



The Bear Mountain Trails Project

To Those Who Move Rock... We Salute You.

Staircase to open on National Trails Day

The scenery is changing rapidly at Bear Mountain. Not only are this winter's heavy snow packs disappearing fast and Spring's advance apparent everywhere, but the new Appalachian Trail has taken shape and is awaiting a host of final finishing touches.

With our grand opening on National Trails Day (June 5th) just around the corner, help is needed more than ever to complete the first 800 step section in time for the public opening. April and May will be devoted to constructing the start (at the base of boulder field) and the end of the relocation (near the Pine Flats and Cul de Sac) thus linking the past five year's of work with the existing Appalachian Trail. The typical help will be needed cutting and moving stone. We will also have several small projects near the "Iona Island View" to wrap up where help is needed crushing, splitting and high-lining rock.

Another job this Spring will be in what we call "finishing work." This is where we will need the most help. Finishing involves helping move and spread trail surfacing into place with the help of the tracked carriers and hand tools. Drill marks must also be diminished and old trails and work areas must be restored. Restoring impacted areas will be major new theme for this 2010 work season. It involves the naturalization of work zones (our quarries and associated access routes) as well as old trail obliteration. This restoration is the "light-duty" task that many of you have been waiting for. We selectively move downed and rotting logs and branches from the surrounding forest along with leaf and organic duff matter to hide, disguise, and create the optimal environment for ecological reclamation of the impacted areas by the native forests. We need as many hands as we can get for this instantly rewarding work.



Volunteer Allegra Mathews making crush fill.



One step out of 800, each weighing in around 1,000 pounds.

By late May, we will be "sweeping" the completed trail, looking for last minute details to correct, and finally... blazing. In June we move our tools to the south side of the mountain where we start a new era in the project and a new trail segment.

This project would not be where it is today if it were not for the help of hundreds of volunteers and the tens of thousands of hours you have all donated. Likewise, we are not going to be able to make it through this last push without your help. Check out the new workshops being offered in this newsletter and contact our Volunteer Coordinator Chris Ingui to join the effort!

Eddie Walsh

Construction Manager

In This Issue: | **Congratulations 2009**
| **Volunteers! pg. 2**

Test Your Hammer
| **Knowledge - pg 3**

Spring Workshop
| **Schedule - pg 4**

Congratulations to our Top Volunteers in 2009!



3 year project volunteer Catherine Kelleher



Volunteers Petro Nortje and Jesse Spiro



Volunteer Lee Mott shaping a wall stone.

- Catherine Kelleher-220+ hours
- Bob Brunner - 200+ hours
- Jesse Spiro – 200+ hours
- Alex Pengelly – 200+ hours
- Lee Mott - 160+ hours
- Scott Gerum — 110+ hours
- Steve Larson — 100+ hours
- Allegra Mathews - 100+ hours
- Ronald Quackenbush — 80+ hours
- Steve Petrie — 80+ hours
- Mary Grimmig — 70+ hours
- Petronella Nortje — 70+ hours
- Steve Zubarick — 70+ hours
- John Tuciarone — 60+ hours
- Denis Ryan — 50+ hours
- Jean Zambrano— 50+ hours

Thanks to everyone for all their time and effort. Last year we had over 200 individuals volunteer a total of over 6,800 hours.

With your help we were able to install 334 stone steps, construct over 2,900 square feet of crib wall and surface over 600 square feet of trail.

STRANGE HAMMER!

Or: How I Learned to Stop Worrying and Use My Really Expensive Tools

1. Stone Buster - Carbide Tipped

Known for coming in both the horizontal and vertical variety, these versatile hammers can be wielded in conjunction with one another to rift, shape and even split smaller rocks. One side features a bladed carbide edge and the other a rounded striking head that can be used to strike other hand tools, wedges or even crush rock.

2. Rifting Hammer

Not designed to be swung, one person holds this hammer while another strikes it with a sledge hammer. It is designed to rift large stones and if persistent enough, split them too.

3.) Striking Hammer

Designed to strike other shaping hammers or wedges with either end.

4. Hammer Point - Carbide Tipped

Designed to be hit by another striking hammer so that you can remove high spots in a stone. It also features a non-carbide striking head designed for striking other steel hand tools.

5. Hammer Set - Carbide Tipped

Similar in appearance to the Stone Busters they differ in the style of carbide tip. The squared off tips allow you to remove drill marks or other blemishes by the edges of a stone. Like the Stone Buster, the non-carbide striking head is also good for striking other hand tools.

6.) Mash Hammer

Made for striking stone only, should not be used to hit another hammer, nor be hit by another hammer. One end is a splitting blade for breaking stone, the other end is for trimming and/or crushing stone.

I know it's strange; a hammer used to be a hammer back in the day's when our tool boxes came from Fischer Price, but in the grown-up world, choosing the right hammer for the job is a big deal. A.) it gets the job done more efficiently. B.) The cheapest hammer below costs \$100, and misuse can break it. These choices can be tricky though, especially when you're faced with a striking hammer, hammer set, hammer point, rifting hammer, mash hammer, sledge hammer, brick hammer, bush hammer ...and those are just the ones with hammer in the title. Come across a Quarry Buster and your head might explode.

Think you know the difference? Test your knowledge by matching the hammer heads below with their names and descriptions to the left.

D



A



E



F



B



C



ANSWERS

1. F / 2. B / 3. A / 4. C / 5. E / 6. D

Images from trowandholden.com

By Chris Ingui

Trail University: Spring 2010 Schedule

The following is a list of Trail University workshops that will take place on Bear Mountain this Spring. In order to attend these workshops you must either 1.) have attended the *March 21st Overview and Orientation* OR 2.) have special permission from a Bear Mountain Crew Leader. If you meet any of these requirements you can sign up or ask questions by emailing Chris Ingui at bearmountaintrails@gmail.com. All workshops meet at 8:30am in the main parking lot between the Inn and the Administration Building of Bear Mountain State Park. Please note that there are other Trail U. workshops at other locations, to view these please visit www.nynjtc.org/view/workshops.



A rock rifted, drilled and ready to be split.

Sunday, March 21st

Bear Mountain Trails Project Orientation

Join us for an on-site review of the project and a walk-through of the new Appalachian Trail route on Bear Mountain. The day begins with a slideshow, but most of the day will be devoted to a challenging walk up the soon to be completed 800 step granite staircase with detailed explanations of the techniques and methods used in building the trail thus far as well as the possible volunteer opportunities for the upcoming season.

Sat.–Sun. March 27th – 28th

Stone Splitting and Shaping – This 1-2 day course is designed to educate students on how to split and shape stone to desired dimensions. Topics covered will include proper use and maintenance of tools (i.e. portable generators, rotary hammer drills, carbide tipped

shaping hammers and chisels) as well as how to “read” a rock so that it splits properly. Students are welcome to attend either one or both days. Students who attend both days will spend the second day learning how to use shaping hammers and chisels.



Basic rock moving in action.

Saturday, April 3rd

Basic Rock Moving – Don't underestimate the importance of this workshop, moving large rocks without the proper technique can cost a lot of time and potentially a lot of damage to your back and hands. Topics covered include: mechanical advantage using rock bars and picks, safety considerations, proper body mechanics, and methods of reducing natural resource impacts.

Sunday, April 11th and April 18th

Mechanized Trail Building – Tracked dumpers are used to transport trail building materials over rough terrain and up slopes that regular wheel barrows are not capable of. This workshop introduces participants to the walk-behind tracked motorized crawler carrier. Topics covered include care and maintenance, job hazard analysis, and safe loading and operation. The Canycom BFP 602 carrier will be available for training.

Dear Dr. Trailhead:

Solutions to Trail Works More Frustrating Problems

Dear Dr. Trailhead,

One day while splitting a rock I got a wedge stuck and tried to hack it out with the edge of this hammer called a stone banger. The next thing I know, this crew leader takes the hammer away from me and gives me a much lamer hammer to bang the wedge out with...it didn't even have an edge! What gives?

Sincerely, Hoping to Hammer

Dear Hoping to Hammer,

Misusing a hammer can shorten its lifespan drastically and in certain cases, endanger the user. Basically, there are many variations of steel out there, some are harder than others depending on the amount of carbon in them. The more carbon, the harder the steel and ultimately the better edge it will keep. This is why hammers like stone busters (not bangers) have their blade side made of carbide, carbide has a lot of carbon in it and keeps its edge roughly 10-20 times longer than regular steel. This makes carbide tipped shaping hammers ideal for shaping stone. The down side is that harder also means it's more brittle, so striking that carbide edge against another steel implement (like a wedge) could cause it to shatter, thus creating shrapnel and ruining a \$100 hammer.

Dear Dr. Trailhead,

Why don't you guys work throughout the winter months? I snow shoe throughout the winter and I don't complain, are you wimps?

-Winter Warrior

Dear Winter Warrior,

The issue is that not much can get done in the winter months, when the temperature drops below freezing rocks tend not to split properly, pins don't set, and with the ground frozen, digging becomes very difficult with hand tools alone. On top of this, if there's snow on the ground, even finding rocks useful for building becomes nearly impossible. That being said, during the first years of this project, attempts were made to work throughout the winter. Insanity ensued and local hikers began to disappear, the park has since asked that we cease construction in the winter months.

Trail Trouble? If you would like to ask Dr. Trailhead a question you may do so by emailing him at bearmountaintrails@gmail.com. Be sure to put "Dr. Trailhead" in the subject line so we may forward your message to him in a timely manner.



Miss Your Crew Leaders

Here's Whose Back in 2010

Eddie Walsh: Mar. – Nov.

Tom Kindling: Mar.–Aug

Chris Ingui: Mar.–Nov.

John Copeland: Mar. - Aug

Matt Townsend: Apr. – June

Jed Talbot: April

Josh Ryan: Jun. – Aug.

Mark Ribaldo: Jun – Aug.



Save the Date

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

Celebrate the reconstruction of the original section of the Appalachian Trail!

Kids' Learning Activities and LIVE MUSIC

Bring your family and friends, or make it a club outing!

\$7 parking fee per car

10am Keynote Speakers

Carol Ash, Commissioner, NYS OPRHP

Pamela Underhill, NPS Appalachian Trail Park Manager

Ramond F. Torrey Award

Presented to JoAnn and Paul Dolan for significant and lasting contributions that protect hiking trails and the land upon which they rest.



Presented by:

The New York-New Jersey Trail Conference

Project Partners:

National Park Service (NPS)

Palisades Interstate Park Commission (PIPC)

NYS Office of Parks, Recreation and
Historic Preservation (OPRHP)

Appalachian Trail Conservancy (ATC)

Sponsored by:

**Sports
Illustrated
KIDS**



Watch for details on nynjtc.org! For more information email donations@nynjtc.org

Saturday, June 5, 2010, starting at 10am: National Trails Day