunning sculpture of Secretariat, the Triple Crown winner in 1973, ending 25 years of Triple Crown drought. From exhibits, we learn that a Triple Crown is quite an achievement, consisting of wins at the Kentucky Derby, Belmont and Preakness Stakes all over a period of five weeks that surely test a three-year-old's speed, stamina, and endurance. Victory is one of racing's ultimate achievements.

The Hall contains many beautiful oil on canvass paintings, silver and gold trophies as well as bronze sculptures that celebrate this sport of Kings. An anatomy exhibit reveals the skeletal structure of a thoroughbred and another video display explains the importance of regular shoeing (every 40 days) as well as the kinesiology or optimum movement of the horse, achieving its main thrust from its powerful hind legs.

There's a Horse Play Gallery for kids who can wear jockey clothing and ride surrogate horses. Another wonderful display reveals how horses are trained to become acclimatized to the starting gate. You can learn how to read a tote board, figure out odds and just about every other item involved with horse racing including one that was new to me, an actual lady's silk "purse" that was given to winners. Now, the purses are filled with substantial amounts of cash. There's a collection of vivid jockey silks including the storied blue and yellow Windfield Farms pattern of famed Canadian horse owner, E.P. Taylor.

Inside the large hall where they conduct the yearly inductee ceremonies, I watched a short movie called "Race America" which provided a solid overview of the sport of racing, starting from the birth of a foal.

Business has been quick in Sarasota Springs to seize upon the thoroughbred motif. It's everywhere. On the long, lovely main street offering lots of attractive shops and restaurants, you bump into equine art from neon sign to plastic sculpture to even a horses' head fountain design at the Hampton Inn where we stayed. Sarasota Springs is located just east of Utica and Rochester and north of Albany.

Travel Fact of the day

Food: Norwegians drink 10.7 kilograms of coffee per person each year, and also lead the globe in anxiety disorders. (Source: NationMaster.com)

More interesting travel facts are available at: <http://www.whattravelwriterssay.com/indexdidyouknow.html>



Triple-Crown winner,
Secretariat

In wildness is the
preservation of the
world.

Henry David Thoreau

Industry News

For the latest travel industry news, visit: <http://www.whattravelwriterssay.com/indexnews.html>

Saratoga Springs, New York

Gregory Dixon is the Vice-President, Tourism at The Saratoga County Chamber of Commerce. 28 Clinton St., Saratoga Springs, NY 12866; phone: 518-584-3255; www.saratoga.org; gdixon@saratoga.org

Lia Palermo is the Front Office Manager at the Hampton Inn & Suites, Saratoga Springs-Downtown, NY; 25 Lake Ave., Saratoga Springs, NY 12866; phone: 518-306-3004; www.saratogaspringssuites.hamptoninn.com; lia.palermo@hilton.com.

The Hampton was exceptional with large, comfortable suites. The entrance greets one with beautiful hardwood floors equipped with inlaid patterns along with ample light to warm the way. The staff were courteous and helpful. A lounge area with fireplace was a good place to relax and/or read the newspaper.

Sarasota Springs Attractions

National Museum of Racing – (contact: Brien Bouyea) <http://www.racingmuseum.net/>

Saratoga Springs History Museum (contact: Jamie Parillo) www.saratogahistory.org

Saratoga National Historical Park - www.nps.gov/sara

Saratoga Race Course - www.nyra.com

Saratoga Automobile Museum (contact: Richard Sellikoff) www.saratogaautomuseum.org.

The Sarasota Springs Performing Arts Center is summer home to the New York City Ballet and Philadelphia Orchestra, and also hosts the renowned Saratoga Jazz Festival. There are also theatre, dance and music performances at Skidmore College, folk at Caffe Lena, jazz & club performances, and live music at many area venues. <http://www.nycballet.com/nycb/home/> <http://www.philorch.org/>

Besides Thoroughbred horse racing, Saratoga also offers trotters, polo and a casino. Saratoga Gaming & Raceway: <http://saratogaraceway.com/Home.aspx>

Saratoga National Park is site of one of the 15 most important battles in world history because it was here that the Revolutionary Army and Benedict Arnold defeated General Burgoyne's British who were intent on marching down the Hudson Valley. Arnold acted heroically but was displeased that his General Gates ignored him.



Sarasota equine street art

Enjoy the architecture of Saratoga Springs; there are over 1,000 stunning buildings on the National Historic Register, many Victorian beauties and of course, the mineral springs that served the spa needs of visitors for centuries.

Ask at the Visitors Center for the Saratoga Springs Self-guided Tour: Mineral Waters, a tasting tour of the famous waters of Sarasota

Balloon rides are available in nearby Glenville: Windrifter Ballooning - 518-399-6683

There are 15 golf courses in the area.

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