Liberty Water Gap Trail in NJ to Revitalize Lenape Trail and Trail Conference Aids Efforts

T

ine volunteer energy and support from the Trail Conference, which is providing expertise in trail work and volunteer training and support to area residents who seek to revitalize the trail. The Lenape Trail connects 19 parks in Essex County and is arguably one of the oldest and most unique urban greenways in the Northeast. Seventy percent of the trail passes through woodland or other natural areas; the rest is on street. This 30-year-old trail, first blazed in 1979, has been created and maintained nearly single-handedly by Al Kent (pictured below), a Trail Conference member and retired employee of the Morris County Parks Department. Al is a truly remarkable individual who, at the age of 84 still performs maintenance nearly every day throughout the year on both the Lenape Trail and Partner’s Path in Morris County. While Al has reblazed the trail where needed over the years, it is extremely difficult for any one individual, let alone one in his mid-80s, to maintain more than 30 miles of blazes. Many of the trail’s blazes have faded and some have disappeared entirely, making it hard to follow. Of more significance, the public is virtually unaware of the existence of this unique resource. The trail is marked entirely with yellow blazes, which, while acceptable in rural settings, are almost unnoticeable in urban settings. In fact, an informal survey that I completed this summer revealed that at best only one in 20 residents is even aware of the trail running through their neighborhood. The revitalization project that kicked off this past summer is a multi-phased effort intended to address this issue head-on. Not only will the entire 30+ miles of trail be reblazed, but it will be marked in strategic, high-traffic locations with professionally painted metal medallions large enough to advertise the trail’s existence. The medallions will display the trail name in bold letters along with a distinctive arrowhead logo, and include a website URL where those interested can obtain maps and information. The project began in early summer when a Montclair High School 2010 graduate named Ian Vanderklein, working under Trail Conference supervision, used a GPS to document all existing blaze locations and identify problem areas in both directions. Lenape Trail volunteers are using this data extensively to help direct their reblazing efforts, which are now underway. On August 21, experienced Trail Conference volunteer Robert Jonas supported our efforts by giving a workshop in trail blazing to a group of nine individuals interested in helping with the reblazing project. In the space of just four weeks, this group accomplished the amazing job of reblazing the entire east-west trail from Roseland to Newark, over 30 miles. This included major reroutings along much of the eastern third of the trail, encompassing nearly all of Branch Brook Park, much of Belleville Park, the additions of Booth and Yantecaw Parks in Nutley, and a significant rerouting in Upper Montclair to provide access to the Algononons Wildlife Preserve. Public recognition of the trail is already noticeable. A new trail-mapping website has been developed by the Trail Conference and can be downloaded from our website (www.nynjtc.org/map/teatownkitchawan-trail-map).

On October 6, Westchester County’s trails got a big boost in connectivity with the opening of the Teatown-Kitchawan Trail (TKT). The new east-west trail links the north-south running North County, Briarcliff-Peekskill, and Old Croton Aqueduct trails, Teatown Lake Reservation’s network of more than 15 miles of trails, and three county parks in the towns of Yorktown and Cortlandt—Kitchawan Preserve, John Hand/Bald Mountain, and Croton Gorge. Eventually, the Hudson River Trail at Croton will also be linked to the trail network.

The new 6.5-mile TKT is the culmination of a 13-year effort by Teatown to tie together the three major north-south trailways and for the first time to provide hikers access to Kitchawan’s rugged, wilderness area. The project was spearheaded by Teatown volunteer Geoffrey Thompson and involved the collaboration of the Trail Conference, the New York City Department of Environmental Protection (DEP), and county and local governments. DEP provided a 25-foot-wide hiking trail easement across its lands on Stayback Hill and Bald Mountain. This corridor is to be maintained and managed by Teatown. Since March of this year, staff and volunteers of Teatown and the Trail Conference constructed the new trail. Improvements were also made to existing trails in the county’s Kitchawan and John Hand parks. The result is the new TKT east-west trail.

A map of the trail (below) has been developed by the Trail Conference and can be downloaded from our website (www.nynjtc.org/map/teatownkitchawan-trail-map).

Volunteer Peter Avarav paints a blaze along the Lenape Trail in Essex County, NJ.

Al Kent, who 30 years ago first imagined a long-distance trail across New Jersey, continues to maintain the Lenape Trail.

New Teatown-Kitchawan Trail Links Multiple Parks and Trails in Westchester

The Trail Route TKT, which is blazed in distinctive purple, begins at the North County Trailway near Route 134, and makes its way west across the Kitchawan Reserve near Route 184 in the southeast corner of Yorktown. When it reaches Arches Road, it crosses onto DEP land and continues through the woods and meadows of Stayback Hill. The trail then follows Croton Lake Road, a lightly traveled and largely dirt-surfaced road, in order to pass under the north and south lanes of the Taconic State Parkway. Once under the pathway, the trail returns to DEP lands and climbs Bald Mountain, passing through beautiful forest and isolated old meadows that afford stunning views of the Croton Reservoir, northern Westchester, and the distant Hudson Highlands.

On the southwest side of the county’s John Hand/Bald Mountain Park, the TKT intersects with the Briarcliff-Peekskill Trailway. This can be followed south to Teatown or west to Croton Gorge Park and the New York State-owned Old Croton Aqueduct Trailway.

Opening ceremony for the Teatown-Kitchawan Trail.

Collaborating for Community Trails

The completion of this trail represents the realization of a long-held dream, commented Fred Koonz, Teatown’s executive director. “It will now be possible to hike all the way from Yonkers to Yorktown on the North County Trailway, cross the TKT and take the Old Croton Aqueduct Trailway all the way back down-country, although you’d likely be pretty tired and sore the next morning. It’s great to think that it can be hiked in a variety of much shorter increments, so it really offers hiking opportunities for just about anyone.”

Ed Goodell, Trail Conference executive director, noted that building trail connec-continued on page 11
CORRECTION… and apologies to Eric Fuchs-Stengel. His name was spelled incorrectly on page 3 in the September/October issue.

Thanks from Minnewaska Park Manager

I wanted to drop a note to all of you who assisted with replacing the bridge on the Red Trail over the Peters Kill. Thank you for all of your efforts. The bridge looks great. We are so fortunate to have volunteers such as you to work on the TRAIL WALKER on other projects at Minnewaska.

Eric Humphrey
Minnewaska State Park Preserve

West Hudson Regional Representative Larry Wheelock thanks volunteers, Jim Gebhard, Dan Wheel, Jade Pape, Dave Mangel, Len Jezberski, Joe Saltz, and Mike Garrison for helping rebuild the dock and sailing on the Peters Kill Bridge. The work was done during the last weekend of August. It was the finishing job on recent trail work in the area of the Peters Kill parking area at Minnewaska State Park Preserve that included relocating a section of the Red Loop Trail.

WATERY GRAVE: Another Chapter

In the September/October issue of Trail Walker, Susan Sterropold wrote of the emergence of a gravestone in the middle of Pine Meadow Lake this past summer during a time of low water (page 9). She updates the story:

“We were hiking around the lake near Conklin’s Crossing on September 20, and I wanted to show the group the gravestone. To our dismay, the gravestone had disappeared. Apparently, sometime between July and September, this grave base broke and fell back ward into the rocks. It seems to be wedged tightly in there, but now it is impossible to see. Another Harriman mystery…”

Send us a letter

E-mail it to ret@emailny.org, in the subject line, put “letter to TW editor”, or send it to Trail Walker Letters, N Y-N J Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

Creating a Vision for Ramapo Mountains in Bergen County, NJ

The Trail Conference is participating in a “visioning” process that will be followed by development of a management plan for Bergen County-owned open space in the Ramapo Mountains. Bergen County began acquiring forested land in the Ramapo Mountains in the late 1980s and acquired one of the last large tracts of land in 2005. Now that most of the acquisition is completed, the county is now focusing on helping ensure that the park’s scenic, natural, cultural and recreational qualities are protected and preserved. Find additional info and links to the plan on our website. Search www.ny-nj.org/news/news-tems

Draft Strategic Plan for New York State Forests

Hearings on a Draft Strategic Plan for New York State Forests, administered by the Dept. of Environmental Conservation, were held across the state in September. Among the most controversial elements of the plan are proposals to make ATV use on public lands more restrictive and to open up some state forest land for gas drilling. Find additional info and links to the plan on our website. Search www.ny-nj.org/news/news-tems

For a gift package with a copy of Kittatinny Trails by Bob Boyes or Scenes & Walks in the Northern Shawangunks by Jack Fagan.

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Make check or money order payable to the NY-NJ Trail Conference, and mail to NY-NJ Trail Conference, 50% OFF Gift Membership, 156 Ramapo Valley Road, Mahwah, NJ 07430.
Two things struck me forcefully: our original mission and means of accomplish-
ing it are exactly the same — volunteers working with park managers to create and
manage trails for the public to explore. In 1920 as now, there were relatively vast
amounts of new public land (good) and far too few park resources (bad) to develop and
maintain trail systems for the public to enjoy. In fact, the latter half of this equa-
tion has been more the rule than the exception for the past decade and this trend
is not likely to change soon. It is not a sce-
nario that the Trail Conference would wish
for, quite the opposite, but it is one we were
built for and one we can mitigate, if not solve. Our mission is as least as relevant
today as it was 90 years ago.

Much else has changed, of course, and
will continue to change. So what lies ahead? What will the Trail Conference be
in 2020, when we celebrate our centennial?

More Trails: The Trail Conference will
continue to build and adopt new trails, eas-
ily topping 2,000 total miles, and possibly
reaching 2,200. Most of these trails will be
on newly acquired public lands, often they
will be trails linking a complex mosaic of
public lands sprinkled across the larger
landscape. Many of these new trails will be
close to where people live, accessible for
daily walks and hikes without need for a
long drive. (See our two cover stories this
issue for examples of this new trend.) Trails
and the ability to access open space will
enjoy broad support among community
decision-makers as quality of life and eco-

More Presence: We’ll be planning our
100th anniversary from the historic, energy
efficient, and very visible Trail Conference
headquarters, also known as the Darling-
ton Schoolhouse.

More Great People: Our ranks, and our
photo archives, will swell with the faces of
yet another generation of dedicated trail
lovers, trail builders, trail maintainers, and
trail protectors.

Thank you, all, for your support and
contributions to trails during our first 90
years. Here’s looking to our 100th! Happy
trail!

— Edward Goodell
Executive Director
goodell@nyjc.org
Trail Conference members can take advantage of exclusive discounts and benefits with participating retailers and businesses! You can recoup the cost of your membership in one visit!

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.nynjtc.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 worldwide, along with maps, guides and a historical archive.

The new Trail Conference volunteer-built bridge over the Peters Kill at Minnewaska State Park.

Some of Our Discount Partners

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Visit www.nynjtc.org/content/retail-partners for complete list of money-saving discounts!

Nature.

Fire Controlled on Windbeam Mountain

By James Lisa and John Moran

At 2:30 PM on Friday, August 20, 2010, a fire was reported near the summit of 1,040-foot Windbeam Mountain in Ringwood, near the site of a fire in April 2009. Erskine Lakes, Skyline Lake and Ringwood Volunteer Fire Company responded to the scene and were later joined and relieved by the New Jersey Forest Fire Service. Friday and Saturday were spent containing the blaze with helicopter bucketed water drops and digging fire lines in the steep and rocky terrain.

Mother Nature completed the job with three days of rain starting Sunday. Three firefighters were injured in the approximately seven-acre incident.

New Jersey Trails Chair John Moran subsequently inspected the site with volunteers Karen and Frank Schoof. "Three of us went by on August 31 and the fire mainly seemed to have burned numerous cedar trees on the west-facing slope. Grass is already regrowing. A prickly pear cactus seems virtually undamaged even though surrounded by scorched earth—maybe due to its water content."

The trail itself is not in bad shape, still easily followed; perhaps it acted as a firebreak. I’m sure things could have been a lot worse without the fire responders. There are still tape barriers across the STT trails at Windbeam Lane and at the Highlands Trail entrance on Stonetown Road, along with various flagged spots in the fire area. We left all in place in case somebody wants them there for inspection purposes."

Breaks to all the responders who did so much to quickly contain the blaze.

The new Trail Conference volunteer-built bridge over the Peters Kill at Minnewaska State Park.

Red Loop Trail at Minnewaska State Park

In August, Trail Conference volunteers worked on the Highlands Trail in Hunterdon County, NJ, covering 15,000 acres of mixed forest and wetlands that have been protected by the Hunterdon Land Trust, the New Jersey Audubon Society, the State of New Jersey, the New Jersey Water Supply Authority, and the state of New Jersey. Trails Conference volunteers worked with the Land Trust to relocate a section of the Highlands Trail away from a utility corridor and across the newly preserved land. "A nice improvement," in the words of HT Committee co-chair Brenda Holzinger.


Visit www.nynjtc.org/content/retail-partners for complete list of money-saving discounts!
TRAIL WALKER

November/December 2010

Page 5

Trail Crew Schedules

November – December 2010

Check our website for possible additions or changes to schedules. Go to www.nyntc.org and click on Trail Crews in the Got Involved tab.

CENTRAL JERSEY CREW

Leaders: Bob Jonas & Estelle Anderson
Phone: 973-607-5326 Cell: 908-303-0883
Email: DNLtrailpromoter@yahoo.com
Website: www.trailstobuild.com

Please check the Trail Crew Schedules on www.nyntc.org/content/trail-crew-schedules for work trips, or feel free to call us for more information.

NORTH JERSEY WEEKEND CREW

Leader: Sandy Parr, 732-409-5109

Second Sunday of each month
Trips start at 9:30 am and activities during the week before the scheduled trip.
Use Area at 585 acres, add up to more than 1,000 acres. Parking area, tennis court, playground, and hiking trails. Located at the National Park at the river side, also a boat launch. Trail maps are available.

Appalachian Trail Committees Receive LL Bean Grant for Neighbor Relations Project

Earlier this year the combined Appalachian Trail Management Committees of the Trail Conference (representing Dutchess/Putnam Counties in NY, Orange/Rockland Counties in NY, and New Jersey) applied for an Appalachian Trail Conservancy (ATC) Grant through the ATC’s LL Bean-sponsored Grant Program. We have received notice from ATC that this grant has been awarded and funded, and Ron Rosen, chair of the AT Coordinating Committee for the three AT Management Committees, will be spearheading the implementation of the grant.

The grant project involves three major steps,

1. Developing a brochure informing landowners adjacent to the Appalachian Trail corridor, and residents of municipalities near the AT corridor, about their proximity to the Trail, and the opportunities it brings to their neighbors for outdoor recreation. The brochure also describes the development of the corridor lands as a National Park; it suggests these neighbors might wish to attend a public meeting in their vicinity if they wish to learn more about the AT.

2. Disseminating this brochure to the trail neighbors. In some cases, this involves sending the brochure and an accompanying letter to the neighbors; in other cases, the brochure and letter will be distributed by volunteers door-to-door. The letter invites these neighbors to attend a public meeting in their community or their vicinity in their interest. We wish to learn more about the AT.

3. Holding public meetings for these neighbors who want to learn more. As of press time, one of these meetings has been scheduled to be held at the Beechman Town Hall, in Dutchess County, NY, for the evening of Monday, November 15th (time TBA). We plan to schedule similar meetings west of the Hudson River as well. The meetings will feature a slide show on the AT and its corridor, an explanation of the cooperative management system (NPS, ATC, Trail Conference, Trail maintaining clubs, and individual volunteers), and light refreshments.

If any AT Walker reader is interested in assisting with publicizing or staging these meetings, or just attending one of the meetings, please contact Leigh Draper, Trail Conference East Hudson Regional Representative, or draper@nyntc.org or 201-739-4444 for further information.

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Mulet Falls, destination of a side trail in the gorge
90 YEARS OF TRAIL WALKER

1939 Bill Hoeflin (above) begins newsletter, Walking News Trail Conference contributes to purchase of land north of Anthony’s Nose to protect it from quarrying Trail Conference has 25 member clubs

1940 Joseph Bartha named first Trails Chair; serves until 1955

1941 World War II brings drastic decrease in trail activities and closing of A.T. at Bear Mountain Bridge

1943 Incorporation of Trail Conference Leo Rothschild, conservation chair, recommends saving Sterling Forest

1944 Joseph Bartha named first Trails Chair; serves until 1955

1941 Long Path reaches 130 miles from George Washington Bridge to Catskills Rosa Gottfried becomes first editor of the new Trail Walker

1945 Elizabeth Levers initiates first Litter Day in Harriman Park US Circuit Court of Appeals blocks Con Edison’s Storm King plans

1948 U.S. Congress passes National Trails System Act, proposing the protection of entire Appalachian Trail

1949 First woman president, Elizabeth Levers, takes office Map committee formed First permanent office opened in NYC

1950 NY-NJ trail network achieves 422 miles

1952 Wawayanda shelter completed

1955 NY-NJ trail network achieves 422 miles

1957 First full-time executive director hired 700 miles of trails maintained

1958 Incorporation of Trail Conference Leo Rothschild, conservation chair, recommends saving Sterling Forest

1960 Robert Jessen revitalizes interest in the Long Path

1962 Con Edison announces plans for hydroelectric plant on Storm King Mountain

1963 NY-NJ Trail Conference and the Nature Conservancy cofound the Scenic Hudson Preservation Conference

1965 Elizabeth Levers initiates first Litter Day in Harriman Park US Circuit Court of Appeals blocks Con Edison’s Storm King plans

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2001 Stonetown Circular, Stony Kills Falls, Ginseng Ridge, trail lands protected Offices relocate to Mahwah, NJ Hiking Long Island published

2002 Pochuck bridge and 1+ mile boardwalk on the AT dedicated Trail Conference joins efforts to stop development of Awosting Reserve

2003 More than 1,100 volunteers donate over 37,000 hours

2004 Popolopen Bridge replaced at Bear Mountain State Park New York City trails adopted in Alley Pond Park and Forest Park, both in Queens Kittatinny Trails guidebook published 1,227 volunteers contributed more than 38,000 hours 1,600 miles of trails maintained

2005 Work begins on reconstruction of the A.T. on Bear Mountain Trail University inaugurated

2006 First ‘mouldering privy’ built at A.T. Morgan Shelter Awosting Reserve protected and 2,500 acres added to Minnewaska State Park Preserve Invasive plant tracking project begins with Rutgers U. Long Path reaches 75th year and 347 miles

2007 Darlington Schoolhouse purchased to become new Trail Conference HQ Hiking the Jersey Highlands published

2008 More than 1,100 volunteers donate over 37,000 hours

2009 More than 1,100 volunteers donate over 37,000 hours

2010 More than 1,100 volunteers donate over 37,000 hours

2011 More than 1,100 volunteers donate over 37,000 hours
November

HIKERS

Find more hikes at www.nynjtc.org. Click on these hikes below to find out where you can hike!

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Chickadees put themselves into a state of regulated hypothermia to get through cold winter nights.

Many birds in wintering in the northwestern states have a tough time finding food, especially when the weather is cold and snowy.

In the winter, finding food can be challenging for many birds. Chickadees are particularly good at finding food in cold weather.

1. **Science & Ecology**

   **Chickadees: Tiny, Cute, and Adaptable for the Northeastern Winter**

   By Amy S. Gilling and Brian Clough

   One of the most familiar and delightful backyard birds in the northeastern United States is the chickadee. If you have a bird feeder in your yard, you are likely to see chickadees, and you may be familiar with these gregarious, curious little birds. Although the United States is home to at least 20 species of chickadees, the most common one in our area is the Black-capped Chickadee (*Poecile atricapillus*).

   **Feeding and Finding Food**

   Chickadees are known for their adaptability and ability to find food in a variety of environments. They are particularly good at finding food in cold weather, which is why they are often seen at bird feeders during the winter months.

   **Habitat and Nesting**

   Chickadees are found in a variety of habitats, from forests to urban areas. They are particularly fond of feeding on seeds and nuts, which they can find in a variety of places, including bird feeders, trees, and shrubs.

   **Behavior**

   Chickadees are known for their agility and adaptability. They are able to find food in a variety of environments, including urban areas and forests.

   **Chickadee Migration**

   Chickadees are known for their migratory behavior, which is referred to as irruptive migration, and is when they move from one location to another in response to changes in their environment.

   **Conclusion**

   Chickadees are a fascinating and adaptable bird species that are well worth observing in the winter months.


   The Trail Walker is pleased to announce the publication of a new, revised edition of Bill Mylly's classic Harriman Trails: A Guide and History. This comprehensive guide to the hundreds of miles of trails in Harriman and Bear Mountain State Parks was first published in 1992 and has been a favorite of hikers in Harriman State Park for many years. The new edition is available for purchase and can be ordered through the book's publisher, Natural History Associates.

   **Order Information**

   The new edition of Harriman Trails can be purchased through the publisher's website or by contacting the publisher directly. The book is available for purchase at a price of $19.95 ($14.96 for members), and it is available for download at the publisher's website.

   **Get Your New Edition of Harriman Trails Guide Book**

   The new edition of Harriman Trails: A Guide and History is available for purchase and can be ordered through the publisher's website. The book is available in both print and digital formats.

3. **Holiday Stress Relief**

   Black-capped Chickadees rely on insect eggs, larva,

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4. **Giving Thanks** for the Holiday Nature Festival and Tree Sale**

   The giving thanks for the Holiday Nature Festival and Tree Sale is a popular event in Harriman State Park.

   **Event Details**

   This event is a popular annual event that takes place in Harriman State Park. It features a variety of activities, including nature hikes, bird watching, and a tree sale.

   **Location**

   The event takes place in Harriman State Park.

   **Ticket Information**

   The event is free to attend, but tickets are required for some of the activities.

   **Contact Information**

   For more information about giving thanks for the Holiday Nature Festival and Tree Sale, please contact the park's visitor center at 845-434-5566 or visit the park's website.
New Bridge in Ramapo Valley Park Is Latest Eagle Scout Trail Project

The Ramapo Valley County Reservation in Mahwah, NJ, is a favorite destination for hikers, offering scenic views and multiple trails. And now there's a new beautiful and solidly constructed footbridge on the Halifax Trail at Scarlet Oak Pond. This bridge renovation project was a Boy Scout Eagle project led by Eagle Scout Alex Ciocci and fellow Scouts and parents from Mahwah Boy Scout Troop 25B.

The former footbridge was in poor condition with several planks that were rotten and split. The new wooden footbridge is built upon natural stone with a stone step, and features handrails to provide safety. The original support beams were reused and repositioned to frame out the trail area, and that area was filled with stone dust.

In addition, the surrounding area by the footbridge was enhanced to improve drainage and prevent erosion. Several rocks and stones were lined as deterrents to rain water during heavy rains.

The project would not have been possible without generous donations from the Mahwah Eiks Club #1931, Dykes Lumber in Tällman, Home Depot in Mahwah, Wilkes Deli in Mahwah, Bergen County Department of Parks, and the efforts of many Scouts and parents.

"The Ramapo Valley Reservation offers a fantastic place to hike and fish, and I’m glad I was able to help achieve the Halifax Trail," stated Alex Ciocci.

Volunteer Classifieds: Get Involved!

To apply or for more information about these or other volunteer opportunities, go to our Volunteer Web Page at: www.nynytc.org/volunteer or contact us at volunteers@nynytc.org

OFF-TRAIL OPPORTUNITIES

Come in from the cold! The Trail Conference has volunteer positions in its Mahwah office or working from home...

Communications/Editorial Assistant

Work from home and help our Communications Manager keep up with and get out all the news that’s fit to print, email, or post on our website! Jobs are various.

Communications/Marketing Ad Hoc Advisor

Put your communications/marketing experience to work for trails! We need your advice on what opportunities the Trail Conference is missing in promoting our maps, books, and volunteer contributions; and what resources we need to take advantage of these opportunities. Help us figure it out by giving us just a few hours of your time in meetings in Mahwah or by phone.

Hike Writers

Hike Writers wanted for Long Island, NJ Pinelands, and Jersey Shore. We want to add hikes from these regions to our website and need contributors who enjoy hiking, are willing to carefully document routes, and take photos.

Member Relations Volunteers

We need to stay in touch with our membership in our mission of providing access to open space in our region. We will match your skills, qualifications, and interests to the positions on hand.

Order Processing Assistant

Trail Conference customers are familiar with our outstanding trail maps. Do you want to be a part of the team that sells these maps? We’re looking for someone who wants to assist our Fulfillment Coordinator with printing and entering orders from our web store. To apply, please fill out and submit a job application.

Stewardship/Field-Checking Volunteers

Trail Conference volunteers are familiar with our outstanding trail maps. Do you want to be a part of the team that sells these maps? We’re looking for someone who wants to assist our Fulfillment Coordinator with printing and entering orders from our web store. To apply, please fill out and submit a job application.

OUTDOOR OPPORTUNITIES

Find more by clicking the link “On-trail vacancies” on the Volunteer Web Page because we’re in the business of teaching! Adopt a sector of a trail to keep clear and adequately blazed two or more times a year, depending on the trail manager’s needs, providing access to trails that cross privately owned land. You may be able to interface with a diverse group of private landowners and public officials, and able to do community-based research and data entry.

Hunting

Hunting is not allowed in Bear Mountain-Harriman State Parks. However, it is allowed in parts of other state parks. Call parks for details.

Black Rock Forest (484-534-4517) closes to all hikers from Nov. 20 through Dec. 12.

For more info about deer and bear hunting seasons in New York, go to www.dec.ny.gov/outdoor/28605.htm.

New Jersey:

In New Jersey the safest course in the fall/winter is to hike only on Sundays when hunting with firearms is prohibited (except on private preserves). Otherwise, hunting seasons vary by weapon and geography. Hunting season information is found in the NJ Hunting Digest, available at license agents and on the NJ Fish and Wildlife Division’s website: njfishandwildlife.com/sightn.htm.

New York:

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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 Web Page on our website at: www.nynytc.org/volunteer or contact us at: volunteers@nynytc.org

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TRAIL WALKER November/December 2010
LENAPE TRAIL continues from page 1 and plan to honor it with a new neighborhoodreshaping. The mayor incorporated walks of the community-parks system. The trails the last weekend in September, and the commissioner of public works has pro posed to work with us to create a Nueva extension to the Lenape Trail, linking it into the entire Nueva linear park system.

Additionally, on October 1, Essex County Chief Engineer Dave Capaccio held a spec ial press conference in Yantic Park to commemorate the trail and to honor the revamping of the trails. A special edition covered a story in the state’s leading newspaper, the Sun-Ledge.

The re-creation of the relaying effort is only the first phase of the revitalization.

The next phase is to have our volunteers work with the surrounding businesses and various park conservancies to install printed Lenape Trail medallions, special highlights visits throughout the park system. I expect that this effort will extend well into next summer.

Liberty Water Gap Trail:
A Statewide Project

Revitalization of the Lenape Trail is an important end in itself. But it marks a key milestone in an even greater endeavor: connecting the Essex County component of the Lenape Trail (the LWG T) with the Delaware River.

It is the only trail open in Amer ica that can boast of connecting together the county’s Essex Water Gap, the sites of Liberty in the east, the Delaware Water Gap in the west, and Washington’s Headquarters in New Jersey.

The LWG T was envisioned in 1999 by the same Al Kent, who initiated a statewide effort to connect the various state and national organizations to tie together just a dozen trails to form a continuous trail across New Jersey.

Lenape Trail Walker.

The project’s mission is to extend the LWG T from the Delaware Water Gap into the county, into the city of Newark, into the Delaware River, and into the foot of the Statue of Liberty.

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High-Performance Socks: A Hiker’s Guide
By Howard E. Friedman, DPM

Barfoot running and even barefoot hiking have been in the news lately, purportedly capable of simulating a more natural method of ambulation. Athletes and podiatrists are debating the merits of barefoot running. But, two things are clear: Men and women wore shoes, or, at least sandals. And, people have even been wearing socks for years! As far as I am concerned, the 12th century is on display at the Textile Museum, located in Washington, D.C. There are reasons for why shoes are obvi ous; they protect the foot and can help provide stability. The usefulness of socks is obvious, but not necessarily important. The primary role of socks is to keep the feet dry and protected from the elements. But, socks can be changed and modified as conditions warrant. Although barefoot running or hiking an entire trail in nothing but shoes is a very benefical thing.

What the Research Shows

Research into sock material has been con ducted by the military in an effort to help reduce foot blister formation in arm y recruits; other research has been performed by podiatrists as well as the textile industry. But, more importantly, recent research has shown that high-performance synthetic materials are more effective in reducing the incidence of blister forma tion. And, they are also effective in helping control odor.

Muck of the sock textile research has focused on wool, a product introduced by the textile industry. Research has verified that wool, even when wet, can still insulate and maintain warmth. Wool can absorb more moisture than cotton. Moreover, wool was shown, in one study, to retain fewer fungal elements than either cotton or nylon stockings.

Moisture Management

“The main battle is moisture manage ment,” explains Mr. Willerton. Mr. Willerton is vice-president for marketing of DeFeet International, a manufacturer of high-performance socks. In a telephone interview, Mr. Willerton explained that the prudent use of wool as well as synthetic materials is important in creating a sock that is both durable and effective at helping to main tain dry feet. Military recruits, hikers, and backpackers all cover large distances in their treks. In a single day, weight is reduced and comfort of the backpack plus food and water. Keeping their feet dry is important to avoid common foot problems such as blistering and chronic skin fungal infections.

There are various kinds of wool and synthetic materials on the market today. Some are tailored for specific activities or sports. So, too, are the socks tailored for specific activities or sports.

According to Mr. Willerton, DeFeet-sponsored ultra-long distance hiker and backpacker Andrew Skurka prefers a thin sock with a high wool content, designed with a breathable mesh panel over the top of the foot. This same design, however, is also used by DeFeet to manufacture a synthetic sock mainly comprised of nylon.

What to Wear?

Shopping for high-performance socks in an outfitter shop or on-line can be overwhelm ing. First, expect to pay ten dollars or more per pair of socks. Consider the weight of the sock. Finding the right sock for you, your shoe or boot type, and your level of activity may require some trial and error.

A thin sock will be more appropriate for warmer weather and a thick sock would be a good choice for winter hiking. A mid weight sock may be adapted for year-round use. High-performance socks are generally made without permanent seam marking, or, lightweight thickness. Some socks will have extra padding in the heel or forefoot. Even a high-performance socks, however, needs time to air out and dry. Therefore, at rest stops along your hike, remove your socks, and, if time allows, even your shoes, if you begin to feel that they are becoming damp. On backpacking trips, change socks every other day or, if the just-in-time pair adequate time to completely dry.

Be partial to purchasing high-perform ance socks from companies that are familiar with your activity. The design of the sock as well as the integrity and quality in the manufactur ing process will impact the final product. Moreover, the high-performance companies determine what materials and designs work best together in part by test ing their products on professional athletes, including sponsored hikers and backpack ers, who report how the products held up on the trail. This enables the manufacturer to create a product that will help you max imize your comfort and increase with dry, blister-free feet.

Howard Friedmann is a board certified podiatrist and frequent contributor in Trail Walker.

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new 4.8-mile trail— the Rocks Trail— that incorporates existing and new trails, along new sections. The trail is signposted at all trail intersections are marked by numbered signs posted on trees and on the park's map. The RT is shown on the latest map, with RT in black on a white background. It will take you across several streams, up and down small hills and pretty gullies, across bare rock, and to scenic viewpoints, some with a hint of history. In order: At Dancing Rock (on a short white-blazed loop trail from the RT), farmers once danced during harvest season to keep warm in the evenings. Bear Rock Pennyrile features engravings reputedly done by Native Americans, perhaps 200 years ago. At Spy Rock, members of Colonel Sheldon's Light Dragoons observed the movements of British troops coming from New Haven to New York during the Revolution. Towering Castle Rock impresses its size (or is seen best in fall/winter). Raven Rock is named for the birds that once nested there. All you are likely to see now are turkey buzzards. There are good views of the southeast. Indian Rock Shelter (Cave) is self-explanatory. From the latter, continue to follow the RT to junction 19, where it meets the redyellow trail. This is the other endpoint of the RT. Turn right on the redyellow trail and follow it back to the Michigan Road parking area.

How to Get There: From Interstate Route 684 take Exit 6 (Cross River), and turn east on Route 35 toward Cross River. Follow Route 35 for 3.7 miles to N.Y. Route 121. Turn right onto Route 121, cross a bridge over the Cross River, then immediately turn left and enter Ward Pound Ridge Reservation. Continue for 0.7 mile to the tollbooth (a parking fee is charged on weekends, daily in the summer). Make the first right beyond the tollbooth onto Michigan Road, and continue for 0.7 mile to a parking area just before a T-intersection. If this parking area is full, additional parking is available uphill to the left.