Construction Begins on New HQ as Final Funds are Sought

Equipped with little red plastic spoons, symbolic stand-ins for shovels, more than 75 exuberant Trail Conference supporters gathered at the Darlington Schoolhouse in Mahwah, NJ on Thursday, November 21, and together broke ground for the final stage of restoration and expansion of the building as our new and permanent headquarters.

“This isn’t about me or my board or elected and agency officials being helpful,” explained Executive Director Ed Goodell as attendees readied their spoons for the cue to break ground while three actual shovel-wielding witnesses. “This is about everybody getting involved to make this project happen.”

As of the groundbreaking, $2.5 million of the estimated $2.8 to $3 million total project cost had been raised. In the seven months of the Bolger Challenge, nearly 700 individuals, civic organizations, and local businesses made donations that ranged from $10 to $150,000. Additional contributions to meet the full move-in budget continue to be sought.

Before the ceremonial groundbreaking, Goodell also introduced the general contractor who has been selected to manage the construction phase of the project, Mahwah-based Vinnie LaBarbera of LaBarbera Custom Homes, a Division of VHI Builders. LaBarbera helped the Trail Conference finish the first phase of construction. His work includes custom homes and the recent restoration of the 50,000-square-foot Crocker Mansion, a prominent historic building in Mahwah. Construction is expected to begin in January with a target completion date of November 2014. Phase 1—which included structural stabilization, exterior renovation, HV3C and utilities—was completed in 2012. Phase 2 of the project will include interior renovation of the original 4,400-square-foot schoolhouse and construction of a 3,700-square-foot, two-story addition. All gifts to the Trail Conference Darling-tan campaigns are tax deductible. To contribute to the campaign or help raise the final funds needed, contact Don Weise at 201.512.9348 x13.

75 supporters shared in the groundbreaking at the Darlington Schoolhouse by moving dirt with red plastic spoons (many contributions add up to big achievements).

Hike of the Week
By Daniel Chazin
1st edition, 2013

In this brand-new book from the Trail Conference, well known hike writer and editor Daniel Chazin is your guide for a year of hiking in the New York metro area.

Hike of the Week is a collection of 52 hikes in the New York metropolitan area—one for each week of the year. The hikes are selected, adapted, and updated by Chazin from hundreds published in his popular Hike of the Week column in The Record (Bergen County, NJ). They are organized by season and level of difficulty. Each hike is accompanied by a map and a sidebar that focuses on some interesting aspect of the hike, such as history, geology, and wildlife. 358 pages.

Order your copy now on our website, by phone, or in our office. Learn more about this great new book at nynjtc.org/paamel/hike-week.
Statement of Ownership, Management, and Circulation

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The annual subscription price is $15; contact or call.

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201-512-5346

Send Us a Letter

To Trail Walker Letters, N Y-N J Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430.

Please recycle Trail Walker

IN MEMORIAM

Larry Braun

Former West Hudson North Trail Chair Larry Braun, of Gardiner, NY, passed away November 21, 2013. Born in 1953 in Brooklyn, Larry moved to Gardiner to retire in 1995 and pursued an active, outdoor life.

Over the years, Larry led numerous hikes in the Shawangunks, Catskills and Adirondacks for the Adirondack Mountain Club, as well as international hiking trips to Ireland and St. John, Virgin Islands. He was an early life member of the Catskill Mountain 3500 and was active with the New York-New Jersey Trail Conference in various roles: as Publications Map Field Checker from 2005-9, West Hudson North Trails Chair until 2006, a certified chain sawyer, and instructor for Trail Maintenance 101. He was a trail maintainer and maintained various trails at different times. Larry loved the outdoors, and was a dedicated and industrious person and got great pleasure from sharing his knowledge and experience with the outdoors with others. Many a hiker has been spared from toe jams by using Larry’s special boot-lacing method.

Larry lived and appreciated life to the fullest and shared his joy in hiking and outdoors with others. He is survived by two sons and their families, a twin brother, niece, and loving significant other, Adriane Haiss.

A celebration of Larry’s life will be held in New Palz, at Unison Arts Center on Saturday, April 26 at 1pm. Contributions in Larry’s memory may be made to the National Resource Defense Council, The New York-New Jersey Trail Conference, the Gardiner Library, or the SUNY New Paltz Foundation.

Linda Rohleder Joins Staff; Focus Is Invasives

Linda Rohleder, formerly volunteer coordinator of the Trail Conference Invasives Strike Force (ISF), is now on staff as Director of Land Stewardship and continues to manage the ISF. Additionally, she has been named Project Coordinator for the Lower Hudson Partners for Regional Invasive Species Management (LHPRISM), a program funded by New York’s Dept. of Environmental Conservation and administered by the Trail Conference. For many years, while working as a computer programmer with AT&T, Linda studied ecology at Rutgers University. She completed a Ph.D. earlier this year. Now she is happily “heading up a wonderful force of volunteers out making a difference removing invasive plants along our trails, preserving habitats, and taking the first steps toward restoring our natural lands.” Read more about Linda on our Trail Walker blog: http://blog-tw.nynjtc.org

Feedback

Hikers Give Thanks

Oct. 22 on Facebook

We were hiking the Popolopen Gorge Trail for our 30th wedding anniversary last week, and in the midst of the historic and stunning trail sitting, stewardship, and maintenance, said our little prayer of thanks for the wonderful work of the Trail Conference and partners in our region for the past 90- plus years. Much gratitude!

—Dyna Meh

Thank you for the Honor

Thank you for the honor bestowed on me at October 5th’s Annual Meeting. It’s nice to be appreciated. And it’s been helpful to be associated with a fine group of people who are dedicated to providing recreational hiking opportunities in our region. Starting with my first Trail Crew, working on the Shawangunk Ridge Trail with Gary Haugstad as our leader, was a fun introduction to the world of trail building and trail maintaining.

Over these years, with adoption of my own trail sections and working with other area Trail Crews, and most recently in helping to replace hikers’ bridges that have been demolished by recent storms, starting with Irene, Lee and Sandy, I have met a number of interesting and industrious people and learned many useful techniques of trail building and bridge building. It has been a true pleasure and privilege to be a part of the New York-New Jersey Trail Conference for its many gifts to New York and New Jersey.

—Joan James

Salisbury Mills, NY

Stahake Brook Trail Re-route Is Beautiful

In an email, I had the pleasure of discovering the new Stahake Brook Trail re-route in Hartiman State Park. I knew the bridge was out and the stream would be very low, but I didn’t know I would find a beautiful new route that completely avoids the stream crossing and is so much prettier and interesting than the former woods road. Kudos to John Mack and the West Hill Crew for yet another job well done.

—Robert Fuller

Old Bridge, NJ

In between Trail Walker issues, you can keep up with trail news by subscribing to e-Walker, our electronic newsletter.

Go to our website and click the blue “Get Our E-Newsletter” button.
This is one of many comments I received in response to the November news of our growing backing for our new Mahwah NJ headquarters at the Darlington Schoolhouse. What made it in particular significant and especially gratifying to me were the almost 700 individual donors, 150 of which came from the Trail Conference. It was a great ending to a year that was check full of new programs, significant accomplishments, and wondrous efforts by the men, women and organizations who are part of the Trail Conference. 2014 is destined to be even more ambitious.

The headquarters construction, with all its complications, will be in high gear throughout 2014, as we finish the fundraising needed to move in and complete the landscape. With any luck, we hope to host a grand opening before the end of the year.

Despite the headquarters construction, our priority in 2014 will remain the stewardship and promotion of the 2,000 miles of public trails where we are the officially designated maintainer. This is a big enterprise that stretches over 20 counties, 85 park units, and protected corridors along the ridge, except in New Jersey, Blue Mountain in Pennsylvania. Across all five states there is a protected corridor along the ridge, except in New York’s Southern Gunks. Our goal is to complete the protected corridor in the Southern Gunks.

Since 2000, the Trail Conference has conveyed 1,342 acres of forested lands to New York State for the Southern Gunks Greenway. Additionally, the Trail Conference has assisted the preservation of another 2,148 acres and is currently holding over 800 acres pending transfer to NYS Dept. of Environmental Conservation.

In 2014 we will also do robust advocacy efforts that include a campaign to complete the Gunks Greenway linking the Catskill Forest Preserve and the Delaware Water Gap National Recreation Area – the two largest preserved areas in the nation’s most dense populated region. The Shawangunk Ridge, as it is called in New York, is a geographic formation that stretches hundreds of miles and is known as the Kittatinny Ridge in New Jersey, Blue Mountain in Pennsylvania, and North Mountain in Virginia. Across all five states there is a protected corridor along the ridge, except in New York’s Southern Gunks. Our goal is to complete the protected corridor in the Southern Gunks.

In December, the Trail Conference completed installation of Bald Eagle education kiosks at Georges Island State Park in Westchester County. In just 10 years, the park has become a nesting area for the resurgent species, which, according to New York State Dept. of Environmental Conservation, has grown from just one nesting pair in the Hudson Valley in 1976 to more than 170 pairs. The stretch of the Hudson River from Kingston to Croton has been increasingly populated with migrating bald eagles. Winning eagles begin to arrive in late November and reach their highest concentration in January and February, when they can be seen roosting in trees along the shoreline. The kiosks allow visitors to see their northern nesting sites sometime in mid-March. As eagle numbers have grown, so too have the numbers of people out looking for them. The new kiosks redirect recreational users away from trails that would take them directly under bald eagle perches during the breeding season.

In addition to acquiring land, the focus of our 2014 initiative will be to seek endorsement of the Gunks Greenway from all the local municipalities by illustrating the economic benefits of completing this important recreational and wildlife corridor.

Our other new project in 2014, will be a comprehensive strategic planning process that will allow us to imagine a future that includes our brand new headquarters and training facility, as well as innovative programs to improve the public’s access to high quality trail experiences.

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Welcome our new crew! This is one of many comments I received in response to the November news of our growing backing for our new Mahwah NJ headquarters at the Darlington Schoolhouse. What made it in particular significant and especially gratifying to me were the almost 700 individual donors, 150 of which came from the Trail Conference. It was a great ending to a year that was check full of new programs, significant accomplishments, and wondrous efforts by the men, women and organizations who are part of the Trail Conference. 2014 is destined to be even more ambitious.

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January


AMC-NY. Hike in the Catskill Mountains. Leader: Laura Turner, 518-966-4220, cell 518-325-8076. Meet: 9am at bathroom parking lot at Cedar Run, New York. Hike on the Big Indian Trail, and return. Easy to moderate pace; bring water. Rain or snow cancels.

AMC-NY. Hikes in the Catskills. Leader: Jerry Everson, 518-273-8030. Meet: 10am at parking area off State Forest Road. Easy to moderate pace; bring water. Rain or snow cancels.


AMC-NY. Hikes in the North Loop of Black Rock Forest, Millbrook, NY. Leader: Bill Pulaski, cell 914-367-7459. Meet: 10am at trailhead. Easy to moderate pace; bring water. Rain or snow cancels.


AMC-NY. Hikes in the Shawangunk Ridge. Leader: John White, 518-879-7455. Meet: 10am at parking area off State Route 211. Easy pace; bring water. Rain or snow cancels.

AMC-NY. Hikes along the Appalachian Trail. Leader: Michael Fahey, 518-879-7455. Meet: 10am at parking area off State Route 211. Easy pace; bring water. Rain or snow cancels.


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I'm one of those with a personal goal of walking 10,000 steps per day (a little short of 5 miles). I've maintained this goal since 1986 when, sitting as usual at my desk, I first read about the health benefits of taking 10,000 steps daily. Curious to know how many steps I typically walked in a day, I bought a pedometer and was immediate-ly appalled that they added up to so few. A habit was born.

In October, I hiked with a Trail Conference staff person in the Ramapo Valley. I rate and reliable digital pocket pedometer at a steady pace for more than 10 minutes. Once a pedometer is set up with personal hour, it takes about 60 minutes to accumu-
late 6,000 steps, still more than a half-hour short of my daily goal. Even though I count steps all day, this time commitment can be a challenge. Plus, hiking is not always convenient or pleasant, or even the most efficient way to accumulate steps.

When I bike, swim, lift weights, or do other exercises where counting steps is impossible, the same type of conversion to steps can be applied. Recreational sports activities like basketball or football are also measured in this way. Vacuuming for an hour is about the same as hiking for that duration (though admittedly not as much fun).

To simplify matters, I maintain a spreadsheet with the metabolic equivalent of steps entered for my specific exercise activities, and then daily I add actual steps (for hiking, walking or just mulling around) plus the time spent on other fitness activities.

During that day with the TC staffer I did line dancing and Zumba Gold in the afternoon. I entered for my specific exercise activities, for that duration (though admittedly not impossible, the same type of conversion can be applied. Recreational sports activities like basketball or football are measured in this way. Vacuuming for an hour is about the same as hiking for that duration (though admittedly not as much fun).

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In between weekly Zumba, yoga, Jazzercize, weight lifting, and stopping out and about, member Phil McLewin, professor emeritus of economics at Ramapo College of New Jersey volunteers for the Trail Conference as editor of our website Park pages. Find them and info on more than 300 parks in our region at nynjtc.org/view/parks.

| Metabolic equivalent charts can be found on the web. Here is a sample: |
| • http://walking.about.com/od/measur/a/steps-equivalents.htm |
| • http://www.purdue.edu/walkthethemoon/activities.html |
| • http://hc.cumb.edu/step-equivalents |

Take forms of exercise like Zumba, Jazzercize, and other fitness aerobic dances. Can one hour of hiking at a moderate pace be measured against one hour of vigorous Latin exercise dancing? It can, and the key conversion tool is “metabolic equivalent of steps.” Walking 3 mph for one minute uses about 100 metabolic units; Zumba is near-
ly twice that at the step equivalent of 181 per minute. An hour of Zumba then can yield just over 10,000 steps!

Yoga, by the way, has the equivalency at around 75 steps per minute (4.500/hour), but the stretching and relaxation still con-
tribute to the day’s goals for steps. (To avoid double counting when I use the pas-
sage of time as the measure of steps taken, I actually remove the pedometer.)

Why use a pedometer in the age of GPS? Phil says: “Because it only has 3 buttons and weighs one ounce.”

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By Barbara Roberts

This story is dedicated to my father, Arthur Meyer, who attributed his secret of a won-
derful life (having lived to 94 years young) to a very sim ple, inexpensive way to live. He w ould plan his hike route during the week— day hikes but full day hikes— 8am

by 8pm. H e w ould prepare the hot chocolate in the w inter, and m y father w ould get the sandw iches packed. H e research the w eather (he w as a WWII naval officer aboard m ine sw eepers, so he w as fully trained in w eather). H e w ould never hike alone— w e w ent w ith him . M y father-in-law  w ould come back truly hooked on w hat w ould becom e a w eekly adventure for us all. H e loved being in the outdoors.

His first hike after retirement was the Red Cross Trail in Harriman State Park. H e came back truly hooked on what would become a weekly adventure for us all. H e loved being in the outdoors.

He would plan his hike route during the week—day hikes but full day hikes—Sam until dark and in all four seasons. H e read about the area, m apped out m ileage, and researched the weather (he was a WWII naval officer aboard mine sweepers, so he was fully trained in weather). He never hiked alone—we went with him. He forgot about all the stresses of life. H e show ed m y husband and m e a great hobby, w hich w e continue to do today. I w ill rem em ber these days forever.

By Barbara Roberts

The Trail to a W onderful, Long Life
Traipses for People. People for Trails.
A quarterly look at some of what our volunteers have been doing to assure public access to nature.

West Hudson South Crew Tackled Trail Erosion in Harriman

The West of Hudson South crew is once again enjoying a well-earned winter hiber-
nation after another successful year of trail con-
struction in Harriman State Park. This year was marked
by several large rock step projects. The spring season saw our weekday crew working
on a erosion control project near Queensbourn Lake. Our weekend crew was busy rebuilding a badly eroded staircase on the Ramapo-Dunderberg Trail north of Anthony Wayne (crew members and the completed steps are pictured). We also began construction of more steps on a badly eroded hillside on the Cornell Mine Trail.

The fall season saw our crew complete both rock stairs-
cases as well as begin the installation of some stepping stones
through a wet area of the 1759 Trail. Together our hard-

A Gift from Avon at Tallman Mountain State Park

Three Avon employees joined Long Path co-chair Jakob
Franke in October for a one-day outing during which they
built a 120-foot bog bridge on the Long Path in Tallman
Mountain State Park. Avon not only had provided the vol-
unteers, but also the funds to buy the materials for the
bridge. The bridge will help hikers keep their feet dry
during wet conditions and will also help preserve the natural
condition of the trail corridor. Avon frequently supports the Trail Conference by providing employees to help with trail
projects. We can match your group or business with a trail
project. Contact Volunteer Coordinator John Leigh, leigh@nynjtc.org for info.

Many Hands Extend Long Path in the Catskills

The building of a new, 9.5-mile woods route for the Long
Path in the Catskills continued through the fall, with eyes
on a grand opening of the new route on National Trails Day
2014: June 7. Volunteers who worked on the project this past summer and fall included members of the Long Path Crew, Long Distance Trails Crew, Jolly Rovers Technical Crew, 3500 Club, and others.

New Maintainers Trained on the Shawangunk Ridge

Photo at right: The weather and the view were great for an
October Intro to Trail Maintenance workshop in Wurts-
boro and on the Shawangunk Ridge Trail/Long Path. The
attendees learned the basics of painting blazes, clipping
brush, dealing with minor tread and drainage problems,
and assessing overall trail conditions. Find upcoming work-
shops at nynjtc.org/view/workshops

Defending a Historic Landscape

On November 14, 2013 more than 40 people turned out to protest LG Electronics breaking ground on its new corporate headquarters in Englewood Cliffs, NJ. The demonstration was quite the spectacle, with dozens of signs and even a rented hearse going back and forth in front of the building site, drawing attention to the death of the historic view of the Palisades. A steady stream of honks, waves, and cheers from passing vehicles showed beyond a doubt that the views of the protesters were shared by many of those who pass the site every day.

The proposed building still has to go through an appeals process before construction begins, but even if it does come to
pass, this outpouring of public support for the Palisades was a powerful expression of public sentiment.

No Moss Gathers on Our West Jersey Crew

The crew started the season early this year, with multiple trips to
projects from Hurricane Sandy in Jenny Jump State Forest. Over the season, we checked on the trails in that park. In April, returned to the Howell Trail bridge over the final details of the bridge deck and footings. From there we moved to the staircase and water management at the Mashuquonsh Shelter. Then it was elsewhere on the AT to the park and replace it with stepping stones.

Traveling back to Worthington, the crew did its regular visit to the
trails, adding water bars. We wrapped the spring season
by building a new view and a new deck.

In the fall, we picked up work on the Rock Coves and Douglas’
wash-out, rebuilding several culverts, adding numerous water bars, washed-out areas. We then went over to the Mr. Tammany Trail, where
we re-structured a large drainage issue that was causing severe erosion
of the structure of a bridge on the Irvis Trail. We added more drainage struc-
tures, including replacement of a pair of small bridges near the High Point
AT’s Pochuck Boardwalk, adding tie-downs and continuing small repairs.

Thank you to everyone who worked as part of the West Jersey
Brennan, Gordon Campbell, Joan Campbell, Tom Car, Heather Ge-
Mannes, Chris Manley, Gay Mayer, James Mort, Lee Mort, Bill D
Siegelman, Rabindra Singh, Alex Sun, Bill Taggart, Linda Taggart, J
And finally, as always, a huge Thank You to all our New Jersey parks, who consistently support our work. Without the strong work
able to accomplish what we do.

Two Adverts

On Saturday, May 11, the Annual Trail Conference Mountain
Crews Build New AT Route Up East Face of Bear Mountain

Autumn work at the Bear Mountain Trails Project focused
on building the new route for the Appalachian Trail on the
Upper East Face of the mountain. An unexpected benefit to
the project was an extra two weeks of service in October by
the Appalachian Trail Conservancy’s Mid-Atlantic Volun-
teer Crew, on top of two scheduled weeks earlier in the
season. The shutdown of the federal government closed the
AT on federally owned lands, and prevented the crew from
doing its planned work elsewhere. At New York State-
owned Bear Mountain, however, the AT stayed open, its
volunteers covered by Trail Conference insurance, and work
proceeded. A Trail Conference hike on October 6 celebrat-
ing the 90th Anniversary of the AT on Bear Mountain gave
our hikers, many of them trail volunteers, a chance to chat
with the crew and say Thank-you!
### Catskills

On National Trails Day in June, the Trail Conference helped complete the first phase of the Kaaterskill Rail Trail, which has become an exceptionally popular hike. Between the Village of Phoenicia and the Burroughs Range Trail, volunteers created 9.5 new miles of backcountry trail for the Long Path. In Plateau Preserve, we constructed a 30-foot bridge for the Long Path. A roaming Trail Maintenance Crew was also hired.

We published five new brochures and maps for the restored Catskill Fire Towers. These brochures introduce visitors to hikes in the Catskills and to the New-York-New Jersey Trail Conference.

As co-chair of the Catskill Park Advisory Committee, the Trail Conference is tackling challenges and creating opportunities throughout the Catskills. We have advocated for resources for the Dept. of Environmental Conservation (DEC), provided volunteers to assist DEC staff, and developed new ways to expedite regional planning with the state.

### West Hudson

On the Bear Mountain Trails Project we trained 134 attendees at 16 workshops and fielded 251 volunteers who contributed 6,264 hours of work completing a significant portion of the Major Welch and 500 linear feet of the new, sustainable route for the Appalachian Trail on the Upper East Face.

Elsewhere in the park, volunteers reinforced the Ramapo-Dunderberg Trail by building stone steps and retaining walls, rehabilitated a water crossing on the 1779 Long Path Trail with stepping stones, and worked to restore the Welch Trail Education Center.

New volunteers from businesses, schools, and AmeriCorps joined our crews.

The first season of the Sterling Forest Backcountry Trails Project started in late July and in a little over three months trained 78 volunteers at 9 workshops and put up 11 miles of new trail-building, 66 unique volunteers who worked a total of 1,900 hours. We completed almost a mile of sustainable new trail in the Doris Duke Wildlife Sanctuary and repaired a major blowout of a stream crossing on the Wildcat Mountain/Fishkill trail co-alignment in the northern part of the park. In addition, 120 miles of trail were trail-rafted and inventoried in Sterling Forest and surrounding state parks. On the Appalachian Trail at Fitzgerald Falls, volunteers completed the stone staircase and installed stepping stones over the creek.

Invasive species were removed in work projects at Bear Mountain, Storm King, and High Tor State Parks. In addition, 91 miles of trails were surveyed for invasives in this region by 46 volunteers and two training workshops were held.

### New Jersey

Major on-the-ground achievements in New Jersey include volunteers clearing miles of trails of thousands of Hurricane Sandy blowdowns throughout parks in north and west Jersey. A new entry trail was built at Ramapo Valley County Reservation, an eroded section of the Winanque Ridge Trail in Ramapo Mountain State Forest was repaired, and bridges were repaired and rebuilt at Stokes State Forest and High Point State Park. Severe erosion was remediated on the AT at High Point and Worthington State Forest.

Collaboration between the Trail Conference, New Jersey Dept. of Environmental Protection, the National Park Service, and the Appalachian Trail Conservancy resulted in a tremendously successful Ridge Runner season on the AT in western New Jersey. Invasives removal work along trails was completed at Abraham Herstet State Forest and continued at Norvin Green State Forest, Worthington State Forest, and Flat Rock Nature Reserve.

In 2013, 39 additional volunteers were trained as surveyors; 49 volunteers worked more than 121 miles of trail.

### Publications

We produced revised editions of six map sets: West Hudson, Catskill, Harriman-Bear Mountain, Sterling, Shawangunk, and North Jersey. Downloads of our digital maps through the PDF Maps smartphone app exceeded 15,000 in 2013, and our maps were made available to Android device users (previously Apple device users only). We produced a brand new book, Hike of the Week, and began offering selected book titles in ebook format.

### East Hudson

We launched the highly successful Breakneck Ridge Trail Stewards Program, which educated and assisted 2,000 hikers per week in its inaugural month. We adopted more than 40 miles of new trails at Round Hill Land Conservancy, the Bearcliff-Peekskill Trail, Westmoreland Sanctuary, Lewistown Nature Center, and Hiltlop Hanover Farm and Environmental Center.

We conducted 37 Trail U workshops, offering skills development for beginning and advanced trail volunteers. We also focused on increasing the number of volunteers trained to survey invasive plants in the region by holding four training workshops and recruiting 31 volunteers to survey invasive plants. Volunteers surveyed 49 miles in the region and removed invasives along trails in portions of two parks in 2013.

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### Catskills

In 2014, we will continue to increase our presence on the trails and in the communities of the Catskills. We are also working to expand membership here and secure major funding for the Catskills Trails Program.

On the ground, we will be building and rehabilitating trails including a new section of Long Path (opening on National Trails Day, June 7), relocating part of the Long Path through the Vernon Kill Wild Forest, and constructing a bridge to allow the completion of Phase 2 of the Kaaterskill Rail Trail, which will connect the KRT directly to the trail system of the North-South Lake State Campground. We will also rebuild and rustructuris at least two lean-tos.

We will take a leadership role in building interpretive trails and several bridges at the Catskill Park Information Center and will staff the center with experts who will provide information on Catskill tourism.

And, we will launch the Willowemoc Trail Crew and the Northern Catskills Trail Crew.

We launched the highly successful Breakneck Ridge Trail Stewards Program, which educated and assisted 2,000 hikers per week in its inaugural month. We adopted more than 40 miles of new trails at Round Hill Land Conservancy, the Bearcliff-Peekskill Trail, Westmoreland Sanctuary, Lewistown Nature Center, and Hiltlop Hanover Farm and Environmental Center.

We conducted 37 Trail U workshops, offering skills development for beginning and advanced trail volunteers. We also focused on increasing the number of volunteers trained to survey invasive plants in the region by holding four training workshops and recruiting 31 volunteers to survey invasive plants. Volunteers surveyed 49 miles in the region and removed invasives along trails in portions of two parks in 2013.

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In 2014, we will continue to increase our presence on the trails and in the communities of the Catskills. We are also working to expand membership here and secure major funding for the Catskills Trails Program.

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2013 Trail Conference Awards Honor Our Volunteers

Trail Conference Annual Awards are determined by the Board of Directors upon recommendation by the Volunteer Committee.

WILLIAM HOEFERLIN AWARD
This award recognizes Trail Conference volunteers who have demonstrated exemplary service to trail maintenance, management, and/or trail land protection.

Doug Senterman, Elka Park, NY
It’s probably safe to say that Doug was volunteered for trail projects long before he volunteered himself. The son of long-time Carbkill Trails Chair Pete Senterman, Doug was often on trail with his father and brother Jeff (now a Trail Conference staff member). Doug, at left with Chris Connolly, has taken on many volunteer roles: shelter caretaker from 2000 through September 2006; Supervisor for Lean-to in Mountain Grove through October 2012, and Chair of our Carbkill Lean-to Program since October 2012. In addition, this past summer Doug spearheaded the effort to replace the Kingsport Bridge in Plate Clove.

KEN LLOYD AWARD
This award recognizes members of Trail Conference member clubs, or the member club, who have demonstrated exemplary service to trail maintenance, management, and/or trail land protection.

Joe James, Salisbury Mills, NY
Joan James began volunteering with the Trail Conference in 1991, helping to develop the Shawangunk Ridge Trail. For her work on that project, Joan received our Hoeferlin Award in 1997. Joan has helped with trail and bridge-building projects at Storm King, Minnewaska State Parks, the Wappinger Swamp in Dutchess County, Harriman, and Bear Mountain State Parks, the Shawangunk Ridge, and multiple areas of the Long Path, among others. She maintains the Bobcat Trail on Storm King and the Western Ridge Trail on Minnewaska, and continues to be a go-to person for several of our trail crew leaders, helping with tasks that range from blazing to rock work. We thank Joan for 20-years-and-counting of trail volunteering.

LEO ROTHSCCHILD CONSERVATION AWARD
This award is presented to a person or organization that has made a significant contribution to the protection of our trails and/or the natural lands that surround them.

Seth McKee, New Paltz, NY
In 2005, Seth joined the Trail Conference Board of Directors and immediately became its point person on conservation and advocacy matters. It was a natural fit with his professional position as Land Conservation Director for Scenic Hudson. Seth advanced the Trail Conference land protection goals with the “great recession,” culminating in the acquisition of 525 acres on the Shawangunk Ridge in 2012, his last year as Conservation Committee Chair. Perhaps even more important was his stewardship of the transfer of hundreds of acres of Trail Conference-protected land on the Ridge to the NY Dept. of Environmental Conservation. (Read more about Seth in our Summer 2013 Trail Walker, page 1.)

HONORARY LIFE MEMBERSHIP
This recognition conveys life membership status and the right to vote at Delegate’s meetings. Usually given after long years of service to the Trail Conference.

Jack Shuart, Hackensack, NJ
The fact that our certified sawyers still have all their fingers and toes can be attributed largely to the teachings of our principal educator and mentor in the fine art of chain sawing and safe operating procedures, Jack Shuart. In addition to those classes, Jack, at left with Bob Jonas, has also instructed many volunteers in the care and feeding of the one- and two-man crosscut saw. In what little spare time he has left after his work with the New Jersey Forest Service, Jack also contributes his expertise to the NJ Search and Rescue team and joins them for trail maintenance outings in the Pinemudk Woodlands. Jack has done all of this over many years, and with little recognition. He has our profound thanks and appreciation.

Robert Jonas & Estelle Anderson, West Milford, NJ
Bob and Estelle began their Trail Conference work on that project, Joan received our Hoeferlin Award in 1997. Joan has helped with trail and bridge-building projects at Storm King, Minnewaska, and Minnewaska State Parks, the Wappinger Swamp in Dutchess County, Harriman, and Bear Mountain State Parks, the Shawangunk Ridge, and multiple areas of the Long Path, among others. She maintains the Bobcat Trail on Storm King and the Western Ridge Trail on Minnewaska, and continues to be a go-to person for several of our trail crew leaders, helping with tasks that range from blazing to rock work. We thank Joan for 20-years-and-counting of trail volunteering.

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How Insects Spend the Winter

By Edna Greg

Silence. That’s often what you hear on the trails in winter. This is partly due to the absence of adult insects, whose myriad buzzing, chirping, and clicking sounds fill the air during the warmer months. However, there are all those insects during winter! Some species, like monarch butterflies, migrate to warmer areas. But many insect species stay put and overwinter in the egg, larva, pupa, or adult stage. Be observant, and you can locate where they’ve hunkered down.

Fields or brushy areas usually have some easily spotted winter insect home. The global list of mantises can be found on plant stems from one to four feet off the ground. The egg cases are about an inch in diameter and look like blobs of light brown foam, which insulates the eggs within. Our two most common mantis species are non-natives—the European praying mantis (Mantis religiosa) and the Chinese mantis (Tenodera aridifolia sinensis). Both were introduced to the US in the late 1800s to control garden pests. They’re not very effective at pest control because their indiscriminate taste leads them to eat both good and bad bugs, as well as their own kind.

Winter fields also are home to several species of goldedorn gall-forming insect larvae. The most common are goldedorn gall flies (Euxoma solstitialis), whose larvae snuggle in three-quarter-inch round swellings on the upper half of goldenrod stems.

Many moth species also have conspicuously overwintering homes. Silk moths (family Saturniidae) overwinter as pupa in silken cocoons that often are spun within a leaf. In winter, the cocoons look like brown, papery sacks hanging from twigs. The easiest cocoons to locate are those of the promethea moth (Callimorpha promethea), which are found on the lower branches of many trees and shrubs, especially cherry, sassafras, and spicebush.

The pine tube moth (Agrapastia pinatuba) makes its winter home in white pine. During summer, the larva rounds itself in a tube of flake to twenty pine needles, held together with silk, and feeds on the tips of the needles. After the larva eats most of its first shelter, it abandons it and builds a second and sometimes a third. When the larva is fully developed, it pupates within the tube and overwinters. The tubes are easily found on the branch tips of the pines.

Some insect species find a cozy spot, like beneath tree bark, to overwinter as adults. They produce a variety of antifreeze-type chemicals like glycerol that help them survive frigid temperatures. On warm winter days, they sometimes venture out from their shelters. A conspicuous example is the mourning cloak butterfly (Nymphalis antiopa) that often can be spotted flying on warm days in late winter.

Some adult insect species defy winter and actively feed and mate when it’s cold. One of the more common is the snow flea (Hypoxyanum niveum), which is not a flea but a species of primitive wingless insects called springtails. This miniscule (less than 1/2’ long) insects congregate in large numbers on the snow’s surface, looking like tiny specks of dirt. They eat plants, fungi, and bacteria. Being active in winter helps them to avoid predators.

Winter snowflakes (order Plecoptera) are also active as adults in winter. They do most of their feeding as nymphs underwater in clean, fast-streaming streams. Adults emerge from the streams in winter to mate. Although they have wings, they’re not strong fliers. Look for them crawling on streamside snow banks or bridges.

There are just a few of the insects that can be observed in winter. The silent landscape is teeming with life.

Member Edna Greg is a regular contributor to Trail Walker of articles about nature.

Antifreeze-like chemicals help mourning cloaks survive winter.

Surveying

This year was the third year of the Trail Conference’s Invasives Strike Force program. Our surveying volunteers completed more than 260 miles of surveys across our region, bringing our three-year total to more than 690 miles. Through the efforts of hundreds of volunteers, we now have a very good picture of the invasive plants that are located in our parks and natural areas, and we can track what happens over time as we continue surveying through the coming years. But, not only do we know what’s out there, now we can use the data we have to make plans and take action.

Removing

Our Invasives Strike Force trail crew and seasonal interns have been busy this year removing invasive plants on 15 ISF trails crew work days and across more than 45 acres of land along our hiking trails. The New York state parks in the Palisades and Taconic regions have given the ISF crew permission to conduct removals along the trails in most areas of the state parks, and many of our other partners have welcomed our work as well. 2014 promises to be a very productive year as we expand our ISF teams of our possibilities. To learn more, contact Volunteer Coordinator John Leigh, jleigh@nynjtc.org.

Keith Shane, winner of the McHenry award from the Open Space Institute, used his award to survey more than 50 miles of trail, teach volunteers at training sessions, and plan and conduct several ISF trail crews in the Hudson Valley. The accomplishments of other volunteers were equally impressive. Seven of our ISF volunteers surveyed more than 10 miles of trail this year.

Broom Vermeulsen surveyed almost 17 miles in Worthington State Forest and Delaware Water Gap NRA. “After an initial period of feeling a bit overwhelmed, I really started to enjoy my work. It’s like a treasure hunt in reverse, where you’re looking for things and sort of hoping not to find them. In the past, I had liked all the trails that I surveyed, and it was interesting to get re-acquainted with them 100 feet at a time.”

Cliff Bercholt surveyed 12 miles in Schunemunk Mountain State Park. “I’ve enjoyed trail maintenance at Minnewaska since 1995, but when I learned of the ISF program this summer, it seemed like another great chance to make things better out there. . . . The slower pace, with frequent stops, has made my hiking experience richer. I recommend the Strike Force to others who might want a mental challenge to go along with physical enjoyment of hiking.” Cliff is also helping at the office this winter to fill in for the many data files that were submitted by ISF volunteers.

For the second year in a row, Greg Smith and his daughter Erikla Schneider-Smith have topped 10 miles of surveying. This year Erikla’s friend Katelyn Fleisch shares the honors as well._t. Since 1995, when I learned of the ISF program this summer, it seemed like another great chance to make things better out there. . . . The slower pace, with frequent stops, has made my hiking experience richer. I recommend the Strike Force to others who might want a mental challenge to go along with physical enjoyment of hiking.” Cliff is also helping at the office this winter to fill in for the many data files that were submitted by ISF volunteers.

For the second year in a row, Greg Smith and his daughter Erikla Schneider-Smith have topped 10 miles of surveying. This year Erikla’s friend Katelyn Fleisch shares the honors as well. To date, they have surveyed all of Mr. Hope Historical Park in Morris County, and several trails in Norvin Green State Forest and Farley and Miller Woods. Erikla and Katelyn are also our top youth surveyors this year.

Invasives Strike Force Caps Off Banner Season

Thanks to Enthusiastic Volunteers

Howard Liebmann
Mt. Arlington, NJ

Volunteers as Northwest Jersey Trail Chair since December 2013

Relevant experience includes extensive volunteer history with Boy Scouts of America (Club and Scout Master, district chair, district finance chair; Northwest Region Leadership Chairman), climbing director at a national camping school; Big Brother

How will Howie put his experience to work for the Trail Conference? As an experienced volunteer leader, Howie has learned to work with various partners, and organizations to come to common solutions. He has also learned to work with people from all walks of life.

Background: Currently an adjunct professor at County College of Morris, teaching personal development and challenge; retired salesmen with more than 30 years’ experience at Verizon.

Where does he hike? You bet. Howie enjoys trails in New Jersey as well as in the Sierra and the White Mountains.

Surveys at Ramapo Mountain State Forest

Mark Nordyke proved his versatility and passion for removing invaders by not only being one of our top surveyors but also one of the top ISF trail crew volunteers. Mark surveyed more than 10 miles at Bear Mountain, High Mountain Preserve, Franklin Lakes Preserve, and various locations along the Patroon’s Path, and he also volunteered more than 20 hours at removal workdays.

Arthur Gardineer was our top ISF trail crew volunteer, spending more than 50 hours removing invasive species at our crew workdays. Arthur also was an ISF surveyor and dedicated hundreds of hours helping at the office.

If you are interested in joining our ISF volunteers, send me an email (ladah@nynjtc.org) to get on our mailing list. Activities start again in April and May.

Howie enjoys trails in New Jersey as well as in the Sierra and the White Mountains.

Howard Liebmann, PhD
Invasives Strike Force Manager

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Come help us make a difference!
TRAILS, volunteers, training, leadership: we aim to strengthen all in 2014.

We will continue our work started this year at Sterling Forest to build a volunteer crew that can build the Pulaski Bridge near the transition between Harriman and the Gunks. We will recruit and train new members and leaders for the busy West Hudson Bridge, and continue restoration of the trail. Western Hudson Trail Committee is interested in helping and will be looking for trail stewards. We will continue our work in the Spring in 2015.

NEW JERSEY

In 2014, we will complete the scenic walkway over the Hudson River. We will finish the trail from Newburgh to Westchester, complete the permitting process for the Long Pond Ironworks Bridge, and complete the trail along the Palisades. We will continue with trail improvements and new volunteer leaders, and strive to improve trail quality statewide.

A bridge is replicated on the Appalachian Trail along the Palisades.

Our NSF will receive additional trail funding to enhance trails in the region, and contributors will be able to select a specific trail for their funding. We will continue to improve volunteers and trail stewards.
Achilles Tendon

Three or more months of rehabilitation.

Tendons connect muscle to bone, and the back of the calcaneus, or heel bone, is the Achilles tendon, which connects the power muscles in length and flexes the foot downward, in the human body that react to injury by sending signals to the tendon to repair itself. A damaged tendon is considered to be the source of pain and will result in significant difficulty walking. A complete tear is usually the result of a hard landing on one foot, for example, jumping down from a rock and generating a sudden and large force on the Achilles. A rupture causes immediate pain, often creates a popping or snapping sound, and will result in significant difficulty walking. A complete tear is usually considered a surgical emergency.

But the less serious injuries are the more common types. A repetitive uphill walking and straining the Achilles tendon will stretch its fibers and result in a swollen section. This type of injury, which has a slow onset, can develop into a partial tear of the tendon. A partial tear of the tendon exhibits more swelling and pain than does a strain. A diagnostic ultrasound or an MRI can help discern the extent of the injury.

Risk Factors?

Risk factors include having very flat feet or being obese, or having diabetes or hypertension. In addition, use of a quinolone family, including ciprofloxacin and levofloxacin, can also cause tendon disorders. Overall, Achilles tendon injuries are more prevalent in men than in women.

Best Treatment Option

Many different treatments have been advocated for Achilles tendon injuries over the years, ranging from cortisone injections to general physical therapy to ankle braces and arch support. But in the past few years, one treatment has been validated as most effective: a program of eccentric stretching. This type of stretching can be done while standing on a step with the heels dangling off the step’s edge and slowly dropping the heels to stretch the tendon, holding that position and repeating. The exercise however is part of a multi-week program that includes gradually increasing the force of the stretching. If done incorrectly the condition can in fact be worsened. It is best supervised by a health professional knowledgeable in the technique. In addition, using a lift in the heel portion of the shoe is often helpful.

How to Avoid Achilles Tendon Injuries

What can the hiker do to avoid this condition?

• When hiking uphill, shorten your stride length to reduce the strain placed on the Achilles tendon.
• Take smaller, more frequent steps.
• Use hiking poles for any sustained climb.
• Respond to any discomfort in the Achilles tendon promptly. Long the area can help reduce some of the accompanying soft tissue inflammation, and local massage may help reduce the pain as well.
• Most important, however, is to correctly diagnose the extent of the injury and then, if appropriate, begin a program of eccentric stretching.

Winter 2014 Page 11

How did Sam find the Trail Conference? Our maps. He used them to find his way while hiking in Harriman and Bear Mountain State Parks. They also led him to support and volunteer for trails.

Background: A long-time hiker; writer of both nonfiction and fiction; currently working on a biography of his great-great-grandfather Henry Baldwin Stone.

What Sam says: “I got excited about trails. I love the physical exercise, the beauty, seeing new places—pretty much everything.”

Are you excited about trails too? See how you can support your passion. Visit nynjtc.org.


Start Your Hiking Year with New, Up-to-Date Trail Maps

As always, our new maps are printed using vibrant color on waterproof, tear-resistant Tyvek. Shop online at nynjtc.org, or stop in at the Trail Conference office. They are also available on Apple and Android devices through the PDF Maps app; learn more about these GPS-enhanced maps at nynjtc.org/pdfmaps.

PEOPLE FOR TRAILS

Volunteers as Lenape Trail Chair

What and where is the Lenape Trail? The Lenape Trail is a 34-mile trail that links open space and landmarks in Essex County, N.J. It is one of five long-distance trails maintained by Trail Conference volunteers. The others are the Appalachian Trail, Long Path, Highlands Trail, and the Shawangunk Ridge Trail.

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A new 2.65-mile trail in the western Catskills—the Shavertown Trail—opened in September and offers families and novice hikers something of a unique opportunity in the mountain region—a spectacular mile and a half through beautiful rock ledges and woolly forests. This intermediate trail ascends from near the shoreline of the Pepacton Reservoir to Snake Pond and then continues to climb along a shoulder of Perch Lake Mountain. It is the product of collaboration and hard work by the Catskill Mountain Club, the Town of Andes, the New York City Dept. of Environmental Protection (NYCDEP) and a number of other regional groups, including the Trail Conference.

The trailhead is on BWS Rd. 4, about 200 feet west of and across the street from the parking lot for the Shavertown Boat Launch on the Pepacton Reservoir. Hikers can park at the boat launch area, which is just west of the BWS Rd. 4 intersection with State Route 30. A kiosk has been installed at the start of the trail with information and mileage.

The trail route is marked with red NYCDEP plastic trail markers and is a combination of footpaths and old woods roads. It passes through forests and meadows, past two weather stations (Do Not Touch) and, in less than a mile, offers several views to the south west and the Pepacton Reservoir can be seen in the valley below.

In one of these meadows, approximately one mile from and about 520 vertical feet above the trailhead, the trail reaches a junction along the ridgetop. Follow the way onto an old woods road that loops around and returns to the unsigned trail junction.

From this point, the way to return to the trailhead is retrace your steps down the trail. The total distance from the trailhead to the end of the loop is 2.65 miles for a total round-trip distance of 5.3 miles (not counting the short loop around Snake Pond). The total ascent from the trailhead is 760 vertical feet. Find a more detailed description of this hike on our website, nynjtc.org/view/hikes.

Support Trails, Parks and Open Space in the New York-New Jersey region by joining the New York-New Jersey Trail Conference.

The Trail Conference maintains more than 2,000 miles of trails, advocates for parks, protects open space, and provides volunteer service opportunities in the great outdoors.

Your membership supports the trails you love and gives you these additional benefits. Go to nynjtc.org/membership

25% Discount on Trail Conference maps, books, and other products. Visit nynjtc.org/panel/goshopping

Great Discounts at supporting outdoor retailers and other businesses. See our partners at nynjtc.org/content/retail-partners

Tuition-Free Enrollment in our Trail University introductory courses

Workshops and Seminars on trail maintenance and construction, leadership training, wilderness first aid, chainsaw operation, environmental monitoring and GPS operation. Learn more about Trail U at nynjtc.org/trailu

Access to a wide range of volunteer opportunities on-trail and off-trail. Visit nynjtc.org/volunteer

Find links to all these and more at nynjtc.org.

Hikers’ Marketplace

Go Places with Trail Maps and Books from the Trail Conference.

Get the complete set of trail maps at one great, low price!

Our combo offers all of our high-quality Trail Conference maps at a 5% discount (members get an additional 25% discount). Save big on shipping charges!

Find it on our online store under Combos.

Check out our full collection of maps, and select trail guides from others, on our website, and get your 25% member discount!

Visit www.nynjtc.org/panel/goshopping!
Or call 201-512-9348

Join/Renew NY-NJ Trail Conference Membership

2,000 miles of trails; your membership helps us expand our horizons.

Included with membership, Trail Walker, 10% discount on purchases at many outdoor stores, and 25% discount on ALL Trail Conference maps and books purchased directly from the Trail Conference. Save time and a tree by joining or renewing online at www.nynjtc.org. Just click on the Join/Renew Now button.

MEMBERSHIP TYPE

Select one: [ ] Join [ ] Renew Membership # if available__________

Individual [ ] Joint/Family

Regular $80 $90

Sponsor $260 $300

Benefactor $420 $450

Senior (65+) $425 $500

Life $1,000 $1,000

A joint membership is for two adults residing at the same address.

For my membership of $50 or more, send me a:
[ ] Trail Conference Cap  [ ] OR  [ ] Harriman-Bear Mountain Map Set

To purchase a gift membership, call 201-512-9348, extension 26.

Name__________________________

Address__________________________

City __________________ State _______ Zip __________

Day Phone ___________________ Evening Phone __________

[ ] Trail Walkers [ ] Check or money order enclosed [ ] Visa [ ] Mastercard [ ] Amex

Card # __________________ Exp. Date: __________

Make check or money order payable to the NY-NJ Trail Conference, and mail to: 156 Ramapo Valley Road, Mahwah, NJ 07430.

Tax deductible. Dues are not refundable.

The Shavertown Trail

A new 2.65-mile trail in the western Catskills—the Shavertown Trail—opened in September and offers families and novice hikers something of a unique opportunity in the mountain region—a spectacular mile and a half through beautiful rock ledges and woolly forests. This intermediate trail ascends from near the shoreline of the Pepacton Reservoir to Snake Pond and then continues to climb along a shoulder of Perch Lake Mountain. It is the product of collaboration and hard work by the Catskill Mountain Club, the Town of Andes, the New York City Dept. of Environmental Protection (NYCDEP) and a number of other regional groups, including the Trail Conference.

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In one of these meadows, approximately one mile from and about 520 vertical feet above the trailhead, the trail reaches a junction along the ridgetop. Follow the way onto an old woods road that loops around and returns to the unsigned trail junction.

From this point, the way to return to the trailhead is retrace your steps down the trail. The total distance from the trailhead to the end of the loop is 2.65 miles for a total round-trip distance of 5.3 miles (not counting the short loop around Snake Pond). The total ascent from the trailhead is 760 vertical feet. Find a more detailed description of this hike on our website, nynjtc.org/view/hikes.

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