Awards Celebrate Our Volunteers

Trail Conference Awards are determined by the Board of Directors, except for Distinguished Service Awards, which are determined by the Volunteer Committee. The following awards were announced at the October 15, 2011 Annual Meeting in Ossining, NY.

**RAYMOND H. TORREY AWARD**

Given for significant and lasting contributions that protect hiking trails and the land upon which they rest. All-around Volunteer JANE DANIELS, Mohican Lake, NY, received the highest volunteer award given by the Trail Conference. The Raymond H. Torrey Award, named for a founder of the Trail Conference, was presented to Jane at the Annual Meeting.

Jane Daniels, a well-known leader in the local, regional, and state trails community for at least three decades, received the highest volunteer award given by the Trail Conference. The Raymond H. Torrey Award, named for a founder of the Trail Conference, was presented to Jane at the Annual Meeting. Jane has served on the Trail Conference board of directors for more than 20 years, including six as board chair. She is co-founder and president of the Hudson Valley Greenway Council. She is supervising the building of town trails, where she lives, working with town officials, mountain bike groups, Trail Conference volunteers, and others to create this new community resource. Jane fosters similar collaborative trail work between hikers and other user groups throughout the state and the region.

Above all, in all her roles, Jane has been a generation voice for the Volunteers, working tirelessly to recruit, encourage, mentor, and reward the ever-growing cadre of Trail Conference volunteers. The Trail Conference today fields more than 1,200 active volunteers who maintain more than 1,800 miles of trails in the New York-New Jersey region and produce trail maps and books used by hikers and others. The award presented to Jane Daniels by the Trail Conference honors her countless contributions to these achievements.

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**Training & Recruitment Boost Trail Crew Rosters**

When last seen (by this reporter) Monica Day, of Highland Park, NJ, was scrubbed upon the Appalachian Trail boardwalk in Vernon, NJ, perched on a precarious stack of boards that was sinking slowly but steadily into the muck of the Pochuck Swamp (photo above). She was working out, with help from crewmate Lee Mott, the correct alignment of a metal fixture that would hold the platforms aloft. For something like two decades, this has been Monica’s idea of weekend fun.

Thankfully, Monica isn’t alone in her choice of outdoor sport. We launched four new crews in 2011 and see potential for more.

Building bridges, moving heavy rocks, clearing new trail routes, constructing erosion controls—people who enjoy being outside, working with others, putting “old-fashioned” tools such as hammers and drills to work, and seeing the results of their labor at the end of the day—these are the pleasures often cited by trail crew volunteers. “It’s a great change after a week in the office,” is an often heard sentiment.

The Trail Conference is working to attract and train more skilled volunteers like Monica. Trail crews and maintainers are the backbone and muscle of the Trail Conference. Without these volunteers most of the more than 1,800 miles of trails in our region would not exist or would be impassable—especially after a season of storms such as we experienced in 2011. (Monica and the rest of the West Jersey Crew were putting the Pochuck boardwalk back into place after it had been floated off alignment by the floodwaters that followed Tropical Storm Irene and Lee.)

With the growth of trail miles, increasing knowledge about trail-building best practices, and the simultaneous shrinking of public funding for parks and trails, the Trail Conference recognized the need to recruit new crew members and leaders for our existing crews, offer more skill-development workshops for volunteers, and add new crews, some with specialized skills.

Thus was born, in 2006, Trail U; in fact, and for a while only, campus was the Bear Mountain Trail Projects.

This year the Trail Conference, with financial support from REI and working with Trail U alumni and experienced volunteers, launched four new trail crews. The Jolly Rovers, a roving trail crew specializing in technical stonework, hit the trails in March (see their report on page 5). Their projects often double as training grounds—satellite Trail U sites—for students of stone work.

The Intrusive Strike Force, which removes targeted invasive plants from selected trails, made its first work trip this fall (see page 7), as did the Bear Crew—which brings Natural Design principles and rockwork training (courtesy of the Jolly Rovers) to trail projects in north Jersey (page 5).

In November, the new Orange-Rockland Long Distance Trails Crew, which will focus on Appalachian Trail, Highlands Trail, and Long Path projects in the West Hudson region, debuted by clearing a route for an AT relocation on West Mountain in Harriman-Bear Mountain State Park (see West Hudson Field Notes, page 4).

The success of the multi-level training continued on page 6.
In 2011, John and Marianne Gunzler of Park Ridge, NJ, inaugurated the Trail Conference’s Legacy Fund, an endowment-like fund created by the board of directors in June, with their very generous gift of $100,000. The Legacy Fund is intended to be a reservoir of support for the core programs of the Trail Conference year after year, decade after decade. The Gunzlers look forward to other donors adding to the fund so that it grows substantially over time.

Life-long hikers John and Marianne Gunzler invite others to help preserve the future of the Trail Conference.

Letters to the Editor Feedback

Join the Gunzlers in Building a Legacy for Trails

A Sampling of Comments From Our Website

Re Year-End Trails Report November 22, 2011, Lowell says: outstanding work in a very difficult year. Lots of treks and limbs down from the October snow storm. Great work and continued good luck.

Great Hike at Silas Condict County Park! On November 22, 2011 nancysq says: We did this hike on 11/20/11 & really enjoyed it! Fabulous view of a farm home with a white fence encircling it, which looked like a postcard. Great job of blazing too.

Great Mix of Terrain on Mananicut Point Trail On November 27, 2011 kingpin60 says: Great hike, moderate difficulty sounds about right, has included Lake Sonoma, great views from different points throughout the hike with the best being Overlook, several rock scrambles, swamp land, stream crossings, it was a great mix of terrain in a not-so-long hike. While it was almost December it was unusually warm so the ticks were out in force, and we didn’t bring any deer. The trail seemed unpolluted so the tall grass on the trail made a great jumping off point for the little buggers.

Our clothes were covered and I had to pull four out from my leg with tweezers. Not fun. Moral of the story, be prepared.

Hiking the AT/Lemon Squeezer On November 27, 2011 skidoos says: Instead of the mall on Black Friday, I took the AT/Lemon Squeezer loop...a good hike. The only caution was the slippery leaves on the trail...the views and scenery...excellent. I can imagine this is best in the Fall at peak!...This hike has it all...frosts, steep cliffs, rock formations, Island Pond, Dismal Swamp...recommended.

Great Rurette of the TMI On November 30, 2011 sponge says: [The southern Harriman trail crew has done a great job removing the TMI near Ladentown up an alternative route and extending the red arrow to meet it. This was previously a cairn-blazed route, which was far superior to the rocky stream bed route we once followed]...Thank you to the trail crew for all their great maintenance and rerouting.

 ATC to Highlight Town of Warwick

Acting on an application prepared by Gene Gunzler, chair of our New Jersey Appalachian Trail Committee and a Warwick resident, the Appalachian Trail Conservancy has designated the Town of Warwick as an Appalachian Trail Community. The town is the first in the New York-New Jersey region to be granted this designation and is one of just a dozen communities so designated along the length of the AT. Assemblywoman Annie Rabbitt supported the application.

“Appalachian Trail Communities help conserve the landscape of the trail, but also reap the rewards of eco-tourism and outdoor recreation,” said the assemblywoman. “This is truly an example of how one person can make a real difference for the community around them.”

The Appalachian Trail Community program partners with towns with economic development assistance through the ATC. In addition to helping attract tourists and hikers, the conservancy helps designated towns with conservation planning, municipal and regional financial aid, and acts as a catalyst for enhancing economic development projects.

ATC also works with local educators to help promote trail and environmental stewardship, as well as with local organizations, businesses, and public trusts. As a designated Appalachian Trail Community, the town of Warwick will be eligible for all of these benefits, in addition to getting national and global exposure through the conservancy’s program.

The NJAT Committee will work with ATC and local partners to schedule and plan a public announcement event early in 2012. Congratulations to Gene and the committee on winning this designation for the Town of Warwick.
**Why We Love Trail Crewing**

By Dave and Monica Day
West Jersey Crew Chiefs

The easy, short, and utterly insufficient answer is that it is something that we enjoy doing. Being hikers, I guess it stemmed from wanting to “give back” something in support of the trails we enjoy using. Each of us came to do trail work by a different path, but we ended up in the same place (literally)—we met in 1996 on a work trip to the trail (New Jersey) and love it.

It is work that has a tangible result, and at which we have become reasonably proficient. The challenges of new situations keep it from getting dull. It’s really satisfying to put effort on a project, and then at the end of the effort, to have a new or fixed trail, a safer, and steeper one, than before. Knowing that what we do enables people (many for whom this is their only chance) to get out into the great outdoors safely and comfortably is very satisfying. We take pride in what we accomplish, knowing it will benefit others in such a direct way.

**Coming in 2012: A Bigger, Better Trail U**

As 2012 begins, the Trail Conference is busy with a major upgrade of our Trail U curriculum. We believe that improving the trail-related knowledge and skills of our volunteers, and thus of our trails, is one of the best ways to improve the overall quality of the trails. We expect you and the millions of others who take a hike in the future will be the ultimate beneficiaries of this initiative.

The approximately 1,800 miles of trails we maintain are getting older each year. Many of them have withstood increasingly heavy use for a half-century or more. Most were not designed for such traffic, and eroded or poorly-drained treadways are the unfortunate and all-too-common result. A classic case of being loved to death.

The demand for trail crews, those hearty souls who come together on weekends to address the more challenging projects, has outstripped the capacity of our existing crews, even though new crews have started just this year (See articles pages 1, 5.)

In our work with existing trail crews and the new crews coming out of the Bear Mountain based Trail University, we have found that good projects, good training, and good leadership are the key ingredients for a productive and sustainable trail crew. Since we have plenty of good projects on 1,800 miles of trails and plenty of good leaders among 1,200 volunteers, we are focusing on upgrading the skills training available to our volunteers.

The current Trail U curriculum consists of basic trail construction and maintenance how-to workshops, plus occasional more technical construction workshops offered through special projects. Updating existing courses and adding bigger picture concepts that relate to trail design, assessment and management are areas where we plan to undertake the Trail U curriculum.

Of course, significant training occurs in impromptu and less formal circumstances such as when a supervisor walks a trail with a maintainer or when a new crew member works alongside veterans on a trail crew. This is a highly effective means of education, which we will continue to emphasize.

The new Trail U curriculum will be divided into core entry-level courses, and advanced training in specialized topics. It will use the accumulated knowledge of Trail Conference volunteers and the foundation level concepts as put forth by Troy Scott Parker in Natural Surface Trails by Design and further elaborated by Jeff Schoenbauer in Trail Planning, Design, and Development Guidelines. The core curriculum is still under development, but we expect it to include the following categories:

- **Trail Maintenance**: The current, well-developed Trail Maintenance 101 workshop will be expanded to include additional emphasis on creating drainage, monitoring developing trail issues, and continuing for appropriate desired experiences.
- **Trail Design & Assessment**: This is the basic design, layout, and assessment course. Students will learn about trail planning, soils, grades, hydrological relationships and trail alignments. Students will also understand the humanity in a trail, what makes one trail more enjoyable and satisfying than another. Trail experience concepts (user expectations, gender based factors, trail flows, etc.) will be introduced and analyzed in existing trails, and implemented in new designs. Assessment concepts will focus on how to evaluate trails for physical sustainability, suitability for the desired users, and for human experience.
- **Trail Construction**: Using the same core concepts as in the Design & Assessment workshops, a core set of techniques will be offered relating to basic trail and “dirt” work, using basic tools, and trail safety. Topics will be covered that include sidehill trail construction, rock reversals, the rolling grade dip, as well as how to properly retrofit drainage into existing trails with dips, swales, and waterbars. Constructed trail features will be covered, with additional emphasis on how each structure must fit appropriately into its location and how structure architecture affects trail experience.
- **Leadership and Management**: This is the “new, improved” Trail U courses that we’ve worked with here in New Jersey well. It’s not just about the work—it’s also about the people. Leading a volunteer crew is a group of like-minded people. It is a kind of situation. It’s a lot of fun to go to work together as a group of like-minded people. It is a shared experience that can only happen in that kind of situation. It’s a lot of fun to go out and work, work, get dirty and bug-bit when you are doing it with friends who are also dedicated to the activity.

We’ve been lucky to have had a chance to work with a lot of good people, many of whom have become friends. The park staff that we work with here in New Jersey has been great—we really try to develop a warm, working relationship with them, and when the Trail U workshops win-win, whatever. It feels really good to build or repair a trail that will give other hikers (and us) a safe and enjoyable experience. Knowing that what we do enables people (many for whom this is their only chance) to get out into the great outdoors safely and comfortably is very satisfying. We take pride in what we accomplish, knowing it will benefit others in such a direct way.

**Train Maintenance**

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**Leadership and Management**

This will cover the skills necessary to successful-

**Trailhead Relocated at Ramapo Reservation**

The trailhead for the Silver-Silver Trail in the Ramapo Valley County Reservation has been relocated to the southeastern end of MacMillan Reservoir. It will still be found by following either the Silver or Schubert Trail to the reservoir.

**Harriman & Minnewaska Bridges Update**

Thirteen trail bridges in Harriman/Bear Mountain State Park, and all four trail bridges at Minnewaska State Park that were destroyed by flood waters in late summer are still out. They are not expected to be replaced soon. Trail Conference volunteers and staff continue to work with park managers in the hopes of expediting decision-making and approval of bridge replacements. We will post updates on the respective park pages on our website: nytc.org/view/parks.

**Road Closures in Delaware Water Gap Floodin**

g and saturated ground conditions from Hurricane Irene and Tropical Storm Lee caused significant damage to roads throughout the Delaware Water Gap National Recreation Area. A number of park trails and secondary roads, including a 7.5-mile segment of U.S. Route 209 in Pennsylvania and parts of Old Mine Road and NYS 615 in New Jersey, remain closed pending repairs as of the deadline for this issue. For updated information about the status of other park projects, call 570-426-2492 for a recorded message.

**Enhanced training will better prepare us to take on new stewardship responsibilities at our region’s parks.**

**New Crew Relocates AT on West Mountain**

Enthusiastic volunteers combined with good weather resulted in early completion of a long-awaited relocation of an Appalachian Trail section on West Mountain in Harriman State Park. The new route follows a more gradual climb up (or down) West Mountain, replacing a section that was subject to severe erosion and was often muddy. It also incorporates a short section of the 1777 Road and trancision of the Fawn Mountain Trail. The area is just south of the AT’s crossing of Seven Lakes Drive, between West and Bear Mountains, and includes a 0.85-mile of newly built and blazed trail.

The trail clearing and rock work was spearheaded by Chris Belfing, crew chief of the new Orange-Rockland Long Distance Trail Crew, and Larry Wheelock, West Mountain Program Coordinator, over three weekends, with great support from new crew volunteers. New blazes were quickly applied and old blazes eradicated by Gail Neifinger and volunteers of the Orange-Rockland AT Management Committee. Art Neumann, Pet过程当中， splitting the trail from Rt. 17 to the Bear Mountain Bridge, com- moded all the volunteers for their quick work on this project. Details about the relo- cation can be found on our website: Harriman State Park.

**Manhattan Point Trail Section Relocated**

This fall, the new North Jersey trail crew known as the Bear Claw Crew relocated about one mile of the Manhatan Point Trail in Norvin Green State Forest. The reloca- tion moved the trail off of an uneven woods road and into the woods a route that hike writer Daniel Chazen called “thunderful” when he last visited it in November. It also provides improved stream crossings. The improvements include shifting the trail to a new location on Crescent Drive, adjacent to a huge boulder. The trailhead is no longer oppo- site a house and the roadwalk at the end of a loop hike on the trail is now shorter.
Regional Field Notes

**Catskills**
Jeth Senftman, Catskills Program Coordinator jensentman@nynjtc.org

While our early winter storm at the end of Octo-

ber did provide a Hallowe’en surprise, thank-

fully many of the trails throughout the Catskill region suffered little, if any, damage. We got about 18 inches of powder snow with no issues of the heavy wet snow others received.

Trail and regional infrastructure dam-

age from Hurricane Irene and Tropical
Storm Lee was another story, however, and these were the topics of extensive dis-

cussion at a meeting of the state Forest Preserve Advisory Committee meeting I attended in October. The meeting was an opportunity to talk about the Dept. of Environmental Conservation’s (DEC) response to the storms and how it differed in the Catskills and the Adirondacks. The Trail Conference received recognition from the DEC staff of Regions 3 and 4 for the work that we did managing and disseminating trail and roadway information following the storms.

Networking

In November, I gave a presentation to a group of about 80 people attending the Ulster County Trails Conference. I focused on our Community Trails Pro-

gram and how we could use that program to help communities capitalize on their recreational trail resources and improve them. It was a great event and we were able to introduce ourselves to many new potential partners.

I also attended a planning conference put on by the Delaware County Tourism Department, which hopes to forge a regional identity for the western Catskills and for the Catskill as a whole. It was exciting to see so many different groups and organizations working toward this common goal.

Seek More Trails to Adopt

Following the signing of our Adopt-a-

Natural Resource Agreement with the

DEC (see last issue), we have formally

asked the DEC to allow us to adopt new

trial miles and a new lean-to within Region 3. We currently have volunteers and a club ready to adopt these resources.

We are working on identifying new trail networks for adoption throughout the region and making sure we have the vol-
unteers and member club strength to properly maintain those trails.

This winter I look forward to a round-

table discussion with the Trail Chain and

Supervisors from the Catskills and the Long Path North. I am also looking for-

ward to the start of the spring season as we have a number of exciting trail construc-

tion projects, workshops and training opportunities planned for this year, it is going to be an exciting year in the Catskills and along the northern Long Path.

**New Jersey**
Chris Ingui, New Jersey Program Coordinator cingui@nynjtc.org

Crew Landmarks

A milestone was reached in November when long-
time North Jersey Trail Crew Chief Sandy Parr led his last work outing for the Trail Conference. Sandy announced this fall that he was retiring as a Trail Conference volunteer and moving to Vermont. Sandy has been a stand-out among our volun-
teers, dedicated and reliable over several decades. See page 6 for more about Sandy. Our new Bear Creek Crew, co-led by Rich Raschdorf and Frank Schoof, launched this fall with several successful trail work outings in North Jersey. The crew completed a significant re-stone of the Manatantic Point Trail (yellow) in northern Norvin Green State Forest (see Trail News, page 3, for more) and a re-stone of the Yellow Silver Trail in the Ramapo Valley County Reservation. Fur-

ther work in the Reservation is planned, including work on both the Schuber and Silver Trails, with funding for fence mending and timber steps being provided by Bergen County Parks Department.

The crew can expect a new supply of tools when they are ready for work in the spring of 2012. Thanks to a grant from NRE for North Jersey Trail Crew m ent, the tools are scheduled to arrive this winter.

The Silver Trails, with funding for puncheon and timber steps being provided by Bergen County Parks Department.

**East Hudson**
Leigh Draper, East Hudson Program Coordinator ldrap@nynjtc.org

**LL Bean Awards**

Projects along the Appalachian Trail in Dutchess (DP) counties got a boost thanks to two LL Bean grants. The RPSI Cabin Volunteers, a member club that supports our Dutchess-Dutchess- Putnam AT Management Committee by focusing on AT projects in Fahnstock State Park, earned an award for the pur-
chase of tools to be used on trail projects. The club’s mission is to service the Appalachian Trail and support AT thru-

hikers by teaching and training members in skills related to trail maintenance, con-

fecting trail maintenance projects to repair damage to the freeway, and upgrade the trail with steps and bridges. Another LL Bean award provided materials to allow Trail Supervisor David Kinsky to refurbish the lake’s privy near the Telephone Pioneers Shelter, on the AT in Pawling. The former supervisor for the section, Offie Simpson, and members of the Pawling Hiking Club helped trans-
port the pieces to the site.

**AT Volunteers Honored**
Jim Haggett of Poughkeepsie, chair of our Com m ittee, in November received the Appalachian Long Distance Trail Crew relocated a

site which eventually will have interpretive

demonstration trail was complete. It rep-

sents most of the techniques needed to build a great trail and comes with station sites which eventually will have interpretive panels explaining that site’s work. Design work on the interpretive component of the trail is nearly complete.

**Keep It Green**

In November, the Trail Conference joined with its more than 140 partners in thekeepingItGreen movement to celebrate 50 years of land preservation through the state’s Green Acres program. Over the past 50 years, Green Acres has preserved more than 650,000 acres of open space and provided many new parks and out-

door recreation facilities in every county, made possible in part through partnerships with other government and non-

profit entities. Green Acres has not only preserved critical lands and waters for future generations, but has increased access to green spaces for urban and rural residents alike.

Outreach

The Trail Conference helped LL Bean cel-

ibrate the grand opening of its new retail

outlet in Paramus by setting up a table to distribute information about our maps,

books, and volunteer opportunities. Thanks go to volunteer Patty Kwan, who stayed busy responding to the more than 500 people who stopped by the table.

**West Hudson**
Larry Wheelock, West Hudson Program Coordinator wheelock@nynjtc.org

Building Up Our Crews

Our trail crews in the West Hudson area will be a primary focus during May. The parks in this region are among the most popular with hikers—Bear Mountain, Schunnemunk, Storm King, Minnewaska, and Black Rock Forest among them— and we hope to draw new and experienced trail builders to the ranks of our crews. There are great opportunities for alumni of Trail U.

We aim to create core groups who may specialize in rock work, timber work, trail design, erosion and water control, and assessing a trail for condition deficiencies. If you think you may be interested, you can indicate that on our website by com-

pleting the short Volunteer Interest form (find it at nynjtc.org/volunteer) or con-
tact me directly via email or phone.

We took a big first step in this crew building during Mid November, when we launched the new Long Distance Trail Crew for Orange and Rockland counties. See the new Long Distance Trail Crew reports for more about this new group (page 5).

Moreover, our West Hudson South Group is hoping to draw a leadership of Crew Chief Chris Ezzo, continues its magnificent work on nearly 200 miles of trails in Harr-

imust/Bear Mountain. In his report (see page 5) Chris notes that the crew’s work was “heavy on rock work this year as water seems to get the better of us.” Recruiting new members for Chris and his crew is also high on our 2012 agenda.

What’s New at Bear Mountain

Since the All Persons section of the AT and loop was opened on top of the mountain on June 11, crews there moved to the hot-

burras during Hurricane Irene. The Trail Chief to Hessian Lake to work on the first phase of an interpretive trail and plaza. Most of a demonstration trail was complete. It presents most of the techniques needed to build a great trail and comes with station sites which eventually will have interpretive panels explaining that site’s work. Design work on the interpretive component of the trail is nearly complete.

Members of the new Orange-Rockland Long Distance Trail Crew relocated a nearby one-mile section of the Appalachian Trail on West Mountain in Harriman State Park in late fall.
**Jolly Rovers Stoneworx Crew**

This roving trail crew, specializing in technical stonework, has been launched this past March as part of an effort to address the Trail Conference’s pressing need for the rehabilitation of severely eroded and otherwise damaged trails.

After its first season in the field, the crew can proudly report that a total of 18 crew members, all recruited and trained at the winter 2011 workshop series on Bear Mountain, volunteered over 1,800 hours to trail work over the course of 125 square feet of stone-paving in New York and New Jersey parks east of the Delaware Water Gap.

Membership in this crew required volun-
tees to take five mandatory Trail U workshops. All members were trained to work in small groups of individuals who took up the challenge—ironworkers, landscapers, software engi-
ners, real estate agents, and rock climbers were all drawn to the idea of roaming from region to region, camping out, and work-
ing on some of the most physically demanding projects trail work has to offer.

The goal of this crew also has been to train other Trail Conference volunteers in all regions at every trip they hold. Tim Messenich, Appalachian Trail Crew Chief for the Ralph’s Peak Hikers Cabin Volunteers, reports: “During our camp-out this past July, the Jolly Rovers did top-notch trail work installing numerous stone steps on Sheneandoah Mountain (Putnam Coun-
ty, NJ).”

**West Jersey Crew**

In 2011, the crew worked in parks throughout West Jersey: Worthington State Forest, Jenny Jump State Forest, High Point State Park, Stokes State Park, and Wawayanda State Park. In Jersey Jump, the crew completed and reopened the 7-mile-long Jenny Jump Trail. In Stokes, stepping stone pathways were installed in several constantly-wet areas of the Summit Trail. On High Point’s Iris Trail, drainage was added in several places that are prone to flooding, and water bars were installed in other steep and erod-
ing trail sections.

In Worthington, a section of the Dunn-
feld Creek Trail was rebuilt after the floods from Hurricane Irene washed away the existing tread, and the stream was cleared of the tangle of blow-downs that con-
tributed to the original damage. Downed trees from Hurricane Irene were cleared on the Appalachian Trail and Dunningfield Creek Trail, as well as from the West Jersey Trail. In Jersey Jump, the trail was washed out and the crew was able to clear and maintain the quality of their work. Not only was the trail vastly improved, but our clubs was taught invaluable techniques, which in turn increased our capacity to take on more difficult projects.

—Chris Ingui, Co-Crew Chief

Sandy Parr starting out on his last crew trip.

**North Jersey Trail Crew**

The big news from this long-serving crew is the retirement of its leader, Crew Chief Sandy Parr, bridge builder extraordinary. Read more about Sandy in the awards story on page 6. Before departing, Sandy led the crew on several trips to complete a long weekend project on Shenandoah Mountain [Putnam Coun-
ty, NJ].

**West End Hudson South Crew**

The West Hudson South trail crew enjoyed another year of great trail work. We worked on several different projects across the Hurri-

**Long Path/Shawangunk Ridge Trail Crew**

Our main achievement this year was the start and near completion of the Mine Hole Trail, part of a major relocation of the Long Path between the Shawangunks and the Berkshires.

In addition, we accomplished a minor relocation of the Long Path along the Palisades, did some trail restoration in the NeverSink Gorge, and of course there was a lot of chainam work.

Considering our overall crew work came out multiple times, including Paul Labounty, Joan James, Dave Booth, Latifa Malik, Melissa Bean, John Bradley, Kevin McGinnness, and Thom Patton.

The crew, in a two-day work camp, cleared the path of a reroute for the Appalachian Trail through the Catskill Center’s Plate Clove Preserve. The trail crew, with lots of help from the Rip Van Winkle Hik-
ers, also spent a good part of the summer working on the Pine Hill West Branch Trail, cutting years out of accumulated growth and blow-downs. This work was done under a special agreement with the DEC. We are working on developing plans under our new Adopt-a-Natural-Resource Agree-
ment with the DEC. Smaller crews led by trail supervisors and maintenance workers helped tackle some of the post-Irene blow-downs on Catskill trails.

—Jeff Sorentino, Catskills Program Coordinator

**Catskill Trail Crew**

Our efforts in the Catskills got off to a good start this year by collaborating with staff from the Catskill Center to move the Long Path through the Catskill Center’s Plate Clove Preserve. The trail crew, with lots of help from the Rip Van Winkle Hik-
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—Jeff Sorentino, Catskills Program Coordinator

**Invasives Strike Force Trail Crew**

Two ISF trail crew work days were held in New York’s Norvin Green State Forest in the fall to try to remove targeted invasive plants along specific trail sections. One of the big problems there was burning bush (Euonymus), which was targeted and volunteers cleared out a few dozen very large individ-
ual specimens.

Our goal is the ISF Trail Crew is not to remove every invasive everywhere along the trails, but rather to concentrate our efforts on those regions that are problematic communities and pushing back the encroachment of invasives in these areas.

—Linda Rohleder, Project Manager

**Long Distance Trail Crew**

This brand-new crew is intended to con-
tinue on work needed for the Appalachian Trail, the Long Path, and the Highlands Trail in Orange and Rockland Counties. The crew is experienced in ironworkers, landscapers, software engi-
ers, and maintenance work. Chris Reyling is Crew Chief. His long his-
ory of working with the other crews has prepared him well for his new role.

Thirteen volunteers came out on November 13 to help on the crew’s first project—clearing out years of accum ulated growth and blow-downs. This work was done under a special agreement with the DEC. Smaller crew led by trail supervisors and maintenance workers helped tackle some of the post-Irene blow-downs on Catskill trails.

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—Linda Rohleder, Project Manager

**Long Distance Trail Crew**

This brand-new crew is intended to con-
tinue on work needed for the Appalachian Trail, the Long Path, and the Highlands Trail in Orange and Rockland Counties. The crew is experienced in ironworkers, landscapers, software engi-
ers, and maintenance work. Chris Reyling is Crew Chief. His long his-
ory of working with the other crews has prepared him well for his new role.

Thirteen volunteers came out on November 13 to help on the crew’s first project—clearing out years of accum ulated growth and blow-downs. This work was done under a special agreement with the DEC. Smaller crew led by trail supervisors and maintenance workers helped tackle some of the post-Irene blow-downs on Catskill trails.

—Linda Rohleder, Project Manager

**Invasives Strike Force Trail Crew**

Two ISF trail crew work days were held in New York’s Norvin Green State Forest in the fall to try to remove targeted invasive plants along specific trail sections. One of the big problems there was burning bush (Euonymous), which was targeted and volunteers cleared out a few dozen very large individ-
ual specimens.

Our goal is the ISF Trail Crew is not to remove every invasive everywhere along the trails, but rather to concentrate our efforts on those regions that are problematic communities and pushing back the encroachment of invasives in these areas.

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—Linda Rohleder, Project Manager
Assistant webmaster BILL ROEHRRIG, Phillipsburg, NJ

Bill has been a valued member of the web team handling many of the highly technical updates, fixes, and other changes to the Trail Conference web pages. Without his work the important and necessary upgrade accomplished this year from an early version of our website software to WordPress (that a few people knew) would have taken much longer and cost a significant amount of money for consultants. His responses have been astonishingly instantaneous, and he makes so much possible for the Trail Conference as a communications professional.

KEN LLOYD AWARD
Recognizes members of Member Clubs who have demonstrated exemplary service to trail maintenance, management, and/or trail land protection.

Trail volunteer JOHN GRAHAM, Mount Kisco, NY

For more than two decades, John Graham of Mount Kisco, NY, has given exemplary service as volunteer on trails in the East Hudson region. In 2011, he contributed over 400 hours volunteering, much of that time as a volunteer with the Appalachian Mountain Club, New York-North Jersey Chapter (AMC). The club, a founding member group of the Trail Conference, has long maintained trails in the region.

Trail Conference records mark 1984 as the year John first got involved with a Trail Conference project, helping to build the Appalachian Trail across a new route in Putnam County. “Not only did he have a good eye for laying out a trail, but he also was an excellent teacher,” recalls Jane Daniels, herself a long-time active volunteer in the East Hudson region. John served as the AMC-East Hudson Trail Supervisor from 1986 to 1989, continuing as maintainer of the Breakneck Ridge Trail for the AMC from 1989 to 1999.

Wearing his Trail Conference hat, John helped design the Wiccopee Trail in Fahnestock State Park. He continually worked to make it ADA compliant, as required by federal regulations. Along with other volunteers, John contributed much to the Bear Mountain Trails Project.

Currently, Gene chairs the New Jersey AT Foundation Board, has long maintained trails in the state’s southern counties, and has contributed much to the history of the New Jersey Trail Conference for too many years to count. More than ever, the Trail Conference needs someone like John to help us carry forward the tradition of ‘cooperative management’ and our history of trail conservation in New Jersey. John’s volunteering has contributed greatly to our project of transposing to the web the information distributed in the past through the New York and New Jersey Walk Books.

DAVID DUNN, Rutherford, NJ

Craig, a Trail Conference Life Member and trail volunteer wearing many hats, performed outstanding service as project manager of our newly published first edition of the Jersey Highlands Trails: Central North Region map set. This project was a large undertaking that required extensive field-checking. Craig sequenced trail locations with trail volunteers, parks partners and other trail-savvy individuals to produce a very high-quality map. Craig was instrumental in coordinating the GPS data collection, reviewing and revising the maps with staff cartographer Jeremy Apgar, putting together the materials for the map back, and generally ensuring the maps and associated information were as comprehensive and accurate as possible. He actively field-checked for other Trail Conference publications.

Web Designer DOUG CLEEK, Mahwah, NJ

Doug’s volunteer efforts for the Trail Conference have been key to the organization at the forefront in the communications revolution and raised our visibility to the trail-using public. His professional expertise in designing and supporting websites, and he donates his considerable design and technical skills to the Trail Conference by helping to provide an attractive, useful source of trail and hike information for the public. The website includes detailed information on hundreds of hikes and parks in the region as well as opportunities for the public to easily support and volunteer for trail and parks.

Doug also manages and contributes to many of our social media projects, such as our Twitter account, and contributes to our Facebook pages (now closing in on 3,000 fans). Doug can often be seen on trails in our region in the company of his son, Andrew, and dog, Buddy, or with his son’s Boy Scout troop.

John Graham passed away June 15, 2011 and his son’s Boy Scout troop.

Thank you, volunteers!
Burning Bush, and volunteers cleared out a few miles of trails in Norvin G reen State Forest, and the lower Hudson Valley region of New York surveyed for 14 invasive species. Our m ost common invaders will likely not surprise anyone. Japanese barberry tops the list, followed by Japanese stiltgrass with pointed and bristled lobes. The white w alking stick). We also had quite a few m are invasive species that are relatively intact and pushing back the encroachment of invasives in these areas. Adjacent habitats that are relatively intact and pushing back the encroachment of invasives in these areas. The crew of many of the species on our Phase 2 list are split into two groups. The red oak group, which includes white (Quercus alba) and red oak (Quercus rubra) oaks, has leaves with pointed and bristled lobes. The white oak group, which includes white (Q. alba) and pin oak (Q. palustris) oaks, has leaves with rounded lobes. The red oak group takes two years to mature its acorns, while the white oak group takes one year. Acorns mature in late summer and early fall and are an important food for mammals, birds, and reptiles. At irregular intervals of about three to five years, individuals of an oak species over a wide geographical area produce a bumper, or mast, crop of acorns. Our hypothesis is that the trees evolved masting as a strategy to improve reproductive success. In most years, animals consume 80 to 100% of the acorn crop, leaving few acorns to germinate into new tree seedlings. In a mast year, trees produce so many acorns that animals cannot possibly eat them all. Another hypothesis is that masting is a response to favorable environmental conditions, especially to weather conditions during April, when tree acorns are flowering and being pollinated. The trees exhaust themselves by produc- ing so many acorns in a mast year that they typically produce few acorns over the follow- ing one to three years. Each species of oak follows its own annual pattern of acorn production—an acorn boom year for black oak might coincide with an acorn bust year for white oak. If each species is at a low point in its acorn production cycle in a given year, there will be virtually no acorn crop, as happened in 2011. What can happen to a forest ecosystem following an acorn bust year? Larger ani- mals like deer and bears often can find alternative food sources and may not be severely affected. But mice and chipmunks rely upon acorns for their winter caches and will likely suffer. Dramatic population declines. The following spring and sum- mer, populations of insects and other invertebrates that feed on acorns are far fewer and mice and chipmunks eating them. Mice and chipmunks also eat the eggs of ground-nesting birds like junco’s, so these birds might increase in number. The raptors, snakes, and mammals that prey primarily upon rodents might face food shortages and population declines. Mice also harbor the bacterium that causes Lyme disease, which can transmit to black-legged ticks that obtain their first blood meal from them. Fewer mice following an acorn bust year means fewer ticks being infected with the bacterium. These ticks get their second blood meal the summer thereafter, often from a larger mammal or human. If the ticks were not infected with the bacterium the previous year, they cannot transmit Lyme disease. Studies by Dr. Richard Ostfeld and others at the Cary Institute of Ecosystem Studies in New York, NY, have shown that the size of an acorn crop is a valuable predictor of the response to favorable environmental condi- tions, especially to weather conditions during April, when tree acorns are flowering and being pollinated. Our goal with the ISF Trail Crew is not to remove every invasive everywhere along the trails, but rather to concentrate our efforts on protecting the native commu- nities that are relatively intact and pushing back the encroachment of invasives in these areas. The work we’ve been doing is very labor-intensive and often uses hand tools to clear the invasives. Our plans for the 2012 season involve increasing our volunteer monitoring force with the goal of doubling the miles of trail surveilled, and ramping up the number of ISF trail crew work days along the region. We are looking for more new volunteers for both efforts. Training sessions for new monitoring volunteers will be held in late spring, trail crew volunteers are not required to attend. You can find more about the program, on our web site (www.nynjtc.org/invasives) or contact me at vfrancis@nynjtc.org. Thanks to all of our volunteers for their participation, and a special thanks to the following ISF members who surveyed more than five miles of trail. Sona Mason, Stephen Zaubarch, Therese Zaubarch, Bill Males, Nancy Males, Schuyler Jenks, Ryan Hakko, Mary Dodds, Aileen Compton, and Michael Bellaus. The following are some quotes from our ISF volunteers summing up their thoughts about the program: “I see so much more now when I hike! The training has broadened my interaction with the environment when I’m in the woods or just driving down the street (ailanthus is everywhere!).” “[The single best thing about participat- ing was the sense of satisfaction at contributing to our success and the joy of learning more about the woods or just driving down the street (ailanthus is everywhere!).””

World Class Landscapes for Photography in the Hudson Valley

By Robert Rodriguez Jr.

Find full article and more of Robert Rodriguez photos at nyny.org/photography

World class landscapes, art, and culture, and history all make the Hudson Valley an attractive destination for nature and land- scape photographers. But far more than the treasure is found in the huge network of hiking trails that cover both sides of the Hudson River, especially in the Hudson Highlands region. This region provides some of the most dramatic viewpoints along the Hudson, and a well established trail network attracts hikers in large numbers, especially from New York City and surrounding areas.

Science & Ecology

Acorn Booms & Busts Variability in annual acorn production has an important effect on forest ecosystems

By Edna Greig

2011 was a bust year for acorns. The oak trees produced few nuts. In contrast, 2010 was a boom year, and a thick layer of acorns covered both forest floors and suburban yards. M ost years, individuals of many of the species on our Phase 2 list are split into two groups. The red oak group, which includes red (Quercus rubra) and black (Quercus velutina) oaks, has leaves with pointed and bristled lobes. The white oak group, which includes white (Q. alba) and pin oak (Q. palustris) oaks, has leaves with rounded lobes. The red oak group takes two years to mature its acorns, while the white oak group takes one year. Acorns mature in late summer and early fall and are an important food for mammals, birds, and reptiles. At irregular intervals of about three to five years, individuals of an oak species over a wide geographical area produce a bumper, or mast, crop of acorns. Our hypothesis is that the trees evolved masting as a strategy to improve reproductive success. In most years, animals consume 80 to 100% of the acorn crop, leaving few acorns to germinate into new tree seedlings. In a mast year, trees produce so many acorns that animals cannot possibly eat them all. Another hypothesis is that masting is a response to favorable environmental conditions, especially to weather conditions during April, when tree acorns are flowering and being pollinated. The trees exhaust themselves by produc- ing so many acorns in a mast year that they typically produce few acorns over the follow- ing one to three years. Each species of oak follows its own annual pattern of acorn production—an acorn boom year for black oak might coincide with an acorn bust year for white oak. If each species is at a low point in its acorn production cycle in a given year, there will be virtually no acorn crop, as happened in 2011. What can happen to a forest ecosystem following an acorn bust year? Larger ani- mals like deer and bears often can find alternative food sources and may not be severely affected. But mice and chipmunks rely upon acorns for their winter caches and will likely suffer. Dramatic population declines. The following spring and sum- mer, populations of insects and other invertebrates that feed on acorns are far fewer and mice and chipmunks eating them. Mice and chipmunks also eat the eggs of ground-nesting birds like junco’s, so these birds might increase in number. The raptors, snakes, and mammals that prey primarily upon rodents might face food shortages and population declines. Mice also harbor the bacterium that causes Lyme disease, which can transmit to black-legged ticks that obtain their first blood meal from them. Fewer mice following an acorn bust year means fewer ticks being infected with the bacterium. These ticks get their second blood meal the summer thereafter, often from a larger mammal or human. If the ticks were not infected with the bacterium the previous year, they cannot transmit Lyme disease. Studies by Dr. Richard Ostfeld and others at the Cary Institute of Ecosystem Studies in New York, NY, have shown that the size of an acorn crop is a valuable predictor of the response to favorable environmental condi- tions, especially to weather conditions during April, when tree acorns are flowering and being pollinated. Our goal with the ISF Trail Crew is not to remove every invasive everywhere along the trails, but rather to concentrate our efforts on protecting the native commu- nities that are relatively intact and pushing back the encroachment of invasives in these areas. The work we’ve been doing is very labor-intensive and often uses hand tools to clear the invasives. Our plans for the 2012 season involve increasing our volunteer monitoring force with the goal of doubling the miles of trail surveilled, and ramping up the number of ISF trail crew work days along the region. We are looking for more new volunteers for both efforts. Training sessions for new monitoring volunteers will be held in late spring, trail crew volunteers are not required to attend. You can find more about the program, on our web site (www.nynjtc.org/invasives) or contact me at vfrancis@nynjtc.org. Thanks to all of our volunteers for their participation, and a special thanks to the following ISF members who surveyed more than five miles of trail. Sona Mason, Stephen Zaubarch, Therese Zaubarch, Bill Males, Nancy Males, Schuyler Jenks, Ryan Hakko, Mary Dodds, Aileen Compton, and Michael Bellaus. The following are some quotes from our ISF volunteers summing up their thoughts about the program: “I see so much more now when I hike! The training has broadened my interaction with the environment when I’m in the woods or just driving down the street (ailanthus is everywhere!).” “[The single best thing about participat- ing was the sense of satisfaction at contributing to our success and the joy of learning more about the woods or just driving down the street (ailanthus is everywhere!).””

Early Results: The Top Five Invasive Plants Along Our Trails Are...

By Linda Rohleder

The Trail Conference’s Invasives Strike Force (ISF) got off to a great start in 2011, its inaugural season of monitoring invasive plant species along trails. 100 volunteers and crews clarified out a few dozen very large individual specimens.

Invasives Strike Force 2011 Season
Invasives Surveyed in New York

Invasives Strike Force 2011 Season
Trails Surveyed in New York

Trails Surveyed in New Jersey

These maps show the trails surveyed for Invasives in New York and New Jersey in 2011. The program achieved broad coverage across the region and across many parks. Additional details will be posted on our web site at www.nyny.org/invasives as they become available.

continued on page 11
The activities listed are sponsored by member clubs of the NYNJTC Trail Conference. All hikes are welcome subject to club regulations and rules of the trail. You are responsible for your own safety. Wear heavy clothing, waterproofs, boots, and a rain jacket. Bring plenty of water. This is a non-regional list. For our regional trail list, see the New York-New Jersey Trail Conference (NYNJTC) website at www.nyjntc.org. For more information, contact the club listed.

January

ARC-NJYH. Bear Rock, Stehlin Ridge Trail, NJ. Leader: Christy Clower, 973-648-5470, clowerchristy@gmail.com. Meet contact for time and location. 5 miles on a partially snow-covered trail with a boulder scramble. Bring warm clothing and a snow shovel. Take a bath in the snow. Saturday, January 1.

ARC-NYJH. Bear Rock, Stehlin Ridge Trail, NY. Leader: Christy Clower, 973-648-5470, clowerchristy@gmail.com. Meet contact for time and location. 5 miles on a partially snow-covered trail with a boulder scramble. Bring warm clothing and a snow shovel. Take a bath in the snow. Saturday, January 1.

ARC-NYJH. Base of the Helderbergs, Helderberg Plateau Trail, NY. Leader: Carol Hardinger, 518-436-0871. Meet contact for time and location. 4 miles minimum. From Main Street, w ith the Olde Bridge, Canal Pond and Appalachian Trail, a climb to the summit for views of the Hudson River. Some snow if conditions warrant.

UCO. Watchung Reservation, Mountainside, NJ. Leader: Angela Coles, 908-769-9359, mikesbrown49@hotmail.com. Meet at Skylands Manor Parking Lot A. Moderate 3 miles at a leisurely pace; out by 2pm. Saturday, January 28.

UCF. Fowler Adventure, Dutchess County, NY. Leader: For more information, please call 845-986-3258. Meet contact for time and location. Medium 4 miles, about 4 hours. Inclined weather the date is following Saturday.


SUNDAY, JANUARY 1

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TFL. Family Walk, Tracks in the Snow, Westchester County, NY. Leader: 914-942-9520 ext. 6065. Meet contact for time and location. Easy walk with children ages 5 and over. Many animals are on the lookout for food and trails in the snow so the Trail-birds and other top-in-the-world animals are doing New Yorkers some favor this year. Out by 2pm. Saturday, January 29.

TFL. Authentic Mountain, NJ. Leader: 973-648-5950 or visit www.adventuresforwomen.org for info and contact. Meet, register for easy. Easy trail made up by NJ forests in late winter conditions. Saturday, January 29.

TFL. Horizonal Correspondence, NJ. Leader: Wendy Porcelli. Meet 10am at 100 American River Rd. Sunday, January 30.

TFL. Family Snowshoeing, Westchester County, NY. Leader: Art, email or phone. Meet at 9:30am. Learn the basics of snowshoeing and join in on a fun hike in the woods. For families with children ages 7 and over. New Yorkers some favor this year. Out by 1pm. Saturday, January 29.

VTG. George’s Island Park and Moteonstead Forest State Park, NJ. Leaders: Susan Jones and Don Killian, 973-644-0050, djkillian@verizon.net. Meet at Moteonstead parking lot by Hudson River; contact leaders for pipeline under construction. Possible pipeline at train is obvious. Contact George with advance notice. Easy 5 miles. Hike will end at about the time the train is ready to take off (no guarantees). Saturday, January 29.

SMC. The Tunkhannock Mountain Preserve, NJ. Leader: US Census Bureau. Meet at 10am on the Wildwoods Trail, Fredendall Preserve lot. Saturday, January 29. Scale the rocky west and see the Devil’s Harel. Lovely view of the surrounding forms. Bad weather or driving conditions cancel.

SMC. Point Pleasant, NJ. Leader: Paul Kuehl. Meet 9am at Point Pleasant parking lot. Saturday, January 29. Scale the rocky west and see the Devil’s Harel. Lovely view of the surrounding forms. Bad weather or driving conditions cancel.

SMC. River Edge for Seniors, West Orange, NJ. Leader: Linda Barth, 201-401-3121, barths@att.net. Meet 1pm; call for location. Early-out hike. Shuttle required.

SMC. Appalachian Trail in Fairmount State Park, NJ, Leader: Linda Barth, 201-401-3121, for info and to register. Meet, register for an easy. Easy trail made up by NJ forests in late winter conditions. Saturday, January 29. Some snow; views of hills and the AT over the overpass of I-78 to Raritan River and NJ road north.

UCWY. Smokey Hollow State Park, Harrison, NJ. Leader: Art, email or phone. Meet at 9am. Learn the basics of snowshoeing and join in on a fun hike in the woods. For families with children ages 7 and over. New Yorkers some favor this year. Out by 1pm. Saturday, January 29.
Mike snapped the winning photo in Harriman State Park near Silvermine Lake just off the Menomine Trail, which is maintained by Trail Conference volunteer Steve Zubarik. To get this great fall shot, which includes dappled woods and white-tailed wildlife, Mike says he was just lucky to be in the right place at the right time.

Congratulations also go to our second- and third-place winners, Stan Shallur and Janice Pospisl. All winners will receive all of our maps, a free annual membership, and a gift certificate donated by Campmor. 305 photos were submitted in the contest, which took place on our Facebook page. Submissions were accepted through October, and voting took place through November. Thank you to contest sponsor Campmor.

Stay tuned for details about the Spring 2013 contest, coming soon!”

Congratulations to Trail Conference member Mike Matlick, the grand prize winner of our Fall in Love With Trails Photo Contest!

Mike snapped the winning photo in Harriman State Park near Silvermine Lake just off the Menomine Trail, which is maintained by Trail Conference volunteer Steve Zubarik. To get this great fall shot, which includes dappled woods and white-tailed wildlife, Mike says he was just lucky to be in the right place at the right time.

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Leave No Trace: Ethics & Trail Tips

By Bob Russo

Plan ahead and prepare. This first LNT principle is especially important in winter.

Winter is a beautiful time in the woods, but it can be very dangerous, so special attention should be paid to planning ahead and preparing.

Disregarding approaching bad weather can transform an easy hike into a risky encounter with hypothermia.

Always let someone know where you are going and when you plan to be back. Sign register boxes at the beginning and end of your hike.

Be prepared to sit tight or turn back if you sense danger or sustain an injury or are lost.

Even if you carry a GPS, always take a compass and a good map of the area, even if you know it well; snow changes the lay of the land.

Make sure that first aid, navigation, and self rescue are part of your training.

Snowshoes and crampons are a must when there is snow and ice on the trail.

Pack a small stove, pot, and food for a day and a half at least. Matches, a whistle, a signal mirror and a reflective piece of cloth. Dress in wool or synthetic clothes using layers, good insulated waterproof boots, and an extra pair of socks.

If you practice all this, you can have a pleasurable and safe hike.

Bob Russo is a Trail Conference life member and volunteer and a Leave No Trace Master Educator. Find more Leave No Trace principles at www.lnt.org.
September 24 – November 21, 2011

The Volunteer Committee acknowledges these new volunteers who took on or completed an assignment during the time period noted above. The list also includes existing volunteers who accepted additional assignments. We thank all Trail Conference volunteers!

Office Program Assistant: Marianne Ansari

Publications Field Checker: Peter Diamond, Catherine Ray, Eileen West, Robert Willemann

Trail Corridor Monitor: Donald Myers

Trail Crew Chief: Chris Reyling


Trail Maintainer: Andrew Arcgi, Peter Beck, Patti Binko, Tricia Bloomer, Marty Castello, Ken Dolsky, Ray Flavell, Robert Fuller, Leonard Gust, Harold Guest Jr., Rick Hibbert, Jeffrey Jones, Lawrence May, Kevin McGuinness, Charles Morgan, Brian Osborne, Kori Phillips, William Phillips, Jeffrey Roggenburg, Robert and Ashley Rubolotta, Robert Russo, Ted Schlesinger, David Smith, David Sutter, John Tiff, Tristan Vonnord, Theresa Wandas, Joe Whalen, Edward Young

Trail Supervisor: Wilfredo Diaz, Ed Leonard

Web Associate: William Ellis

Did we miss you or someone you know? Please tell us so we can correct our records and give you the thanks you deserve. Contact the Volunteer Coordinator via email: volunteers@nynjtc.org

Volunteers from Camp Coombe helped out this summer on the Yorktown Trails Project.

Great Scenery, Invigorating Outdoor Service, Fun & Camaraderie

Available Close to Home

Here’s a sampling of parks and trails where we have openings for trail maintainers:

• Highlands Trail
• Ringwood State Park
• Long Path North

Prefer to put your administrative skills to work? Lenape Trail (NJ) Supervisor Needed

In 2012 resolve to give something back to the trails you enjoy year-round. Visit nynjtc.org/volunteer to learn more, apply for a position, or indicate a specific interest. Watch for our Trail U schedule of spring workshops: nynjtc.org/view/workshops.

(TRAILS WITHIN 25 MILES OF NEW YORK CITY)

• Highlands Trail
• Ringwood State Park

September 29 – November 28, 2011

GIFTS

Society for the Advancement of Judaism

Tributes

In honor of Dave Gross’’s birthday
John & Marianne Gaspare

In honor of Eileen & Bob Dorman of New York City
Tom Cooper, Paul A. Gilbert, and friends

For the donation of water to the Catamount Trail
The Catamount Trail Committee

In memory of Jack Silverman

CORPORATE, FOUNDATION & OTHER DONORS

ATV Get Outdoors & Campgrounds of Central Virginia

Tributes are only printed for donations of $50 or more.

25 Years on the R-D Trail

The Ramapo-Dunderberg Trail in Hunt-

On November 26, 2011, John, a lawyer who resides in Manhattan, led his annual fall trail clearing. He got to the trail by bus from Port Authority, as he has four to five times a year for the past 25 years. Thank you, John, for your dedication!

AT Volunteer Gets US Presidential Service Award

Jim Haggett was awarded the President’s Call to Service Award, arranged through the National Park Service, in honor of his long and distinguished service to the Appalachian Trail. This award is given to recognize volunteer service to the community and the nation. It is awarded to those who have been documented as having given in excess of 4,000 hours of service. Jim serves as Chair of the Dutchess-Putnam AT Management Committee of the Trail Conference, and has been a trail builder, trail building trip leader, trail maintenance, NPS land manager, and trail supervisor since 1982. The Trail Conference thanks Jim on this well deserved recognition.

The Ramapo-Dunderberg Trail in Hunt-

We welcome these new member clubs (find list of all member groups on our website):

B.S.A. Troop 258
Delaware and Hudson Canal and

Society for the Advancement of Judaism

...
Warm Toes While Winter Hiking: Finding Comfort Below FREEZING

By Howard E. Friedman, DPM

Hiking on a truly frigid day should make a sane person nervous. We are mammals after all, fur-less, warm-blooded, engineered to function optimally at a core body temperature of 98.6 degrees Fahrenheit (F), more than 60 degrees above the freezing-point. Simply put, we are not designed for the cold. And nothing says “cold” like the gnawing pain of icy toes.

The Body’s Design Challenge
The human body is designed to preserve the temperature of the important organs in the chest and abdomen even at the expense of the extremities. In cold conditions, warm blood will be shunted to the body’s critical core organs to maintain the right temperature.

In conditions, the amount of blood that can flow into the toes is limited by the size of their very small arteries; further, the toes have a large surface area relative to their size, resulting in significant heat loss. Indeed the surface temperature of the toes is often lower than the temperature of the body even while indoors. Moreover tight laces and thick socks can further constrict the blood flow to the toes.

Another challenge to keeping toes warm while winter hiking is the effect of evaporation. Early morning’s hard-packed, firm, and snow above freezing requires less insulation than wet weather. In all conditions, the amount of blood flow throughout the entire body is decreased.

Waterproof, breathable, insulated boots are made. They are insulated with materials like Thinsulate or Primaloft, synthetic fibers that are thinner than the commonly used polyester fibers. They are added to boots in increments of 200 grams/square meter. Manufacturers equate increased insulation with a lower temperature range of comfort.

So, for example, an adventure- or mountaineering-grade winter boot is insulated with 200 grams of Primaloft that they have tested during active outdoor activity like quick-paced hiking or snowshoeing to be warm to minus 5 F; 400 grams of insulation tested to minus 40 F; and a 600 gm Primaloft boot that they have tested to minus 50 F.

But determining a comfort range depends on many factors, and the same boots are not adequate for head to toe to maximise insulation and prevent heat loss throughout the entire body. A cold core will lead to even colder toes. The hiker must also be adequately hydrated before and during the winter hike, as dehydration will also lead to cold extremities. Keep in mind that caffeine, nicotine, and alcohol all are reputed to lead to constriction of blood vessels, and thus to reduced warming action by blood flow.

Before setting out, the hiker should assess the status of the terrain on the trail. Walking on hard-packed snow below the freezing point requires insulation, but not necessarily waterproofing. Hiking in deep snow above freezing requires less insulation but waterproofing is necessary. Hiking at a moderate to strenuous pace without stops, even in snow-free conditions – Belt Parkway or the High Line – may require less insulation since the activity of hiking will promote warm to the toes. But walking a full day with rest stops will require extra layers for the hills in activity. During the rest stops the hiker should change into dry socks if necessary. Up to a half-pint of fluid can be lost from the feet through perspiration becoming trapped, and frozen, in the socks and boots.

The Standard Solution
For a moderate-to-strenuous hike in fairly dry snow and temperatures close to the freezing point, most hikers will be comfortable in an insulated, waterproof, over-the-ankle boot with layers of socks. A thin, wicking sock made of polypolymerite or wool under a thick insulating sock made primarily of wool can be a quite effective insulating combination. Do not lace the boots too tightly, to avoid constricting circulation, and change socks whenever wet. If wetness is anticipated, hikers may add a waterproof sock over their insulating sock. One popular brand is Rocky Comfort Socks. In cold weather, layers, winter boots may need to be one size larger than usual.

Waterproof, breathable, insulated boots abound. They are insulated with materials like Thinsulate or Primaloft, synthetic fibers that are thinner than the commonly used polyester fibers. They are added to boots in increments of 200 grams/square meter. Manufacturers equate increased insulation with a lower temperature range of comfort.

Neoprene overboot (left) by Forty Below Ltd can be used over a hiking boot or trail shoe in freezing, wet temperatures.

Toasty Feet Insoles
Neoprene overboot (left) by Forty Below Ltd can be used over a hiking boot or trail shoe in freezing, wet temperatures.

All of the above precautions are essential in keeping the feet warm. But even with the best of boots, socks, and layers, there will always be times when conditions are very poor, especially for those who are not used to hiking in winter.

One such system for hiking in snowy, cold conditions incorporates a liner sock, an insulating sock, a non-waterproof, non-insulated trail runner shoe, an insert, a gaiter, and a waterproof Gore-Tex sock, explains Will Reitveld, senior editor for gear and apparel, in the online publication BackpackingLight.com. This layering system could be further modified by replacing the light trail runner with an insulated hiking boot and a neoprene overboot for snowshoeing in colder temperatures, he writes.

Toes still cold? A few more warming aids are available to the hiker suffering with chronically cold toes. Chemical warmers that become activated when exposed to the air can be placed under the sock and may add about five degrees of warmth for a few hours to the immediate area they contact. During a rest break, they can be placed into a boot in advance to “pre-heat” the inside of the boot, suggests Joel Attaway, president of LL Bean, for example.

In addition, some pre-fabricated foot beds are reportedly quite helpful in providing further insulation for the foot. One of the most popular is a gaiter, a waterproof Gore-Tex sock, explains Will Reitveld, while Mr. Attaway recommends Spenco Polywosh, which he says is a good insider due to its closed-cell flexible neoprene and shock absorbing qualities.

Overall, hikers should be actively engaged in thinking about and planning their winter cold weather footwear. Simply lacing up the insulated boots and hoping for the best is not sufficient, as it may very well lead to a curtailed hike or even extreme painful feet and toes. With a better understanding of how to apply the concept of layering to footwear, hikers should be able to change their footwear to their planned hike and modify it as needed even during the hike.

Winer 2012 TRAIL WALKER Page 8

Now Available: Tenth Edition of North Jersey Trails Map Set

The latest edition of North Jersey Trails is now available. This two-map set features over 275 miles of marked trails within more than 5 parks in northern New Jersey. Several new trails and many relocations of existing trails have been incorporated into the maps, including the new Mountain Point Trail and a revised configuration of trails near West Ecology Center in Norvin Green State Forest, as well as the relocation of the Highlands Trail and surrounding trails near Clinton Reservoir in the Pequannock Watershed. The map set is now shown in its entirety.

The maps show all trails and many woods roads in Ringwood State Park, Ramapo Valley County Reservation, Ramapo Mountain State Forest, Norvin Green State Forest, Wayawaya State Park, Abram State Forest and the Pequannock Watershed, and a large-scale map of Campgown Mountain County Reservation is also included. Nearly 15 miles of the Appalachian Trail and 40 miles of the Highlands Trail are shown on the maps.

To obtain this map set, shop online at nyntc.org, call 201-512-5948, or stop in at the Trail Conference office.

The map set was produced with support from Campgown, an outdoor store and retail partner of the Trail Conference.

ACORN BOOMS & BUSTS continued from page 7

The risk for Lyme disease in humans two years later.

ACORN booms and busts affect forest ecosystems in complex ways that scientists are continuing to investigate. Given the acorn boom crop of 2010, we should be extra vigilant about Lyme disease in 2012.

Trail Conference member Edna Greig writes regularly for Trail Walker on natural history topics. Find previous articles by her and other scientists/natural history contributors on our website: nyntc.org/news/science
Sylvan Glen Park Preserve

Length: 4.9 miles
Difficulty: moderately easy
Features: old quarries, giant white oak
Map: at nyntc.org/map/preserves

No dogs or mountain bikes

Driving:
Take the Taconic State Parkway to Route 202 and turn west. At the traffic light at Lexington Avenue, at 1.8 miles, turn right. Drive 0.6 mile to Morris Lane. Turn right and go into the parking lot at the bottom of the hill.

In 2010, Trail Conference volunteers joined forces with the Westchester Mountain Biking Association and the Town of Yorktown to build a trail network on both sides of the Taconic State Parkway incorporating 6 miles of existing trails. By the end of 2011, 11.5 miles of new trails had been completed. Trail-building volunteers included the Trail Conference’s Jolly Rovers—trained in advanced rock-work building techniques—Boy Scouts and Girl Scouts, and others from the community.

Portions of the network are for both mountain bikes and foot traffic; others are hiker-only.

Trails Supervisor Jane Daniels describes a 5-mile loop hike that includes both new and older trail sections and passes a host of interesting natural and historical features. A detailed hike description can be found on our website (nyntc.org/hike/turtle-pond-trail) and is the basis for this introduction to the new trail network.

Sylvan Glen Park Preserve protects an abandoned 19th-century quarry, which in its heyday supplied honey-colored granite for St. John the Divine Cathedral in Manhattan. Quarries and remnants of quarrying operations are in several locations and include foundations, polished blocks, partially finished carvings, old machinery, and cables.

From the parking lot, take the Turtle Pond Trail (white) past an outdoor classroom and a woods road, turn left uphill. Turn left at the Sylvan Brook Trail (yellow), then, shortly, left again onto the Giant Lookout Trail (red). This will pass a quarry (no view) before returning to the Sylvan Brook Trail. Turn left onto Sylvan Brook Trail and continue to its end on the Turtle Pond Trail. Go left again and almost immediately cross a gas pipeline at 0.8 mile.

Continue on the Turtle Pond Trail as it passes through white pines, crosses Sylvan Brook, and passes by remains associated with quarrying operations. Interpretive signs are along the trail. When Turtle Pond Trail ends at the High Quarry Trail (blue), turn right. Abandoned quarry machinery, cables, and cut stones are scattered along the trail.

At 1.7 miles, a side trail leads to a view into the quarry pit and to the west. Be cautious.

Newly built trails in this Westchester preserve pass abandoned quarries and related remains of 19th-century activities.

Leave the view and follow the co-aligned High Quarry (blue) and Sylvan Glen (red) trails away from the quarry operations. When the trails split, go straight on the Sylvan Glen Trail (red). At the junction with the Old Farm Trail (green) at 2.5 miles, turn left. Stay on this trail through an old riding ring, over a wood bridge, onto a woods road, and to its end at the High Quarry Trail at 3.1 miles. Turn left and follow the High Quarry Trail back to the quarry area and rejoin the Sylvan Glen Trail. When the trails split, turn left again to go behind the pile of discarded rocks. Continue on the Sylvan Glen Trail. At 3.9 miles descend the stone steps built by the Jolly Rovers this past summer. A “don’t miss” feature, on a short side trail, is the 18-foot circumference Quarry Oak. Return to the Sylvan Glen Trail, which passes through the quarry and then ends at the Turtle Pond Trail. Go left to take the Turtle Pond Trail back to the parking lot.

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JANE DANIELS

By Daniel Hazin

The Quarry Oak in Sylvan Glen Park Preserve.

The Jolly Rovers Trail Crew hardened the trail to prevent erosion.

The Quarry Oak on the Sylvan Glen Trail.

The Quarry Oak in Sylvan Glen Park Preserve.

The Jolly Rovers Trail Crew hardened the trail to prevent erosion.