Volunteer Profile

Bob Messerschmidt
Maintenance 4 miles of trail for 50 years

Bob Messerschmidt of Bridgewater, NJ, is a quiet man. Not one to call attention to himself. He sees something that needs doing, and does it. Sticks with it over the long term. Like working as an engineer for the Bell system through all of its manifestations over the years until his retirement. Like maintaining 4 miles of the Pots Brook Trail in New Jersey’s Norvin Green State Forest for over the long term. Like giving to the Trail Conference’s Morris Green State Forest for over the long term. Like working as an engineer for the Bell system through all of its manifestations over the years until his retirement. Like maintaining 4 miles of the Pots Brook Trail in New Jersey’s Norvin Green State Forest for 50 years. Like giving to the Trail Conference, making contributions above and beyond his dues and volunteering his retirement. Like maintaining 4 miles of its mountain stations over the years until his retirement. He continued as the trail’s custodian in the region. Jonas reports: “It’s a beautiful trail,” Bob says, “worthed, relatively modest in terms of difficulty, but with some ups and downs. It’s a joy to hike on it. I enjoyed maintaining it very much.”

Now age 77, Bob decided in 2009 that it was time to “hang up my lopers.” But that didn’t last long. Bob Jonas, Central Jersey Trails Co-chair, persuaded him to help out another maintainer in the region. Jonas reports: “Instead of dropping out of sight, Bob continued on page 10

Frozen Frogs Underfoot

Wood frogs and peepers can freeze solid and live to sing again. How do they do it?

READ MORE ON PAGE 7

Hiking without Pain

Know how to avoid heel spurs, ankle sprains, and shin splints.

READ MORE ON PAGE 11

New AT Boardwalk Being Built Over Great Swamp in Pawling

By Jim Haggett, Chair, Dutchess/Putnam AT Management Committee

A new Appalachian Trail boardwalk project in our region began as do many trail projects with a deluge. From near Rt. 22 and the AT train stop on the Metro-North Harlem line in eastern Dutch County the AT traverses the Great Swamp on a 50/50 combination of a regular dirt footpath and wooden puncheon before reaching a bridge that spans the Swamp River. (Puncheon is a walkway in which boards or logs are parallel to the trail and are supported by sill that rest on the ground.) The Trail parallels Hiller Brook for a good part of this 1600-foot distance.

For 20 years this arrangement worked without incident.

Then, during the week of October 8, 2005, an almost unimaginable amount of rain—approximately 15 inches—poured onto the area! The flow of all this water in Hiller Brook carried it silt with it from the surrounding hillsides. The silt accumulated, greatly restricting the brook’s flow and, in the years since, causing it to frequently spill over and flood the AT.

15 inches of rain during one week in 2005 upset trail conditions and a crossing that had worked for 20 years.

A number of local volunteers headed by Frank Doggl, Jane Gester, and Olle Simpson instituted various (no cost) measures over the past four years in an effort to mitigate the now common flooding of the trail. Cinder blocks were placed to serve as stepping stones, but they were engulfed by the soft earth. Additional puncheon was built using donated wood; however, it was a constant battle to keep it in place during periods of intense flooding. A long-term solution was needed.

Very early on the Dutchess-Putnam AT Management Committee and others from the Trail Conference began planning a solution in coordination with Bob Sckelly, associate regional representative for the Appalachian Trail Conservancy, and Davis Reas, from the National Park Service’s Appalachian Trail Park office. Drawing upon experience at other locations along the SRT.

Three-Hike Series Explores the Shawangunk Ridge Trail

The Trail Conference teamed up with member club Mid-Hudson ADK to offer a series of three hikes in October and November that together covered most of our 40-mile Shawangunk Ridge Trail (SRT) project. The goal was to expand awareness of this special trail and the planning and work required to create and maintain it. The hikes were open to Trail Conference members, ADF chapter members, and the general public; 21 individuals participated in one or more of the section hikes (not including the leaders).

Georgette Weir and Jean-Claude Fouare, members of both the Trail Conference and ADF, coordinated the series with support from SRT volunteers Andy Garrison (SRT trail supervisor) and Jakob Frankie (Long Path South Trail Chair). The SRT was conceived by the Trail Conference in 1989 as a ridge-top trail corridor connecting High Point State Park in New Jersey with Minnewaska State Park Preserve in New York. Since then Trail Conference volunteers and staff have worked tirelessly to protect open space on the Shawangunk Ridge, build the trail and connect it to other trails in the region, and recruit maintainers and other volunteers to keep it open for the public.

The project has been supported by partners that include the Open Space Institute, Trust for Public Land, The Nature Conservancy, and the Land Trust Alliance. Portions of the trail remain to be protected or located off roads and into natural areas. Our three hikes gave us a good sense of the rugged beauty and diversity of this fabulous trail. Hikers interested in exploring the Shawangunk Ridge Trail on their own can download maps of the trail on our website at www.nynjtc.org/region/shawangunk-ridge-trail. Information about the trail is also included in the Long Path Guide, though some relocation has been made since publication of that book. Information about some of these updates can be found at the above-mentioned web page (check the comments section).

The Trail Conference hopes to offer guided hikes on new, relocated, and improved trail in the future. Watch our website and E-Walk, our electronic newsletter, for details. To sign up for E-Walk, send your email address, with a note that you want to be on our email list to info@nynjtc.org.

A plaque memorials one of the SRT’s early volunteers, Jack Hennessy.

The SRT passes through the scenic Basha Kill Wildlife Management Area.

New York-New Jersey Trail Conference – Connecting People with Nature since 1920

www.nynjtc.org
A Relationship Gets Set in Stone
Appalachian Trail Conservancy sends volunteers and crew leaders to Bear Mountain
By Chris Ingui

Since 2006, Trail Conference volunteers led by a group of professional crew leaders from around the country have been building a 300+ step granite staircase up the east face of Bear Mountain. From March through November, teams have been splitting, stacking, and flying rock, transforming the boulder-ridden terrain into the most technically constructed stretch of the entire Appalachian Trail.

In September and October, and for the third consecutive year, we welcomed additional volunteers and crew leaders supplied by the Appalachian Trail Conservancy.

The Bear Mountain Trails Project is made possible by several essential entities, among them the Palisades Interstate Park Commission and New York State Office of Parks, Recreation and Historic Preservation.

By Chris Ingui

The Appalachian Trail Conservancy (ATC) stands in a unique position alongside the Trail Conference as a project partner, reliably supplying volunteers and funding since construction began. To date, contributions of over $500,000 from ATC/National Park Service (the AT is a unit of the National Park system) have helped make it possible for trail volunteers from all over the country, both novice and experienced alike, to obtain free training in advanced stone work.

Pat Yale and Neal Watson, ATC veterans with more than 25 years of experience combined, explained during this season’s visit, “We like to do rock work. The technical nature of the work on this project is unlike anything else, and the reward is knowing that we changed a rock wall into a walk in the park.”

Working alongside the project’s professional staff and Trail Conference volunteers, they amassed more than 1,000 work hours, building close to 100 square feet of crib wall and 10 stone steps. The work, as with all construction on the project, started from scratch.

ATC volunteers new to trail work were trained immediately in stone splitting and highline operation; with these skills, first-time volunteers were creating five-foot-long granite stairs and flying them down the mountainside. These efforts fueled the construction downward, where ATC crew leaders and veteran leaders landed the stone and transformed the once raw rock into walkway and staircase.

On National Trails Day, Saturday, June 5, 2010, we will celebrate the grand opening of one 800+ step section of the new Appalachian Trail on Bear Mountain. (Save the date, and plan to join us.) The ATC’s support has been a unique and integral part of this multi-partnered accomplishment.

ATC volunteers Yale and Watson agreed, “It’s amazing how much can be accomplished by a group of dedicated people working toward a common goal.”

Interested in volunteering at the Bear Mountain Trails Project? Email the crew leaders at baumountaintrailvolunteer@gmail.com

Correction:
The map published in the November/December 2009 issue of Trail Walker on page 1 showing newly preserved land along the Shawangunk Ridge included an incorrect label for a proposed development parcel. The correct label, Ridgeway Estates, is shown on the map here. It is adjacent to a 129-acre undeveloped parcel (in blue) that was preserved last summer by Orange County, thanks to the vigilance of Trail Conference volunteer Andy Garrison.

See the page one story in that issue for details.

Regional Rep Joins Staff
The Trail Conference welcomes Leigh Diaper of Peru Kill, NY, as our new East Hudson Regional Representative. Leigh brings extensive management in outdoor programming to the Trail Conference, most recently with the Student Conservation Association (SCA).

At SCA in 2009, Leigh served as New York Green Corps Director, a temporary assignment to administer a stimulus program across New York State that involves over 200 young people participating in trail crews in state parks and moving into a green jobs training program. Previous positions with the SCA included New York Americorps Director (2003-2007), and Hudson Valley Program Director (2002-2003). Concurrently, Leigh served as Logistics Manager for New York City Outward Bound.

From 1993 to 2002, Leigh was Director of Adventure Programs at Frost Valley YMCA in Claryville, NY, where her duties included managing more than 37 KMs of multiaisle trails serving more than 36,000 visitors annually.

Leigh is a Wilderness Education (WEA) Association Certified Outdoor Leader, completed the WEA National Standard Program Instructor Course in 1995, and is a NYS Licensed Guide.

Leigh earned a B.S. in outdoor education and a minor in music performance in 1988 from Murray State University in Kentucky, her home state.

Mission Statement
The New York-New Jersey Trail Conference is a federation of member clubs and individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community.

The Conference is a non-profit educational service organization committed to:
• Developing, building, and maintaining hiking trails.
• Preserving hiking trails land through effective advocacy.
• Educating the public in the responsible use of trails and the natural environment.

Board of Directors
Robert Peyton Chair
Chris Cuttsley Vice Chair
James Gregoire Treasurer
Daniel Chazin Secretary

Directors
Jane Daniels
Bill Gannet
Jodie Gray
Ann Marder
Gaylord Hobbs
Peter Keim

Staff
Edward Greene Executive Director
Joshua Howard Deputy Executive Director
Hudy Abdo Membership Program Manager
Jeremy Apper Cartographer
Leigh Diaper East Hudson Regional Representative
Caroline Gitterman Volunteer & Information Manager
Jenniusa Hauli Development Associate
Chris Ingui Special Projects Manager
Larry Wheelock West Hudson Regional Representative
Gary Wilck Coordinator

The New York-New Jersey Trail Conference is a non-profit service organization.

TRAIL WALKER
Volume XXVII, No.1 January/February 2010
Copyright 2010 by: New York-New Jersey Trail Conference, Inc.
315 Ramapo Valley Road (Rt.202)
Mahwah, NJ 07430
201-512-9348
e-mail: info@nynjtc.org
Web site: www.nynjtc.org

Correction: The map published in the November/December 2009 issue of Trail Walker on page 1 showing newly preserved land along the Shawangunk Ridge included an incorrect label for a proposed development parcel. The correct label, Ridgeway Estates, is shown on the map here. It is adjacent to a 129-acre undeveloped parcel (in blue) that was preserved last summer by Orange County, thanks to the vigilance of Trail Conference volunteer Andy Garrison. See the page one story in that issue for details.

Regional Rep Joins Staff
The Trail Conference welcomes Leigh Diaper of Peru Kill, NY, as our new East Hudson Regional Representative. Leigh brings extensive management in outdoor programming to the Trail Conference, most recently with the Student Conservation Association (SCA).

At SCA in 2009, Leigh served as New York Green Corps Director, a temporary assignment to administer a stimulus program across New York State that involves over 200 young people participating in trail crews in state parks and moving into a green jobs training program. Previous positions with the SCA included New York Americorps Director (2003-2007), and Hudson Valley Program Director (2002-2003). Concurrently, Leigh served as Logistics Manager for New York City Outward Bound.

From 1993 to 2002, Leigh was Director of Adventure Programs at Frost Valley YMCA in Claryville, NY, where her duties included managing more than 37 KMs of multiaisle trails serving more than 36,000 visitors annually.

Leigh is a Wilderness Education (WEA) Association Certified Outdoor Leader, completed the WEA National Standard Program Instructor Course in 1995, and is a NYS Licensed Guide.

Leigh earned a B.S. in outdoor education and a minor in music performance in 1988 from Murray State University in Kentucky, her home state.

Correction:

The map published in the November/December 2009 issue of Trail Walker on page 1 showing newly preserved land along the Shawangunk Ridge included an incorrect label for a proposed development parcel. The correct label, Ridgeway Estates, is shown on the map here. It is adjacent to a 129-acre undeveloped parcel (in blue) that was preserved last summer by Orange County, thanks to the vigilance of Trail Conference volunteer Andy Garrison. See the page one story in that issue for details.

Regional Rep Joins Staff
The Trail Conference welcomes Leigh Diaper of Peru Kill, NY, as our new East Hudson Regional Representative. Leigh brings extensive management in outdoor programming to the Trail Conference, most recently with the Student Conservation Association (SCA).

At SCA in 2009, Leigh served as New York Green Corps Director, a temporary assignment to administer a stimulus program across New York State that involves over 200 young people participating in trail crews in state parks and moving into a green jobs training program. Previous positions with the SCA included New York Americorps Director (2003-2007), and Hudson Valley Program Director (2002-2003). Concurrently, Leigh served as Logistics Manager for New York City Outward Bound.

From 1993 to 2002, Leigh was Director of Adventure Programs at Frost Valley YMCA in Claryville, NY, where her duties included managing more than 37 KMs of multiaisle trails serving more than 36,000 visitors annually.

Leigh is a Wilderness Education (WEA) Association Certified Outdoor Leader, completed the WEA National Standard Program Instructor Course in 1995, and is a NYS Licensed Guide.

Leigh earned a B.S. in outdoor education and a minor in music performance in 1988 from Murray State University in Kentucky, her home state.
October 19th, 1920. On that evening 90 years ago, Major William Welch, the first general manager of the Belding Palisades Interstate Park Commission (PIPC), met with leaders of New York area hiking clubs in the rooftop "Log Cabin" at the Abercrombie & Fitch building in Manhattan. Harriman Park had recently been donated to PIPC, but Major Welch had no budget for improvements, so he enlisted area hiking clubs to develop a marked system of trails for the public to enjoy.

The clubs voted to join together in a Trail Conference to work cooperatively with PIPC to "develop trails and shelter systems" covering not only the park but "regions contiguous thereto with the power to invite other groups to join." Thus was born the New York-New Jersey Trail Conference. Immediately, its members got to work. A few months later in the spring of 1921, the group's members could proudly point to the newly built 24-mile Ramapo-Dunderberg Trail. It remains one of the most popular trails in the park today.

A year later, Trail Conference members were gathered again, this time to hear Ben MacKay's proposal to build a trail along the Appalachian mountain chain as a refuge from "the shackles of commercial civilization." By early 1924, 20 miles of Appalachian Trail crossed Harriman and Bear Mountain parks. By 1930, all 160 miles from the Delaware Water Gap to Connecticut were complete. Our predecessors were ambitious, hard-working people: They bestowed upon us trails that we continue to enjoy today, an ethic of trail volunteerism, and a model of partnering with public agencies to get trail work done and lands opened up for public enjoyment.

In 90 years, none of this has changed. Personally, I think the phenomenon that is the Trail Conference is a bit of a miracle: more than 1,600 people from across 20 counties in two states each year build, maintain, and protect more than 1,700 miles of trails and 38 shelters, and, through our map, book and web publications, help for the outdoors experience. Long-distance hikers often cite the trail magic of unexpected acts of generosity encountered along their route—gifts of food, rides, or shelter, for example. I think of the Trail Conference as one big, perpetual exercise in trail magic—our volunteers ensure that hikers of all levels have access to quality outdoor experiences.

Save the Date, June 5, 2010: National Trails Day

Saturday, June 5, 2010: National Trails Day

and be among the first to climb 800+ hand-hewn rock steps on the way up the Appalachian Trail on Bear Mountain!

We will celebrate the reconstruction of the original section of the Appalachian Trail!

Bring your family and friends. Make it a club outing. Save the date and plan to join us. No excuses.

Watch for details in the next Trail Walker and on our website starting in March.
Conservation & Advocacy News Notes

Make sure you get Action Alerts from the Trail Conference so that you can help support our region’s trails, parks, and open spaces. Set your email program to accept mail from the New York-New Jersey Trail Conference!

NEW YORK

Officials Consider
Land Acquisition Moratorium

As was the case with Albany, Albany lawmakers were considering another raid on the Environmental Protection Fund (EPF) and a moratorium on all open space acquisition as two steps in their belated moves to balance the state’s budget. The proposed deficit is understanable, but barely 1% of New York State’s revenues are allocated for environmental purposes, an amount that already is drastically below the national average. The proposals circulating in Albany will result in a disproportionate cut to land acquisition that will not significantly impact the deficit.

Put raids on the EPF have created a backlog in projects, including $2 million in land being held for the state by the Trail Conference. If the state does not make good on these transactions, we may have to sell these lands on the open market.

Created in 1993 as New York State’s first permanent, dedicated environmental funding mechanism, the EPF supports capital projects and programs aimed at protecting water and air quality, conserving vital agricultural lands and open space, and promoting public access, education, and historic preservation.

The primary revenue source for the EPF is New York’s 2% Real Estate Transfer Tax (RETT). This makes a lot of sense—real estate development produces millions of New York residents. This is especially important in these difficult times.

Development Proposal Next to Sterling Forest Seeks Plan Changes

Tom Wilson of the Tuxedo Land Trust has opened a Legal Defense Fund to challenge decisions of the Tuxedo Town Board regarding Related Companies’ application for a revised special permit for Tuxedo Reserve. The long-term goal is conservation of these 2,300 acres. While the project received approvals in 2004, it was never built, and the project sponsor is back before the town board seeking major amendments. It is believed that without approval of these amendments, the original approved plan is unworkable.

Tuxedo Reserve would entail constructing of 1,196 residential units, 103,000 square feet of clubhouses and amenities, and 33,000 square feet of retail on rugged mountain land bordering Sterling Forest. Even though the EPF has this dedicated source of funding, nearly $500 million has been diverted over the years to unrelated uses, some by a process that it will be repaid.

We are deeply troubled by proposals to cut environmental spending in New York. Protecting open space, including working landscapes like farms and forests, protects jobs, safeguards drinking water, and forms the foundation of the State’s significant tourism industry. Perhaps most important, it provides low-cost, close-to-home recreation and renewal opportunities for tourists and residents alike.

The property consists of at least four, possibly five, state regulated wetlands, federal wetlands, and vernal pools which support several special concern species, including a particularly large population of marble salamanders. While the Reserve’s Environmental Impact Statement found no timber rattle snakes on the property, a crew of laborers working there not only found one, but they cooked it and ate it.

The proposed amendments include moving a neighborhood of 49 units and a clubhouse into a sensitive area between two state wetlands, which would block a known wildlife corridor and eliminate an additional 96 acres of unfragmented forest.

Wilson is inviting all interested individuals and groups to join in a coalition, much like that which saved Sterling Forest, and later stopped the Sterling Forge Estates development (the “doughnut hole”), in work to stop this project and eventually purchase the land as an addition to Sterling Forest State Park.

Additional information on Related’s application can be downloaded from the town website at www.tuxedogov.org/TuxedoReserve.htm. Wilson can be contacted at thos.wilson@gmail.com.

—Patty Wester, Trail Conference Chair.

Torne Valley Preservation Association Trail Conference member group

NEW JERSEY

Voters Approve Open Space Funding

On November 4, the state’s voters approved replenishing the state’s depleted Green Acres program by taking on a $400 million bond to preserve open space. The bond will provide $218 million for open space, $146 million for wetlands, and $12 million for historic preservation. The vote was close, with 52% voting to approve the measure.

The proposed amendments include moving a neighborhood of 49 units and a clubhouse into a sensitive area between two state wetlands, which would block a known wildlife corridor and eliminate an additional 96 acres of unfragmented forest.

West Jersey Trail Crew did in 2009

In 2009, the West Jersey Crew was busy! In the course of their spring and fall seasons, the crew constructed 660 feet of sidehill tread, built 36 waterbars, installed 99 rock steps, built 12 square feet of retaining wall and 10 feet of rumppling, cleared more than one-half mile of new trail, and removed 6 downed trees.

These efforts improved trails in parks throughout west (and central) New Jersey: in Norvin Green State Forest, Jenny Jump State Forest, Worthington State Forest, and Stokes State Forest, and in a new township park in Byram Township.

Thank you to everyone who was part of the West Jersey Crew in 2009: Estelle Anderson, Jack Baccaglini, Ian Blundell, Bob Jonas, Joan Teresa Lynn, Paul Makos, Kazu Manes, Mike Manes, Guy Mayor, Debbie Maynard, Rachel Maynard, Chet Morris, Matt Mott, Rich Pace, Steve Reiss, George Lee Roberts, Jeff Roggenburg, Chuck Rood, Shawn Smith, Hsin-Chien Tai, Bill Taggart, Linda Taggart, and Gary Willick.

And, thank you also to our New Jersey Dept. of Environmental Protection partners at the state parks, who unlock gates for us, let us borrow their tools, let us use their facilities, let us store our stuff in their facilities, and generally support our work.

The West Jersey Crew will start work again in mid-April 2010. If spending the day with people passionate about trail work, working hard, getting dirty, and hiking out at the end of the day on a trail that you just transformed is something that appeals to you, please contact us—or just come join us in the spring! (You'll never look at a hiking trail the same way again!)

—David & Monica Day, Leaders, West Jersey Crew

What the West Jersey Trail Crew Did in 2009

In 2009, the West Jersey Crew was busy! In the course of their spring and fall seasons, the crew constructed 660 feet of sidehill tread, built 36 waterbars, installed 99 rock steps, built 12 square feet of retaining wall and 10 feet of rumppling, cleared more than one-half mile of new trail, and removed 6 downed trees.

These efforts improved trails in parks throughout west (and central) New Jersey: in Norvin Green State Forest, Jenny Jump State Forest, Worthington State Forest, Worthington State Forest, and Stokes State Forest, and in a new township park in Byram Township.

Thank you to everyone who was part of the West Jersey Crew in 2009: Estelle Anderson, Jack Baccaglini, Ian Blundell, Bob Jonas, Joan Teresa Lynn, Paul Makos, Kazu Manes, Mike Manes, Guy Mayor, Debbie Maynard, Rachel Maynard, Chet Morris, Matt Mott, Rich Pace, Steve Reiss, George Lee Roberts, Jeff Roggenburg, Chuck Rood, Shawn Smith, Hsin-Chien Tai, Bill Taggart, Linda Taggart, and Gary Willick.

And, thank you also to our New Jersey Dept. of Environmental Protection partners at the state parks, who unlock gates for us, let us borrow their tools, let us use their facilities, let us store our stuff in their facilities, and generally support our work.

The West Jersey Crew will start work again in mid-April 2010. If spending the day with people passionate about trail work, working hard, getting dirty, and hiking out at the end of the day on a trail that you just transformed is something that appeals to you, please contact us—or just come join us in the spring! (You’ll never look at a hiking trail the same way again!)

—David & Monica Day, Leaders, West Jersey Crew
BOARDWALK continued from page 1

the Appalachian Trail, including Pothuck in Vernon, NJ, we determined that the best solution to crossing the Great Swamp would be to construct a boardwalk. A boardwalk rests upon helical piers and is designed to raise the roadway above the 100-year flood level. It is environmentally noninvasive and offers the potential for future access by those with disabilities. The big downside is cost.

Fortunately, a generous grant for the purchase of needed wood and fasteners was secured from I.L. Bean’s Grants to Clubs program. Unused piers from the Thundering Falls project in Vermont were made available and transported to the Pawling site. The net result of this confluence of resources was that we were able to begin work on the project this past fall and begin laying the plans to undertake the bulk of the work in 2010 and possibly into 2011.

On a Thursday late in October, Bob Sickley and eight Mid-Atlantic ATC crew members arrived at the work site, and, with the assistance of a number of local volunteers, built 100 feet of boardwalk over a long weekend.

On Friday the ATC crew was joined by eight “locals,” and like clockwork, things began to happen—piers were moved to the work site, wood for joists and girders was delivered, professional trail builder Peter Jensen (familiar to volunteers on the Bear Mountain Trails Project) arrived with the pier driver and stayed the rest of the day to train people in its use, and lastly the oak decking was delivered. In a synchronized dance, material was efficiently moved, allowing time before day’s end for three pairs of piers to be set. It was found that the piers had to be driven 20 feet below grade to obtain a stable footing.

Saturday brought a steady rain resulting in a work slowdown. A concerted effort by all on Sunday and Monday resulted in meeting our goal for 2009: 100 feet of new boardwalk.

Next spring we will start the much more sustained and ambitious work of building the rest, 1200–1500 feet of new boardwalk. The construction is anticipated to extend over a number of months and a steady pool of volunteers will be needed. Further information will be forthcoming on the Trail Conference’s website. Plan now to be part of this exciting project.

The problem: water takes over the AT.

Interim solution: stepping blocks

100 feet of new boardwalk extends across the Great Swamp in Pawling. Another 1200–1500 feet is scheduled to be built in 2010.

Coming to our area in March!

Two locations:
New York City & Rockland County/Northern New Jersey

See exciting films on mountain themes from around the world.

VISIT SPONSOR TABLES, WIN GREAT RAFFLE PRIZES & SUPPORT THE PROGRAMS OF THE NEW YORK - NEW JERSEY TRAIL CONFERENCE

Wednesday, March 3, 7pm
Suffern, NY – Lafayette Theater
Sponsors: Leki, Ramsey Outdoor, NJ Rock Gym, Mirror Lake Inn Resort & Spa

Monday, March 8 and Tuesday March 9, 7:30pm
New York City – Peter Norton Symphony Space
Programs on March 8 and 9 are entirely different.
Sponsors: Gore Mountain, Leki, Paragon Sporting Goods

Find ticket information, film lists, and directions, at www.chestnuttnproductions.com

click on “Banff Mountain Film Festival”

Adults: $16.00/Students: $12.00 • Day of show: $19.00/$14.00

TBD = To Be Determined

For all trips bring work gloves, water, lunch, insect repellent. In some cases, tools are provided. Contact leaders in advance for meeting times and places.

TWP TRAILMAINTAINER

Ad: cochran@lsvirginia.net or WP RR Communications Coordinator, emailist for notifications, contact WP RR.

For all trips bring work gloves, water, lunch, insect repellent. In some cases, tools are provided. Contact leaders in advance for meeting times and places.

Check our website for possible schedules much like those of Trail Crews in the Get Involved tab.
Some of Our Discount Partners

**NY-NJ Trail Conference BENEFITS**

The Trail Conference is proud to offer a Membership Benefit Program, which was created to provide our members with money-saving discounts at area retailers and service providers—benefits only available to Trail Conference members.

As part of your Trail Conference membership, you are issued a card identifying you as a Trail Conference member, making you eligible for all program discounts. To receive your member discounts, you must present your valid membership card at the time of purchase. Some stores offer the discount only on select items, so be sure to ask.

We encourage our members to take advantage of this incredible opportunity that comes with a Trail Conference membership. New discounts and offers are continually being added so be sure to visit our website’s membership benefits area at www.nynytc.org/content/retail-partners for current offers.

**25% Discount** on Trail Conference publications and clothing when purchased directly from the Trail Conference.

**FREE Subscription** to the Trail Walker, the Trail Conference’s bi-monthly newsletter filled with timely articles and columns that will enhance your hiking experiences.

**Money-Saving Discounts** at participating retailers and businesses.

**Workshops and Seminars** on trail maintenance and construction, leadership training, wilderness first aid, chainsaw operation, environmental monitoring and GPS operation.

**Volunteer Opportunities** to “learn by doing” in areas as varied as trail maintenance, construction, publications, environmental monitoring, and cartography.

**Access to the Hoeferlin Library** at the Trail Conference office that includes more than 1,000 books on hiking round the world, along with maps, guides and a historical archive.

**VOLUNTEER Classifieds: Get Involved!**

Follow through with that New Year’s resolution to get involved, and at the same time have fun doing something you enjoy for the trails that you love!

**TRAIL WORK FROM THE COMFORT OF HOME**

**Web Support Opportunities**

We are building our team of volunteers to support and enhance our website’s capabilities. If you would like to volunteer for a few hours each month or more, sign up now! Much of the work can be accomplished from your home computer and on your own schedule.

Openings exist in the following areas: webmaster, developer, content manager, analytics maven, CRM database lead, web writer. See our volunteer openings postings on our website for additional details.

**BECOME A TRAIL VOLUNTEER!**

**Trail Maintainer Opportunities**

Adopt one or more sections of a trail to keep clear and adequately blazed two or more times a year, and help to keep our region’s footpaths accessible, pristine, and protected. We have vacancies in the following areas:

- **NEW YORK**
  - North Catskills region: Only 4 trail sections remain, in length from 0.60 mile to 2.85 miles
  - South Catskills region: 8 trail sections are available, from less than 1 mile to almost 10 miles
- **East Hudson**: A variety of trail sections is now available for adoption in the South Taconics and Westchester.
- **Long Path or Shawangunk Ridge Trail**: Maintain a section on a long-distance trail in Harriman State Park or in the Shawangunks! Harriman-Bear Mountain State Park: 5 trail sections are available, ranging from easy to moderately difficult.
- **Black Rock Forest**: In the breathtaking Hudson Highlands, adopt one or more of the seven sections currently available. These are short sections, the longest being 1.5 miles.

These are just some of the great volunteer opportunities the Trail Conference has to offer. To apply, or for more details about these and other volunteer opportunities, go to the Volunteer section of our website at: www.nynytc.org/volunteer or contact us at volunteer@nynytc.org or 201-512-9348 ext.22.

**Attention All Trail Stewards: Maintainers, Crew Members, Monitors, etc:** Have you enjoyed a good day on the trail while doing maintenance?

Share your experience with words or a photo. Send your contributions to the Trail Walker editor Georgette Weir at tw@nynytc.org.

**The Difference a Day Makes**

By Ollie Simpson

I enjoy working on the Appalachian Trail, especially “my” section in Dutchess County, NY. I’d like to share with you some work recently completed that was spread over several weeks in September. On each of these days, I was joined by a volunteer who was available for one day of work. Each work day ended with my partner and I sharing the feeling of a job well done since we accomplished the goals for that day.

Two wet, muddy areas on the Trail needed punchone. My son, Robert Watson, was coming to visit and was willing to help with the work. That prompted me to quickly purchase the needed materials for both areas and to cut eight-foot-long, 6”x6” pieces of pressure-treated lumber into two-foot lengths for supports.

**Project #1**

On my first day in the field, I used a large, two-wheeled cart to carry 32 punchone supports to the first project site, a half-mile south of the trailhead on Penny Road. Seven female day hikers helped carry some of them.

On his day of work, my son Robert helped bring in 16 of the 2”x8” rough-sawn white oak planks that would be placed on the supports. Transporting 16 planks required eight 1-mile round trips.

Transporting 16 planks required eight 1-mile round trips.

Dave Kinosky, an AT maintainer and frequent volunteer, helped bring in the others on another day.

Sue Mackson, Mid-Hudson ADK outings chair, called me one Friday night to ask, “What are you doing tomorrow?” I told her that I planned to start building the punchone. She asked, “May I join you?” I was delighted. Together we built 75’ of walkway. Her specialty was drilling the pilot holes and nailing the planks to the supports; mine was positioning the next supports.

I asked Frank Dogil, AT Corridor Manager and frequent volunteer, if he had some time available to help complete the project. On the agreed upon date, he and completed the additional 55’ feet of new punchone and dismantled the old one.

**Project #2**

A wet stretch of the Trail between Old Rt. 55 and Whaley Lake Stream bridge needed punchone. She asked, “May I join you?” I was delighted. Together we built 75’ of walkway. Her specialty was drilling the pilot holes and nailing the planks to the supports; mine was positioning the next supports.

I asked Frank Dogil, AT Corridor Manager and frequent volunteer, if he had some time available to help complete the project. On the agreed upon date, he and completed the additional 55’ feet of new punchone and dismantled the old one.
strong urge to give it a quick kiss, you good frog, it. A rich chocolate eyestripe reveals it is a diminutive tree frog, along with the more readily observed wood frog, spends most of its life in the upland forest. As cold weather approaches, these frogs don’t burrow deep below the frost line, but take cover in the leaf litter on the forest floor and wait for the winter snows to cover them. Peepers have even been found overwintering under the loose tree bark.

Come a few warm days in early March, the peepers emerge and work their way down to congregate at a suitable woodland pool. If they spend the pool, "peeping" periodically to rally and gather the troops. More often than not, a freezing temperature, peepers and wood frogs congregate at the bottom of the pond to avoid freezing, thereby the tadpoles avoid heavy predation. Meanwhile, outside the cells, ice forms in the bloodstream and major body cavities. The heart and breathing stop, and the frog enters a state of suspended animation. Up to 65-70% of the frog’s body water may be converted to ice, and they can survive days, if not weeks, of freezing. As temperatures warm above freezing, the frogs respond quickly. Within the space of several hours, they thaw and resume normal activity. If a late spring freeze hits, the frogs can easily slip back into their frozen resting state without damage. This incredible phenomenon of freeze-tolerant frogs has spurred scientists to look for insights into applications for human medicine. One potentially promising area is the search for better preservation methods to prolong the viability of organs and cells.

So the next time you are on a cold winter hike and the dangers of frostbite loom, think about those wood frogs and peepers safe and sound somewhere under your feet. You might just want to turn into a frog.

Rana sylvatica, bigger than life

continued on page 10
Cancels; we snowshoe if deep snow on ground.

NJ: Eck Khoon Goh, 908-790-0939. Meet: 10am at Visitor Center.

Wolfe, 914-941-5331 or halliewolfe@optonline.net; must preregister.

King, 908-233-8411. Meet: 10am at Trailside Nature Center parking.

So up and dessert at the Treehouse after the hike is a strong possibility.

Moderate 6-8 miles in this beautiful nature preserve in Sussex County.

Leader: Don Wise, donwise@hotmail.com. Meet: contact leader.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Cy Adler and friends, 212-663-2167. Meet: noon at 178th Street train station.


Tuesday, January 17

Loatka Brook Reservation, Morristown, NJ. Meet: 10am at trailhead near pond. Walk through winds over poles and unplowed trails. Bring Clinton. Snow safety in snow.

Wednesday, January 18

Stony Brook in Harriman State Park

UCHC. Rockefeller Reservation, Montclair, NJ. Leader: Naomi Shapiro, 973-564-8780; call before 9pm. Meet: 10am at rest stop on I-80 just east of Hackensack.

Tuesday, January 17

APR. Overlook Mine, Harriman State Park, NJ. Call 973-644-3942 for info and registration or visit the website www.adventuresformen.org. Moderate, hike, moderate pace. Meet: 10am at Trailside Nature Center parking.

Monday, January 11

Dowd, 973-900-4707. Meet at 9am at over-the-top trailhead parking. Rain, snow or icy conditions cancel.

Thursday, January 15

APR. Overlook Mine, Harriman State Park, NJ. Call 973-644-3942 for info and registration or visit the website www.adventuresformen.org. Moderate, hike, moderate pace. Meet: 10am at upper parking lot. Easy, fairly level hike to Rockland Lake. Rain, snow or icy conditions cancel.

Saturday, January 9

INC. Woman's Stroke, Harriman State Park, NY. Leader: Eileen W 1000@yahoo.com. Meet: contact leader for details. Easy stroll where you can talk and not watch your feet.

Thursday, January 7

APR. Governor Mtn., Stokes State Forest, NJ. Call 973-499-2302. Meet: 9am at parking area. Easy, fairly level hike to Rockland Lake. Rain, snow or icy conditions cancel.

Andrew Smith, 973-499-2302. Meet: 9am at parking area. Easy, fairly level hike to Rockland Lake. Rain, snow or icy conditions cancel.

Wednesday, January 19

UCHC. Different Strokes Hike, Harriman State Park, NJ. Leader: Dave Hogenauer, dsuttr@aol.com. Meet: 10am at Trailside Nature Center parking. Rain, snow or icy conditions cancel.

Tuesday, January 12

APR. Overlook Mine, Harriman State Park, NJ. Call 973-644-3942 for info and registration or visit the website www.adventuresformen.org. Moderate, hike, moderate pace. Meet: 10am at upper parking lot. Easy, fairly level hike to Rockland Lake. Rain, snow or icy conditions cancel.

Dowd, 973-900-4707. Meet at 9am at over-the-top trailhead parking. Rain, snow or icy conditions cancel.

Monday, January 11

APR. Overlook Mine, Harriman State Park, NJ. Call 973-644-3942 for info and registration or visit the website www.adventuresformen.org. Moderate, hike, moderate pace. Meet: 10am at Trailside Nature Center parking. Rain, snow or icy conditions cancel.

Tuesday, January 12

APR. Overlook Mine, Harriman State Park, NJ. Call 973-644-3942 for info and registration or visit the website www.adventuresformen.org. Moderate, hike, moderate pace. Meet: 10am at parking area. Easy, fairly level hike to Rockland Lake. Rain, snow or icy conditions cancel.

Dowd, 973-900-4707. Meet at 9am at over-the-top trailhead parking. Rain, snow or icy conditions cancel.
### Friends of Pelham Bay Park Get Tool Shed

Because of our member club status, we have received substantial technical and organizational assistance, volunteer referrals, and, most recently, thanks to writing support from a Trail Conference member, a small grant was obtained from Deutsche Bank that allowed us to purchase a tool shed and rakes/paddles. Here’s a picture of our new tool shed located behind the Brooms Equestrian Center. It was installed November 10, 2010!

---

### Members Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Friends of Catkill Mountains

Builds New John Robb Lean-to

Three work trips (two in June, one in October) with Catskill 3500 Club volunteers, numbering 12, 21, and 17 respectively, completed the big job of building the new John Robb lean-to on Hunter Mountain in the Catskill Mountains. In addition to building the lean-to, the work included cutting and signing the new access trail to the lean-to as well as the trail to the spring, obliterating the work access trail, building a fire pit, working on the overflow campsite, painting, and mitigating the site of the olde.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.

---

### Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.AdventuresForWomen.org. Member groups: submit your news and photos for TrailWalker and the website via email: tw@adventureforwomen.org.
because of the high rate of return, which will never change after a gift is made, regardless of interest rate fluctuations. And, a charitable gift annuity might be the perfect

ference’s mission? Making a donation in the Trail’s honor of Michael Brochstein’s birthday

Larry S. Spinner

In honor of Mike William’s birthday

Diane Fuchs

In honor of John D rummond’s 50th birthday

Robert D emors

Robert W. Messer schmidt

Joseph D. & Aurelia Minuti

William P. Mitchell & Barbara Jaye

Nikolaos D. Monoyios & Valerie Perri

Joseph Proscia

Marc Raphel

Arden Reusink

Daina Rimas

Bea & Aukse R imas

W endy Saiff

Ivan Saiff

Anaeli Sandoval

Mary Jo Waeschle

Anthony Walsh

Maryann Wan ner

Larry A. Wehr

Martin F. Zum ste g


MATTCHING GIFT COMPANIES

Earth, Jones, Morgan Stanley Presidential Foundation, National Foundation

TRIBUTES

In honor of Decredo All aka Ann association

Michael F. & Paula Medley

In honor of Michael Brochstein – birthday

Rachael Grist

In honor of John Drummond’s 50th birthday

Barbara Gourley

In honor of Maine William’s birthday

Laura H. Young

In honor of Eric Puncho-Steigl

Diane Fuchs

TrIBUTES are only printed for donations of $25 or more.

Continued from page 1

TRAIL RELECTIONS continued from page 6

punchon. A family was looking to “give back,” a thank-you for a donation of materi-

al. (An AT Corridor Steward and I had retrieved some abandoned property on National Park Service AT land. Via Freecyle, I gave it to this family, which had no connections with the AT or Trail Confer-

ence.) Peter, Lisa & their children, Jon and Alex, said that the punchon is “give back.” I suggested the punchon work between Old Rt. 55 and Whaley Lake Stream bridge.

On a beautiful Saturday, Peter, Lisa, Robie, and I built about 65 feet of punchon. Peter later wrote that Robie (13) “really enjoyed the day. He loves any- thing we do together, and he is hard work, he seems to enjoy knowing what he is capa-

ble of doing.”

What a difference a day makes. Without each volunteer’s day of work, the two punch-
on would not be complete. You, too, can make a difference in a day. To volunteer for trail work, contact the Trail Conference at 201-512-9348 or volunteers@nynjtc.org.

Another way to give

Mike Battey with the Union County Hiking Club, mostly in northern New Jersey and in Harriman State Park.

BOB MESSERSCHMIDT continued from page 1

is helping a Gal Pal (Vi Shipley) with her Trail section on the Wyanokie Crest Trail.” Vi’s notes, has been a trail maintainer for at least 20 years.

In October, the Trail Conference announced it was given the Paul Le kin Extra Mile Award. “Steady, ‘responsible,’ and ‘reliable’ were the qualities the board cited. Says Jonas: “Bob is a true gentleman, soft-spoken, honest, and very giving.” Bob M. says: “When I see what the Trail Conference and all of its club and individual members do so that I and others can enjoy the outdoors, I just want to be part of that and support it,” he says.

Bob continues to hike with the Union County Hiking Club, mostly in northern

Continued from page 5

AWARDS ‘09 continued from page 7

NEXT GENERATION AWARD

Given to those under age 21 who are making significant contributions of time and energy to trail building or protection

Mahwah Boy Scout Troop #258

Boy Scout Troop #258 of Mahwah, NJ, was honored for its dedicated community service over several years in helping with a major trail project at Bear Mountain State Park. Over the past three years, the boys have put in over 600 hours of hard labor on the east face of the mountain, helping with the Appalachian Trail Bear Mountain Trails Project. Troop members have crushed rocks, greased cables and built retaining walls and a bridge while contributing to the construction of this artwork in stone.

The Trail Conference recognized the boys’ contributions by presenting them with its Next Generation Award.

Left to right: Patrice Scully, Troop #258 Committee Chairperson; Scouts Thomas Galvez and Matthew Detcheverry; and Scoutmaster David Howard accept Next Generation Award.

PAUL LEIKIN EXTRA MILE AWARD

Recognizes those volunteers who have demonstrated exceptional commitment over the long term

Bob Messerschmidt of Bridgewater, NJ See page 1.
Hiking without Pain
Avoiding Heel Spurs, Ankle Sprains, and Shin Splints
By Howard E. Friedman DPM

Several fairly simple foot and leg problems can sideline a hiker for weeks or even months. However, the hiker who recognizes the signs and symptoms of the problem before it escalates and takes preventive measures. Three such problems include heel pain, ankle sprains, and shin splints.

HEEL SPURS

Heel pain, also known as plantarfasciitisorieemplate, is a common injury among hikers. The condition is caused by the plantar fascia, a tough band of tissue that connects the heel to the toes. When this band is overused or strained, it can become inflamed and painful, leading to the formation of a spur, or bony outgrowth, on the heel.

A primary symptom is a dull ache or a sharp pain in the back of the heel that worsens with activity and is relieved by rest.

Avoiding Heel Spurs

- Ankle braces and ankle supports can help prevent ankle sprains.
- Ankle supports can help prevent ankle sprains.
- Ice can help reduce swelling and inflammation.
- Resting the affected area can help prevent further damage.
- Wearing proper footwear can help prevent ankle sprains.

ANKLE SPRAINS

Ankle sprains are a common injury among hikers. The condition is caused by the ankle ligaments, which can be stretched or torn when the foot is forced into an unnatural position. Symptoms include pain, swelling, and difficulty walking.

A primary symptom is a dull ache or a sharp pain in the back of the heel that worsens with activity and is relieved by rest.

Avoiding Ankle Sprains

- Ankle braces and ankle supports can help prevent ankle sprains.
- Ankle supports can help prevent ankle sprains.
- Ice can help reduce swelling and inflammation.
- Resting the affected area can help prevent further damage.
- Wearing proper footwear can help prevent ankle sprains.

SHIN SPLINTS

Shin splints are a common injury among hikers. The condition is caused by the muscles and tendons of the leg, which can become inflamed and painful with overuse.

A primary symptom is a dull ache or a sharp pain in the back of the heel that worsens with activity and is relieved by rest.

Avoiding Shin Splints

- Ankle braces and ankle supports can help prevent ankle sprains.
- Ankle supports can help prevent ankle sprains.
- Ice can help reduce swelling and inflammation.
- Resting the affected area can help prevent further damage.
- Wearing proper footwear can help prevent ankle sprains.

I was skeptical: 474 pages about hiking the Appalachian Trail barefoot? It seemed a bit much to me. But Lucy and Susan Letcher High - ly won me over with their exuberant, humorous, honest, and well written report - ing about their eight and a half months hiking from Katahdin in Maine to Springer Mountain in Georgia. The Letchers, known individually on the trail as I is and jackrabbit and collectively as the Barefoot Sisters, take turns telling their narrative of progress along the AT. In their early 20s, they set out from Katahdin, hiking bare-foot “because it was hot.” They had always walked...in the mountains near our home on the coast of Maine. We loved the sense of connection to the ground that barefoot hiking gave us. We didn’t want to sacri - fice that link with the earth.” This one fact soon makes them celebrities in the AT

New Map, Guide from AMC

Covers Pennsylvania Highlands

The Appalachian Mountain Club (AMC) is now offering a new Pennsylvania Highlands Regional Recreation Map and Guide, a free, easy-to-use resource for outdoor recreation opportunities across the nine county Highlands region in southeastern Pennsylvania.

The map and guide provides detailed information about the Pennsylvania Highlands and the available outdoor activities including hiking, biking, camping, fishing, canoeing, and more. The guide includes trail access, safety tips, points of interest, and other resources.

The Pennsylvania Highlands Regional Recreation Map and Guide includes:

- Location map and guide planner for 75 trails, parks, forests, and preserves that identifies by loca - tion the recreational opportunities (hiking, walking/running, biking, horsetrack riding, boating, fishing, camping, and swimming), historic sites, and nature centers.
- Locations of state game lands, water trails, and boat access points.
- Responsible recreation guidelines.
- Regional conservation and trail stewardship efforts, plus information about the natural, historical, cultural, and agricultural values of the Pennsylva - nia Highlands.
- Overview of the AMC’s Pennsylvania Highlands Trail Network Project, which will be expanded to the entire region from Bucks to Adams Counties.
- Outdoor resources available from the AMC, state agencies, and outdoor recreation and tourism organizations.

Free copies of the Pennsylvania Highlands Recreation Map and Guide can be requested through the AMC’s website under ‘Hiking Resources’ at www.outdoors.org/hike/pennhighlands.

Book Review

The Barefoot Sisters Southbound

By Lucy and Susan Letcher

Stackpole Books, 2009

Reviewed by Georgie Weir

I was skeptical: 474 pages about hiking the Appalachian Trail barefoot? It seemed a bit much to me. But Lucy and Susan Letcher High - ly won me over with their exuberant, humorous, honest, and well written report - ing about their eight and a half months hiking from Katahdin in Maine to Springer Mountain in Georgia. The Letchers, known individually on the trail as I is and jackrabbit and collectively as the Barefoot Sisters, take turns telling their narrative of progress along the AT. In their early 20s, they set out from Katahdin, hiking bare-foot “because it was hot.” They had always walked...in the mountains near our home on the coast of Maine. We loved the sense of connection to the ground that barefoot hiking gave us. We didn’t want to sacri - fice that link with the earth.” This one fact soon makes them celebrities in the AT

New Map, Guide from AMC

Covers Pennsylvania Highlands

The Appalachian Mountain Club (AMC) is now offering a new Pennsylvania Highlands Regional Recreation Map and Guide, a free, easy-to-use resource for outdoor recreation opportunities across the nine county Highlands region in southeastern Pennsylvania.

The map and guide provides detailed information about the Pennsylvania Highlands and the available outdoor activities including hiking, biking, camping, fishing, canoeing, and more. The guide includes trail access, safety tips, points of interest, and other resources.

The Pennsylvania Highlands Regional Recreation Map and Guide includes:

- Location map and guide planner for 75 trails, parks, forests, and preserves that identifies by loca - location the recreational opportunities (hiking, walking/running, biking, horsetrack riding, boating, fishing, camping, and swimming), historic sites, and nature centers.
- Locations of state game lands, water trails, and boat access points.
- Responsible recreation guidelines.
- Regional conservation and trail stewardship efforts, plus information about the natural, historical, cultural, and agricultural values of the Pennsylva - nia Highlands.
- Overview of the AMC’s Pennsylvania Highlands Trail Network Project, which will be expanded to the entire region from Bucks to Adams Counties.
- Outdoor resources available from the AMC, state agencies, and outdoor recreation and tourism organizations.

Free copies of the Pennsylvania Highlands Recreation Map and Guide can be requested through the AMC’s website under ‘Hiking Resources’ at www.outdoors.org/hike/pennhighlands.
Many know about the new Walkway Over the Hudson Historic State Park, the repurposed former railroad bridge that links Poughkeepsie and Highland in the mid-Hudson region. Fewer are aware of a second new park that connects to the Walkway: Franny Reese State Park, 250 wooded acres with 2.6 miles of trails on the steeply sloped west bank of the river just south of the Franklin D. Roosevelt (Mid-Hudson) Bridge.

A hike of almost six miles is possible by adding the trails of Franny Reese to the 3.6-mile Walkway Loop Trail over the two bridges. The route is accessible by train as well as by car, and this description starts from the Poughkeepsie train station. Even if you’re driving, this is not a bad place to start; weekend parking is free and it’s just a 15-minute city walk to the Walkway access. Parking at both ends of the Walkway has been difficult on weekends, owing to hordes of visitors.

From the main, east-facing entrance of the station, head uphill, trending left until you come to an intersection with a fenced-in playground on the northeast corner. A Walkway Loop Trail sign—follow them all the way—points to the right. In less than 100 yards, turn left across a greenspace (unless you want to head first for the Aurora Café that is straight ahead—a long-time Poughkeepsie landmark). Turn left again, cross over the Fallkill Creek, make a right onto Verrazzano Blvd., and continue until you reach Washington St., where you will make a left, then a right onto Parker Ave. The entrance is down the street. The Walkway is open 7am till sunset.

The next part is easy: go west, a straight 1.25 miles over the Hudson. From the Walkway’s Highland portal, pass through the parking area, and turn left down Haviland Rd. In 0.5 mile you will reach Johnson-Leto Park, a small terrace overlooking the Hudson River. Look for a staircase just before the Mid-Hudson Bridge. Go down it and turn right. You are now on a broad path in Franny Reese State Park. As of this writing, there is no interpretive kiosk or map at this entrance.

Follow the path (yellow blazes) uphill to a junction with a blue-blazed path. A sign points to the one clear overlook in this park. From the overlook, continue to follow the blue blazes.

Under a powerline, this trail reconnects with the yellow trail (which turns right to a car-access entrance and information kiosk in about 0.25 mile). Bear left to another junction, where a white trail heads south. Follow this 1.76-mile trail, which will loop back north, passing many stone walls and the ruins of structures. The side of the loop nearest the river is prettier. The park is pretty well covered with trees, so scenic views are scarce.

The white trail returns to the yellow trail, follow it downhill and back under the bridge. Climb the stairs, and cross the Mid-Hudson Bridge, following the Walkway Loop Trail signs through a residential area, making a left onto Main St. Blvd., which will take you back to the train station.

Maps for both the Walkway Loop and Franny Reese State Park can be downloaded online. For links, go to http://www.nynjtc.org/Go Hiking tab—Find a Park—scroll to the park name, and click.