



## Challenge Put to Park Service Powerline OK

TC joins lawsuit in defense of AT, Delaware Water Gap

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## Annual Award Winners

We honor the people who do so much to give us a great trail system.

READ MORE ON PAGE 6 ▶



# TRAIL WALKER

Winter 2013

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

www.nynjtc.org

## Volunteers Tackle Big Post-Sandy Trails Clean-up

**H**urricane Sandy hit our region on October 29 & 30. It transformed many parks and trails and disrupted the lives millions of people. And yet...

*“On Nov. 2, Steve Z. and I took 3 Avon volunteers to the Victory Trail in Harriman S.P. It was only a few days since Hurricane Sandy, and we did a lot of post-storm clean up, removing branches and other debris. At the end of the day Steve and I took care of 7 blowdowns. On Nov. 5 we went to the Bangle Hill section of the LP in the southern Catskills, did some clipping, and took care of 30+ blowdowns. In November we did a lot of chain sawing to undo the Sandy damage—trees down everywhere! ... on Nov. 19 we took care of at least 15 blowdowns on Hook Mtn. Chris Reyling, Steve Zubarik, and I took care of 24 blowdowns on the AT and LP in Harriman SP on Nov. 28. There were a few inches of snow on the ground that day.”*

And so it went, and continues to go throughout our region. That report from Long Path co-chair Jakob Franke was similar to the steady stream of reports from other trail volunteers throughout the region. Teams from the West Hudson South Chain Saw Crew and other certified

sawyers have been out on what seems a daily basis in Harriman State Park and parks in Bergen County. North Central Jersey crew members cleared 32 blowdowns in their first clean-up day at Wawayanda State Park (there have been many more since). Volunteers from member club AMC NY-North Jersey have been heading out day after day to Harriman State Park, clearing miles of trails and stripping big blowdowns for the chain sawyers.

30 blowdowns cleared here, 32 there: our volunteers have been hard at work since Sandy.

As with previous major storms, full cleanup will take months. Some areas, particularly in North Jersey, are described as devastated beyond recognition. Trails in Stokes State Forest, Ringwood State Park, and Wawayanda State Park, including the Appalachian Trail, took the brunt of the damage. In New York, Harriman seemed to be hardest hit, with pile-ups of downed trees obliterating long sections of some



JAKOB FRANKE

As of early December, volunteers and park staff had cleared hundreds of downed trees from our region's trails, with hundreds still to go.

trails. Damage in the Catskills was spotty, although the summit of Slide was described as covered by blowdowns and the Fox Hollow Trail was reported blocked by a tangle of downed trees for a mile (rangers cleared it over several days). Detailed assessments of trail damage were still in progress as of the deadline for this issue, with trail clearing going on simultaneously.

We would like to thank people by name, but so many of you do extraordinary work quietly. For now, we list the crews we know have been busiest cleaning up after Sandy; many have been augmented by new volunteers eager to help. Some volunteers have gone out even when they had no power at home (“going out to chain saw to get warm” said one). You know who you are, and we thank you.

- West Hudson South Chain Saw Crew
- North & North Central Jersey Chain Saw Crews
- Orange-Rockland Long Distance Trail Crew
- Westchester Trail Tramps
- Ward Pound Ridge Reservation Maintaining Crew
- AMC NY-North Jersey West Hudson trail volunteers
- Appalachian Trail Management Committees for New Jersey and Orange-Rockland
- Mountain Pinks Trail Maintaining Crew
- Park staff throughout the New York-New Jersey region
- And other NY-NJ Trail Conference Certified Sawyers

## New York Chooses Trail Conference To Head Invasives Program in Lower Hudson Valley

New York State Dept. of Environmental Conservation (DEC) in October chose the Trail Conference to coordinate its Lower Hudson Valley Partnership for Regional Invasive Species Management (PRISM) program beginning in 2013. The Lower Hudson Valley program is one of eight created by DEC across the state with the aim of facilitating regional partnerships among organizations working to manage invasive species. Each regional program is administered by a local not-for-profit, with funding provided by the Environmental Protection Fund.

“We’re very proud to be selected as coordinator of this important program by New York State,” says Trail Conference Executive Director Ed Goodell. “Our 92 years of collaboration with multiple agencies, our experience in working with thousands of volunteers on all aspects of trail stewardship, and our recent achievements in developing a trails-focused invasive species

continued on page 2

## Park Staff, Volunteers Replace Popolopen Gorge Trail Bridge

Link for the Timp-Torne, 1777W, and 1779 Trails back in place

“The bridge is finished.”

So announced John Mack, West Hudson South Trails Chair, on November 28, 2012. John had been working with managers and staff at Bear Mountain State Park to replace the 62-foot long trail bridge in the Popolopen Gorge, a key link between trails north of the Gorge and the rest of Bear Mountain-Harriman State Park. The bridge, a major volunteer accomplishment when it opened in 2004, was destroyed by flooding after 2011’s Hurricane Irene. It has been sorely missed by hikers.

The Palisades Interstate Park Commission (PIPC) purchased the replacement bridge, which required assembly, and also provided extensive aid in preparing for its installation. PIPC staff trucked materials to the site, rebuilt the bridge foundations, and installed scaffolding in the Popolopen Creek. Volunteers from the Trail Conference and our member clubs completed the bulk of the bridge installation over several days in late November. Eddie Walsh (Tahawus Trails) supervised the set-up of rigging and the “flying” of the trusses into

position. Jolly Rovers crew volunteers contributed substantially in the “flying” portion of the work and installing much of the remaining structure. Later, other volunteers completed the bridge assembly, which included inserting and tightening the 372 decking bolts by hand.

The bridge was structurally complete by November 28, and on December 6, upon completion by PIPC staff of a temporary

access to it from the north bank, John Mack reported it to be open.

*Big thank-you to:* the PIPC managers and field staff who were so helpful with this project, and to the following volunteers: Duane Card, David Chase, Robert Chen, Bob Cohn, Evan Colgan, Dove Comeau, Chris Connolly, Alfred Curtis, Walt Daniels, Bob Fuller, Dennis Hickey, Fred Howley, Chris Ingui, Joan James, Sue Lent, Jesse Levin, John Mack, Debbie Melita, Kerry O'Brien, Tom Oliver, Greg Paret, Rich Raschdorf, Ron Rich, Cliff Robinson, Jr., John Rowen, Noel Schulz, Gail Sherman, Anne Marie Tallberg, Yulena (no last name), and Steve Zubarik.



BOB FULLER

Washed out in 2011 by Hurricane Irene, the new Popolopen trail bridge was in place by December 2012.

# TRAIL WALKER

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GEORGETTE WEIR EDITOR  
LOUIS LEONARDIS GRAPHIC DESIGNER

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### Mission Statement

The New York-New Jersey Trail Conference is a federation of member clubs and individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. The Conference is a volunteer-directed public service organization committed to:

- Developing, building, and maintaining hiking trails.
- Protecting hiking trail lands through support and advocacy.
- Educating the public in the responsible use of trails and the natural environment.

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## Feedback

### Thanks for the Honor

The Basha Kill Area Association (BKAA) was thrilled and extremely honored to receive the Trail Conference's prestigious Leo Rothschild Conservation Award, presented by Jakob Franke, Long Path Committee Co-chair and BKAA member, at our 40th anniversary celebration on Sept. 8. (See Fall 2012 TW, page 1.)

The BKAA has a long-standing connection to the Trail Conference, beginning in 1989, when we were asked to participate on an advisory committee studying possible re-routing of the Long Path along the Shawangunk-Kittatinny Ridge. Since then, our partnership has deepened as we have united to confront myriad Shawangunk Ridge threats.

Throughout, we have appreciated Trail Conference support and greatly admired the organization's commitment to create a ridgetop trail traversing the "Gunks." The BKAA is heartened by your trust and will continue "protecting trails and the natural lands that surround them."

—Paula Medley, President, BKAA  
Via USPS, September 20

### Great Work! I Want to Help.

My wife, Deborah, and I just finished a 16-day hike from NYC to Otisville, NY.

We crossed the George Washington Bridge and hit the Long Path to Harriman State Park, where we connected with the Appalachian Trail (AT). We followed the AT up to High Point, where we transferred to the Shawangunk Ridge Trail (SRT) on up to Otisville. The last three miles of our hike were on county and town roads to Camp Deerpark, where I am the director.

We are so grateful for the folks who volunteer to maintain the trails where we hiked. At one point we were up on the ridge north of High Point and I saw some weed whacker string on the ground. It struck me at the time that someone was up here weed-whacking so that I could enjoy dry ankles on this hike.

I say all of that to say that the experience has motivated me to have a desire to volunteer to maintain a section of trail. Could you please connect me with the person who is in charge of maintaining the SRT in the Otisville area.

Thanks for all of your work.  
—Ken Bontrager, Director, Camp Deerpark  
Via email, October 4

### Maps to Live By

Wanted to thank you, because every day, we LIVE by your maps. Indestructible. Fascinating, even when you're sitting at home with a cup of coffee. Makes us want to paint a star on every beautiful sight we come across (and if you have the maps, you know what I mean) ...What says "Freedom" more than a hike in Harriman, Norvin Green, Sterling, or Fahnestock? Big, big Thank-you for your service, from dogs who cannot speak and humans who can.

—CharlieDog and Friends  
Trail Conference Facebook page, November 19

### Hurricane Sandy: Dunderberg Spiral Railway Trail

After observing first-hand the devastation along the first half mile of the Timp-Torne Trail closest to the river (parts of which resembled a mini-war zone), I gained a greater appreciation for the hard work put in by our dedicated trail maintainers. (In this case, Marci Layton and Bob Fuller per your post-Sandy trail conditions webpage). In fact, I actually chose this hike after seeing their trail update report on the website, and thanks to their efforts I was able to enjoy a 5½-hour day on the trails. So thanks guys for a job well done!

—smithg2010  
Trail Conditions Forum on our website, November 20

### Hurricane Sandy: Lichen Trail Damage

This was part of a hike that was our first look at post-Sandy Harriman trails. Unbelievable. Destruction there reaffirms that nothing in nature is permanent. Enjoy it while you can, and those hard-working crews clearing the trails are enabling all of us to continue doing just that. You folks are my new superheros!

Thanks again.  
—walkwoman  
Trail Conditions Forum on our website, November 25

### Query: Why that route at Fitzgerald Falls?

I was interested to see an article on rebuilding the AT up Fitzgerald Falls in your fall issue. This letter is by no means a criticism of the wonderful work the Jolly Rovers Trail Crew and the Orange and Rockland Long Distance trail crew did at Bear Mountain, which was truly amazing, beautiful and a natural wonder. However, why is it necessary to have the AT go up a waterfall at all?

When I saw the trail in 2008, I was amazed. What on earth could the trail builders have been thinking? The weather happened to have been dry so there was not a large flow of water coming over the falls. However, in the winter and spring, I am sure the conditions are icy, and there are heavy water flows. Why do this? At some point, the New York-New Jersey Trail Conference offered alternative routes. An attempt had been made, probably at least five years earlier, to scout out an alternative route about one quarter of a mile to the left of the falls. Trail workers had left construction tape tied to branches to mark this route, but never got any farther. I thankfully followed the proposed alternative route.

If you could shed some light on the thinking here, as to why, in the middle of a state park, with easier terrain all around, the trail had to go up a waterfall, I would appreciate it.

—Anne Chase, Washington, DC  
Via USPS, Nov. 26

Gail G. Neffinger, Chair of the Orange-Rockland AT Management Committee, responds: Thanks for contacting us and for your concern about Fitzgerald Falls. The simple response to your concern is the AT has always been routed alongside the Falls proper, and the Falls themselves have become one of the "iconic" spots along the trail. Being steeped in tradition, we would be loathe to mess with that status. For those willing to forego the natural air conditioning at the foot of the falls, there is an almost as scenic blue-blazed bypass trail available. This is designed to accommodate hikers in very high water conditions [rare!] as well as folks like yourself. We hope you will come again and visit the completed Jolly Rovers project, which we anticipate being Spring 2013.



**Send Us a Letter**  
Email it to [tw@nynjtc.org](mailto:tw@nynjtc.org); in the subject line, put "letter to TW editor"; or send it to Trail Walker Letters, NY-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

## TC TO HEAD INVASIVES

*continued from page 1*

management program made the Trail Conference a strong candidate for this leadership role. We look forward to working with DEC and many other familiar and new partners to protect the plants, animals, and landscapes native to the lower Hudson Valley from invasive threats."

As the lower Hudson Valley PRISM coordinator the Trail Conference will be responsible for convening meetings to develop a strategic plan for the region and set priorities and goals. We will also help facilitate training, communication, and volunteer recruiting among all the partner groups.

Our role as coordinator for the lower Hudson PRISM will also mean increased opportunities for our trained Invasives Strike Force (ISF) volunteers to apply their knowledge on projects sponsored by our PRISM partners.

If you know of a partner or group working to monitor, control, or educate about invasive species in the lower Hudson Valley who should be informed of the opportunity to be a part of this partnership, please send contact information to Linda Rohleder, our ISF program coordinator, at the Trail Conference ([lrohleder@nynjtc.org](mailto:lrohleder@nynjtc.org)).



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## From the Executive Director



### Environmental Threats to Trails: Why be concerned with invasives?

Protecting trail lands, or more specifically, protecting the trail experience, is integral to the Trail Conference's mission. Our efforts have largely centered on protecting these lands from development and misuse through advocacy and outright acquisition, but for the last decade we have been taking a leadership role in recreation ecology, particularly invasive plant management.

Unfortunately, the impact of modern issues on trails and trail lands has changed the way we think about conservation. Climate change, over-browsing of the forest understory by overabundant deer, pollution-tainted air and water, and attacks by exotic plants, pathogens, and pests have stressed ecosystems throughout our region, and worldwide. Since these native communities are ill equipped to defend themselves, the Trail Conference is taking action.

Active management is necessary to ameliorate the effects of this collection of stressors on the natural communities to the extent possible.

We have long recognized that we must be vigilant to prevent the negative ecological impacts that trails might create, especially

erosion and habitat disturbance, which can be limited by proper layout and construction. More recently, we have become aware of the onslaught of invasive plants and how they are degrading our forests.

Invasive plants can be harmful in a multitude of ways; they have been shown not only to shade out native plants but also to change properties of the soil, such as increasing nitrogen and suppressing beneficial fungal communities within the soil. This can negatively affect the native community, resulting in not only the loss of diversity but also the loss of food resources for animals.

Up to 90% of insect species that eat plants are specialized on a single species of plant or group of species. Once those plants are gone, the insects' food source is gone too. Many terrestrial bird species rear their young on insects, so if the insect population decreases, the bird population decreases as well. It's a domino effect started by invasive plants.

If we remain inactive, we may be facing forests in the future that are much less diverse, have fewer wildflowers and less wildlife, and contain trails that are more difficult to keep open due to encroachment by aggressive invasive plants.

While some say invasive species use trails to invade forests, other studies suggest trails play a minor role compared to other factors, especially prior land use. Either way, the knowledge that invasive species are degrading the forest ecology and, ultimately the trail experience, compels us to act.

Why? Because, as people concerned with

protecting natural areas, we are the most motivated segment of the population to take on the activities necessary to contain the invasion. If we don't deal with invasives, who will?

**Invasive species are non-native (or alien) to the ecosystem under consideration and whose introduction causes or is likely to cause economic or environmental harm or harm to human health.**

Is it inevitable that invasives will blanket all of our natural areas? Perhaps, but if we want to keep the diversity of wildflowers and wildlife we enjoy and ensure that future generations of trail users can enjoy this diversity too, we need to be the ones working to protect it. The goal isn't to eradicate all invasives everywhere; that's a much bigger job than we could tackle.

Just as we fight against development by choosing to preserve those lands that are most precious to us, we certainly can and should identify our relatively uninvaded lands and work to monitor them and keep invasion from gaining a foothold. That is exactly the strategy we are pursuing. Consider joining us as a volunteer or supporter in 2013.

### A word about the weather

I can't let this issue of *Trail Walker* go to press without acknowledging the impact of another environmental challenge: the weather, especially when it comes with a name: Irene, Lee, Sandy. Everyone living in metropolitan New York knows and probably experienced the havoc wrought by Superstorm Sandy. Properties, both personal and public, were seriously damaged. Shadowing the hard work of recovery is the uncertainty of how the storm will affect state budgets for parks and conservation.

Our parks and trails—refuges for so many—were certainly hit hard by Sandy, with countless thousands of trees downed, miles of trails blocked.

But what really blows me away are our volunteers. No sooner had the wind died down than the chain saws were buzzing and maintainers were out inspecting and clearing trails. Within three days of the storm's passing, we were reporting an ever-lengthening list of blowdowns removed and trails reopened on our website and Facebook page. To quote two of our Facebook followers: "Wow-u guys are great!" and, "thank you..."

— Edward Goodell  
Executive Director  
goodell@nynjtc.org

## Trail Conference Joins Challenge to National Park Service Powerline Approval

The Trail Conference joined a coalition of national, regional and local conservation groups in New Jersey and Pennsylvania that filed suit in federal court October 15, 2012, challenging the approval by the National Park Service (NPS) of a super-sized transmission line that would cut through three popular national parks. A second lawsuit, filed December 5 by the same coalition, asked a federal judge to order a stop to construction of the powerline within 20 miles of the parks. No decision had been issued as of press time.

The suit against the NPS challenges the agency's approval and environmental review of the 500-kilovolt (kV) Susquehanna-Roseland transmission line through the Delaware Water Gap National Recreation Area, the Middle Delaware National Scenic and Recreational River, and the Appalachian National Scenic Trail. Despite NPS's governing mandate to protect the National Park System and to prevent impairment to park resources, the NPS has authorized a project that the agency acknowledges will have serious and enduring impacts on the parks.

The new transmission line to be built by Public Service Electric and Gas Co. (PSE&G) in New Jersey and Pennsylvania Power and Light Electric Utilities (PPL) in Pennsylvania will largely follow the route of an existing 85-year-old power line, but the new towers will rise more than twice as high as the existing towers and would include clearing substantially more trees



DAN BALOGH

An AT hiker passes an existing "small" tower.

and the construction of access roads through the parks.

"Trail Conference volunteers built the Appalachian Trail along the Kittatinny ridgeline to take advantage of the glorious views," notes Ed Goodell, Trail Conference executive director. "Now, 50 or more transmission towers will blight the viewpoints along 20 miles of Appalachian Trail."

The conservation groups are challenging NPS's approval of the transmission line as a violation of the National Park Service Organic Act and the Wild and Scenic Rivers Act. They also point to deficiencies in the agency's required environmental analysis under the National Environmental Policy Act. The coalition is asking the court to overturn the NPS decision to permit the transmission line through National Park land and to stop construction until the NPS complies with federal law.

The lawsuit was filed by Earthjustice and Eastern Environmental Law Center on behalf of the Appalachian Mountain Club, Appalachian Trail Conservancy, Association of New Jersey Environmental Commissions, Delaware Riverkeeper Network, New Jersey Highlands Coalition, New York-New Jersey Trail Conference, National Parks Conservation Association, Rock the Earth, Sierra Club, and Stop the Lines.

Learn more: [nynjtc.org/news/coalition-challenges-powerline-approval](http://nynjtc.org/news/coalition-challenges-powerline-approval)



PSE&G wants to widen this corridor and double the height of the towers.

## A New Horizon Line on the Palisades?

Will the top of the Palisades north of the George Washington Bridge bristle with new, tall buildings?

Not if a lawsuit brought by the New Jersey State Federation of Women's Clubs (NJSFWC), Scenic Hudson, the Trail Conference, and two Trail Conference members against the Borough of Englewood Cliffs, NJ, is successful.

The borough amended its zoning code in October 2012 to permit construction of buildings 150 feet in height in an area along the Palisades Interstate Park. The height limit was previously 35 feet. The change was prompted by a proposal to build a new, 145 foot-tall headquarters for LG Electronics earlier in the year. The challenge to the spot-zoning change cites the detrimental impact of the change on the "iconic and environ-

mentally sensitive Palisades."

NJSFWC has a history of protecting the Palisades that goes back to 1896, when it successfully ended widespread quarrying of the Palisades area. Scenic Hudson, an open space preservation group founded by the Trail Conference during the fight to stop development of a power plant complex on Storm King, continues to preserve open space in the Hudson Valley and owns two conservation easements in Yonkers on properties with the Palisades in their viewshed.

Margo Moss and Jakob Franke are longtime, active Trail Conference members and volunteers. Franke co-chairs our Long Path Committee. The LP, and other popular trails, traverse the Palisades Park.



## Find More Trail Related News on Our Website

### New Trail Signs Highlight Outdoor Recreation Opportunities in West Milford, NJ

Together with the Township of West Milford, NJ, the New York-New Jersey Trail Conference has developed and installed eight informational kiosks to draw attention to more than 100 miles of Trail Conference-maintained hiking trails in the municipality. Find the story online at [nynjtc.org/news/new-trail-signs](http://nynjtc.org/news/new-trail-signs)



LOU LEONARDIS

### His Favorite Trail Tool

Volunteer Les Ferguson recommends a "Trail Tool & Zombie Deterrent" on page 4 of *Trail Worker*, our e-newsletter for trail volunteers. Find it in the November issue at [nynjtc.org/view/trailworker](http://nynjtc.org/view/trailworker)

### Trails Crew Schedules

We have crews for all levels of interest and skill. Some continue through winter

(weather permitting). There's lots to do, especially post-Sandy. These service hikes are posted at [nynjtc.org/view/trail-crew-outings](http://nynjtc.org/view/trail-crew-outings)

### Trail University 2013

Great workshops are in the works for the new year. We'll be posting them as they are scheduled at [nynjtc.org/view/workshops](http://nynjtc.org/view/workshops)

# Regional Field Notes

## Catskills

Jeff Senterman,  
Catskills Program Coordinator  
jsenterman@nynjtc.org



As our Catskill Mountain region continues to recover from Hurricane Irene last year, we are thankful that we escaped with light damage from Sandy, but sad that there was so much damage to our south. Our maintainers, supervisors, and chairs are working with the Forest Rangers to clear up any trees that did come down.

In other big news, the work on the new section of the Long Path on Romer Mountain continued throughout the fall. Long Path Co-chairs Jakob Franke and Andy Garrison deserve a lot of praise for this work, as they have moved this project from its planning stages to the building stage and have been organizing and involved with every work trip on the mountain throughout 2012. See page 5 story for more.

## Lark in the Park

The Trail Conference partnered with the Catskill Center and the Catskill Mountain Club to sponsor the 9th Lark in the Park in the Catskill Mountains. This annual event celebrates the outdoor and recreational resources of the Catskill Park and the greater Catskill Mountain region. In addition to our sponsorship, we led several of the more than 40 scheduled activities, including two Trail Maintenance hikes, a guided hike around Frick Pond, a lecture on the history of the Catskill Park, and a Trail Crew day on the Kaaterskill Rail Trail. All were very well attended. Next year, we look to be an even bigger partner in the planning, promotion, and execution of this event. Mark your calendars now (Saturday September 28, 2013 through Monday, October 7, 2013) and stay tuned for updates as we begin working on the 10th annual Lark in the Park this spring.



Trail crew after a day of work on the Kaaterskill Rail Trail.

## Trail Updates

*Thanks to DEC Trail Crews!* DEC Crews are still making progress on replacing trail bridges that were lost during Hurricane Irene. The crews have also worked to stabilize portions of the future Kaaterskill Rail Trail and built the parking lot at the trailhead that will serve the new section of the Long Path on Romer Mountain.

*Catskill Trail Maintenance Crew* – Wendell George is the new Trail Crew Chief for the Catskill Mountains Roving Trail Crew. If you are interested in joining the

crew, please email me and I will forward your information on to Wendell. Work trips will be scheduled both during the week and on weekends starting in the spring of 2013.

## Snow?

Finally, let's all keep our fingers crossed that we can enjoy some cross country skiing on our many trails this winter – think snow!

## New Jersey

Jonathan Martin,  
New Jersey Program Coordinator  
jmartin@nynjtc.org



**Sandy**  
Much of the end of 2012 was spent mitigating the damages caused by Superstorm Sandy. It is estimated that hundreds, if not thousands, of trees came down across trails in New Jersey. Many of the parks immediately reported that all of their trails were closed for the foreseeable future. Thanks to the efforts of our volunteers, parks were able to clear many of those trails in just a few days time.

Reports from maintainers were coming in almost immediately and crews were in the field within the first week. Even though many people were without power and gas was hard to come by, people were willing to help out wherever needed.

It truly amazes me how fast our volunteers can make things happen. Thank you chairs, supervisors, maintainers, and crew members. You were ready to help the moment you knew your family and loved ones were safe. I'd also like to thank the general public for inquiring about what they can do to assist. While some folks had to be turned away due to the dangerous conditions on trails, their desire to lend a hand was a reminder of how willing people are to help in a time of need.



Post-Sandy, Oakland Boy Scout Troop 49 cleared the Schuber Trail.

## Oakland Boy Scouts

After the storm, a crew of nine boys and four parents from Boy Scout Troop 49 in Oakland, NJ cleared the Schuber Trail from Skyline Drive to the intersection with the Millstone Trail near Camp Glen Gray in Ramapo Valley County Reserva-

tion. They were able to clear the trail of all trees that were 6" in diameter and smaller, in addition to removing limbs from larger trees to make work easier for our sawyers. Thanks for the help, Troop 49.

## Looking Ahead

While the support for our parks has been phenomenal since the storm, there is still much that remains to be done. Keep an eye out in the coming months for courses in Intro to Trail Maintenance and Chainsaw Certification. The more people we have on the ground overseeing our trails and the more certified sawyers we have to call on, the faster we can respond to events like Sandy. Help us ensure that our trails return to the condition they were in pre-Sandy.

## East Hudson

Volunteers Geof Connor, Regional Trails Chair, and Mary Dodds, Westchester Trail Tramps Crew Leader report

East Hudson trail crews and maintainers were out in full force the day after Sandy wrought havoc to the northeast. Many state and county parks were closed for days, but they allowed Trail Conference maintainers to survey and clear their trails. Some areas got badly hit while others escaped lightly. Ward Pound Ridge lost more than 50 pines along the entrance road alone and many trails were blocked. The response to volunteer opportunities posted by the Trail Conference was gratifying and doubled the size of the Westchester Trail Tramps and Ward Pound Ridge Reservation crews. As a result, almost all trails in both preserves were passable by December, thanks to the crews and park staff.

Many maintainers spent long hours



GEOF CONNOR

clearing trails and then returned to cold and dark homes. One alternated between clearing trails in Westchester and then clearing devastated property on Staten Island. In most cases, maintainers/crews were able to clear and mark safe, temporary detours around massive blowdowns, although, as of early December, a significant amount of chainsaw work remained to be done.

East Hudson Chair Geof Connor reports that all trails are passable in the East Hudson Highlands, thanks to individual maintainers and a roving crew of



AFTER

Geof and Westchester and Pound Ridge supervisors Mary Dodds and Fred Stern, who converted their weekly long hikes into checking and clearing. Yorktown maintainers have made trails passable in Sylvan Glen, Granite Knolls, and Woodlands. Jane and Walt Daniels have chainsawed a number of significant blowdowns and organized crews at Sylvan Glen and FDR State Park.

The use of crews to maintain trails has proven highly effective in emergency situations such as Sandy. The Ward Pound Ridge Crew, led by Fred Stern, encoun-

tered storm blowdown such as that seen in the photos at left, and was able to clear it and several others in a fraction of the time it would have taken an individual maintainer.

## Involving Youth

Meanwhile, the Yorktown Community Trails Program continues to engage youth in projects. Over two days, campers at Camp Combe built a trail in Granite Knolls Park. Two Eagle Scout projects were completed and a third awaits approval by the Boy Scout Council. All three involved carpentry of building bridges or puncheon. One project included building 0.5 mile of trail that connected Granite Knolls Park to Sylvan Glen Park Preserve. Work trips to salvage materials, install waterbars, and remove silt fencing provided opportunities to learn new skills. In Sylvan Glen, a workshop on installing waterbars used locust logs salvaged from Granite Knolls.

## West Hudson

Larry Wheelock,  
West Hudson Program Coordinator  
wheelock@nynjtc.org



## Minnewaska State Park Preserve

The Jolly Rovers worked with the West Hudson North Trail Crew to begin repair of the Rainbow Falls Trail where it descends from the Upper Awosting Carriage Road. Working for three days starting on October 26, the crew set up camp nearby and began work to create a flight of stone steps at the steep eroded



GEORGETTE WEIR

Jolly Rovers began a big erosion control project at Minnewaska State Park Preserve this fall.

decline from the carriage road.

The crew was very thankful for the hospitality shown by the park staff. Between the campsite, vehicle escorts and the stone transport from a park quarry, the crew felt

more than welcome and can't wait to go back. They installed the first four flights of steps at the lower portion of the trail off the carriage road (13 steps and 3 landings total) and anticipate the rest of the project taking another three weekends to complete the entire 60-step project. They are prepared to complete this project next year and hope to schedule two trips for the summer and one for the fall of 2013.

## This is My Last News Note

I want to thank all for making my 14 years on the staff at the Trail Conference the most satisfying work I've ever done. I started as a volunteer working with Bob Marshall's West Hudson Trail Crew in the

1980s and eventually came onto the staff part time in 1998 under the tutelage of Neil Zimmerman, JoAnn Dolan and Anne Lutkenhouse. Working with the volunteers has always been the most satisfying part of my work and allowed me to befriend many people with interests similar to my own. It never ceases to amaze me what can be done when a group of peers comes together for a common purpose. The best in everyone comes out, and things get done. Now that I'm retiring at the end of the year, I'll be able to get back to volunteering!

See more about Larry on page 10.

## Catskill Long Path Relo Makes Great Progress

After years of anticipation and planning, the project to relocate the Long Path in the Woodland Valley area of the Catskills really took off this past summer and fall. On May 10, 2012, Long Path (LP) Committee Co-chairs Andy Garrison and Jakob Franke did the final onsite layout of the trail on Romer Mountain with representatives of New York's Dept. of Environmental Conservation (DEC). They received the permit to construct the trail five days later, and construction began on June 10.

Andy reports that the project is "intense." It includes stone step construction, side-hilling, bridge construction, and tread way improvements. To date Andy, Jakob, and a steady stream of volunteers have cleared the trail for more than three miles from Lane Street in Phoenicia to the summit of Romer Mountain and built structures such as steps and waterbars.

The pace of work has been intense too. Writing just after Thanksgiving, Andy reported volunteers had worked on the trail 37 days—1,316 hours—"so far this season," and spent 404 hours traveling to and from the trail. "We are currently working on the trail," he added, "but expect that winter will shut us down soon."

In the spring, the team plans to do additional work on Romer Mountain, then take the trail to Cross Mountain, along with the ascents to Mount Pleasant and toward the Burroughs Range Trail. Andy calls this LP project "daunting."

"We are building a trail across three mountains in the Catskills," he notes. "When completed, it will be somewhere around 8½ miles long and will eliminate about 5 miles of road walk." The work area next year is a long distance from the trailheads, so weekend camping trips are planned for the schedule. "We also are planning a week-long camping/work trip in early June for this area," he adds. A great opportunity for a service vacation close to home! Contact Andy Garrison at [srtmaintainer@gmail.com](mailto:srtmaintainer@gmail.com) to learn more or volunteer on the project.

For more Long Path news, see page 12.

## New Roof + Floor for Mink Hollow Lean-to

The Mink Hollow Lean-to, located in the northeastern Catskill Mountains along the popular Devil's Path hiking trail, was showing its age and popularity. The cedar shingled roof had begun to rot and the floor was worn by human use and even chewed out in places by porcupines who found it tasty. The shelter was high on our list for rehabilitation.

We were fortunate to obtain funding for materials. Thanks to the Christopher Nowak Memorial Fund, set up in honor of Christopher Nowak, an avid Catskill Mountain hiker, the Trail Conference was able to purchase the necessary cedar shingles, floor boards, and associated hardware.

The lean-to's location, however—within the Indian Head Wilderness Area—offered special challenges. Motorized equipment is

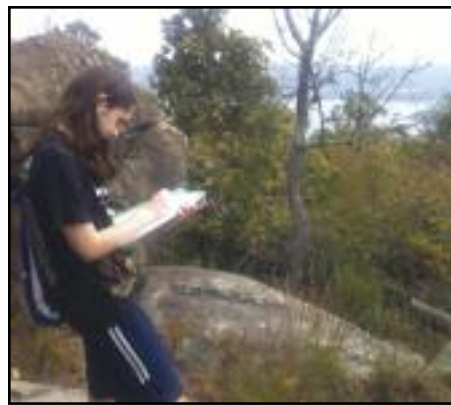
*continued on page 7*



JEFF SENTERMAN

Volunteers replace the roof of a Catskill lean-to.

## Invasives Project Attracts an Army of Trail Volunteers



Erika Schneider-Smith was the top under-18 volunteer this year with our Invasives Strike Force. Hiking with her father, Erika surveyed 9.2 miles of trail for invasive plants, conducting surveys in Mountainside Park, Pyramid Mountain Natural Historic Area, and Norvin Green State Forest. Erika says she "cannot wait to begin again in the spring."

Blowdowns are not the only natural obstacles to an enjoyable trail experience. Invasive plants are another.

Some, like mile-a-minute plant (see page 7), can overrun a trail in the months between maintainer visits. Others totally change the hiker's experience of our natural environment: think of views where acres of barberry have replaced the native diversity of shrubs and flowering ground plants.

Our Invasives Strike Force (ISF) volunteer program targets these particular trail threats, and is not only effective, but popular. It is also proving to be a great way to involve young people in our trails program.

In 2012, we:

- Conducted seven training workshops and trained 65 new volunteers to identify and monitor common invasive plants.
- Received data from 82% (97) of our original 118 monitoring volunteers—a great completion rate! Their volunteer hours added up to nearly 1,000 for the year.
- Organized 12 invasives removal trail crew outings, with a total of 87 volunteers contributing 876 hours to remove invasives along 4.3 miles of trails in six parks.
- Engaged 15 monitoring volunteers and 38 trail crew participants under the age of 18.

Over the past two years, we surveyed 375 miles of trail across the New Jersey and lower Hudson Valley region, 26% of our total trail miles in those areas. Our observation data continues to indicate the top invasive plants along our trails are Japanese barberry and Japanese stilt-grass.

Phase 1 surveys of common invasive plants have been conducted on trails in more than 60 parks, and completed in many, including Closter Nature Center, Flat Rock Brook Nature Center, Lost Brook Preserve, Tenafly Nature Center, Buttermilk Falls Park, and Clausland Mountain Park.

**Our invasives program is a good way to get young people on trails.**

In 2013, we will be able to expand the ISF program in the lower Hudson Valley thanks in part to support from the Zofnass family and as a benefit of our new leadership role in the region's state-sponsored invasives management program, PRISM (see page 1). We'll be conducting more training sessions, recruiting more volunteers and holding more invasive removals in the five counties that make up the lower Hudson Valley—Orange, Rockland, Dutchess, Putnam, and Westchester. In New Jersey, where we launched our ISF program, we will continue with trail monitoring and invasives removals.

We're looking forward to an exciting 2013!

—Linda Rohleder,  
ISF program coordinator

## Major Welch Trail Gets a Facelift



ALEXANDRA T. WREN PHOTOGRAPHY

The step project on the very popular Major Welch Trail at Bear Mountain was prompted by worsening erosion on and around the trail.

Trail builders report a successful season of restoration on the Major Welch Trail at Bear Mountain this fall. Despite the interruption of Superstorm Sandy in mid-work season, the project is poised to be completed this spring.

The Major Welch Trail offers advanced hikers a more rustic and steep experience than do other trails on Bear Mountain. Combined with the east face portion of the Appalachian Trail, it creates a very popular day-hike loop. Over the years, portions of the trail became seriously eroded; restoration of sections of the trail, including where it crosses Perkins Drive, are among the remaining objectives of the Bear Mountain Trails Project, launched in 2006.

The restoration includes installing stone steps on grades greater than 10%, creating a well defined treadway to keep hikers from straying off trail and causing further erosion, building drainage dips to shed water, and installing crib walls to reinforce washed out tread. These improvements are meant to create a sustainable trail able to accommodate the thousands of hikers who use it each year while lessening their ecological impact by reducing erosion. [Note to those familiar with the trail: If you are worried about the fate of your beloved "whale backs," those steeply angled rocks that call Moby Dick to mind, have no fear, they are here to stay.]

As with other components of the Bear Mountain Trails Project, the Major Welch



ALEXANDRA T. WREN PHOTOGRAPHY

Practicing the art of mechanical advantage.

Trail has been a training ground where volunteers learn advanced trail building skills, including installation of rock steps and crib wall; tread work; use of grip hoist, rigging, and highlines; use of rock drills and splitting and shaping rocks.



CHRIS INGUI

Loraine Almeida and Rachel Riccardi pose with a small step project they built.

From September through November, 24 new volunteers participated in an orientation and at least four Trail University workshops to become qualified to work on the project; 20 members of the Jolly Rovers volunteer technical rock work crew contributed a total of 669 hours, completing the construction of 70 stone steps as well as helping instruct seven Trail U workshops. The all-volunteer West Hudson South Trail Crew assisted on the project, as did three AmeriCorps interns led by the trail building professionals of Tahawus Trails.

This combined workforce completed a significant portion of the much needed restoration, building: 135 stone steps, 550 linear feet of sidehill/treadway, 75 square feet of cribbing, and 10 square feet of stone paving. Total volunteer hours: more than 1,500. Total intern hours: 1,000.

A big THANK YOU goes out to all of those who have helped make the Bear Mountain Trails Project become a reality over the last six years. Please stay tuned for ways you can be involved at Bear Mountain in 2013!

# 2012 Trail Conference Awards Celebrate Our Volunteers

Trail Conference Annual Awards are determined by the Board of Directors upon recommendation by the Volunteer Committee. The following awards were announced at the October 20, 2012 Annual Meeting in West Milford, NJ.

## WILLIAM HOEFERLIN AWARD

This award recognizes Trail Conference volunteers who have demonstrated exemplary service to trail maintenance, management, and/or trail land protection. This year, we recognize four outstanding volunteers with the Hoeferlin Award.

### Stephen Zubarik: Tompkins Cove, NY



Stephen is the often masked and helmeted chief of our West Hudson South chainsaw crew. To say Steve is frequently out on trails clearing blowdowns is an understatement. His dedication is extraordinary. Last year, facing a massive blowdown challenge caused by two hurricanes, Steve led the crew in clearing more than 200 trees and large branches from miles of trails at Harriman, Bear Mountain, and Sterling Forest State Parks within just a few weeks.

A trails volunteer since 2000, Steve is a trail maintainer (Long Path from Fort Lee Historic Park, NJ to Mount Ivy, NY and Menomine Trail at Bear Mountain), works on trail-building crews, and is active with our invasive plant strike force. He also is an effective manager, maintaining a constantly updated list of blowdowns that need removal and coordinating crew outings for maximum efficiency. Steve provides cheerful, thoughtful, and commonsense guidance to everything with which he is involved. His volunteer efforts in some of the most popular parks in the country help to keep hundreds of miles of trails open, safe, and enjoyable for thousands of users each year.

### Christopher Ezzo: Long Beach, NY



Chris has served as chief of our West Hudson South Trail Crew (WHS) since 2002, taking over the position from his mentor, Bob Marshall (Hoeferlin Award recipient in 1991), who continues as a crew member, often leading Thursday work trips.

Chris is not only an experienced and skilled trail builder, he is an excellent volunteer manager. Chris scouts all crew projects in advance, follows up on all potential volunteer leads, and brings his volunteers together twice a year for social activities (lunch and picnic). He works in close coordination with the area's Trails Chair (John Mack) and with other crews, particularly with the West Jersey Trail Crew, which leads one WHS crew trip each season. Chris and his crew define sensible and reasonable solutions to the various trail issues brought to them. He distributes work trip leadership duties among his crew members, thereby cultivating their leadership skills. He participates on almost all of the crew's outings.

Chris's work standards and attention to his volunteers have kept this highly effective volunteer team together and inspired over the past 10 years. The result is a crew with a well-earned reputation for being an effective, efficient, and collegial team of volunteers. The contributions by Chris and his crew to our trails are without measure.

Thank you,  
volunteers!

### Dave Webber: Poughkeepsie, NY



Dave has been volunteering on New York trails since 1988, primarily at Minnewaska State Park Preserve in Ulster County. A trail maintainer in the park since at least 1998, Dave took on the responsibilities of trails supervisor there in 2003. He has volunteered on trail crews across our New York regions, and in 2004 became a stalwart on the then newly formed West Hudson North Trail Crew (WHN). Though resisting the title "Crew Chief," Dave has coordinated WHN trail crew projects effectively and with humor for several years.

Even with these additional responsibilities, Dave has continued to maintain his beloved Mossy Glen Trail, last year seriously battered by a flood caused by Hurricanes Irene and Lee. Quietly reliable, Dave is always willing to do whatever is useful whether or not it's his "job." He works well with park managers and is diligently supportive of the maintainers in the park. In short – Mr. Dependable.

### Brian Sniatkowski: Kinnelon, NJ



As a Trail Conference volunteer for over 17 years (he has been maintaining the Hoeferlin Memorial Trail in Ramapo Mountain State Forest since 1994) and Trail Supervisor of Ramapo Mountain State Forest for over 10 years, Brian has achieved an impressive list of accomplishments. In addition to ably supervising 35 miles of trails and 20 maintainers, he has unstintingly volunteered much more of his time to other trail activities throughout the North Jersey Trails area.

He has participated in blazing/reblazing more than 50 trail miles throughout the area, along with numerous trail relocations and repairs.

Brian has participated significantly with North Jersey trail crews to help scout and build several new trails, including: Lake Sonoma, Overlook Rock, Monks Connector, and Hasenclever Iron Trails, as well as a major rebuild of the Hewitt-Butler Trail (North).

He can often be found on other trail crews, helping to build new trail bridges or clearing blowdowns, such as on the Palisades or along the Appalachian Trail.

As a result of his personal dedication and his fine example to other volunteers, Brian has helped to make our beautiful trails and forests much more accessible and enjoyable.

## KEN LLOYD AWARD

Recognizes members of Trail Conference member clubs or member clubs, who have demonstrated exemplary service to trail maintenance, management, and/or trail land protection. Three awards were made this year.

### Robert Fuller: Old Bridge, NJ



As West of Hudson Trail Supervisor for the Appalachian Mountain Club-New York/North Jersey chapter for the past seven years, Bob Fuller has been a key liaison between the Trail Conference and our biggest member club. In this role, he oversees the maintenance of 37 miles of trails at Harriman-Bear Mountain State Park by AMC trail volunteers.

Bob got an early start with the Trail Conference. At age 10, he helped out on Litter Day cleanup outings with Elizabeth Levers. Soon thereafter, he got involved with trail building and maintenance under Mike Warren, who was the Trail Conference trails chair at the time. It seems he never left us. An individual member since 1980,

Bob has helped field-check data for publications such as the *New York Walk Book*, volunteered on various trail building and relocation projects, and maintain trails in Harriman-Bear Mountain State Park.

After Hurricanes Irene and Lee wreaked havoc throughout Harriman-Bear Mountain, Bob was out weekend after weekend, with and without other volunteers, clearing trees and branches. He even trained two new maintainers during this demanding time. Without Bob's help during that challenging time, we would not have gotten the eastern section of the park's trails open and clear as soon as we did.

### Wappinger Greenway Trail Committee



For more than a dozen years, the leaders of this local committee have demonstrated exceptional dedication to creating a 10-mile marked walking route that links natural, historic, industrial, and business districts in the Town of Wappinger, Village of Wappingers Falls, and the Town of Poughkeepsie in New York's Dutchess County. This route includes a terrific 2-mile moderately strenuous woods hike along the Wappinger Creek, with a trailhead at a historic industrial park right in the Village of Wappingers Falls, two other access points a short walk from Metro-North's New Hamburg station, and a viewpoint overlooking the Hudson River. It also includes direct links to the County's Bowdoin Park that add another 7 miles of trails to the network.

The Wappinger Greenway Committee has been lucky in its leadership: Joe Ennesser, chair since 1999; Allan Michelin, an active member since 1995 and current delegate to the Trail Conference; Mary Schmalz, an active member since 1995; and Eileen Sassmann, secretary since 1999. Together, these leaders have worked with other volunteers, multiple government and non-profit agencies—including the Trail Conference—to protect land and create new parks, gain trailhead access via easements, build a foot-path, create trails signs, and promote the trail. Their leadership has been dedicated, persistent, visionary, and unshakable. We thank them for providing new opportunities for residents and visitors to get out, get moving, and explore their community.

### Mark Traver: Schoharie, NY, Long Path North Hiking Club



Since 2003, Mark has been club co-trail chair and maintainer and, since January 1, 2012, has served as club president.

Mark has brought tremendous enthusiasm and energy to our Long Path. In the last few years Mark has been responsible for the construction of at least six foot bridges in Albany/Schoharie Counties. He designed them so they were acceptable to the landowner (DEC), and they were pre-constructed at his house, which sped up the process greatly. He organized the work groups that put the bridges in.

Mark also maintains several sections of the LP in the Catskills and north and has built several sign-in boxes at lean-tos. At Vroman's Nose, a popular hiking area in Schoharie County, he has improved the parking lot area with signs, waterbars, and benches. He also has worked with an Eagle Scout candidate on a Long Path kiosk on Route 30 near Vroman's Nose, and recently helped out with the possible trail reroute through the Plotterkill. Mark leads hikes for his club and, since 2003, has maintained the LP section from East Windham to the Mohawk Canal.

## PAUL LEIKIN EXTRA MILE AWARD

Recognizes those volunteers who have demonstrated exceptional commitment to projects such as a book, map, or advocacy.

Three members of the Appalachian Trail Great Swamp Boardwalk construction team were given the Leikin Award this year—Robert Haas, Steve Klauck, and Frank Dogil. These crew members made a combined 200+ trips over 2½ years to the Pawling, NY, project site and contributed more than 1,500 hours of engineering, craftsmanship, and manual skills and labor to build the impressive 1,600-foot crossing of the Great Swamp.

### Bob Haas: Wappingers Falls, NY



Bob was a key member of the team that designed, planned, and built the Appalachian Trail Great Swamp Boardwalk in Pawling. Over the course of the 2½-year project, Bob made more than 50 trips to the site and put in more than 350 hours of work.

### Steve Klauck: Poughkeepsie, NY



Steve has been with the Dutchess-Putnam AT since 1989, and was a reliable boardwalk project member. He made over 50 trips to the site and put in more than 350 hours of work. Steve has maintained a section of the Appalachian Trail at Nuclear Lake since 1989.

### Frank Dogil: Poughkeepsie, NY



Frank, an AT corridor supervisor for North Dutchess County and an AT volunteer since 1997, was a dedicated member of the boardwalk team. Over 2½ years of construction, Frank made more than 75 trips to the site and put in more than 500 hours of work.

### Arthur Gardineer: Congers, NY



Totaling Arthur's volunteer hours requires an adding machine. He is a dedicated volunteer at everything off-trail. Whatever mailing or shipment you may receive from us, Arthur probably packaged it and mailed it. Any event you've attended in the past 5 years, he was there to assist us.

Almost every afternoon of every weekday, Arthur arrives at the Trail Conference office ready to give his time to help anyone with absolutely anything they might need. He treats every assignment with utmost seriousness, and treats everyone he works with respect.

A methodical worker, Arthur is known to find and correct others' mistakes, all while entertaining us with his encyclopedic knowledge of politics and geography. Arthur always goes the extra mile to offer his help, and often his lunch, to those working in the office. He has more than earned this award.

## LEO ROTHSCHILD CONSERVATION AWARD

Presented to a person or organization that has made a significant contribution to the protection of our trails and/or the natural lands that surround them.

This award was presented to the Basha Kill Area Association at its 40th anniversary celebration in September and announced in the Fall issue of *Trail Walker* (page 1).

## Trailside Nature

## Wintergreens Spotted or Not

By Edna Greig

Several species of low-growing evergreen plants native to our area add interest to the forest floor in winter. Two of these—wintergreen and spotted wintergreen—are widespread and easily found, especially when there is little to no snow cover to hide them.

### Wintergreen

Wintergreen (*Gaultheria procumbens*) is a ground-hugging shrub that grows up to six inches tall. Its oval, leathery, aromatic leaves are up to two inches long and grow in rounded clusters. It primarily reproduces vegetatively, by sending out thin horizontal stems just below the soil surface, and can form large clumps.

Wintergreen is common in dry, usually acid soils of oak and conifer woods. It's a member of the heath (*Ericaceae*) family, as are mountain laurel (*Kalmia latifolia*) and blueberry (*Vaccinium* species), and the three species often are found together.

Although wintergreen primarily reproduces vegetatively, it also reproduces via seed. In summer, the plants, especially those in brighter locations, have bell-shaped, white flowers. Fertilized flowers develop into pea-sized berries that mature to a bright red by October. Each berry contains up to 80 seeds. The berries are of poor nutritional quality and are not a first food choice of animals, so they usually remain on the shrub through winter.



Wintergreen (*Gaultheria procumbens*)

Wintergreen was the original natural source of oil of wintergreen, used in beverages and candies. It later was found that the bark of black or sweet birch (*Betula lenta*) was a more productive source of oil of wintergreen. Try crushing a black birch twig to release the pleasant wintergreen scent. Today, oil of wintergreen is produced synthetically.

The red berries of wintergreen give it another common name—teaberry. Both the berries and leaves were used by Native Americans and settlers to brew a tasty tea. Clark's Teaberry Chewing Gum, introduced in the early 1900s, got its unique flavor from the plant and became quite popular. If you were around in the 1960s, you might remember the Clark Teaberry Shuffle television commercials, in which

the refreshing gum spurred people to do a little dance to the music of Herb Alpert and the Tijuana Brass.

### Spotted Wintergreen

Spotted wintergreen (*Chimaphila maculata*) also grows in dry woodlands. Although not as common as wintergreen, it's easily identified. It grows three to nine inches tall and has conspicuous, whitish-veined, dark green, pointed leaves that are one to three inches long. The leaves aren't aromatic. Spotted wintergreen blooms in summer with white or pinkish flowers atop tall stalks. Dry, roundish seed capsules mature by October and may persist through winter. The capsules contain copious amounts of dust-like seeds. The seeds have a very low germination rate, so spotted wintergreen, like wintergreen, relies upon vegetative reproduction.



Spotted wintergreen (*Chimaphila maculata*)

The genus name, *Chimaphila*, means "loves winter," which seems appropriate for this little evergreen. The species name, *maculata*, means "spotted." It's a mystery how the species name arose, because the plant has no spots. In fact, the whitish veins on the leaves look like stripes, so another common name for the plant is striped wintergreen.

Adding to the confusion, the plant also sometimes is called spotted or striped pipsissewa because it looks similar to its relative, pipsissewa (*Chimaphila umbellata*). Pipsissewa has solid green leaves that are more rounded than those of spotted wintergreen. The two grow in similar habitats, but pipsissewa is far less common.

Native Americans used spotted wintergreen for a variety of medicinal purposes. In the early 1900s, spotted wintergreen was a natural flavoring in root beer and other beverages but has since been replaced by synthetic flavorings.

As you travel the trails this winter, look for our native wintergreens. And, perhaps enjoy a beverage or candy that got its start from one of these little plants.

Edna Greig is a Trail Conference member and regular contributor to Trail Walker. She writes the blog *Eye on Nature*: [eyonnature.wordpress.com](http://eyonnature.wordpress.com).



## MINK HOLLOW LEAN-TO

continued from page 5

prohibited in Wilderness areas, so the heavy replacement material—weighing more than 700 pounds in all—had to be carried in by volunteers hiking 3/4 mile and up 500 vertical feet on an abandoned trail from the northern end of Mink Hollow Road.

Work was scheduled for the weekend of October 20th and we lucked out with two days of perfect weather. On Saturday morning volunteers from the Trail Conference and the Catskill 3500 Club, supporters of the Memorial Fund, and the local DEC Forest Ranger, Christine Nelson, made multiple hikes to pack in the building material. Despite those exertions, we had energy left to remove the old cedar shingles, hammer down the first few rows of new shingles, and put down the new floor boards.

On Sunday, we hiked in and finished installing the new roof, re-stained the sides of the lean-to, and stained the new lean-to floor.

All in all, it was a great two-day project made all the more special by having supporters of the Memorial Fund working on the project. We were able to learn more about Christopher, his love of hiking in the Catskills, and the love of his family and friends following his untimely passing.

—Jeff Senterman,  
Catskill Program Coordinator

This project was part of Trail Conference's Lean-to Rehabilitation and Reconstruction Program for the Catskill Park. Other recently rehabilitated lean-tos include the Echo Lake and Diamond Notch Lean-tos and reconstruction of the John Robb Lean-to. If you are interested in learning more about the program, visit the Lean-to Crew page on the Trail Conference's website at [nynjtc.org/content/leanto-repair-and-maintenance](http://nynjtc.org/content/leanto-repair-and-maintenance).



## Putting the Brakes on Mile-a-Minute Vine

By Michael Adamovic



Can't see the forest for the *Persicaria perfoliata*

The Hudson Valley's terrestrial ecosystems are facing a threat today that could greatly alter the health and composition of our forests. The foe, which is capable of overwhelming our diverse native habitats, has the ability to grow up to 6 inches a day, and up to 20 feet annually! To make matters worse, the myriad seeds it produces are readily dispersed by birds and can survive in the soil for up to seven years.

Mile-a-minute vine (*Persicaria perfoliata*, also known as *Polygonum perfoliatum*) is an invasive plant from Asia that was introduced to the U.S. in the 1930s at a nursery in Pennsylvania. Since its release, it has been slowly creeping northward and can now be found throughout most northeastern states.

The Mile-a-Minute Project of the Hudson Valley was created in 2006 to document the spread of the vine and initiate control methods. Project partners actively compile sightings to create maps of the plant's distribution in the state to better understand dispersal rates. [The Trail Conference's Invasives Strike Force includes mile-a-minute in its Phase 2 surveys along hiking trails and makes the information available to the Mile-a-Minute project by submitting findings to the NY State Invasive Species database, iMapInvasives.]

To control the plant, 15,000 mile-a-minute weevils have been released at nine sites in southeastern New York since 2009.

During the past few years, the project has been releasing weevils (*Rhimoncominus latipes*) to control mile-a-minute. Native to east Asia, the mile-a-minute weevil co-evolved with the plant and is entirely host specific to mile-a-minute (MaM), meaning it will only eat this particular plant. The insects attack the plants and effectively skeletonize the leaves, thereby reducing the plant's fecundity. As a result, fewer seeds are produced, and as the plant is an annual, the following year fewer new individuals appear.

The tiny weevils have the ability to travel up to 10 miles a year and can follow MaM populations as they disperse. So far the weevils appear to be making a dent in existing populations. Hand pulls, however, are still occasionally conducted where weevils are lacking in order to further inhibit the spread of this vine that has the potential to become the kudzu of the North.

Dr. Edwin McGowan, the science director of the Palisades Interstate Park Commission and director of Trailside Museums and Zoo at Bear Mountain (and formerly Trail Conference science director), first learned about the possibility of using biocontrol to combat MaM in 2007 after hearing reports of successful trials done by the University of Delaware. Tired of the tedious and oftentimes pointless nature of pulling individual plants out by hand, he determined to implement a solution that would attack the MaM problem more effectively while cutting down on labor.

After attending meetings on the subject,

McGowan partnered with the New Jersey Dept. of Agriculture in 2008 to release weevils in the Palisades region of New Jersey. Receiving permission to release weevils in New York was more complicated and required new state and federal approvals. But with the assistance of Student Conservation Association intern Meredith Taylor, the team was ready to release weevils in New York by spring of 2009. Working with partners including NY Dept. of Environmental Conservation, Westchester County Parks, and New York State Parks, we have released approximately 15,000 weevils at nine sites in southeastern New York since 2009.

Most release sites show promising results, although it may take another five years or so for the weevils to make noticeable reductions in existing MaM populations. As with the spread of invasives themselves, it takes time for biocontrol agents to build up their populations and disperse to new areas. Another biocontrol project aimed at purple loosestrife took nearly a decade before widespread declines in the plant were seen, and the same can be expected with MaM biocontrol.

The future of invasive management may increasingly depend on the use of biocontrol agents. People are naturally concerned about possible unintended consequences of releasing another new organism to fight a problem species. While scientists can never be entirely certain that a biocontrol agent will not have unexpected impacts of its own, they have learned from past mistakes. Candidate biocontrol agents are selected based on host specificity and now undergo rigorous testing and quarantines before release.

The common public concern that biocontrol agents will eliminate their target host and then need to switch to related native species is usually unfounded. Typically, they merely reduce the abundance of the target invasive species and maintain it at lower densities, much the same as native pests limit native plants.

### Reporting Mile-a-Minute Sightings

The public can help identify new sites of MaM in our region. To learn more about the vine and how to correctly identify it, visit MaM website: [http://henri.newark.rutgers.edu/mam/index\\_MAM.html](http://henri.newark.rutgers.edu/mam/index_MAM.html)

- New sightings in New York's Hudson Valley can be reported to the project via a link on the above website.

- Sightings there and elsewhere in southeastern New York, especially along trails, as well as along trails in New Jersey, can be reported to the Trail Conference's Invasives Strike Force; email Linda Rohleder at [lrohleder@nynjtc.org](mailto:lrohleder@nynjtc.org).

- Sightings off-trail in New Jersey can be reported at <http://njisst.org>.

Michael Adamovic is the head coordinator of the Mile-a-Minute Project and is currently attempting to devise ways to further limit the spread of other invasive plants in the Hudson Valley.

The Mile-a-Minute Project of the Hudson Valley is affiliated with the Lower Hudson Valley PRISM.



# HIKERS' ALMANAC

A Sampling of Upcoming Hikes  
Sponsored by Member Clubs

Find many more hikes at [www.nynjtc.org](http://www.nynjtc.org). Click on Scheduled Hikes under Go Hiking!

## January

Tuesday, January 1

**SW. New Year's Day Hike in Northern Manhattan, NY.** Leader: Cy Adler and friends, 212-663-2167. Meet: Noon at 178th St. and Broadway, bus terminal information booth. Explore Inwood Hill and Highbridge parks, historic sites, hills, and shoreline of upper Manhattan.

Saturday, January 5

**SW. Six Mile Run Reservoir, Somerset County, NJ.** Leader: Ludwig Hendel, 718-626-3983; call only Jan. 4 eve. Meet: 9:30am at Port Authority Bus Terminal by commuter statue for bus to Franklin Park (round-trip). 8-9 miles, moderate pace along flat trails, farmland and country roads.

**AFW. Silas Condict County Park, Morris County, NJ.** Leader: For info and to register, contact us at [www.adventuresforwomen.org](http://www.adventuresforwomen.org) or 973-644-3592. Meet: 10am. Moderate hike; out by 2pm.

Sunday, January 6

**SW. Jones Beach Walk, NY.** Leader: Frank Bamberger, 718-457-5159, fbamberger@nyc.rr.com. Meet: Take 9:10am train from Penn Station to Wantagh, arriving 10:06 (check schedule for times). Drivers meet on eastbound platform (appreciate shuttle from Wantagh to beach). 5 miles on beach and boardwalk. Bring two portions of any food for gourmet feast. Walk to Roosevelt nature sanctuary on beach, then to Bayside for interesting birds.

Saturday, January 12

**AFW. Round Valley State Park, Hunterdon County, NJ.** Leader: For info and to register, contact [www.adventuresforwomen.org](http://www.adventuresforwomen.org) or 973-644-3592. Meet: 11am. Moderate hike; out by 2pm. We'll snowshoe if sufficient snow.

Sunday, January 13

**NYR. Outdoor Art in the City, NY.** Leader: Anna Marynowska, 718-384-2908. Meet: 9:15am at NE corner Bedford Ave. and North 7th St. (Bedford Ave. L train subway station). Walk through North Williamsburg and Greenpoint viewing local street art (graffiti) and new Transmitter Park, then to Long Island City and Roosevelt Island's new FDR park. We'll return to LIC and explore Queen's eastern coastline, parks and neighborhoods, looping back to Queens Plaza.

Saturday, January 19

**UOC. Princeton Art Museum and Walk, NJ.** Leader: Mimi Wolin, 732-249-9166. Meet: contact leader for meeting time and place. Visit a world-class art museum at Princeton University, then walk the campus and town, weather permitting.

## February

Saturday, February 2

**UOC. Historic Sites, Morristown, NJ.** Leader: Christine Meadows, 732-745-9074. Meet: contact leader for meeting time and place. Visit Washington's Headquarters and others sites in this National Historic Park, weather permitting.

**AFW. Governor Mountain, Ramapo Mountain State Forest, NJ.** For info and to register, contact us at [www.adventuresforwomen.org](http://www.adventuresforwomen.org) or 973-644-3592. Meet: 10am. Moderate hike; out by 2pm.

Sunday, February 3

**AMC-NY. Inwood Hill and Fort Tryon Parks, Manhattan, NY.** Leaders: Art and Nancy Tollefson, 212-727-8961, tolleffson@verizon.net. Meet: 10am at park entrance, Seaman Ave. and Isham St. (take A train to last stop, 207th St., walk two blocks west on Isham St.). 4 miles at moderate pace, with some modest hills. Hike in the last natural forest in Manhattan, with great views of the Hudson. Bad weather cancels. Great outing for beginners.

Saturday, February 9

**UOC. Natirar Park, Peapack, NJ.** Leader: Jane Faulkner, jerseyfaulkner@gmail.com. Meet: contact leader for meeting time and place. This huge 404-acre property, a former mansion and its grounds, is now a Somerset County park with lovely walking trails to enjoy year-round. Easy but scenic trails.

Sunday, February 10

**AFW. Bear Swamp Lake, NJ.** Leader: For info and to register, contact us at [www.adventuresforwomen.org](http://www.adventuresforwomen.org) or 973-644-3592. Meet: 10am. Moderate hike; out by 2pm.

Saturday, February 23

**AFW. Ramapo Torne, Harriman State Park, NY.** Leader: For info and to register, contact us at [www.adventuresforwomen.org](http://www.adventuresforwomen.org) or 973-644-3592. Meet: 10am. Moderate hike; out by 3pm.

Sunday, February 24

**NYR. Hillburn-Torne-Sebago Trail (HTS), Harriman State Park, NY.** Leader: Clive Morruck, 212-242-0931, cimorruck@aol.com. Meet: 8:15am at Port Authority Bus Terminal for 8:30 Short Line bus to Sloatsburg, NY (one-way). We'll take the Pine Meadow and Seven Hills trails to connect to HTS, then entire HTS passing Ramapo Torne and the Russian Bear, then over Diamond Mountain. Out to Tuxedo on TMI and RD trails. Hilly, moderately strenuous hike.

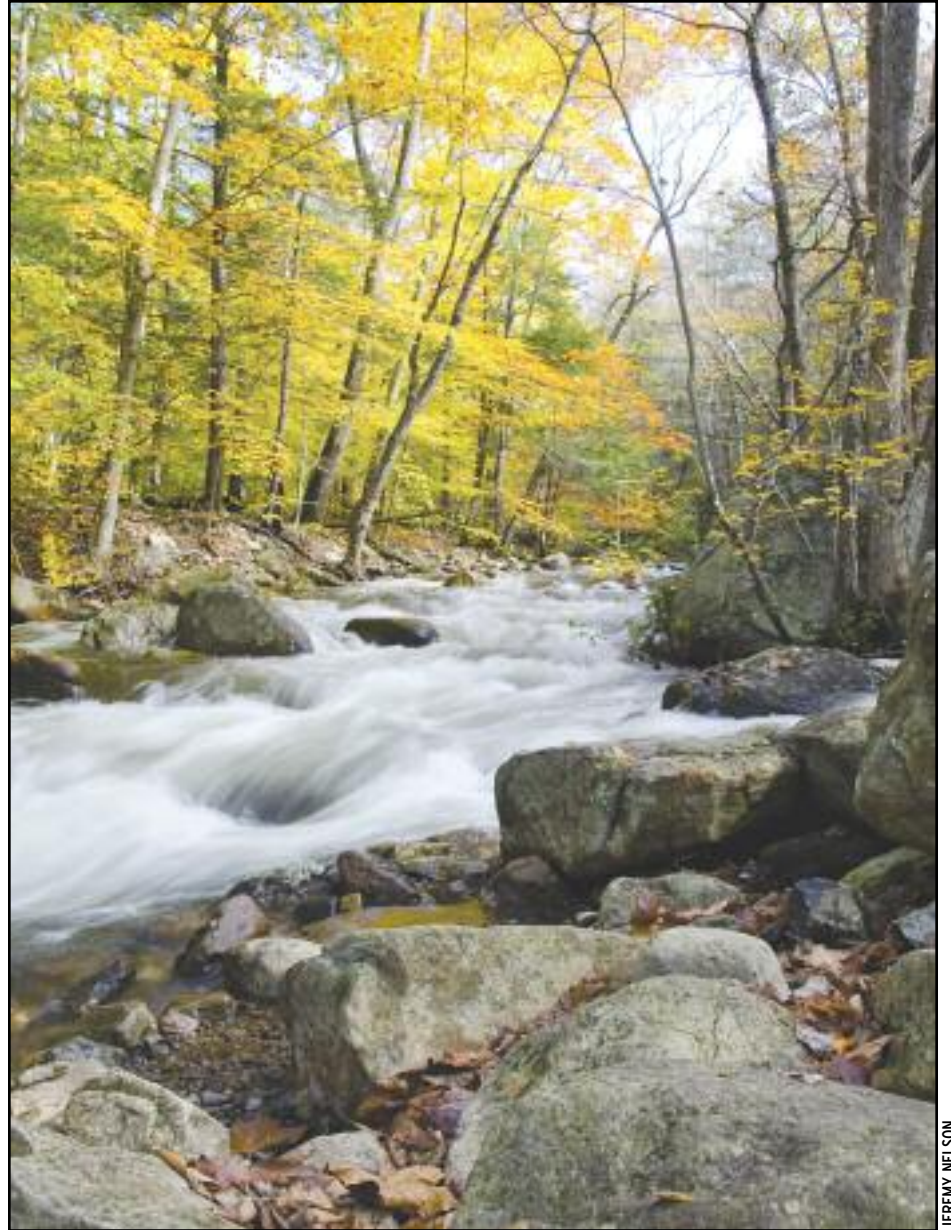
## March

Saturday, March 9

**AFW. Dater Mountain Loop, Harriman State Park, NY.** For info and to register, contact us at [www.adventuresforwomen.org](http://www.adventuresforwomen.org) or 973-644-3592. Meet: 9am. Easy hike; out by noon.

Saturday, March 16

**UOC. Landsdown Trail, NJ.** Leader: Coleen Zdziarski, 732-568-9241, cpt3769@aol.com. Meet: contact leader for meeting time and place. Landsdown is a rails-to-trails project developed on an old Lehigh Valley Railroad spur. One end is in Clinton, NJ. In addition to our walk, the group may add one of the historic museums to our trip.



JEREMY NELSON

Jeremy Nelson captured this fall scene at Harriman State Park during our second photo workshop led by Larry Zink. See more photos and read about the workshop and other topics at our Trails to Great Photography web page: [blog-photo.nynjtc.org](http://blog-photo.nynjtc.org)

Saturday, March 23

**NYR. Old Croton Aqueduct: Dobbs Ferry to Glenwood, NY.** Leader: Jim Korn, 212-697-4811. Meet: 8:40am at Grand Central Terminal for 9:00 Hudson Line train to Dobbs Ferry (one-way); check train times. Explore Reynolds Field, Hillside and Draper parks, Lenoir Nature Preserve, Untermeyer and Trevor parks, and JFK marina/park. Flat terrain.

**UOC. Mountain Lakes Preserve, Princeton Township, NJ.** Leader: Nona Henderson, nrhenderson@verizon.net. Meet: contact leader for meeting time and place. Hike on trails through this scenic area with lakes, looking for the first signs of spring.

Sunday, March 24

**AFW. Ringwood Manor, NJ.** Leader: For info and to register, contact us at [www.adventuresforwomen.org](http://www.adventuresforwomen.org) or 973-644-3592. Meet: 9:30am. Moderate hike; out by 2pm.

Tuesday, March 26

**AFW. Diamond Mountain, Harriman State Park, NY.** Leader: For info and to register, contact us at [www.adventuresforwomen.org](http://www.adventuresforwomen.org) or 973-644-3592. Meet: 10am. Moderate hike; out by 2pm.

Sunday, March 31

**AMC-NY. Tuxedo Favorites, Harriman State Park, NY.** Leaders: Art and Nancy Tollefson, 212-727-8961, tolleffson@verizon.net. Meet: 9:15am at commuter lot in Tuxedo, NY (Rt. 17N, right on E. Village Rd., left after tracks); or take 8:30 Short Line bus from Port Authority to Tuxedo (one-way). 9 miles at a moderate-plus pace, with rocky trails and hills. We'll revisit our favorite Harriman trails. Bad forecast cancels; call eve before if in doubt.

Find many more hikes on our website: [nynjtc.org/content/scheduled-hikes](http://nynjtc.org/content/scheduled-hikes)

The activities listed are sponsored by member clubs of the NY-NJ Trail Conference. All hikers are welcome subject to club regulations and rules of the trail. You are responsible for your own safety. Wear hiking boots or strong, low-heeled shoes. Bring food, water, rain gear, first aid kit, and a flashlight in a backpack. Leaders have the right and responsibility to refuse anyone whom they believe cannot complete the hike or is not adequately equipped. Easy, moderate, or strenuous hikes are relative terms; call leader if in doubt.

More than 100 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY-NJ Trail Conference.

### Club Codes

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

AFW	Adventures for women	SW	Shorewalkers
AMC-NY	AMC NY-NoJ Chapter	UOC	University Outing Club
NYR	NY Ramblers		

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to [tw@nynjtc.org](mailto:tw@nynjtc.org) or to the Trail Conference Office. The deadline for the Spring issue is February 15.

## Member Trail Tale

### Jewel in the Crown Ridge

By Catherine Gigante-Brown

My husband and I had wanted to hike the Crown Ridge Trail near Bear Mountain for years. But since the bulk of it crossed federal land, permission was rarely granted.

The Crown Ridge Trail was originally closed off to the public during World War II, and maps of the region were rare commodities. My friend Muriel had procured a murky Xeroxed reproduction, which she guarded like a bear sow. Group permits were granted like special dispensations from the Pope. Even USGS maps of the surrounding "Peekskill" and "Popolopen Lakes" regions deleted the trail from their handouts. There was a blank space on Peter's NY-NJ Trail Conference map where the path should have been.



The author and her husband Peter atop Joppenbergh Mountain in Rosendale, NY.

In 1995, we could hardly believe our good fortune when we read about an organized hike there. We immediately signed up. We found ourselves beside Jim, aka "Super Hiker." This was supposed to be a leisurely day trek, yet Jim's enormous pack was stuffed with every outdoor gad-

et imaginable. He carried enough home-made trail mix for a small Third World nation and toted enough water for an aquarium. He'd been everywhere and seen everything—twice.

After dipping into a notch, the Crown Ridge Trail climbed about 300 feet to a

wooded summit. Then it miraculously crossed an open ledge. The Hudson River stretched out lazily before us, undulating toward the shores of Manhattan Island. The gargantuan metropolis shimmered some 60 miles in the distance, the Emerald City in basic gray. The juxtaposition of steel and glass, the boxy wonders of the World Trade Center, and the jeweled tip of the Chrysler Building piercing the sky contrasted with the soft curve of Bear Mountain and newly-sprouted birch. We stopped to admire it. Even Jim was silent for a moment.

The weather was perfect. The views of the Hudson were astounding as West Point glittered below. The New York City skyline winked at us like a dream.

*Have a tale from the trail? Members are invited to submit their tales—350 words maximum—and a photo to Membership Manager Joanne Reinhardt: [jreinhardt@nynjtc.org](mailto:jreinhardt@nynjtc.org)*



## Pair Leaves Big Void to Fill at Sterling Forest



Suzan Gordon and Peter Tilgner

Suzan Gordon and Peter Tilgner of Tenafly, NJ, are stepping down as Sterling Forest Trail Supervisors after 14 very productive years volunteering in this state park. During their tenure, Suzan and Peter have been responsible for putting in seven new trails—including the popular Bare Rock Trail that features a fabulous overlook of Greenwood Lake—extending or relocating two others, and overseeing the 18 maintainers who help keep the park's trails cleared, blazed, and in shape for hikers. They have made more than 1,000 trail blazes and often helped the chainsaw crew of Jack Driller and Mark Liss to clear numerous blowdowns on the park's trails.

The couple, active members of the North Jersey Ramapo Chapter of ADK, met on a hike 20 years ago and have been hiking and trail maintaining together ever since. They will continue to maintain trails at the Tenafly Nature Center, and Peter also plans to continue to volunteer with membership mailings at the Trail Conference office. We thank Suzan and Peter for being such dedicated and effective leaders and strong supporters of the Trail Conference.

"It's been a good ride," says Peter. "Now it is time for a new person or persons to take on the responsibility."

Learn about this and other volunteer positions. Visit [nynjtc.org/volunteer](http://nynjtc.org/volunteer)



## Publishing for the Hiking Community: How You Can Help

Likely, you already know that **we are proud to call our trail maps and trail books the best**, most accurate, most up-to-date and user-friendly trail maps and books for our area. (See page 11, West Hudson Trails map set announcement for an example.)

### But do you know who creates them?

A group of trail-loving, trail-using volunteers that we call our Publications Committee, supported by staff and contractors.

Publications volunteers bring a variety of skills to our trails-focused publishing program, both traditional print and new electronic products. You may have such a skill, and if you are willing to put it to work for the good of our hiking community, we would love to help you get started!

- If you have marketing experience, you can help us improve our map and book promotion to the public and our retail store partners. **Our goal: Anyone who uses trails in our region should know about our products (and buy them).**

- If you have project management skills, you can help guide a map or book publication through to completion. **Our goal in 2013: On-time publication of 6 trail map sets and 4 books in both print and digital format.**

- If you have general knowledge of publishing, you can join as a committee member and help us continue to improve our publications program.

**Our goal: Provide hikers with the information they need to use trails safely and enjoyably in our region and to generate revenue to support the Trail Conference mission.**

- If you have experience with writing or editing, graphic design, cartography, and even website/app development, you may be able to contribute to the great work being done to provide hikers with the best information we can. **Our goal: Keep our products relevant to trail users in changing media and markets.**

For a complete listing of currently available volunteer vacancies related to our publications, visit our Volunteer Opportunities page at [nynjtc.org/vol-vacancies](http://nynjtc.org/vol-vacancies). Volunteer interests can also be communicated to our Volunteer Coordinator, John Leigh ([jleigh@nynjtc.org](mailto:jleigh@nynjtc.org)).

## VOLUNTEERS AT WORK



Woodbury, NY

JAKOB FRANKE

### Long Path Improvements in Woodbury, NY

On November 18 the Orange-Rockland Long Distance Crew (photo above) finished the rock steps on the LP below the railroad crossing over Rt. 32.

### Avon Cleans Up after Sandy

Post-Sandy clean-up took the place of planned clipping of mountain laurel and blueberry for six volunteers from the Avon company on November 2. Trail Conference members John Mack, Noel Schulz, Steve Zubarik and Jakob Franke guided two groups of volunteers along trails in Harriman State Park.

### West Jersey Crew Had a Busy Year

In 2012, the West Jersey Crew once again worked in several parks throughout West Jersey: Worthington State Forest, Jenny Jump State Forest, High Point State Park, Stokes State Park, and Wawayanda State Park.

The crew started the season a little earlier this year, with a post-Christmas reconstruction of a bridge on the Appalachian Trail in Wawayanda that had been displaced by Hurricane Irene (photo at bottom). In Worthington, the crew created a new relocation of the AT around Upper Yard's Creek Reservoir, so that it is now fully on protected land (and picked up a couple of great views). In High Point, they restored and hardened a badly eroded section of the Appalachian Trail. In Stokes, on the Howell Trail at the Big Flat Brook, the crew built stone

bridge abutments to replace the structures destroyed last fall by Hurricane Irene, and then retrieved the missing 35' bridge from 700' downstream and rebuilt it on its new foundation. Back in Wawayanda, the crew took to boats and chainsaws to address a log jam of debris from Hurricane Irene that had collected and was threatening the bridge the AT uses to cross the Pochuck Canal. In Jenny Jump, members of the crew began removal of blowdowns from Hurricane Sandy, with the Spring Trail cleared, but several more to be addressed.

Thank you to everyone who was part of the West Jersey Crew in 2012: Ian Blundell, Deb Brockway, Michael Cahoon, Gordon Campbell, Joan Campbell, Tom Carr, Anthony Como, June Como, Anthony DellaRocco, Gene Giordano, Heather Giunta, Jim Harvey, Mike Manes, Kieu Manes, Bill Martin, Gay Mayer, Chet Morris, James Mott, Lee Mott, Dan Murphy, Kevin O'Callahan, Eric Perlmutter, Steve Reiss, Barbara Simmons, Alex Sun, Bill Taggart, Linda Taggart, Tyler Urbanski, Jim Wright, Peter Zachariadis, Aleksey Zinger, Pete Zuroff.

Thank you also to all those who volunteered for the crew but weren't able to work because of the work days that they signed up for were rained or hurricaned out.

And finally, as always, a huge Thank You also to our NJDEP partners at the state parks, who consistently support our work. Without the working relationship we have with them, we would not be able to accomplish what we do.

—Monica & David Day, Crew Chiefs



Avon

JAKOB FRANKE



West Jersey crew members started 2012 off by restoring the Appalachian Trail bridge over the Wawayanda Creek.

WILLIAM TAGGART

## TRAIL CONFERENCE VOLUNTEERS

August 21 - November 15, 2012

The Volunteer Committee acknowledges these new volunteers who took on or completed an assignment during the time period noted above. The list also includes existing volunteers who accepted additional assignments. We thank all Trail Conference volunteers!

**AT Natural Heritage Monitor:**  
Tom Amisson, Neil DiBernardo, Ryan Hasko, Viviana Holmes, Charles Holmes, Don Horne, Stephen Howe, Peter Longo, Sona Mason, Larry Wheelock

**Publications Project Manager:**  
Eugene Reyes

**Trail Chair:** Doug Senterman

**Trail Co-Supervisor:** William Phillips

**Trail Maintainer:** Katy Behney, Leonard Behney, Tom Buckley, Lisa Cavanaugh, Jocelyn Coalter, David Dvorsky, Jakob Franke, Wendell George, Mary Hillel, Viviana Holmes, John Keith, Peter Kraus, Melinda Kutzing, Marcelle Layton, Yajing Li, Jeff Marino, Anna Marynowska, Theodore Marzilli, Linda Moskin, Andy Moss, Lee Mott, James Mott,

Tom Mullane, Kristina Padlo, John Pinto, Felice Preston, Kevin Prunty, John Roebig, Rick Rogers, Brett Schollman, Dustin Seippel, Karl Soehnlein, Barbara Sorrell, Mark Sotsky, Paul Waclawski, Jonathan Wagner, Paul Wallace, Andrew Wong

**Trail Shelter Caretaker:**  
Christina Audet, Peter Kraus, Lee Mott, James Mott

**Trail Supervisor:** Howard France, Kori Phillips

**Web Associate:** Franklin Chitwa

*Did we miss you or someone you know? Please tell us so we can correct our records and give you the thanks you deserve. Contact the Volunteer Coordinator via email: [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org)*

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August 28, 2012 - November 30, 2012

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Appalachian Mountain Club

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Tributes are only printed for donations of \$25 or more.



#### Dick Warner

Dick Warner, a long-time and influential Trail Conference member and volunteer, died November 2, 2012. He is remembered by many volunteers as a mentor. "Dick will be sorely missed. He was my first trail boss and showed me the ropes back in 1987," recalls Bob Jonas, Trail Co-chair for North Central New Jersey.

Ike Siskind was a friend and trail colleague to Dick for years. "We met through our joint membership in the then Ramapo Chapter of ADK. Dick always impressed me as a quiet, savvy, innovative guy, very capable and a dedicated volunteer. On Dick's 80th birthday, the Trail Conference threw a birthday party at the Weis Ecology Center. I was pleased to hear the accolades he received by some of the younger folks from his Trail Crew."

"I have been going through some of my collection of Trail Conference photos and cannot find any of Dick, writes former Trail Conference Executive Director JoAnn Dolan. "This is not surprising," she continues. "Just like his lean appearance, he was spare with words, and avoided the limelight."

"Dick was an established volunteer icon when I started working for the Trail Conference in 1980. He always reminded me of Sam Shepard. He had a similar physique, with that twinkle of intelligence and humor you could see in his eyes. Dick was a talented craftsman in his trail work, an extraordinary mentor of countless volunteers, and he exemplified the Trail Conference quality of quiet leadership."

"Dick was very open to ideas and embraced big projects and complex new trail systems with typical forward motion... getting on with the work!"

"He was a gentle spirit. I think about him frequently and will continue to."

The Trail Conference mourns the passing of this beloved volunteer.

## Staff Notes

### Goodbye to...

**Larry Wheelock, West Hudson Program Coordinator**, previously trails director

and before that, New Jersey field representative, retires as the most senior member of the Trail Conference staff. Larry began volunteering with the Trail Conference in the mid 1980s on a project in the Catskills at Kaaterskill Falls. He became a regular with the West Hudson Trail Crew, taking Metro-North to Cold Spring, meeting Crew Chief Bob Marshall, and working on projects throughout the region. He became a part-time staff member in 1998, managing a Student Conservation Association crew for the Trail Conference in the Delaware Water Gap. In 2000, he became a full time staffer, initially focusing much of his time and attention on the Appalachian Trail Pochuck boardwalk project in Vernon, NJ. Larry is a gourmet cook known to many Trail Conference members as the source of delicious home-made blueberry pancakes at our Annual Meeting. In retirement, Larry plans to travel and to be thoughtful about his next volunteer choices. "I'm not going very far," he says, hinting he may turn up on trail projects and even in the Mahwah office from time to time. He reveals himself as a fan of the *Hitchhiker's Guide to the Galaxy* series when he concludes, "So long, and thanks for all the fish." If you are considering a gift in Larry's honor, Larry would prefer that you make a gift to the Larry Wheelock Trail Crew Tool Room in our new headquarters. A secret admirer has already donated \$10,000 in Larry's name and another donor has offered to match every donation dollar for dollar until we reach the \$50,000 goal. Call the Trail Conference office to learn how to contribute in Larry's honor.



ANDREA MINOFF

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### Hello to...

**Jennifer Easterbrook, Headquarters Campaign Assistant**

Jennifer comes to the Trail Conference after two years as an AmeriCorps member with City Year Greater Philadelphia and time as a crew leader with the Student Conservation Association. Before joining the Trail Conference team, she worked as a field manager at New Jersey Environmental Federation, which works on environmental campaigns. Jennifer earned her B.A. in anthropology and sociology at Richard Stockton College of New Jersey in 2009. She resides in West Milford, NJ.

**Ama Koenigshof, Trail Builder/Educator**

Originally from Michigan, Ama received a bachelor's degree from Grand Valley State University in nonprofit administration. It was at GVSU and a student organization called Alternative Breaks that she found her love for environmental stewardship, trail building, and service learning. Since then, Ama has participated in and led trail maintenance and construction crews run by nonprofit organizations all over the country from Georgia to Tennessee to Washington to Colorado to Arizona to New Mexico to California to Maine to Pennsylvania and now to New York and

New Jersey. "I am excited to put down some roots with the New York-New Jersey Trail Conference and help in continuing the growth of the Conference's culture of volunteer learning and trail building/maintenance excellence," she says.

**John K. Leigh, Volunteer Coordinator**

John joins the Trail Conference after being a senior district executive with the Boy Scouts of America. Before that John was a philosophy and theater major at Rutgers University. He grew up backpacking around Harriman State Park as well as all over New Jersey and most of the Catskills. He looks forward to working with the volunteers of the Trail Conference.

### Desk Change

**Melissa Bean**, formerly program assistant, was promoted to Operations and Finance Assistant and took on her new responsibilities in late summer. She is very excited to grow with the organization, and has prepared for the challenges of her new position by hiking Mount Washington and getting her skydiving A-license. She has had to land her parachute in a baseball field only once.

# Traction Aids for Winter Hiking

By Howard E. Friedman, DPM



When George Mallory's sun-bleached body was finally found several hundred feet below the summit of Mount Everest 75 years after his fatal climb, at least one boot was still intact. One of the climbers who found the body radioed to base camp, "You can see the metal cops, bottom of his boot." Mallory climbed with metal spikes attached directly to the sole of his boots.

By the time Sir Edmund Hillary successfully climbed Mount Everest in 1959, 35 years after Mallory, heavy steel crampons were *de rigueur* for mountaineers. Crampons strap on to a climber's boots, often using a specialized binding, and have as many as 12 sharp metal spikes, sometimes serrated and often more than an inch long, to solidly grip into hard ice. When a misstep could be fatal, crampons are a necessity.

These days, outdoor retailers sell a variety of traction aids in addition to crampons, from coiled metal springs to short metal spikes affixed to an elastic band that can be pulled around the soles of boots or sneakers. Which traction aids should an adventurer with ambitions more modest than those of Mallory or Hillary use when winter hiking in our region?

## Friction and Traction

The daily act of walking, not to mention hiking, is made possible in part by friction – the resistance of the ground against the sole of a shoe or boot. The momentary friction underfoot allows the walker to remain stationary long enough to swing the other leg in the forward direction, place it on the ground, and then repeat the process. Dry ground provides enough friction for this

process to occur regularly; ice, however, provides little friction, which leads to slipping and falling.

Traction is the minimum friction needed to avoid slipping. Traction aids for walkers and hikers are designed specifically for use on packed snow or ice. For deep snow, snowshoes or skis would be more effective; for several inches of loose snow, with no ice, slipping is generally not a problem. Some devices are advertised just for walking, while others are marketed for running and hiking as well.

Traction aids stretch around the sole of a shoe or boot. Additional features to help stabilize the device to the shoe may include a Velcro strap that goes over the top of the shoe and a thin metal bar that fits around the front of the shoe. All such devices are easy to put on and take off.

Traction aids can be divided into two main categories: spike-less and spiked. One well-known maker of spike-less devices is Yaktrax. Their products feature coiled metal wrapped around elastic bands. The company website says the idea was inspired by a Sherpa in the Himalayas wearing a similar type device.

Most winter traction aids, however, feature metal spikes in one form and size or another. Even Yaktrax sells a hybrid device with both coils and spikes. The most popular traction aids feature aluminum or stainless steel spikes about a quarter inch in length. Microspikes by Kahtoola are one of the most popular traction aids and feature a web-like network of metal chains fitted with 10 steel spikes each 3/8 inch in length. Kahtoola also markets a "hiking crampon," which is lighter in weight than many other crampons but features metal spikes either three-quarters or one full inch in length.

Another popular product is Stabilicers, which feature replaceable steel cleats that affix to a rubber platform that straps to a shoe or boot.

## Which Device to Choose

No rigid guidelines currently exist to determine which winter traction device is best for hikers, though some principles will be helpful to consider. For ice-climbing, traditional crampons are required. They not only provide aggressive traction, but also have front-pointing teeth needed to ascend vertical ice walls.

For level walking on an ice-covered sidewalk, a spike-less device could be sufficient.

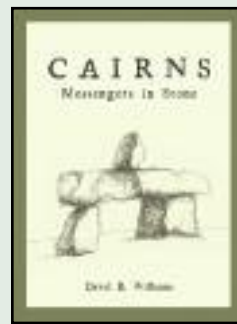
But on a trail, coping with uneven terrain and modest changes in elevation, a more aggressive rugged traction aid with spikes would be most effective. If one will be hiking over a mix of rock as well as ice or hard-packed snow, steel spikes will be more durable than aluminum. And if one plans to hike up or down steep routes, a longer spike will likely provide more traction.

A pair of hiking poles can also help to increase stability on slippery terrain.

*Howard Friedman E. Friedman, DPM, is an avid hiker, a podiatrist in Suffern, NY, and a frequent contributor to Trail Walker.*

## Book Review

**Cairns: Messengers in Stone**  
By David B. Williams



The Mountaineers Books, 2012  
Reviewed by Jonathan Beard

Most hikers in the Hudson Valley don't rely on cairns very much; we're used to blazes painted or, increasingly, nailed to trees. But the modest pile of stones marking the southern end of the Bockey Swamp Trail, where it meets the Red Cross in Harriman State Park, has been my friend for years.

Thanks to David Williams' discursive new book, we know a lot more about cairns, the roles they have played in history, and even their effects on ecology. He nicely balances three themes: cairns as markers, cairns in science, and cairns as spiritual totems.

Williams knows his science, and he begins by discussing the rocks themselves, because, for instance, cairns made of piled sedimentary rocks are different from cairns made of piled igneous rocks. Further, it turns out a surprising amount of information can be discovered by examining the surface of the rocks in any cairn.

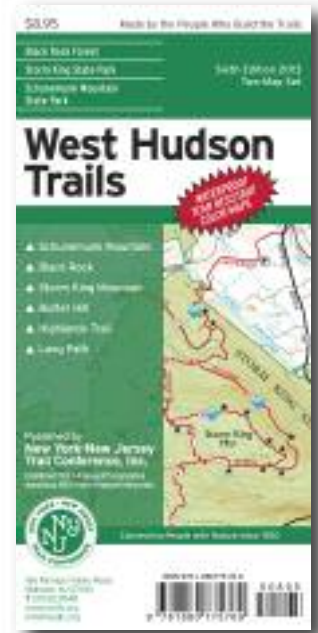
In deserts, scientists can sometimes date ancient cairns by measuring layers of rock varnish, the hard coating baked onto stone by the sun. In more temperate climes, the lichens on the various surfaces of a cairn's stones can provide an idea of when it was built. But that is just the human history of a cairn: even a small pyramid made of four or five stones piled up creates a new microenvironment. Not only do cairns enclose a shaded, moist habitat for bacteria, fungi and insects, they can also serve as refuges for rodents and the snakes that prey upon them.

Williams used to work as a park ranger out West, and he has, ironically, spent years demolishing cairns. At Hawaii Volcanoes National Park, visitors have damaged historic lava flows to build cairns. In Yosemite, National Park rangers beg tourists not to make so many cairns that they overwhelm the natural beauty. In 1975, he reports, the Massachusetts Department of Environmental Management, worried that the huge cairn marking the site of Henry David Thoreau's cabin was attracting vandals, took it apart, and put the stones in storage. This cairn at Walden Pond is an example of a commemorative cairn, rather than one marking a trail.

*Messengers in Stone* explains the many uses to which cairns are put: trail markers, cultural monuments, wayside shrines. Sometimes simple rituals are associated with cairns. From Indonesia to Mexico, and Korea to Papua New Guinea, he notes, you will find cairns at the top of steep climbs; walkers pick up rocks, transfer their fatigue to the stone, and add it to the pile—then travel on, unburdened.

## Expanded Sixth Edition of West Hudson Trails Map Set Now Available

The New York-New Jersey Trail Conference is pleased to announce the publication of the revised sixth edition of our **West Hudson Trails** map set. This two-map set covers trails and parklands west of the Hudson River in the Hudson Highlands of Orange County, New York. Nearly 70 miles of marked trails in Storm King State Park, Black Rock Forest, Schunemunk Mountain State Park, and other nearby parklands are shown, including over 10 miles of the Long Path and nearly 25 miles of the Highlands Trail.



The most significant enhancement to this sixth edition is an expanded map of Schunemunk Mountain, which includes the route of the Jessup/Highlands Trails and Long Path along the southern portion of the ridge and features a larger scale, making it easier to read. The map incorporates the recent relocation of the Long Path on Schunemunk Mountain and the resulting reblazing of the trail along the western ridge of the mountain. Trail descriptions with detailed mileage figures are now included in the text on the map back to provide additional guidance for trail users.

Additional viewpoints are now shown on the maps, and other minor corrections and changes have been made, making this new edition of the West Hudson map set the most accurate we have ever published. The maps include 20-foot contour lines, UTM gridlines, green overprint for public access lands, parking areas, and other points of interest. As always, the maps are printed in vibrant color on waterproof, tear-resistant Tyvek.

At only \$8.95 (\$6.71 for Trail Conference members), this comprehensive map set is a must-have for exploring these parklands in Orange County west of the Hudson River. To obtain the revised map set, shop online at [www.nynjtc.org](http://www.nynjtc.org), call 201-512-9348, or stop in at the Trail Conference office. The maps are also available on Apple mobile devices through the *PDF Maps* app. Visit [nynjtc.org/pdfmaps](http://nynjtc.org/pdfmaps) to learn more about this exciting digital map offering!

Visit [trailpubs.nynjtc.org](http://trailpubs.nynjtc.org) and click on the West Hudson Trails cover panel for additional resources, including suggested hikes, park contact information and much more.

*This map set was produced with support from North Jersey Ramapo Chapter of the Adirondack Mountain Club, a member club that leads outings in the area.*

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# Featured Hike



## A New Long Path in Orange County



The new route of the Long Path passes Orange and Rockland Lake.

We've been bringing readers lots of Long Path news in the past year, owing to the extraordinary efforts by volunteers to move 71 miles of it to better locations (less road-walking). In the course of late summer and fall, the biggest series of those moves, in terms of miles, was accomplished in Orange County. There, 30 miles of road walk has been reduced to about 16, and the trail now passes through a variety of parks, trails, towns, and scenic views. Ice cream can be had, as can a tour of the Harness Racing Museum and Hall of Fame (in Goshen).

Jakob Franke, Long Path co-chair with Andy Garrison, summed up the big reroute as follows: "In August we refurbished the Jessup Trail on Schunemunk Mountain (and co-blazed it with LP markers), and in September we blazed the section along Orange and Rockland Lake and the Heritage Trail [a rail-trail] to Middletown. On



A volunteer adds a Long Path blaze to the Heritage Trail, a rail-trail.

October 22, I explored the route through the village of Goshen, and on November 12, I blazed the route through Goshen and Hampton. The trail follows country roads for the next 13.4 miles to Mountain Road, on the Shawangunk Ridge."

The trail changes on Schunemunk Mountain are depicted on the new West Hudson Trails map set (see page 11). A link to a step-by-step guide to the entire Long Path is available on our website: [nynjtc.org/region/long-path](http://nynjtc.org/region/long-path).

This featured hike starts at the top of Schunemunk, where the LP meets the yellow-blazed Jessup Trail. For the purpose of this description, this junction is Mile 0.00. How you get to this point is up to you. To head north on the LP, which is also co-aligned with the Highlands Trail at this point, turn southwest at this junction.

**0.00** The LP junction with the Jessup Trail/Highlands Trail (HT).

**3.90** The Jessup Trail ends at the parking lot of Gonzaga Park (an Orange County Park). The LP and HT continue on Seven Springs Road.

**4.50** The trails turn right into the woods, passing several stone walls.

**5.25** The trails cross Rt. 208 and enter the woods near Orange and Rockland Lake. The trails reach the lake and follow the shoreline.

**5.65** The trails reach Museum Village Road; turn left, and follow the road, crossing under Rt. 17 (future I-86).

**6.10** Turn left into a commuter parking lot. The trails make a sharp right onto the Heritage Trail, which is an Orange County paved rail-trail.

**7.10** The HT leaves the rail-trail, while the LP continues on the rail-trail.

**11.25** The trail passes the town of Chester, which has eateries and ice cream.

**15.40** The trail reaches the Village of Goshen, where there is a creamery right next to the trail and lots of facilities in town. The trail turns right onto St. James Place, then turns left onto S. Church Street. At the light, the trail crosses Rt. 207 and follows the second road left (W. Main Street).

**16.10** After about 0.5 mile on W. Main Street, the trail turns sharply right onto a driveway, across from St. John's Cemetery. The trail then immediately turns sharply left onto the rail-trail, which is non-paved at this end.

**18.45** The trail reaches Hartley Road and turns right.

The trail follows country roads for the next 13.4 miles to Mountain Road, on the Shawangunk Ridge, and continues along the ridge northward for about 17 miles, following the route of the Shawangunk Ridge Trail, before it meets the old route of the Long Path in Wurtsboro State Forest.



JAKOB FRANKE

The Village of Goshen offers history, ice cream, and other treats for walkers.

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