Mother-Daughter Team Volunteers to Make Video of Trail Project

By Jared Catapano

Susan Breault-Brudnak and her daughter Michelle Croswell are enjoying a new way of volunteering for the Trail Conference: recording an ongoing trail project. Their subject: construction of a new trail designed to meet the rigorous standards of the Americans with Disabilities Act (ADA) and a required component of the Bear Mountain trails project.

Building an ADA-compliant trail is a first for the Trail Conference, and we sought to document the work to provide a video record of one of its funders, the Christopher and Dana Reeve Foundation. Susan and Michelle responded to our call for video volunteers.

The mother-daughter team—Susan contributes trail experience, Michelle brings experience in film-editing—visited the work site several times this past fall, recording construction and interviewing volunteers. Their aim was to complete a first draft of the video—which will be a cut of just a few minutes—by early winter.

The handicapped-accessible trail is a one-half-mile section of a nearly mile-long loop that runs from Perkins Tower on Bear Mountain’s summit to scenic views. The grade along the trail does not exceed 5%, which will allow disabled trail users the joy of experiencing it.

Susan has been volunteering for the Trail Conference for approximately two years, and has worked closely with her father and fellow volunteer Roland Breault, for the past decade. She saw the video project as a chance to share the story of the Trail Conference’s Facebook page and figured that she and her daughter could get it done. “I started thinking that [volunteering] was something that has always brought an attachment between me and my dad” says Susan, “and I see a similar connection between me and Michelle on this video project.”

During a morning walk along the yet unfinished trail in November, Michelle explained that as a high-school student, she had won an award and scholarship for film editing. Her proud mother expands: Michelle had placed first in the state for film editing, which also helped her win a scholar-

ship from Apple Computers, one of only 10 students in the entire country to receive that scholarship. “A graduate of the Honors Program at Boston College, in December Michelle took exams to qualify as an actuary. The video project marked her return to her earlier interest in film. “I love the industry [film editing] is very cutthroat,” she explains, “but I enjoy doing it as a volunteer.”

Susan and Michelle’s final cut will be posted on the web (watch the Trail Conference website for details); it will show the progress of the project and the wonderful work being done by a number of trail workers. Susan and Michelle plan to return to the site in the late spring to finish documenting final stages of the trail construction and its opening.

The two hope that this video project will not be the last of its kind for the Trail Conference. “It’s a good way to spread the word,” says Michelle, “and videos go viral on the internet. That could be a great opportunity for future volunteers. Plus, she says, “it’s a great way for anyone who is interested in film editing to build their portfolio...it’s a free venue.”

The Trail Conference offers many ways to volunteer for trails. Visit our website to learn more.

OSI Purchase Closes Long Path Gap on Shawangunk Ridge

More than a decade of work by the Trail Conference paid off last fall when our longtime partner, the Open Space Institute (OSI), protected a crucial trail linkage on the Shawangunk Ridge. The project came to a successful conclusion in October when OSI purchased a 2.5-acre easement where the Rodriguez family had generously allowed the co-aligned Long Path and Shawangunk Ridge trails to cross their private property. They see video recording an ongoing trail project. Their subject: construction of a new trail designed to meet the rigorous standards of the Americans with Disabilities Act (ADA) and a required component of the Bear Mountain trails project.

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Thank you for working so diligently and hard to create such a masterpiece! All of the AT thru-hikers who were able to enjoy this past summer and autumn had a treat, as will all future AT thru-hikers.

Those stone steps are going to have many, many, many feet hiking over them for years to come.

God bless you all for what you do and the joy you help make for others!

--- Corinne Brown, Joyce, Peggy and Tina

You Are Our Eyes and Ears!

This is a reminder of what you the hiker finds on the trails is of interest to the Trail Conference.

If you find that the place you planned to park is now blocked, a large tree has come down, or any other favorite trail, AT, or riding where they’re not supposed to be or someone has moved the blaze sending you in the wrong direction—let us know!

Over the years many of you have been sending us reports of trail problems or posting them on our website. We follow up as appropriate, by writing to our volunteers. The Trail Conference is truly Volunteers on Trails (with invaluable support from our hard-working staff in and out of the office). We will work to provide you with the additional training and opportunities to continue contributing your treasure of trail links to us.

If you see a problem serious enough to call to the troops, there are several ways to let us know. The first and most prominent is by going to our website and reporting the problem there. Go to: www.nynjtc.org/webform/trail-problem-report. This page is not designed to be a forum for trail issues but to report a problem that needs fixing.

If the problem involves illegal activity, there is a form specifically for that at www.nynjtc.org/webform/illegal-usage-problem-report.

You can also notify us by mail by sending the report to our office (info@nynjtc.org).

Happy hikers on the AT at Bear Mountain!
January/February 2011 Page 3

**AWARDS**

**continued from page 2**

and John have pooled their complementa-
ry skills to help us. The Trail Conference aims to help more actively engage with local residents and utilize their knowledge to preserve the natural environment.

**MAJOR WILLIAM WELCH TRAIL SERVICE AWARD**

Presented to those outside the Trail Con-
ference for their contributions to the natural environment or for their enthusiasm in helping others to enjoy nature.

Rebecca Fitzgerald & Eric Pain, Super-
intendents of Ringwood State Park

Rebecca and Eric are dedicated volunteers who have demonstrated exceptional commitment to the preservation of the natural environment. Their hard work and dedication have significantly contributed to the success of the Trail Conference and the protection of New Jersey's natural resources.

**PAUL LEIKEN EXTRA MILE AWARD**

Recognizes those volunteers who have demonstrated exceptional commitment to the preservation of the natural environment. Their hard work and dedication have significantly contributed to the success of the Trail Conference and the protection of New Jersey's natural resources.

Catherine Kelleher, Bernardsville, MD

Catherine has been an active volunteer for the Trail Conference for several years, working tirelessly to protect and improve the trails in our region. Her dedication and hard work have made a significant impact on the trail system and its users.

**Erich Fucho-Stengel and Chris Ingui**

Recognizes those volunteers who have demonstrated exceptional commitment to the preservation of the natural environment. Their hard work and dedication have significantly contributed to the success of the Trail Conference and the protection of New Jersey's natural resources.

**NEXT GENERATION AWARD**

Given to those under age 21 who have demonstrated significant contributions to the preservation of the natural environment or for their enthusiasm in helping others to enjoy nature.

**Erich Fucho-Stengel, Mahwah, NJ**

Erich has been an active volunteer for the Trail Conference for several years, working tirelessly to protect and improve the trails in our region. His dedication and hard work have made a significant impact on the trail system and its users.

**Glen Oleksak, Butler, NJ**

Glen Oleksak supervises the 150 miles of Highpoints Trail between the Delaware and Hudson Rivers. Through his diligent work, Glen has contributed significantly to the preservation of the natural environment.

**Glenn Oleksak and Robert Jonas**

Glenn Oleksak and Robert Jonas are experienced hikers who have dedicated their time and energy to preserving and protecting the natural environment. Their work has significantly contributed to the success of the Trail Conference and the protection of New Jersey's natural resources.

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Some of Our Discount Partners

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 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 bimonthly 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, public relations, environmental monitoring, and cartography.

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

New 3.7-mile Trail Opens at Wonder Lake State Park

Since the first hiking trails opened at Wonder Lake State Park in New York’s Putnam County on National Trails Day 2009, volunteers have been at work creating an additional 3.7-mile trail designated as a section of the Highlands Trail. The new section was officially opened on Sunday, Nov. 14, 2010, and the public was invited to a hike-through of the new trail guided by Trail Conference volunteers who built it.

A free, simplified map of trails at Wonder Lake (no contour lines or other enhancements), can be downloaded from the Trail Conference website at www.nynjtc.org/map/wonder-lake-trail-map.

For a hike on this new trail, see page 12.

Trail Conference Volunteers

Removal Collapsed AT Bridge at Little Dam Lake, Add Stone Steps

On Saturday, December 4, a crew of Trail Conference volunteers and staff removed the collapsed bridge on the Appalachian Trail at Little Dam Lake and replaced it with stepping stones moved into place using a high-line. The bridge collapsed in late November and the AT was temporarily rerouted. The section is on the National Park Service AT corridor surrounded by Sterling Forest State Park. The AT at Little Dam Lake is now reopened.

Chris Ingui, special projects manager for the Trail Conference, noted that 16 volunteers turned out to help with the project. “We were able to remove the bridge, gather the stone, set up the high line, install the stepping stones, and clean up within six hours,” he said. “Very cool.” The group consisted of a core group of volunteers from the Bear Mountain Trails Project and others from various Trail Conference regions.

The Jolly Rovers Stonework Team Will Take to the Hills This Spring

The New York-New Jersey Trail Conference will be launching its first official Roving Crew of Stoneworkers this coming Spring. The crew, also known as the Jolly Rovers, is beginning to form as an off-shoot of the Bear Mountain Trails Project. Volunteers from that project as well as those from other regions trained in rock work, have already begun to sign up. The Jolly Rovers will address trail construction challenges across all Trail Conference regions.

The crew’s mission is to aid our trail volunteers in areas that lack established trail crews or crews experiencing difficulty in stone work and to provide construction support and training for them. The crew is expected to hold one work trip a month, starting in late April and go through November. The trips will range from one to two days each and will focus on the construction of stone structures such as crib walls, staircases, tumpkies, paved roads, etc. Other tasks that involve rigging (high-lines and drag-lines) will also be part of the crew’s repertoire.

If you are interested in being considered for this crew please contact Chris Ingui at cirgua@nynjtc.org, to be sure to mention all previous trail experience. A mandatory training program in technical stone work will begin in late March of 2011 for those with no construction experience and will be free of charge for Trail Conference members.

Be advised, the work this crew will be performing will be extremely physical and require a serious commitment to learning the art of stonework. If you are a Trail Supervisor or Trail Chair and would like to request a project for consideration you should also contact Chris with a description of the problem, a photo of the problem area, and an idea of what you think you would like done.

More info on the Jolly Rovers to come!
Many Friends Make Light(er) Work on the Posts Brook Trail

The Posts Brook and the trail that takes its name flow through a rocky gorge in New Jersey’s North Canaan State Forest. The Posts Brook Trail was formerly forested with majestic hemlocks. Today, the dead remains of those hemlocks, evidently victims of the invasive W ooly Adelgid beetle, as well as fallen oaks, litter the gorge. Though having the appearance of a post-rutine scene, the gorge nevertheless offered the promise of being a still-beautiful place to hike, with a little help from some friends.

The Central North Jersey Trails Committee, chaired by Bob Jonas and Estelle Anderson, and supported by NewV Green South Trails Supervisor Paul Makus, embarked on a project to clear the site of dead falls and rebuild portions of the Posts Brook Trail. They recruited and organized help from several groups and accomplished construction of a trail reusing wall by hosting a weekend-long Introduction to Stonework training course, courtesy of a 2007 New Jersey Recreational Trails Grant.

The Mahwah Environmental Volunteer Organization (MEVO), a group of high school students, volunteered to quarry rock and prepare much of the eroded trail area hosting a weekend-long Introduction to Stonework training course, courtesy of a 2007 New Jersey Recreational Trails Grant.

SEVETH AVENUE CREW

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Although this exacting craft involves preparing, selecting, and modifying rocks for a perfect fit, the results are an attractive, naturalistic wall that blends into the surrounding environment and will last decades or perhaps even centuries.

The teenagers labored long and hard, and their excellent work ethic could put many adult workers to shame.

Next in were Trail Conference volunteers, Paul Makus and Bob Jonas, who spent a day and a half chain-sawing off the failed timber into moveable pieces. This was followed by volunteers from MDI (Men’s Divisions International), who lagged, carried, and pushed the cut chunks of wood and logs, over and out of the gorge to locations not visible from the hiking trail. This group of men, assisted by four members of the Trail Conference, accomplished this grueling work in good spirits and a good time was had by all. Finally, on the weekend of November 6 and 7, Trail Conference Project Manager Chris Ingui, along with volunteer instructors Art Hidalgo and Bob Brunner, conducted a two-day training in introductory stonework. They worked with a class of 10 to build a new retaining wall with stone cribbing for a trail segment that was becoming difficult to traverse owing to the crumbling of an existing retaining wall.

Some of the volunteers who cleared trails at Angle Fly Preserve on Make a Difference Day.

Men’s Divisions International

Although this exciting craft involves preparing, selecting, and modifying rocks for a perfect fit, the results are an attractive, naturalistic wall that blends into the surrounding environment and will last decades or perhaps even centuries.

Despite the challenging work, the group was able to complete the project on time, with everyone enjoying the beautiful scenery and the sense of accomplishment.

For more information about Angle Fly Preserve, please contact the Somers Land Trust at: www.somerslandtrust.org or call the SLT at 914-338-8758.

Scouts Remove Stonetown Trail Eyesore

On October 18, Boy Scout Troop 170 of North Haledon, NJ, removed an old camping trailer that’s been an eyesore along the Stonetown Trail in Ringwood for many years. Troop Scoutmaster Cliff Konnerth, a Trail Conference Life member, oversaw the project.

In Wawayanda State Park, 18 stepping stones were installed in a chronic wet area on the Terrace Pond North Trail and the badly-overgrown Terrace Pond Red Trail was cleared. In Jenny Jump State Forest, six miles of the new Jenny Jump Trail, under construction for several years, were finalized and blazed (look for a trail opening announcement in the spring).

Scouts hauled trash and the remains of an old camping trailer from Ringwood State Park in New Jersey.

Stay tuned!
Distinguished Team continued from page 1

ice, setting the record for most hours volunteered in a single year for the project. “Bob and Artie have the type of people that’s infectious, volunteers love to work with them because they both honestly love what they're doing,” says Project Manager Chris Ingui. “Whenever you witness that kind of work ethic and feel that energy you can’t help but want to help out and get involved too.”

His confidence in their skills led him to ask that they team up and share their store work knowledge with a class of new and experienced trail volunteers from various Trail Conference regions. A rehabilitation of the Pass Brook Trail in Norvin Green State Forest (see page 5), and the need to build a trail retaining wall, became the occasion for an on-site Introduction to Stonework workshop. Trail Conference Executive Director Ed Goodell was one of the participants.

“This is a good example of the diffusion of talent and enthusiasm as a dividend of a great project, in this case, the Bear Mountain project,” he says. “Bob and Artie gain skills and become workshop instructors in Norvin Green. Participants in their two-day workshop build this cribbed trail over...

DISTINGUISHED TEAM

Julie (Lore) Oppenheimer

As this issue went to press, the Trail Conference learned of the passing of Julie (Lore) Oppenheimer, a hiker, lover of the outdoors, and dedicated office volunteer for the Trail Conference when our headquarters were in Manhattan. Former Executive Director JoAnn Dolan recalls that Lore worked at the office once a week faithfully for 15 years. Anne Lukensberger, former Trails Director, wrote of Lore: “For someone so diminutive in size, she certainly packed a wallop of energy for her beloved Trail Conference. She was so very reliable in her attendance at the Trail Conference office in midtown, and was the Membership Renewal Department all by herself. She could still see every trail bend in her mind’s eye, even though she had not hiked those trails in quite a while. She loved to hear about people’s hiking experiences because she relived her own tramps through their stories. One of the last grand dames of the Trail Conference, Lore experienced the heyday 1930s and the tramping movement so vibrantly.”

Lore left a generous bequest to the Trail Conference to carry on the work she so avidly supported.

James Ryo Kiyani

James Ryo Kiyani of Wurtsboro, NY, a long-time member and volunteer with the Trail Conference, passed away on October 2, 2010, in Shenandoah National Park in Virginia. Ryo, born in 1962, had a quirky sense of humor, loved animals, and enjoyed hiking and camping. “He was there for everything we did on the Shawangunk Ridge Trail,” recalls Larry Wheeleock, West Hudson Regional Representative. “It’s a very sad loss.” Contributions may be made in Ryo’s name to the Minnewaska State Park Preserve.

Distinguished Service Award

The Distinguished Service Award is a new award created by the Volunteer Committee to recognize long years of service or a special achievement by Trail Conference volunteers. They are given on an as-appropriate basis by the committee.

William Stoltzfus

The Trail Conference Volunteer Committee and North Jersey Trails Committee honored William Stoltzfus, Jr., for his many years of dedicated trail service by presenting him with a Distinguished Service Award this past fall.

Bill, of Skillman, NJ, and retired from the United States Foreign Service, maintains sections of the Heatly-Baker Trail in Norvin Green State Forest (since 1994), the Hasenclever Iron Trail in Ringwood State Park (since 2004), and also co-maintains the Spring North Trail in Wawayanda State Park (since 1994). In the early 1990s, Bill volunteered as Trails Supervisor for the Northern Wyanskok, coordinating the efforts of Trail Conference trail maintainers in the region, and volunteered as a certified chain sawyer. He has been a frequent participant with the North Jersey Trail Crew headed by Sandy Pant.

Volunteer! The Trail Conference Needs You!

To apply, or for more details about these and other volunteer opportunities, go to the Volunteer Web Page on our website at: www.nynjtc.org/volunteer or contact us at: volunteers@nynjtc.org

OFF-TRAIL OPPORTUNITIES

Come in from the cold! The Trail Conference has indoor volunteer opportunities available in our 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 put on our website!

Communications/Marketing Ad Hop Asscociate

Put your communications/marketing experience to work for us! 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 out how we can get just a few hours of your time in meetings in Mahwah or by phone.

Conservation Coordinator

Do you have 3-5 hours a week to help maintain the vitality of the metropolitan region’s largest membership and volunteer outdoor organizations? You could help our Conservation and Advocacy Committee to work with private landowners whose lands are crossed by Trail Conference trails and help us safeguard trail linkages and promote the viability of long-distance trails in our region.

Member Relations Volunteers

We need volunteers to help us engage with members in our mission of providing access to open space in our region. Helping us with mailing, marketing, responding to questions, offering assistance. We will teach you the skills, motivations, and interests to the projects on hand.

OUTDOOR OPPORTUNITIES

Appalachian Trail Corridor Monitors – Orange County

There are two Corridor Monitoring opportunities covering the boundaries of the AT in New York's Orange County. These vacancies are along the Belvale Ridge above Greenwood Lake – either the east or west side of the ridge – take your pick.

Become a Trail Maintainer!

We have vacancies on trail sections in many of the regions' our trail network covers, including sections of the Long Path in Putnam County and the Slide Mountain Wilderness. It is an opportunity to help us ensure the preservation of the most expansive area of pristine wildlands in the Catskills. Adopt a section of trail and help to keep the Catskills accessible, pristine and protected.

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.

TRAIL CONFERENCE VOLUNTEERS

September 1, 2010 – November 19, 2010

With this issue, the Trail Conference Volunteer Committee begins regular and grateful acknowledgement of NEW volunteers who have completed an assignment and existing volunteers who have taken on ADDITIONAL assignments. We extend our thanks to ALL our volunteers.

Communications:
Consultant: Maritza Carras Colonier, Megan Price, Melissa Hart

ViP Departm ent:
• Susan Breault-Brudnak and Michelle Crowther
• Susan Breault-Brudnak and Michelle Crowther
• Susan Breault-Brudnak and Michelle Crowther

Web Content Specialist: Ken Milk

Huntington Restoration Grant: Manager: Mike Laddoggin Can

Event Assistant:
• Enid Blau, Linda Anderson, Christi Connolly, David Grushnick, Robert Jusso, Beth Mcdonnell, Amanda Shultz, Travis Blakley, Jennifer Keterick, Michael Rubbo, Bill Steward, Patricia Weise, Eric Wilson, Scott Wolfman

Hiking Committee:
• Sandy Pant

Volunteer Associate:
• Laura Guerra

Volunteer Program Assistant: Laura Guerra

Work Trip Volunteers:
• David Bonne, Scott Trup, Max Bonifoti, William Goldsmith, Frank LaRizza, Frank Lipez, Matthew Malino, Edmund Miller, Max Cheung, David Grushnick, Ken Robbins, Michael O’Brian, Brian Patterson, William Patterson, Robert Rex, Bob Stack, Dan Witter

We apologize to any new volunteer whose name has been omitted and offer them our sincerest thanks. Please ask us to Volunteer Manager: volunteers@nynjtc.org or 201-512-8489 x22 of any corrections or omissions.

Bob Brunner, left, discusses stone work with volunteers.

Artie Hidalgo, right, oversees the trail training.
Eastern red cedar—many went to pencils.

Red cedar is a conifer, or cone-bearing, tree like pine and spruce, although it doesn't have the obvious needle-like leaves and hard brown cones of other conifers. Most of its leaves are tiny, overlapping scales that clasp slender twigs. But it also has some sharp, protruding ¼-inch to ½-inch-long needles, especially on new growth. The needles are sometimes hard to see, but run your hand along the twigs and you should be able to feel them.

The really unique feature of red cedar is its cones, which look like small berries. Found on female trees, the plentiful ¼-inch-long red cedar fruit is soft and pendulous. Red cedar also colonizes abandoned fields and farmlands and may form open groves of tidy looking spires.

Today, red cedar is recovered from overharvesting in the eastern part of its range, but it also is becoming an invasve pest of the grasslands to the west. Grasslands are adapted to periodic fires and, historically, red cedar couldn’t colonize this habitat because its thin bark makes it susceptible to fire. Today, fire often is suppressed in the grasslands, and the bird-dispersed seeds establish readily, threatening the native grasslands flora.

Look for red cedar where you’re on the trails this winter. If you’re lucky, you may spot some of the many species of birds that feast on its berries.

Trailside History

The Long Path Cemetery

By Joe Henderson

The Long Path, as most of you know, stretches from the George Washington Bridge to about 20 miles from Albany, a total of more than 350 miles. “My” section, which I have maintained since 2006, is in Rockland County and extends from Call Hollow Road about two miles toward Haverstraw. Along the way it passes through the old Letchworth Village Cemetery. The cemetery is the final resting place of more than 300 men, women, and children who were inmates at what was called The Letchworth Village Home for the Feeble Minded and Epileptics.

The institution was founded in 1908 and was closed in 1969. During that time thousands of individuals were placed there by families or the state to spend the rest of their lives in reasonably gentle care. Upon the death of an inmate, if the family did not claim them, they were buried in the nearby graveyard with a metal tag and number to note their passing. A few had stones placed over their graves by family, but most had nothing but a number.

These unknowns lay in this cold state of affairs until recently when a group of local citizens researched the facility’s records and identified about 300 individuals buried on the old Haverstraw Road in Call Hollow. Upon a need for funds and erected a small monument to these unfortunate, a large stone with a brass plate on which the names of all those known to be interred here. The fitting inscription reads: “THOSE WHO SHALL NOT BE FORGOTTEN.” The stone is flanked by three marble benches and the start of a small garden.

The cemetery is just a short walk on the Long Path in from Call Hollow Road. A parking area is at the gate entry.
Find more hikes at www.nynjtc.org. Click on Scheduled Hikes under Go Hiking!

HIKERS' ALMANAC
A Sampling of Upcoming Hikes Sponsored by Member Clubs

January

Sunday, January 2

AMC-NY. Hudson Highlands, NY. Leader: Chris Bullock, 179-768-7537. Trail begins at Minnewaska and follows the Hudson River to the Town of Esopus. Meet at 10 am or carpool from North White Plains train station. Transportation is required. Inclement weather day is the following Monday.

UHC. Mount Nelson, New York, NY. Leader: Chris Thomas, 877-636-2296. Meet at 10 am at the Visitor's Center. Transportation is required. Inclement weather day is the following Monday.

Sunday, January 9

AMC-NY. Rockland Lake State Park, NY. Leader: Diane Davis, 914-764-3592. Meet at 10 am at the parking lot near the park entrance or at the train station in Tarrytown. Transportation is required. Inclement weather day is the following Monday.

Tuesday, January 11

UCHC. Crotona Park, NY. Leader: Charlie, 914-381-4243. Meet at 10 am at the Crotona Park train station. Transportation is required. Inclement weather day is the following Monday.

Wednesday, January 12

AMC-NY. Bear Mountain, Westchester, NY. Leader: Chris Fork, 914-591-0708. Meet at 10 am at the trailhead. Transportation is required. Inclement weather day is the following Monday.

Saturday, January 15

AMH. Sugarloaf, Hudson Highlands, NY. Leader: Eileen West, eileenw1000@yahoo.com. Meet at 10 am at the trailhead. Transportation is required. Inclement weather day is the following Monday.

Sunday, January 16

UCHC. Pine Island Park, NY. Leader: Charlie Brown, 914-698-2616. Meet at 10 am at the trailhead. Transportation is required. Inclement weather day is the following Monday.

Sunday, January 23

AMC-NY. Ramapo Reservation, NY. Leader: Chris Thomas, 877-636-2296. Meet at 10 am at the Ramapo train station. Transportation is required. Inclement weather day is the following Monday.

Saturday, January 29

AMC-NY. Bear Mountain, Westchester, NY. Leader: Chris Fork, 914-591-0708. Meet at 10 am at the trailhead. Transportation is required. Inclement weather day is the following Monday.

Club Codes

Only those clubs with hikes offered in this issue are listed below. Please call members listed to confirm.

AHC-LI. American Hiking Club, Long Island, NY.
AMC NY-H. Adirondack Mountain Club, NY.
AMC NY-NY. Adirondack Mountain Club, New York, NY.
AMC NY-NY-CH. Adirondack Mountain Club, New York, NY-Chamber of Commerce.
AMC NY-OTHER. Adirondack Mountain Club, New York, NY-Other.
AMC NY-WEST. Adirondack Mountain Club, New York, NY-West.
AMC NY-WH. Adirondack Mountain Club, New York, NY-Westchester.
AMC NY-WH-CH. Adirondack Mountain Club, New York, NY-Westchester-Chamber of Commerce.
AMC NY-WH-OTHER. Adirondack Mountain Club, New York, NY-Westchester-Other.
AMC NEW JERSEY. Adirondack Mountain Club, New Jersey.
AMC NC. Adirondack Mountain Club, North Carolina.
AMC NH. Adirondack Mountain Club, New Hampshire.
AMC NY. Adirondack Mountain Club, New York.
AMC NY-OTHER. Adirondack Mountain Club, New York-Other.
AMC NY-WEST. Adirondack Mountain Club, New York-West.
AMC NY-WH. Adirondack Mountain Club, New York-Westchester.
AMC NY-WH-OTHER. Adirondack Mountain Club, New York-Westchester-Other.
AMC OTHER. Adirondack Mountain Club, Other.
AMC OTHER-OTHER. Adirondack Mountain Club, Other-Other.
AMC OTHER-WH. Adirondack Mountain Club, Other-Westchester.
AMC OTHER-WH-CH. Adirondack Mountain Club, Other-Westchester-Chamber of Commerce.
AMC OTHER-WH-OTHER. Adirondack Mountain Club, Other-Westchester-Other.
AMC OTHER-WH-WEST. Adirondack Mountain Club, Other-Westchester-West.
AMC OTHER-WH-WH. Adirondack Mountain Club, Other-Westchester-Westchester.
AMC OTHER-WH-WH-CH. Adirondack Mountain Club, Other-Westchester-Westchester-Chamber of Commerce.
AMC OTHER-WH-WH-OTHER. Adirondack Mountain Club, Other-Westchester-Westchester-Other.
AMC OTHER-WH-WH-WH. Adirondack Mountain Club, Other-Westchester-Westchester-Westchester.
AMC OTHER-WH-WH-WH-OTHER. Adirondack Mountain Club, Other-Westchester-Westchester-Westchester-Other.
February


Saturday, February 5

APW. Pinnacles and Devils Tower, NJ. Leader: Jim Schlegel, 973-743-2309. Meet: 9:30am at cocktail lounge ($3.50, bring traction aids).

Saturday, February 5


Saturday, February 5

HCW. William Paterson University, NJ. Leader: Joe Jeydel, 908-868-7510. Meet: 10am at Trailside Nature Center. Moderate 6.5 miles; 6 hours. Snowshoes and crampons may be required.

Saturday, February 5


Saturday, February 5

HCW. Tusker Hollow, Mapleton, NJ. Leader: Len Sherwood, 973-848-7601. Meet: 9am at parking lot ($2, bring traction aids).

Sunday, February 6

HCW. Great Swamp and Ebony Tower, NJ. Leaders: Guy and Jen Pericak 973-909-0956, gpericak@gmail.com. Meet: at Sarnia Co. Environmental Center, Lord Sterling Rd, Bloomingdale. Moderate 7 miles on soft soil, some granite stones.

Sunday, February 6


Sunday, February 6


Sunday, February 6

HCW. Old Croton Aqueduct, East Fishkill, NY. Leader: Elise Cassen. Call Elise at 914-203-0050 for information. Meet: at Croton on Hudson Metro North train station (one-way). Strenuous 9+ miles over challenging terrain. Traction aids will be necessary; bring snow shoes if appropriate.

Sunday, February 6


Sunday, February 6


Sunday, February 6


Thursday, February 10


Thursday, February 10

HCW. A Taurus without Tour, Hoboken Heights, NJ. Leader: Malke Rotter, 944-649-5836, hobokenhikes4u@gmail.com. Meet: contact leader for meeting time and place. Moderately paced 4 miles with lots of hills. Stay warm and Hudson River viewing. Pace may slow at times. Traction aids required.

Thursday, February 10

OTC. Crest Park Point, NJ. Leader: Cathleen Ruffolo for information. Contact Ellen Benzan at 732-820-7400 or email len65998@yahoo.com. Meet: at North White Plains train station (2 stations for optional bus). 4 miles of flat trails. Follow signs to Tappan Mounds. Out return to start. After hike, kids can join in for a party at Water's Edge Cafe.

Thursday, February 10


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Harriman AT Maintainer Finishes Section Hike of the AT

By Todd Jennings

On Sunday, November 28, I ran a 4.5-mile trail loop at Harriman State Park that traversed one of the most popular sections of trails in our area. The route traced the Appalachian Trail from Elk Pass to the Lemon Squeezer, and then back again via the Arden-Surbee Trail, a circuit that has been prescribed hundreds of thousands of times over the history of these trails. In fact, I had previously hiked or run this section a number of times myself. But this day’s run was my most anticipated trail run ever. I’d been considering it for nine months. This particular run was my warm-up for the main event.

I have been running the roads and trails of Orange County for about eight years now, with eight marathons, five long trail races, and about 130 other races both locally and elsewhere to my credit during that time. Happily, the trails are so beautifully managed by the NY-NJ Trail Conference that my goal was to enjoy the runs and simply appreciate the outdoors while training to my heart’s content.

For the past three years Trail Conference president Todd Jennings has been president of the MidHudson, NY-based Orange Runners Club, a social running organization founded in 1980.

In 2001, Chris, whose trail name is “crit-ter,” a nickname that predated the beginning of his quest, caught the “AT bug” after hiking south from Route 17 to the Delaware Water Gap with a friend. For the next year, Chris hiked many short sections in New York as day trips and conducted an extensive amount of research on pack weight and equipment.

And his friend hiked the White Mountains hurt-to-hurt in summer 2003. Chris continued in New Hampshire doing the Carter and Mahoosuc ranges and on into central New Hampshire, hiking solo long distance for the first time. While hiking alone, Chris picked up tips from long distance hikers and thus he fell. That fall, he and his hiking partner hiked the northern part of Vermont, after which Chris completed Vermont, Massachusetts, and Connecticut solo. Realizing that he needed to do longer sections, particularly when he traveled down south, the following spring Chris hiked his longest stretch—a 500-mile trail in 29 days, from Springer Mountain, Georgia, to Damascus, Virginia.

From 2005 to 2010, Chris had to take a five-year hiatus due to life and work and a maturity passing of his partner. For the next five years, he was running the roads and trails within one outdoor season. Approximately 119 for new trails to run. “Do you keep track of the history of these trails? Aside from the obvious answer, ‘Because it’s there,’ I would say that a transition in my personal life manifested itself as a transition in my running. Moving myself off the streets and onto the trails was a way, and again, a shift I have been making about where to seek personal fulfillment. I find that going into the woods is much the same as going inside myself. There is a solitude and a beauty there that is like no other. The mountains of the Hudson Valley became a beacon in the fog, drawing me both outward and inward and so I ran.”

In 2011, Chris, whose trail name is “crit-ter,” a nickname that predated the beginning of his quest, caught the “AT bug” after hiking south from Route 17 to the Lemon Squeezer in Harriman State Park. This section was part of the first major portion of the AT that was constructed and blazed in Harriman, and opened in 1924 by the Trail Conference. Since work commenced in 1923 from west to east towards Bear Mountain, Reyling proudly claims his piece of the AT on the west side of the park as the First Section. While all of advice does Reyling have for aspiring AT thru hikers? “On that first hike, I carried a 65-pound pack and almost died after hiking only a few miles.” He said, “Like many novice hikers, I made the mistake of carrying too much weight.” Chris continues, “Over the past several years, I have never hiked in the woods without a friend to hike with.”

Ultimately, Chris packed weighed about 30 pounds. Before each hike, his dining room table resembled a sporting goods store. He said, “This was equipment and clothing everywhere, Yin Yang, and the square occupying a prominent place. Every item was carefully considered and weighed before making the cut. That enabled me to finish a significant amount of mileage each day.”

With his pack weighing 20 pounds, before each hike, his dining room table resembled a sporting goods store. He said, “This was equipment and clothing everywhere, Yin Yang, and the square occupying a prominent place. Every item was carefully considered and weighed before making the cut. That enabled me to finish a significant amount of mileage each day.”

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I have been running the roads and trails of Orange County for about eight years now, with eight marathons, five long trail races, and about 130 other races both locally and elsewhere to my credit during that time. Happily, the trails are so beautifully managed by the NY-NJ Trail Conference that my goal was to enjoy the runs and simply appreciate the outdoors while training to my heart’s content.

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I’ve been asked by many people, “Why, Todd? What’s the motivation for this?” Aside from the obvious answer, “Because it’s there.” I would say that a transition in my personal life manifested itself as a transition in my running. Moving myself off the streets and onto the trails was a way, and again, a shift I have been making about where to seek personal fulfillment. I find that going into the woods is much the same as going inside myself. There is a solitude and a beauty there that is like no other. The mountains of the Hudson Valley became a beacon in the fog, drawing me both outward and inward and so I ran.”

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NOW AVAILABLE! New Editions of Two of Our Most Popular Trails Resources

New 8th Edition of Shawangunk Trails Map Set

This three-map set shows all designated trails within Minnewaska State Park Preserve, Mohonk Preserve, Sam’s Point Preserve, and Mohonk Mountain House. A large-scale map of the complex trail network in the area of Mohonk Mountain House is also included. As always, the maps are printed on waterproof, tear-resistant Tyvek.

What’s New?

The maps contain a number of revisions from the previous edition, including the new route of the Long Path from Route 52 to the Sam’s Point Preserve via the beautiful South Gully Trail. In addition, the contour lines have been completely redrawn to more accurately depict the terrain of the Shawangunks. The former Awosting Reserve, 2,500 acres that are now part of Minnewaska State Park Preserve, is identified on the map, and some additional trails in that section are now shown.

Shawangunk Trails was produced with support from Campmor, an outdoor store and retail partner of the Trail Conference.

New Edition of Harriman Trails Guide Book


Trail descriptions have been updated, and the section on Unmarked Trails has been totally redone. It is an excellent companion to the Harriman-Bear Mountain Trails map set ($9.95; $7.46 for members), which was published in a new edition in 2010.

Order both from our website: www.nynjtc.org, Click on Go Shopping. Or see the Hikers’ Marketplace on page 12, call 201-512-9348 ext. 11, or stop in at the Trail Conference office.

Get Free, Downloadable Maps from Our Website

A limited number of simplified trail maps are now available in PDF format for free download and printing from the Trail Conference website. Many of them are adapted from our full-featured map sets, but lack details such as contour lines; others are for areas not covered by any of our current map sets but where Trail Conference volunteers maintain trails for the hiking public. Some of the maps are offered in both black-and-white and color versions.

Among the offerings are trail maps for Wonder Lake State Park, Teatown-Kitchawan Trail, Shawangunk Ridge Trail (in three sections), Appalachian Trail Pochuck Boardwalk area, and the Neversink Gorge.

Go to www.nynjtc.org/view/maps to view the complete, current selection of downloadable maps.

90th Anniversary Sales Event: A Stretch to Success

When the Trail Conference Publications Committee decided to mark our organization’s 90th anniversary with a big 40%-off sale on October 19 (the official birthday), they were jealously defending their turf. The Trail Conference had never managed such a sale before: “How many customers could be expected? Would the website—the primary venue for the sale in addition to in-office purchases—support the volume of numbers we’re talking about?”

In the event, there was more business than expected (500 web transactions in a day, compared to an average of 10 per day). The website did crash, but just briefly; volunteer webmaster Walt Daniels quickly had service restored and most customers were able to complete their purchases (others called in and were given their discount).

Other staff members, with support from volunteers who worked so hard to respond to our customers and fill their orders.”

The total revenue for one-day’s activities amounted to $22,778.29, equivalent to nearly 10% of the Publications Committee’s projected revenue goal for the fiscal year.

Special thanks go to volunteers Walt Daniels, Joanne Reinhardt, Ron Quackenbush, Jerry Ruocco, Joe Henderson, and Don Tripp, and to staff members Gary Willick, Holy Ahad, and Car Thuemmel for service above and beyond the call of duty.

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(Not) All in a Day’s Work

One of 18 trees cleared on the Townsend and Wild Cat Mountain Trail in Sterling Forest by the chainsaw crew of Jack Driller and Mark Lias. Trail Supervisors Pete Tlghner and Susan Gordon did the “swamping.”

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 2, 7pm
Suffern, NY – Lafayette Theater
Tickets at Ramsay Sports after February 1

Monday, March 6, Tuesday, March 7 and Wednesday March 8, 7:30pm
New York City – Peter Norton Symphony Space
Programs each night are entirely different.
Tickets at Paragon Sports after February 1

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

click on “Banff Mountain Film Festival”
Wonder Lake Loop Includes New Highlands Trail Segment

Winter is a great time to explore the trails at Wonder Lake State Park, and a new 3.7-mile section of the Highlands Trail completed by Trail Conference volunteers in November makes exploration even more pleasant for hikers. The park, 973 acres in northeast Putnam County, N.Y., primarily comprises wooded hills and Wonder Lake and Laurel Pond—two small water bodies created by dams. Pternozoic stone walls criss-cross the property as do old bridle paths and woods roads. Views of the 30-acre Wonder Lake from the trails that circle it open up when the leaves are off the trees. The woods roads and open woods also make it a destination to consider for snowshoeing and perhaps cross-country skiing when snow falls.

The opening of the first trails at the park was celebrated on National Trails Day in June 2009. The latest addition to that network—the Highlands Trail (HT) segment—opened on November 14, 2010, when Gary Haugland, Highlands Trail North Chair, and Andrew Sierup, Wonder Lake trail supervisor, led local officials and other hikers on the new trail and others with which it connects.

Volunteers have built a new Highlands Trail segment at Wonder Lake (above and top right).

You can follow in their footsteps, or improvise your own route among several possibilities. All possible routes include moderate ups and downs. This route, which follows the complete length of the HT out and back, is approximately 6 miles.

The starting point is the parking area on the east side of Ludingsville Road (between exits 17 and 18 on I-84). Head up the hill from the parking lot, on a trail co-blazed yellow and HT trail. They will soon split; follow the HT to the right (south). Keep on it passing a junction to the left with the red trail (it ascends Bear Hill (which is no longer bare), crossing, in order, intersections with the yellow trail and the white trail before winding along the edge of Wonder Lake. On the other side of the lake, the HT heads northeastward into the woods, crossing the yellow trail again, then passing by Laurel Pond and north, to its current endpoint on Moneyo Road. Stone walls on both sides of this road preclude off-road parking here.

Reroute your steps back to the yellow trail and turn right onto it, following it briefly to a dammed outflow for Wonder Lake, where you will pick up and turn left on the white trail. Follow this, completing the circuit around Wonder Lake, then rerouting your steps on the I-84 when you come to it. Continue on the HT back to the red trail and take it up and over Bear Hill. This will connect with the yellow trail on the north side of the park. Turn left onto it, and head downhill back to the intersection of the HT. Turn right on the co-blazed trails back to the parking area.

The views at the park are limited, and on the west side of the hills, the noise of traffic on I-84 will be heard. The free, downloadable map available on the Trail Conference website is an essential guide to finding your way. Go to www.ny-njtc.org/wonder-lake-trail-map.

Wonder Lake Loop Includes New Highlands Trail Segment by Georgette Weir

NY-NJ TC member? □ YES □ NO □ JOINING NOW □ Member # ______

NY-NJ TC membership helps us expand our horizons.

1,700 miles of trails; your membership helps us expand our horizons.

Included with membership, Trail Walker, 10% discount on purchases at many outdoor stores, and 25% discount on all Trail Conference maps and books purchased directly from the Trail Conference.

Save time and a tree by joining or renewing online at www.ny-njtc.org. Just click on the Join/Renew now button.

MEMBERSHIP TYPE

Select one: □ Join □ Renew □ Membership # if available

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Regular □ $30 □ $40
Sponsor* □ $60 □ $75
Benefactor* □ $120 □ $150
Senior (65+) □ $25 □ $30
Life* □ $1,000 □ $1,500

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

Hikers’ Marketplace

NY-NJ TC member? □ YES □ NO □ JOINING NOW □ Member # ______

Please order by circling price

Retail Member P/H Total

Maps (TC published except where noted. Discounted shipping available for orders of 8 or more.)

Catbills Trails (2010) & see combo $16.95 $12.71 $11.75
East Hudson Trails (2010) $10.95 $8.21 $11.60
NEW! Hariman-Bear Mountain Trails (2010) $9.95 $7.46 $11.60
Hudson Palisades Trails (2009) $8.95 $6.71 $11.60
Kittatinny Trails (2009) & see combo $13.95 $10.46 $11.75
NEW! North Jersey Trails (2010) $9.95 $7.46 $11.60
Shawangunk Trails (2011) & see combo $10.95 $8.21 $11.60
South Taconic Trails (2006) $4.95 $3.71 $11.20
Sterling Forest Trails (2008) $7.95 $5.96 $11.40
West Hudson Trails (2006) $8.95 $6.71 $11.60
Old Croton Aqueduct, NY (Friends of OCA, 2008) & see combo $4.95 $3.71 $11.20
Old Croton Aqueduct, Westchester (Friends of OCA, 2004) & see combo $4.95 $3.71 $11.20

Books

Walkable Westchester (2009) $24.95 $18.71 $53.70
Hiking the Highlands Jersey (2007) $22.95 $17.21 $53.70
New York Walk Book (2005) & see combo $22.95 $17.21 $53.70
Hiking Long Island (2008) $22.95 $17.21 $53.70
Kittatinny Trails (2004) & see combo $16.95 $12.71 $53.70
Scenes & Walks in the Northern Shawangunks (2006) & see combo $13.95 $10.46 $53.70
AMC Catskill Trail Guide (2009) & see combo $23.95 $17.96 $53.70
ADK Catskill Trails (2005 ed. with revisions, 2009) $19.95 $14.96 $53.70
Walking Manhattan’s Rim (2003) $13.95 $10.46 $53.70
50 Hikes in the Lower Hudson Valley (2008) $16.95 $12.71 $53.70
Best Hikes w/ Children in New York (2005) $15.95 $11.96 $53.70
Best Hikes w/ Children in the Catskills & Hudson Valley (2002) $14.95 $11.96 $53.70
West Milford Dunes (2000) $9.95 $7.46 $53.70

Combo-Packs

Hariman (2-map set & Hariman Trails book) $25.71 $19.29 $55.50
Old Croton Aqueduct (2 maps) $8.51 $6.39 $53.70
NY & NJ Walk Books $36.50 $28.95 $53.70
Shawangunk (3-map set & Scenes & Walks book) $21.65 $16.24 $53.70
Kittatinny (4-map set & book) $28.60 $21.45 $53.70
Catskill (6-map set & ADK Catskill Trails book) $31.73 $23.80 $53.70

The Personal Touch

Note Cards: TC Collection $12.00 $9.00 $53.70
Long-sleeve Denim Shirt Circle: S M L XL $29.90 $22.46 $53.70
Polo Shirt (Forest Green) Circle: S M L XL $19.90 $14.93 $53.70
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