



Spring Tool Tips for Maintainers

How to clean, sharpen, and make your tools last for years.

[READ MORE ON PAGE 5](#)



Hydration for Hikers

Is water enough? How much? When should you drink?

[READ MORE ON PAGE 9](#)



TRAIL WALKER

Spring 2013

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

www.nynjtc.org

First Section of Kaaterskill Rail Trail to Open June 1

Join us on National Trails Day

The first phase of the Kaaterskill Rail Trail project will end with the opening of a 1.5-mile trail section on Saturday, June 1, 2013—National Trails Day. Please watch our calendar of events on the web for details on the opening and plan to join us.

Creating a rail-trail link from the Village of Haines Falls in Greene County to the very popular North and South Lake Campground has long been a dream for many in the Catskills community. Given the rich history of the railroad and grand hotel era of this region, the project offers great potential to interpret the natural, historic, and cultural resources that have been and continue to be hallmarks of the tourist economy in the northern Catskills for generations.

This first completed piece of the trail fol-



JACOB FRANK

Kaaterskill Rail Trail volunteers still smiling after a day of hard work last season.

lows the abandoned Ulster & Delaware Railroad between the Mountain Top Historical Society property in Haines Falls and New York Forest Preserve land at the end of Laurel House Road, just above Kaaterskill

Falls. A large portion of the trail is along the edge of Kaaterskill Clove, offering multiple views of Kaaterskill Falls. The trail will be open to public use for non-motorized, multi-use activities.

Phase 2 of the project, currently in the planning stages, will provide a direct link to the existing Escarpment Trail and the North/South Lake State Campground, with a trail and bridge at the Laurel House site.

The Trail Conference conducted several trail maintenance and trail building workshops and work trips on the trail in 2012. We expect to adopt the Kaaterskill Rail Trail for regular maintenance following its opening; our maintainers already care for most of the trails on the surrounding Forest Preserve lands. The new trail is shown on map #141 of the new Catskill Trails map set (see page 11).

The Kaaterskill Rail Trail Committee comprises the Trail Conference, Town of Hunter, Greene County Soil and Water Conservation District, Mountain Top Historical Society, and the New York State Dept. of Environmental Conservation.

In Wake of Superstorm Sandy: 19 Newly Certified Chainsaw Volunteers

“Possibly the best training class I’ve ever taken. The cutting technique demos were excellent.”
— Bill Phillips

On January 26 and 27 we hosted a chainsaw certification course approved by the United States Forest Service for our volunteers. Our need for this class was made much more apparent than ever after the damages our trails incurred from Superstorm Sandy. The good people at the Dodge Foundation agreed and awarded us a grant focused on certifying new sawyers. Thanks to a donation of helmets, gloves, and chaps from Northeast STIHL, we were able to outfit the students with proper safety gear. The New Jersey School of Conservation offered to host the class, and

practice sessions were in the field on trails at High Point State Park. Instructors Jack Shuart and Peter Jensen were thorough and clear in their presentations on equipment, techniques, and safety.

The weather was frigid. Both days started with temperatures below 15 degrees, but that didn’t stop our sawyers. Once they had their coffee or tea and bagels, they were ready to learn. Our first day was spent primarily in the classroom listening to the details about saw maintenance, the art of the saw cut, and how to safely survey a work area. After that we went outside to fuel up our saws and learn the nuances of how to start them in below-freezing conditions. In the afternoon we surveyed the next day’s work site, discussing some of the things we had covered in the classroom.

On day two, we turned to hands-on learning. Our morning started with a quick overview of the previous day’s lessons, and then we were in the field practicing techniques on hazardous trees. We broke up into groups and took care of some intense blow down piles. Everyone had a chance to

show their ability to survey a site, understand compression and tension in a downed tree, and safely make their cut. At the end of the day we had a wrap-up session back at the classroom. After a one-on-one review with their instructor, everyone was on their way. We now have 19 new or better trained sawyers to help out on trails throughout our region.

— Jonathan Martin,
NJ Program Coordinator



Trail U student Samantha Hensen makes a practice cut.

TRAILS 2013 TRAIL U

See what we’re offering this year. Workshops for all skill levels.
nynjtc.org/view/workshops

Special note: If you are interested in learning technical rock-work skills at Bear Mountain, you MUST attend an orientation on Saturday, May 4. If you are interested in working with the Jolly Rover Technical Rock Work Crew, you MUST attend their orientation, Saturday, March 30.

Go Out with Our Volunteer Trail Crews
In all regions, from group trail maintenance trips to technical rock work. Find a crew or outing that is right for you.
nynjtc.org/view/trail-crew-outings

Other Trail Events
See what else is happening trail-wise.
nynjtc.org/calendar



Introduction to Trail Maintenance workshops will be offered in all regions.

Thank-you Stihl; Our Chain Sawyers Thank You
We thank Northeast STIHL for their donation of 10 new pairs of chaps, 15 sawyer helmets, and a box of gloves for our sawyers. The donation is valued at \$2,110.51, and the equipment was put to use at the January workshop.

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GEORGETTE WEIR EDITOR
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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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In between *Trail Walker* issues, you can keep up with trail news by subscribing to *e-Walker*, our twice a month (usually) electronic newsletter.

Go to our website and click the blue "Get Trail News Via Email" button.

Feedback

Corrections

In our page 1 story on the new Popolopen Bridge in the Winter 2012 Trail Walker, Doug Comeau is incorrectly listed as Dove Comeau.

Re: "Traction Aids for Winter Hiking," page 11 of that same issue: Edmund Hillary climbed Mount Everest in 1953, not 1959.

Re Sandy Cleanup

Via email

We, the co-chairs for Central North Jersey Region, must sing the praises of our incredible sawyers and swampers*. The devastation from super storm Sandy was mind boggling and there is still much work to do.

Without the tremendous help of these folks, many of our trails would still be closed to hikers. They heeded the call for help and in our region have given over 600 hours of labor to clear nearly 400 trees from our trails. They have worked in these New Jersey regions: Wawayanda State Park, Fanny State Park, Southern Wyanokies, Pequannock Watershed, Pyramid Mountain, High Mountain Preserve, Mountainside Park, and sections of Highlands Trail.



Willy Diaz, Tom Carr and Ted Schlesinger clearing overhanging branches, Terrace Pond South Trail.

Sawyers Extraordinaire: Rich Antonick, Adam Baker, Tom Carr, Dave Hogenauer, Michael Lenhardt, Ed Leonard, Max Lopp, Paul Makus, Bob Randhare, Bob Simpson, Ted Schlesinger, Pete Zuroff.

Swampers Outstanding: Alan Abramowitz, Ray Adam, Michelle Antonick, Pete Beck, Norm Blumenstein, Robert Campbell, Carolyn Canfield, Jim Canfield, Lenny Denheyer, Willy Diaz, Dennis Fordham, Ron Luna, Larry May, Joel McKenzie, Jim McCoy, Lee Mott, Glenn Oleksak, Henry Rust, Matt Sedlack, Carl Smith, Malcolm Spector, Gina Ullrich, Ray Wagner.

Many thanks!
—Bob Jonas & Estelle Anderson, co-chairs Central North Jersey Region.



Long Path crew members Thom Patton, Jakob Franke, Dave Booth, and Fred Shaw pause while on Sandy clean-up duty.

Editor's Notes:

1. Readers should add letter writers Bob Jonas to the above sawyer list and Estelle Anderson to the swamper list.

2. *What's a swamper? In trail lingo, a swamper is a person who is helping a sawyer (who should never be working on a trail alone). A swamper may help carry gear during a work trip, pull away branches, be first-aid knowledgeable, and be on the lookout for safety hazards to the sawyer.

On the Tenafly Nature Center website, February 20

After Hurricane Sandy, 100% of our trails were designated as "closed." On February 20, 2013, thanks to the tireless efforts of the NY-NJ Trail Conference crew that helps TNC staff to monitor and maintain our trails, 100% of our trails are "open." We're grateful for their work clearing over 275 trees from our trails!

One of more than 60 thumbs-up on our Facebook entry about our Tenafly Nature Center volunteers:

Great job! Your hard work benefits all of us and is appreciated.

—Paul Strasser, February 20

Thank You On Facebook

"Thanks for what you guys do. It's great to have an awesome organization helping people experience the great outdoors. Hiking is one of my favorite things to do and I wouldn't have known nearly as much about it without the Trail Conference. Cheers!"

—Robert Schablik, January 31

"Liked your page and connecting people with nature since 1920. Greetings from Nepal, the Land of Mount Everest"

—goodkarmatrekking.com, January 31

Re Sandy Cleanup

Editor's Note:

Owing to the varied ways our volunteers track their work, it is not possible for us to accurately name and acknowledge the many outstanding sawyers, swampers, and others who have given extraordinary service in clearing trails after Sandy. But all who enjoy trails should be aware that in the few months since Hurricane Sandy, volunteers—especially in northern and western New Jersey and southern New York west of the Hudson River—have given thousands of hours of their time, hiked hundreds of miles, and cleared thousands of trees and branches from our public trails.

Send Us a Letter

Email it to 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.

We thank these sponsors of our Winter 2013 Meeting

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Sunday, June 9 Save the Date for Our Summer Trails Gathering



Hikes-Workshops-Lunch-
Trails Talk-Business Meeting
At Arrow Park, Monroe, NY
(Orange County)

Watch our website for details
and to register.

nynjtc.org/calendar



From the Executive Director



A Smart Company Should Want a Smart Building

A little more than a century ago, the New Jersey State Federation of Women's Clubs

fought to prevent quarry companies from destroying the scenic Palisades cliffs. The states of New Jersey and New York formed the Palisades Interstate Park Commission and the United States Congress ratified the bi-state pact. Prominent families stepped in to purchase lands and donate them to the park. Eventually, the Trail Conference got involved, creating trails at the top and bottom of the cliffs. The Palisades Interstate Park was recognized as a National Historic Landmark and as a National Natural Landmark, and the parkway as a New Jersey Scenic Byway.

For a century, municipalities north of Fort Lee, where I-80 crosses the George Washington Bridge, have been good stewards of this rare Bergen County open space by preventing tall office buildings from looming over the park. All was well until 2011. That's when the mayor of the borough of Englewood Cliffs encouraged LG Electronics, a giant (\$50 billion in 2011 sales) consumer electronics company, to relocate its various offices into a single cam-

pus on a 27-acre, previously developed property located across the parkway from the Palisades Interstate Park. Unfortunately, the plans revealed that the campus included an ill-advised 145-foot tall tower, more than quadrupling the 35-foot zoning limitation.

At the planning board hearings on the proposal, many concerns over the visual impact on the park were summarily dismissed. Our own board member, Daniel Chazin, clearly warned that,

"... these cliffs were preserved in large part to protect the views from the river and New York. ... in addition to people in New Jersey enjoying them and being able to walk along the cliffs; ... the building is too high and the height should be reduced in some way, because this would be the first intrusion of a building north of Fort Lee. And also the fact that the building is built of glass ... makes it even more visible with glare and other factors, and makes it fit in even less to the environment ..."

Unfortunately, these concerns, echoed by many at the hearings, were not taken seriously. The borough issued what amounted to "spot-zoning" variances, which were then challenged in court by local citizens. To avoid the "spot-zoning" claim, the borough then created a zone overlay that allows tall office buildings along the Palisades for nearly two miles north of the George Washington Bridge.

Recognizing that the prospect of a single skyscraper looming above the Palisades

Interstate Park was morphing into a catastrophic prospect of more than a mile of skyscrapers, the Trail Conference joined the New Jersey State Federation of Women's Clubs and Scenic Hudson in filing a lawsuit against the larger zone and also joined the local spot-zoning lawsuit.

In the ensuing months, LG along with borough and county officials, have gone public touting the benefits of the building to the local economy and belittling detractors as outsiders who are only interested in views from across the river in New York.

The Trail Conference's logic is that, since there are very few pristine vistas in this, the most densely developed region in the nation, we should be very assertive in protecting each one. Just as we focus our invasive plant management on relatively un-invaded parklands in order to maintain their botanical integrity, we need to focus on the visual invasions of viewsheds to maintain the scenic integrity of our favorite parklands. Just as the towers south of the George Washington Bridge are being used as justification to permit this building, the LG Tower, if built, will be used as justification for more tall buildings along the Palisades.

So the height of this building is really important. The decisions made now will determine the character of the Palisades in the next decade and century.

We ask LG and the borough to reduce the height of the building to well below tree level. Changing the floor height from

18 feet to a more typical 12 feet would make the building less than 100 feet tall. And, with 27 acres available, there is room to expand horizontally without compromising capacity.

Supporters of the current design call it a win-win for the economy and the environment citing the project's goal of LEED certification. But that is not the opinion of the coalition of diverse groups mobilized against the building's height. Reducing the height to minimize the visual impact would make it a true win-win, validating LG's decades-long presence as a corporate citizen of New Jersey and the region. Such a decision by LG would be in keeping with the generations who have worked and contributed to preserving this precious landscape.

My hope is that, as a consumer electronics and appliance company, LG Electronics will listen to public opinion. A company that makes smart phones can build a smart building. But they need to hear from all of us, right now, loud and clear and continuously until they make the right decision.

You can help by responding to our alerts on this issue and joining our coalition at www.protectthepalisades.org.

— Edward Goodell
Executive Director
goodell@nynjtc.org

GET INVOLVED Conservation Committee Safeguards Key Trail Lands

Since 2010, the Trail Conference's Conservation Committee has been actively working to permanently protect lands that Trail Conference trails cross. This protection can take different forms, including purchasing land outright, being the catalyst for other organizations to make such purchases, as well as negotiating permanent trail easements and conservation easements.

The committee's focus is largely on three major long-distance hiking trails—the Long Path, the Shawangunk Ridge Trail (SRT), and the Highlands Trail. In the past few years, the Conservation Committee spearheaded efforts with the Open Space Institute and the Orange County Land Trust which resulted in the preservation of two critical links for the SRT totaling 525 acres. One was the 435-acre Ridgeview property in Orange County, preserved in 2012 (see Fall 2012 issue of the *Trail Walker* and photo below). Another was a 90-acre property which the county had taken over due to a property tax delinquency.

Recently, the committee engaged The Land Conservancy of New Jersey to help source opportunities—and funding—for conservation along the Highlands Trail in New Jersey. And, discussions with Gary Haugland, HT East Chair, about opportunities along that trail in New York's Putnam County may help create new trail linkages there.

Funding for the Trail Conference's land acquisition work comes from our Land Acquisition and Stewardship Fund (LASF), which was capitalized in the early 2000's through a capital campaign, and which has now conserved 4,670 acres through outright purchase (2,116 acres) or by assisting other agencies to acquire land (2,558 acres). The committee always seeks to leverage outside sources of funding, either through partnering with other entities or through transferring conserved lands to the States of New York and New Jersey.

The Conservation Committee is a highly skilled and fun group of volunteers, supported by staff, and chaired by Seth McKee, who has over 20 years of experience in conservation and currently works as Scenic Hudson's Land Conservation Director. The other members include:

- Joe Altavilla, an attorney with experience in environmental law;
- Jakob Franke, Chair of the Long Path Committee and of the LP Trail Crew, with many years of experience negotiating with property owners along the trail;
- Andy Garrison, Co-chair of the LP Committee and Chair of the Shawangunk Ridge Trail Crew, who knows the ridge like the back of his hand;
- Gaylord Holmes, Vice-Chair of the Trail Conference's board of directors, with years of experience in the finance industry;
- Richard Katzive, Trail Conference board member, a retired attorney with many years of experience in the local land use approval process.

The Conservation Committee is always happy to have new members interested in helping to safeguard trail lands. For more information, contact Seth McKee at sethmc@hvc.rr.com.



Long Path volunteer Dave Booth stops by a pond on the preserved Ridgeview property in the Shawangunks.

Three Grants to Help Us Enhance Public Access to NJ Parks and Trails



High water at former Long Pond Ironworks Bridge over the Wanaque River.

The New Jersey Dept. of Environmental Protection (NJDEP) has awarded the Trail Conference two Recreational Trails Program (RTP) grants for 2013. A third grant, from NJ Green Acres, supports a collaborative land preservation project.

The first RTP grant will allow the **Trail Conference to create electronic and print versions of park maps for New Jersey state parks in the northern region.** The maps will be distributed free of charge at park entrances, visitor centers, and via the internet by both NJDEP and the Trail Conference. Maps will be available for the following state parks and forests: Abram S. Hewitt, Allamuchy Mountain/Stephens, Farny, High Point, Hopatcong, Jenny Jump, Kittatinny Valley, Long Pond Ironworks, Norvin Green, Ramapo Mountain, Ringwood, Stokes, Swartwood, Wawayanda, and Worthington.

The second RTP grant will allow the Trail Conference to **replace an essential, washed out bridge in a high traffic area over the Wanaque River at Long Pond Ironworks State Park (LPISP).** The bridge connects the LPISP trail network to that in Ringwood State Park. The bridge was taken out by extreme high water conditions and the now-missing link in the trail system poses an immediate safety hazard as it is located in a popular, high-traffic area. At present, the only existing way around the fast-flowing river is a three-mile detour involving a walk along a busy highway. With the loss of this bridge, three major trails were cut off and

made impassible, including the 150-mile-long Highlands National Millennium Legacy Trail. In an effort to prevent future washouts, the Trail Conference will install an improved bridge, including new abutments that will elevate it.

The Trail Conference is one of five organizations that will receive New Jersey State Green Acres funding in 2013 for a project to conserve 607 acres in the Ramapo Mountains. Governor Christie approved the grants on January 21. **Each of the five organizations will be awarded a \$250,000 matching grant for the Ramapo Mountain Conservation Area project in Bergen County.** The other awardees are Bergen SWAN (Save the Watershed Action Network), Fyke Nature Association, the New Jersey Audubon Society, and Ramapough Conservancy. The groups are working with the Land Conservancy of New Jersey, Bergen County, and Mahwah Township to increase holdings for Ramapo Mountain State Forest, Ramapo Valley County Reservation, and Ringwood State Park. The project aims to create additional access points to the county and state parks, buffer waterways (the Ramapo River and several smaller streams run adjacent to or within the properties), and protect state endangered species.

Learn more about the RTP funded projects at nynjtc.org/news/trails-grants-NJ-2013.

Notes from the Field

Bear Mountain

Ama Koenigshof
Trail Builder/Educator and
Bear Mountain Project Manager
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Are We There Yet?

A lot of work has been put into Bear Mountain trail improvements over the past six years, on the Appalachian Trail (AT) and other trails. More than 40,000 volunteer hours have gone into finishing 15,000+ linear feet of trail, 1,604 rock stairs, and 9,820 square feet of crib wall. The Lower East Face of the AT, the Accessible Summit Loop, and South Side trail section have been completed. The results of our efforts are magnificent and awe inspiring. We are certainly building trail that will hold up under millions of hikers and last through the ages.

What's Left?

Several improvements that are part of the overall project are yet to be finished. The restoration of the Major Welch Trail, begun last season, will be completed this year. The relocation of the Upper East Face of the Appalachian Trail will also continue this season (and beyond).

Other remaining projects are: restoration of the Suffern-Bear Mountain Trail; building a link from the Suffern-Bear Mountain Trail to the Lower East Face of the AT (in the pine flats area, for those familiar with the trail); and constructing a Trails for People exhibit and accessible trail at the base of the mountain, behind the Inn.

This Season

This year's work season on the project will actually begin some distance away—at Harriman State Park Group Camp LT-1, off of Long Mountain Road/Rt. 6, where we house Bear Mountain interns and volunteers. The camp is in need of repairs and renovations, and we will be working on those in April. Volunteers are welcome.

Trail work on the mountain will begin on Saturday, May 4, with our annual Bear Mountain Orientation, followed on subsequent weekends by a series of Trail U workshops. While training is provided every work day, individuals with no trail building experience who wish to work on the project are REQUIRED to attend the orientation and at least two other Trail U courses on Bear Mountain (one of which must be Tool Use and Safety) and commit to volunteering at least two days a month through the season. Anyone who has extensive trail building experience and/or has already taken these workshops can contact me and ask to be excused from this requirement.

Get Involved

We will be working Wednesday through Sunday, from 8:30am to 4:30pm, until October 13. After October 13, work trips will be on weekends only, as weather allows. Work will consist of a variety of tasks, such as: prepping work sites, quarrying stone, using an overhead highline to transport stone, creating crushed stone (with mash and sledge hammers), building crib walls, setting rock steps, and splitting stone.

Check our web calendar (nynjtc.org/calendar) for Harriman Camp LT-1 Restoration and Maintenance Crew work trips, Trail U schedule, and Bear Mountain Trails Project work trips. Contact me, ama@nynjtc.org, for more info.

West Hudson



JACOB FRANKIE

Volunteers in the West Hudson region, including John Bradley seen in this photo taken in December, continue to reblaze trails on Schunemunk Mountain as part of the Long Path relocation project. The Western Ridge Trail, formerly blazed as the Long Path aqua, is now orange. The Long Path now descends the western side of the mountain to follow the Heritage Trail from Monroe to Goshen.

Catskills

Jeff Senterman,
Catskills Program Coordinator
jsenterman@nynjtc.org



Winter is a time for us to focus on off-trail work, and we have been doing plenty of planning, advocacy and educational work for the Catskills. That work has included cosponsoring the first legislative lobby day to raise awareness of the Catskill Park (see article on page 7), spearheading the creation of a Catskills subcommittee for the Forest Preserve Advisory Committee, working to finish Phase 1 of the Kaaterskill Rail Trail (see article on page 1),

securing approvals for continued work on the Long Path over Romer Mountain, and working with our partners to plan trail crew and training opportunities for the spring.

What Are the Catskills Worth?

Plenty, according to a new study, prepared by Brian Zweig of Business Opportunities Management Consulting and commissioned by the Catskill Center for Conservation and Development, Catskill Mountainkeeper, and Catskill Heritage Alliance, which finds that recreational opportunities on the Catskills' publicly owned State and New York City lands plus private lands open to the public, draw over 1.7 million visitors annually. They create an economic impact of \$46,207,000 and

support 980 jobs. Add those who come to enjoy other privately held lands, and the total number of people choosing the Catskills for recreation each year is almost 2.5 million, creating an economic impact of \$114,768,000 and supporting 2,413 jobs. Our Executive Director Ed Goodell was a panelist at the public forum presenting the study on January 31 at the Olive Town Meeting House.

Trail Updates

Long Path on Romer Mountain – Watch our trail crew calendar for work trips on the new section of the Long Path over Romer Mountain, Cross Mountain, and Mount Pleasant. In addition, we are expecting to hold week-long work trips on the interior sections of the trail.

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 this spring.

Training, Outreach and Coordination

Make sure to keep your eye on the Trail University calendar to catch workshops in the Catskill Mountains on Trail Maintenance, Trail Layout and Design, and Trail Building. We are also hoping to schedule a wilderness first aid course for the region sometime in 2013.

New Jersey

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



Volunteer Openings

For those of you who are interested in becoming more involved with the Trail Conference, please contact me or John Leigh, our Volunteer Coordinator. We have quite a few openings in New Jersey that we need to fill. Northwest Jersey Chair, Lenape Chair, High Point State Park Supervisor and Southwest Highlands Trail Supervisor are just some of the positions that are currently vacant. For more details about these positions, please check the "on-trail opportunities" section of our website.

Sandy Cleanup

It seems like every day we receive reports either from sawyers who removed trees from the trail or from maintainers or the general public who noticed another tree in the way while out hiking. Getting our trails cleared is going to be an ongoing effort and will require as much help as we can get. Keep an eye out on our Trail University calendar for chainsaw certification courses and cleanup crew trips. The more folks we have certified, the sooner we can get our trails back in shape.

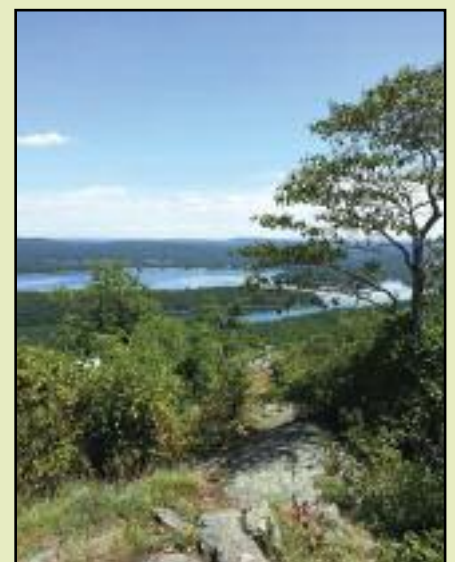
Tennessee Gas Pipeline

Be aware of trail closures across the state throughout the course of the year as a result of the Tennessee Gas Pipeline expansion work. As of February, work was underway in Ringwood State Park and all trails there were closed until at least mid-April. Work is scheduled to move westward through the year. We will announce trail impacts on our

website as we learn of them. Maps of the pipeline route are on our website (search for "Tennessee Gas Pipeline"); consult park staff to find out if and when the trails you want to hike will be affected.

Weis Ecology Center

Although NJ Audubon has closed the Weis Ecology Center in West Milford as a cost-cutting measure, the closing will not affect access to the trails in Norvin Green State Forest. The land that the center exists on is preserved by the state Green Acres program, and the property cannot be developed. The Trail Conference has been asked to continue to maintain the trails that are accessed via the Weis Ecology Center property. A special thank-you to our volunteers who stayed attentive to this issue and made sure our trails questions were answered. While we are sad to hear that the center is closing, we can confidently say that trails will remain pro-



View from Wyanokie High Point

tected, allowing hikers to experience views like the one seen above at Wyanokie High Point.

Spring Tool Tips for Maintainers

Maintainers: Get Your Tools Ready for the Spring Trail Season

Give your old tools a sprucing up, and make them the best they can be for 2013! Regular cleaning will extend the life of your tools and make them—and you—more effective on the trail!



Cleaning

- Keep the metal heads of your tools clean to protect them from metal-eating rust. All you need is a wire brush and some elbow grease. Wearing safety glasses and gloves, scrub the dirt off the metal heads of your tools until they shine. It is helpful to hold the tool in place using a vice, or have a friend hold it while you scrub.
- On loppers, it can be helpful to use fine steel wool to clean the blade.
- Saw blades should not be cleaned with a wire brush. Instead, dab a solvent such as mineral spirits on a rag and use it to clean off stubborn sap.
- If your tools have wooden handles, clean the handles to keep them from drying out and cracking. Just wipe the handles with a damp rag.

Sharpening

Sharpening is an art. Know your tools and know the limits of your personal skills and knowledge. Feel free to experiment with sharpening, but think twice before doing so on an expensive or historic tool. Get a professional mentor! Get a few professional mentors! Wear gloves and safety glasses and secure the tool in a vice or the hands of a friend.

It is important to keep loppers, axes, mattocks, and even shovels sharp. A sharp tool requires less force to get the job done, and thereby reduces the risk of injury to the user. Sharp loppers, clippers, and saws also produce cleaner cuts that are healthier for plants.

- Use a 10-inch mill bastard file (found at your local hardware store) to sharpen most of your maintenance tools. These files have forward-facing teeth, which work best when pushed. Pulling a file directly backward will bend and ruin the teeth. You want to use long push strokes across the entire surface you are sharpening rather than a short sawing motion. Push the stroke of your file along the length of the tool edge you are sharpening, following the factory bevel with even downward pressure and utilizing the entire length of the file. Lift off file and repeat. Metal shavings will clog the file over time, decreasing the file's cutting ability. You can clean out your file with a metal brush or a file card. Hitting the file against a hard surface to knock loose metal shavings can crack and break your file.
- Anvil-type loppers, which are meant for cutting woody and dead growth, have a double beveled cutting edge on one blade that closes down on a flat anvil on the other. Hold the loppers with the cutting blade facing away from you, find the blade bevel, match your file to the bevel angle, and stroke away from the cutting edge from base to tip. Turn your loppers over with the cutting blade toward you, find the blade bevel, match your file to the bevel angle, and stroke into the cutting

edge from base to tip. It is important to keep the same bevel angle on both sides of the blade. If you do five strokes on one side of the blade, you should do five on the other side.

- Bypass type loppers, which are meant for cutting live growth, have a single beveled cutting edge that passes by a flat anvil. Holding the handle of the cutting blade, find the blade bevel, match your file to the bevel angle, and stroke into the cutting edge from base to tip. Stroking into the cutting edge prevents the creation of a burr.
- For mattocks, hold the head between your knees with the mattock side out and the pick or cutter side toward your crotch. Hold the handle under your armpit or between your shoulder and head or better yet put the head in a vice. The bevel on a mattock should be on the underside of the head. Match your file to the bevel angle and stroke the entire length of the bevel with the entire length of the file. Lift file and repeat. While sharpening mattocks, you can use more pressure downward on the file to remove more metal in order to remove nicks from the cutting edge. Mattock blades see a lot of damage from hitting rocks, but benefit greatly from being kept sharp as then they can chop easily through roots that they would otherwise bounce off of.
- The sharpening of saw blades is dependent on the type of saw. Know your saw. Some folding or arborist saws can be sharpened, while others are tempered too hard to sharpen and the only option is to replace the blade when dull. Most bow saw blades are easily replaceable, but if you want to get a little more life out of a blade, sometimes you can offset the teeth by bending every other tooth slightly in the opposite direction with a pair of needle-nose pliers. If you do this correctly, when you look down the blade of the saw you will almost see two rows of teeth. Note: this should only be done on "shark teeth." Leave rakers (double pointed teeth) straight.

Preserving

- Motor oil will prevent the metal parts of your tools from oxidizing and rusting, which pit and weaken the metal. Wearing gloves, put a dime-sized dollop of motor oil on a rag and wipe down metal tool heads.
- To protect saw blades, use a spray and wipe of WD-40 rather than motor oil, as it is a lightweight cleaner and lubricant.
- Linseed oil soaks into the pores of wood and helps keep the wooden handles on your tools from denting from compression or cracking from dryness. It also gives the wood a nice shine. Wearing gloves, put a dime-sized dollop of linseed oil on a rag and wipe down wood handles. If you are too generous with the linseed oil, just wipe off the excess with a clean rag and give it time to soak into the wood.



Safety reminder: Dispose of oil/mineral spirit soaked rags in a safe manner. Do not leave them in your home or garage.

- Take care of your tools in the field!
- Sheath them.
- Don't saw dirt and rocks.
- Use tools for the jobs they were made for.

Check our Trail U calendar for upcoming tool maintenance courses!

—Tips compiled by Ama Koenigshof, trail builder and educator

New Trail Tool Offers Changeable Heads; Great for Clearing Water Bars

Do you maintain a section of trail with water bars? Need to clean them out but don't want to carry a heavy pick or cumbersome shovel with you for your entire maintenance trip? There is a new tool on the market that might just solve this problem for you.

This all-in-one trail tool is the Trail Boss by Trail Insight. It is marketed as "the packable trail working tool that YOU can order around." It features a segmented fiberglass handle that comes in 12 or 16 inch lengths that are lightweight, packable, and easy to assemble. You can purchase various interchangeable heads such as a McLeod, rogue hoe, axe mattock, pick mattock, shovel, and Corona 13" Razortooth pull blade to quickly attach to the fiberglass handle and get to work. Screw it all together and one minute you are using it as a pole saw to cut a hard-to-reach low hanging branch, and the next you are going to town cleaning out a drainage with the rogue hoe.

Trail Insight is owned by a trail volunteer, who was looking for a solution so he made a few. Check it out at trail-insight.com



Trail Boss



Trail Boss components pack neatly into a day pack.

Essential Trail Tools for Maintainers

By Paul Makus, Supervisor - Southern Wyanokies



Whenever I get to meet with a new maintainer there are some tools that I show them for clearing fallen trees, branches, and brush. After maintaining trails for a few years, I've found three tools, in addition to hand clippers, that are necessary to carry with me: loppers, a folding hand-saw, and a larger pruning saw.

My main requirement when shopping for these tools was that they had to be as light as possible, and yet be able to perform most of the tasks necessary for clearing branches and small blow downs from the trails. When clearing the trail, the first tool



There have been times when I've had to clear larger trees and branches; that's when I turn to the larger 18-inch Fiskars pruning saw (Model 93646966J, about \$22) weighing 19 ounces. Although I have cleared a few trees 8 to 10 inches in diameter with this saw, once the fallen trees are that large it's time to put in a request for a sawyer. (Contact your supervisor.)

These three tools together weigh only 2.6 pounds. If you leave out the pruning saw, your total is still only 1.4 pounds, which is not a heavy burden, and you can handle almost all of your tree and branch clearing requirements.

Now you have room in your backpack for carrying other necessary indispensable items, such as lunch.

This article was originally published in Trail Worker, our newsletter for trail volunteers, Nov. 2011. Find back issues on our website.



I already have in my hand: hand clippers. There are many types and styles from which to choose, subject mainly to personal preference. I use hand clippers that fit into a pouch on my belt.

Most of the branches overgrowing a trail can be cut using the hand clippers, but when a branch is too large for them, the next tool in my arsenal is the Fiskars brand loppers (Model 7972, about \$29). These loppers are only 15 inches long and weigh only 13 ounces, but are geared to easily cut through branches up to an inch in diameter. You have to hold them in your hand to appreciate how light and compact they are.



Volunteer Profile Gene Giordano

By John Leigh, volunteer coordinator

If someone wants to talk about the evolution of the hiking trails in the New York-New Jersey border area, Gene Giordano would be a primary resource. Since the mid 1980s, Gene has played an active role in Ringwood State Park as our volunteer Trail Supervisor, and for almost as long, has served as chair of the New Jersey Appalachian Trail Committee, AT Trail Chair for New Jersey, and chair of the Warwick, NY AT Committee.

Gene got his start trail volunteering after attending a workshop run by the late Dick Warner, a mentor to many of our volunteers. Gene described the seminar as a general information session; afterwards, Dick convinced him to start as a maintainer. It wasn't long before he became the supervisor for Ringwood State Forest. After decades of volunteering in numerous locations, Gene still calls Ringwood one of his favorite places, and he continues to maintain a trail there.

In his time of volunteering with the Trail Conference, Gene has enjoyed meeting some great people, many of whom he calls friends. These include Trail Conference volunteers, AT thru-hikers, state park officials, and mountain bikers. Gene is a firm believer in cooperation among user groups; "everyone who uses trails needs to work together to protect the trails" he says.

When not volunteering with the Trail Conference, Gene chairs the Warwick Appalachian Trail Committee, last year

spearheading the town's designation as an Appalachian Trail Community by the Appalachian Trail Conservancy.

When not attending to trails, Gene is a professional musician, playing classical guitar and other string instruments and teaching music, especially to children, in Ringwood and Warwick. He has also volunteered with the Boy Scouts of America and the Ringwood Ambulance Corps.

In 2011, the Trail Conference honored Gene's contributions to trails by giving him the Hoferlin Award for exemplary service to trail maintenance, management, and/or trail land protection.

TRAIL CONFERENCE VOLUNTEERS

volunteers@nynjtc.org

Nov. 15, 2012 - Feb. 26, 2013

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!

Camp Repair Manager: Duane Card, Allen Jaeger, Mark Kern, Kenneth Levitt, Tom Mastellone, Timothy McElwee

Office Program Assistant:

Kate D'Angelo, Susan Barbuto, Lori I. Baumann

Maintainers: James Abadie, John T. Bradley, David Burch, Paul Cashen, Brian Collins, Timothy Connelly, Lenny Denheyer, Jakob Franke, James Hoch, Hank and Kathy Keirse, John Keith, Fred Langevin, David Lucas, Jonathan Martin, Andy Moss, Bruce Neely, Thomas R. Patton, Glenn Patterson, Eric B. Perlmutter, Keith W. Scherer, Ted Schlesinger, John Tedeschi, Roger and Jessie Vellekamp, Andrew Y. Wong

Trail Co-Supervisor:

David Esmond

Trail Supervisors: Charles Teuscher, Connie Duquette, Michael Fuhrman, Richard Jobsky, Thomas R. Patton

Call for Nominations for Awards

Members may nominate individuals for Trail Conference awards. Award winners are honored and recognized at our Annual Meeting. Cut-off date for recommendations is **July 1, 2013**. Please send nominations (with supporting statements) to the Volunteer Committee at awards@nynjtc.org.

View the list of past award recipients on our website: www.nynjtc.org/content/award-winners

The Volunteer Committee comprises Dan Van Engel, Chair, and Robert Jonas, Ken Malkin, Jane Daniels, Chris Connolly, and Estelle Anderson.

Send nominations with supporting statement to awards@nynjtc.org

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Do You Bank at TD Bank? If so, your TD account can result in a donation to the Trail Conference, at no cost to you.

What if you could make an extra donation to support the Trail Conference, without spending any additional money? If you belong to TD Bank, you can. The Trail Conference has teamed up with TD Bank's Affinity Membership Program, which provides annual cash donations for every Trail Conference member who banks with TD. Best of all, there is no cost to you as a Trail Conference member or to us as an organization.

Here's how it works: TD Bank will donate an amount equivalent to a percentage of the annual balance in every one of our members' accounts. Checking, savings, money market, CDs, and retirement accounts are all included! And, there is no limit on the amount of the potential donation to the Trail Conference!



Is TD Bank already your bank? If so, please let us or your TD Bank representative know that you want your account linked to the Trail Conference's Affinity Program. That's all you have to do in order to start making your TD Account support the work of the Trail Conference. If you'd like more information on making TD your bank, please call 888-751-9000 or visit www.tdbank.com

Recognizing the hard work of all of our volunteers.

By John K. Leigh IV

Volunteers!

Your hard work and dedication does not go unnoticed. As of mid-February, with some reports still not in—we have almost 70,000 hours of volunteer service recorded for 2012. As a small token of our appreciation for all you do, the Volunteer Committee plans to give you a Trail Conference t-shirt. We plan to start sending them in April to trail supervisors and committee chairs. From there they will go to maintainers and committee members.

Wear your t-shirt with pride, and let the

world know the role Trail Conference volunteers play in providing the public with a great trail system in our region.

Trail Users!

As you walk along the trails this spring, take a minute to think about all the hard work and dedication that goes into building, maintaining, preserving, and promoting the trails. Often, people tend to

take trails for granted and never really think about how much work goes into them. Whether blazing a new trail, writing a new book, editing a map, or doing any of a myriad of tasks, our volunteers help ensure that good things happen for trails.

So, if you see someone wearing a Volunteer t-shirt from the New York-New Jersey Trail Conference, please take a moment and thank them.



Incident at Horse Chock Bridge



A bad pole broke before placement.

Things were going great on February 17. Boy Scout Johnny Waffenschmidt was leading Troop 2002 of Nyack, NY, and friends and family, toward completion of his Eagle Scout project: a new bridge on the Long Path across Horse Chock Brook in Harriman State Park. Ama Koenigshof and Chris Reyling ran a fine high-line clinic, the breakfast and lunch were great, and the first pole was put in place flawlessly. But then, when the team lifted the second pole, it broke! Dejection all around, though better to find out we had a bad pole *before* putting it into place rather than after. A new pole was ordered and the project was completed on March 9.

—Jakob Franke, co-chair Long Path Committee



One new pole and two work trips later, the Scouts had successfully replaced the bridge. Thanks to all. Happy Hiking!

Trailside Nature

Sassafras the Mitten Tree

By Edna Greig

Sassafras (*Sassafras albidum*) is a common tree native to the eastern US that grows in open woods and fields. It's easily recognized during the growing season by its unique trio of leaf shapes. Some leaves are oval and unlobed. Others have three lobes, with the middle lobe being the largest. Finally, there are the mitten-shaped leaves, having one large lobe and a smaller side, or thumb, lobe. Mitten leaves can be either right- or left-handed. The variety of leaf shapes, and their position on the stems, may be an adaptation to maximize photosynthesis rates. Lobed leaves are most effective at photosynthesizing and are found in greatest numbers where sunlight is brightest.



Trees have either male or female flowers.

In our area, sassafras is usually a small to medium-sized tree. It has a straight trunk with reddish-brown furrowed bark and many contorted, horizontal side branches. The branches end in smooth, forked, green twigs that turn reddish when exposed to light. The twigs have a spicy aroma when crushed. In early spring, before the leaves appear, the ends of the twigs bear loose clusters of attractive, mildly fragrant yellow flowers. Sassafras is dioecious—each tree has either male or female flowers. The bright green, aromatic leaves emerge as the flowers are fading.

Fruits mature in August or September. The attractive, single-seeded fruits are dark blue, about 1/2" long, with thick red stalks. Birds and mammals devour the fruits, leaving the red stalks behind on the tree. Sassafras ends the growing season with spectacular autumn colors that can range from yellow to orange to red to purple.

Sassafras is a pioneer tree species—it colonizes abandoned fields or forest patches that have succumbed to fire, storms, or pests. The seeds are dispersed by birds and can remain viable in the soil for several years until conditions are suitable for germination. Once a small sassafras tree has become established, it continues to expand outward, via underground runners, and can form large, dense thickets. Sassafras can thwart successional plant species from taking over because of its aggressive sprouting as well as through allelopathy—the release of chemicals that inhibit seed germination and plant growth. If other tree species suc-



Varied shapes of sassafras leaves.

ceed in overtopping it, sassafras will eventually die out because it cannot tolerate shade.

Wildlife feeds on more than just the fruits of sassafras. Deer, rabbits, and woodchucks browse the twigs and leaves. The spicebush swallowtail butterfly uses only sassafras and spicebush (*Lindera benzoin*, a shrub in the same plant family as sassafras) as its larval host plants.

Native Americans used sassafras for many medicinal purposes. When Europeans arriving in the late 16th century observed this, they began to search for, harvest, and ship sassafras back home, hoping that it would be valuable for treating all sorts of illnesses. Sassafras turned out not to be the hoped-for panacea, but the bark of the roots was brewed into a tea. The bark contains oil of sassafras, which also was used as a flavoring and to scent perfumes and soaps. The FDA banned oil of sassafras as a food additive in the 1960s because it caused cancer in laboratory rats. Despite the health risk, some people still drink sassafras tea. The mucilaginous leaves of sassafras also are dried and ground fine and added to gumbo, giving the dish its unique flavor and texture.

Sassafras wood is light and brittle, but durable and shrink resistant. It was made into fence posts, barrels, buckets, and



Early spring flowers are fragrant.

small boats. The aroma of the wood was thought to repel bed bugs, so it was also used in bed frames.

Forest stands that were opened up by Hurricane Sandy may be ideal colonization sites for the aromatic, mitten-leaved sassafras.

Edna Greig is a regular contributor to Trail Walker. Find a link to her blog, Eye on Nature, on our website.



iMapInvasives Spring Training Sessions

Help track invasive species in NYS!

Information about invasive plants in New York collected by Trail Conference volunteers through our Invasives Strike Force, is added to a state-wide database called iMapInvasives. This is an online mapping tool that supports efforts to protect New York State from the threat of invasive species.

Our ISF volunteers and others, including hikers, land managers, citizen scientists, and educators, are encouraged to help keep the map up-to-date and accurate by reporting invasive species locations and survey efforts. Conservation professionals can also use the system to manage detailed information about infestations and treatments.

Training is required to enter data, and the iMapInvasives team will be offering free training sessions throughout New York this spring. In the Lower Hudson PRISM region, the training is set for May 29,

12:30pm-4:30pm at the Desmond-Fish Library in Garrison.

Visit www.NYiMapInvasives.org for schedule details and to register. Please contact imapinvasives@nynhp.org with questions.

iMapInvasives in New York is managed by the NY Natural Heritage Program. The Lower Hudson PRISM program is managed by the Trail Conference.



Volunteers can learn iMapInvasives data system at May 29 workshop.

Dean Cobin Puts Our Parks in Best Light

Photos by Dean Cobin, text by Larry Zink



Tiorati Brook at Harriman State Park

In the fall of 2012, on a beautiful foggy morning, I was shooting in Harriman State Park. The combination of weather and colors brought out many other photographers looking to take advantage of the near perfect conditions. While wandering around looking for different perspectives, I struck up a conversation with a photographer by the name of Dean Cobin.

Talking photography, equipment, and about other locations within the park, it became apparent that Dean knew his craft. While his day job allows him to travel and shoot in exotic locations, his love for our local parks, such as Harriman, became evident in our conversation. Whether in Harriman State Park, the Catskills, or further north in the Adirondacks, his body of work shows our parks in their best light. I hope you are inspired by his images. To see more of Dean's work, check out his website www.deancobin.com.



Fall, early morning, Lake Tiorati

Photographer Larry Zink edits our Trails to Great Photography blog at <http://blog-photo.nynjtc.org> and leads seasonal photography workshops with the Trail Conference. Check nynjtc.org/calendar for the schedule.

Catskill Park Awareness Day Helps Educate Lawmakers on the Importance of the Catskill Park



On February 5, 2013, representatives from the Trail Conference, including Executive Director Ed Goodell and Senior Program Coordinator Jeff Senterman, the Catskill Center, and the Catskill Mountain Club, visited with members of the New York State Legislature and the Executive Officers from the Department of Environmental Conservation (DEC) to raise awareness of issues surrounding the Catskill Park.

The 12 attendees urged officials to move forward on a number of issues identified as important to the health of the outdoor recreation-based economy in the region:

- Creating a new recreational plan for the park;
- Constructing the long-promised Catskill Interpretive Center;
- Encouraging NYS Dept. of Transportation to continue its signage program in the park;
- Promoting transfer of some New York City lands to the Forest Preserve;
- Pressing DEC to release a long-planned contract to increase volunteer efforts in the park; and
- Requiring individual permit review should hydrofracking be allowed within the park.

In addition, attendees used the recently published economic study that showed that public lands in the Catskill Park bring in 1.7 million visitors, \$46 million dollars and support almost 1,000 jobs in the Catskill Park, to show the importance of the connection between recreation and local economies.

This first Catskill Awareness Lobby Day in Albany went well and our groups look forward to growing the effort in the future.



Meet One of Our Newest Member Clubs: HIKE for Mental Health

Sometimes Less Is More.

HIKE for Mental Health sponsored many hikes in 2012, ranging from seven-day section hikes of the A.T. in New Jersey to summit scrambles up Mount Washington in New Hampshire. Among all these hikes, however, the shortest—a two-mile Veterans' Day walk on the Pochuck Boardwalk—stands out.

Participants on that hike donated a self-help book about mental health to the behavioral ward of a V.A. hospital caring for returning service men and women.

As the hospital's nurse who requested the books said, "Our ward is strictly behavioral health and all our patients are active duty. Most carry their battle scars on the inside and we have the fleeting opportunity to care for them in their crisis time. If you could provide any of the listed literature, I promise I will ensure it reaches the right hands. If even one is helped, it would be magnificent."

While the hike itself was great—a clear autumn day with golden marshland surrounding us—the real reward came weeks later when thank-you notes from the hospital began to arrive to participating organizations.

One note read, "Each day I am at work exceeds the previous day in amazement at you and your wonderful volunteers! Today I lost count of the many boxes of goods for our heroes. Thank you all!"

Another said, "You are touching hearts and minds! They look in awe as the many gifts arrive and see that they are cherished and remembered. This is such a morale booster as well as an opportunity to change mind sets."

In 2013, HIKE for Mental Health will again sponsor many amazing hikes. And again, hikers will be awestruck by what a difference something as simple as a walk in the woods can make in the lives of others.

About us: A 501(c)(3) nonprofit organization, **HIKE for Mental Health** sponsors fundraising hikes to increase awareness of and raise funds to research causes, treatments and cures for mental illness. A fifth of the money raised goes to preserve hiking trails. In January, we awarded the Trail Conference \$1,500 to support its mission. There is no fee to join our hikes. For more information, visit www.hikeformentalhealth.org or email inquiries@hikeformentalhealth.org.

—By Leo Walker



Hydration for Hikers

By Howard E. Friedman, DPM



Item #1 on the Trail Conference's list of 10 Hiking Essentials (nynjtc.org/content/10-hiking-essentials) is Water—generally, "two quarts per day per person in every season."

"Fluid loss is heightened in winter as well as summer," the advice continues. "Don't put yourself in the position of having to end your hike early because you have run out of water."

I would add health and safety considerations to this advice. Under-hydrate and risk weakness, muscle cramps, increased cardiovascular strain and, in severe cases, the need for intravenous fluids or worse. Over-hydrate and risk headache, vomiting, fatigue, confusion, and in the worst case, death. Runners have died in both the Boston and London Marathons from over-hydration.

Yet experts disagree on the best indicators for staying properly hydrated. One leading sports physician group advises endurance athletes to calculate their fluid needs and schedule hydration methodically. Another group advises reliance on our built-in thirst mechanism to signal the need to hydrate. No specific guidelines exist for hikers, but many of the principles outlined for runners can be applied to a long day of hiking.

What the Experts Say

The Institute of Medicine of the National Academies suggests that total water intake for men is about 3.7 liters/day while

women need about 2.7 liters, with more required during prolonged physical activity. (One liter is equal to about one quart.) Total water includes all beverages, water, and water contained in food. Several physician associations have published hydration guidelines specifically for marathon runners.

The American College of Sports Medicine downplays the role of thirst and recommends that marathon runners estimate the amount of fluid they will need and drink measured doses throughout the day. They note that thirst is a late sign indicating the body is already dehydrated.

To calculate hourly fluid loss, experts recommend weighing oneself first thing in the morning naked and after urinating, running (after dressing) at race speed for one hour, weighing oneself afterward while naked, and adding in the amount of fluid consumed during the run. The difference in weight can be used to calculate a "sweat rate," the approximate volume of water one will need to replace each hour.

The International Marathon Medical Director's Association (IMMDA), on the other hand, states emphatically that thirst is the best way of knowing when to drink. The IMMDA feels that turning off the thirst mechanism by drinking consistently, even at pre-measured amounts, can lead to dangerous over-hydration.

Fluid Loss

Sweating is the primary mechanism by which our bodies prevent overheating during physical activity. As sweat evaporates from the skin it creates a cooling effect. People can lose between one half to two liters of sweat per hour during intense exercise, with a loss of one liter per hour common for runners.

Athletes are advised to stay within their "hydration zone," losing no more than about 2% of their body weight from fluid loss. Sweating one liter equals losing about two pounds of body weight. A 150-pound person running for four hours could lose 6% of body weight if she does not replenish any fluids, resulting in severe dehydration.

Determining if one is well hydrated is not readily obvious, and one might not know how much fluid is lost while running or hiking. A normal color of urine, neither too dark nor too clear, is an indicator of proper hydration. And thirst is a clear indi-

continued on page 11

Member Club News

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

Union County Hiking Club Celebrates 75th Anniversary

The Union County Hiking Club (UHC) traces its origins to the 1930s, when the Union County Park Commission sponsored nature walks in county parks. Eight people subsequently took these walks a step further, meeting to organize longer, more strenuous hikes. By 1939, a year after its founding, the club's schedule listed 21 events. In 1949 there were 38. Our 75th Anniversary schedule this year, from January to June 2013, contains 200 events. Not bad for a club of 620 members!

In 1942, having grown to 25 members, UHC joined the Trail Conference. We were assigned eight miles of the Appalachian Trail to maintain in the Bearfort Ridge area, plus two miles of connecting trails. Today, the club continues to maintain more than 8 miles of the AT in two sections, in Wawayanda State Park and in Orange County, NY.

Hikes, walks, and trail maintenance eventually led to other activities—weekends became popular events and children often participated: hiking/swimming at a 4H camp in Stokes State Forest, an annual fall foliage weekend in Connecticut, canoeing on New Jersey's serpentine rivers, skiing in Vermont, bicycling near and far, square dancing.

At first, club hikes were held only on Saturdays; then we branched out to include Sundays as well. A significant UHC expansion occurred in 2004, when the Frost Valley Trail Walkers dissolved and their leaders, members, and weekday schedules were blended with UHC's. Another group, the Kittatinny Trailwalkers, also joined Union County, adding alternate Thursdays to the club schedule, which now covers six days a week, with Fridays off to allow members a day to get out and scout new hikes (a little joke).

Through the years, Union County Hiking Club has maintained a friendly, helpful, "family" setting for people to enjoy the outdoors. The combined experience and knowledge of club members is really amazing. It's a wonderful club! Come and join us, and help us gather even more happy memories.

—by Nancy Wolff, with material from notes by the late Bill Myles

MidHudson ADK Hits 65th Year

The Mid-Hudson Chapter of the Adirondack Mountain Club celebrated its 65th anniversary at its annual holiday party in December. One hundred of the chapter's 750 members enjoyed live music by the "Lost in the Woods" ensemble of Poughkeepsie, dinner, a slide show of recent outings, and recognition of several long-time members.

Among the latter was Jane Geisler, who joined the club in 1949, two years after its founding, and went on to become its legendary Trails Chair: "I heard that there were weekend hikes offered by this group over at Vassar College," Jane reminisced. "I've been active with the club ever since." When asked why a person might join the Mid-Hudson chapter today, Jane exclaimed, "Well, you get to see every notable place on both sides of the Hudson River! You meet the most interesting people from all professions," and, perhaps with pun intended, she added, "and all walks of life!"

In 1947, a nucleus of people, mostly Vassar College faculty members and close friends known as the Dutchess County Trail Club, enjoyed weekend walks and tea hikes. Spearheaded by Ed Nixon, then director of the Roosevelt Presidential Library in Hyde Park and an ADK Club President, the group applied for and was chartered as the Mid-Hudson Chapter of ADK on November 15. Then, as today, participants hiked in all seasons throughout the Hudson Valley and in the Shawangunk, Catskill, Taconic, and Adirondack Mountains. Early traditions included Palm Sunday services at St. John's in the Wilderness in Harriman Park, New Year's Day party, the post-hike tea, and the "three-decker" outing which included a hike, terrace dancing, and supper. During the 1950's the chapter expanded outings to include backpacking, camping, and canoe trips.

Today, Mid-Hudson ADK offers a multitude of activities at all skill levels—hiking, biking, cross-country skiing, snowshoeing, kayaking, canoeing, backpacking, camping, and trail maintenance (Appalachian Trail in Dutchess, Long Path in Ulster, Finger Lakes Trail in Sullivan, and at Locust Grove historic site in Poughkeepsie).

Check out the list of upcoming activities on the chapter's website, MidHudsonADK.org, or join the MeetUp site at www.meetup.com/Hudson-River-Valley-ADK-Outdoors-Recreation-Conservation. As 60-year member, Adrienne Wiese, enthused at the 65th anniversary dinner, "It keeps you young!"

—by Skip Doyle, MHADK publicity chair

We welcome these five new member groups!

Friends of the Hackensack River Greenway in Teaneck, NJ
Currently maintains 3.5 miles of greenway in Teaneck.

Korean Hiking Club of Flushing, NY
Weekly hikes for members, mostly in Harriman State Park.

Quality Parks of Port Jefferson, NY
Group restores and rehabilitates trails, mostly on Long Island.

Salt Shakers Trail Running Club of Andover, NJ
Club organizes runs, including fund-raising events, and trail work.

Sullivan County Audubon Society, Loch Sheldrake, NY
Club offers nature walks and lectures to the public.

Does Your Group Support Trails in Our Region?

Find out how your organization can join the New York-New Jersey Trail Conference. Call Joanne at 201.512.9348, ext. 26.

Book Review

**The Old Ways:
A Journey on Foot**
By Robert Macfarlane



Viking, 2012
Reviewed by Jonathan Beard

There are practical books about walking—Colin Fletcher's *Complete Walker* comes to mind—that tell you how to choose boots and poles, and then there are the impractical books, full of poetry, being awakened before dawn by skylarks, and ancient history.

Robert Macfarlane offers no advice, and never even says what's on his feet or in his pack. But this long, and occasionally long-winded, book has lots to say about the landscapes—the isles of Lewis and Harris off Scotland's coast, the tidal flats of the Broomway off England's East Coast, not to mention contested ground in Palestine and Tibet—the walks, the people beside him on the trail, and the rocks and soil beneath his feet. He even adds two brief journeys in open boats, since seaways are paths, too.

Macfarlane teaches English at Emmanuel College, Cambridge, and his interests include nature and travel writing. Much of the *Old Ways* has an elegiac tone, for example when he writes of the decline and death of his grandfather, a great walker who ended up house-bound, living at the foot of the Cairngorms in Scotland.

Then there is Edward Thomas, an English poet whom Macfarlane admires, and a man who spent days and weeks walking the paths of southern England, on occasion with Robert Frost. He often walked to escape his family and the pall of depression that hung over his life, and ended up enlisting—age 37—in the British Army to fight, and die, in Northern France. Macfarlane quotes his poetry throughout the book, walks some of the same paths, and describes the end of his life as an artillery observer.

Readers who can appreciate Macfarlane's fine eye for birds, flowers, and the weather, and tolerate a book that needs a glossary for its many Gaelic words and arcane topographical terms, will enjoy *The Old Ways*. If what you need is advice on what socks to wear when hiking the Icknield Way—one of the "four highways" of medieval England—there are lots of other options.

HYDRATION FOR HIKERS

continued from page 9

cator of the need to drink. Ultra-marathon runners covering 50-100 miles get weighed several times during their races to be sure they have neither lost nor gained too much weight from inappropriate hydration.

What about hiking?

Marathon runners log 26.2 miles. Some backpackers and even day hikers could cover a similar distance. But high-mileage, arduous hiking differs from endurance running in important ways that affect fluid needs. Runners rarely stop but do slow down to drink; hikers can stop at will to drink and eat. Runners lose almost all their body fluid through sweat; hikers out all day will lose fluids from sweat and probably urine. Marathoners can rehydrate at water stations; hikers need to either carry all water their water or find it along the way. Runners travel faster than hikers.

Nonetheless, basic principles for runners apply to hikers too. They should begin the day well hydrated, drinking in the morning. If urine appears dark at the start of the day, then drink some more. Several long-distance hikers routinely drink a liter at the start of their day to minimize the amount of water they need to carry.

Body weight, air temperature, humidity, trail difficulty, and the weight of one's backpack all factor into personal hydration needs, as does age—older people tend to sweat less than younger ones. So too do the foods one eats: salty foods and carbohydrates may negate the need for a sports drink; water should be sufficient. Fruits and vegetables can also count toward fluid intake.



NALGENE

In *Ultimate Hiker's Gear Guide* (National Geographic 2012), author Andrew Skurka recounts how he drank about a third of a liter each hour while on a 70-mile, mostly night-time desert trek across Joshua Tree National Park. Furthermore he estimates that his daily fluid needs range between 4 to 10 liters a day depending on where and when he is hiking. Mr. Skurka wrote in an email that 10 liters would be an extreme upper limit. He recalled one day's hike along the Pacific Crest Trail in hot weather when he was drinking two quarts an hour and still felt dehydrated.

Carrying a water container with volume measurement markings is helpful to track just how much one is actually drinking.

Hikers should be attuned to how much water they have drunk during the day, be familiar with symptoms of dehydration, and understand the risk of over-hydration as well. Remaining hydrated is important even if it means, in extenuating circumstances, drinking water from an untreated source.

Howard Friedman E. Friedman, DPM, is an avid hiker, a podiatrist in Suffern, NY, and a frequent contributor to Trail Walker. Find many of his articles on our website at nynjtc.org/news/health-news.



North/South Lakes from North Point
Photo by Ralph Bressler

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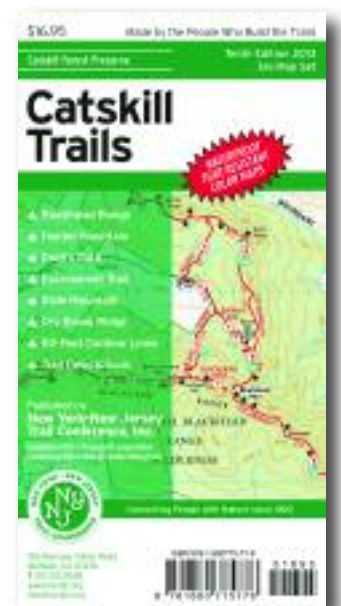
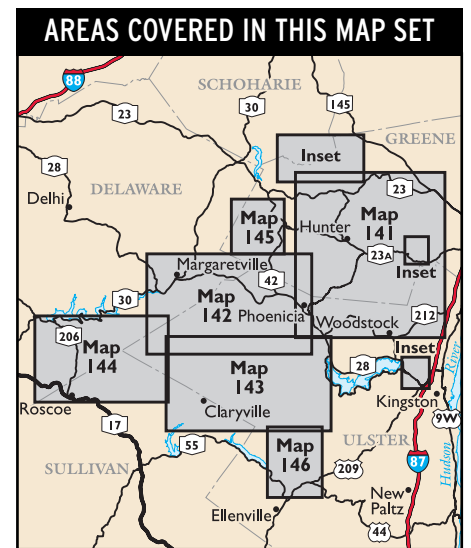
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What's New?

Among the more significant additions are newly marked trails in Shandaken Wild Forest, Elm Ridge Wild Forest, and Bearpen Mountain State Forest. A portion of the new Kaaterskill Rail Trail, scheduled to open this spring, has been included, and the relocation of the Long Path between Minnewaska State Park Preserve and Sundown Wild Forest is now shown.

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Featured Hike



By Skip Doyle

The Long Path: an End-to-End Hike



View of Schoharie Creek on the northern Long Path.

When we walk, we make the Earth our own. With this end-to-end hike of the Long Path—extending from Manhattan (Fort Lee, NJ) to Altamont in Albany County—which I completed in 2012, I have made the Hudson Valley my own. In this day-after-day trek of 10-plus miles per day, in Walt Whitman's words, "I inhale great draughts of space, / The east and the west are mine, and the north and the south are mine." ("Song of the Open Road")

Having paddled the entire tidal Hudson River from Albany to Manhattan, and having bicycled the connection of rail trails from Manhattan to Buffalo, I felt this Long Path was the missing segment of completing what I deem the New York State triathlon tour.

This trek was also an educational experience: as a college sabbatical project, I forged a program with the fourth graders of the Robert Graves School in the town of Esopus, NY. Since they were studying New York State history, culture, and natural science, it was an excellent opportunity for us to collaborate through an Internet blog: for me to share photographs and observations of my journey, and for the students to ask me questions and to offer commentary. That has become the basis for my book, *The Long Path Journal* (not yet published), which is both a mapped guide to the Long Path and a travelogue.

When undertaking a major adventure, people ask why. So I have compiled a top-10 list for venturing onto the Long Path:

1. At 350 miles and 66,000' of total elevation gain, the Long Path typically is about a 30-day trek, which is a doable investment of time whether undertaken as a thru-hike or completed over series of weekends.
2. It is a way to see the grand sights and trails of our Hudson Valley: the Burroughs Range, the Devil's Path, the Helderberg Escarpment, waterfalls, parks and preserves, archeological sites, and wildlife in its native environments.
3. Each segment is uniquely different, so there is never the sense of drudgery.
4. The Long Path patch is a cool blue; it is accompanied by an end-to-end rocker patch when you hike the entire trail.
5. Only 120 people (to date) have hiked the entire Long Path, which makes for quite a select group compared to the 12,000 hikers who have completed the Appalachian Trail.
6. The Long Path provides the most rustic and rugged route in each area—suburban to backcountry—through which it passes.
7. The Long Path passes through many villages, so that food and supplies are usually near at hand.
8. A mix of camping and motels provides a rustic yet refined trek.
9. It is never more than a day's walk between road crossings, so that it is possible

to do the Long Path as a series of day hikes. 10. Of the major trails maintained by the NY-NJ Trail Conference—the Highlands Trail, the Shawangunk Ridge Trail, the Appalachian Trail, the Long Path—the LP is the most unique and storied.

To help you get started on the Long Path, two day hikes have been scheduled this spring. Robert Monczkai of the Appalachian Mountain Club is offering a 20-mile hike through the Harriman section on May 11. See AMC-ny.org for details. Join me and two outdoor clubs (ADK and AMC) on June 15 for a hike on the Sam's Point–Minnewaska section. See AMC-ny.org for details.

Whatever your hiking style, the Long Path offers something for everyone. I assure you that once you begin the Long Path trek—even if over an extended time as a section hiker—you find that, as the introduction to the Boy Scout Fieldbook prophesizes: "The more you go, the more you will want to go—in fact, the more you go, the more you will need to go."

Learn more about the Long Path, including a link to our constantly updated, electronic *Guide to the Long Path*, at nynjtc.org/region/long-path



Minekill Falls as seen from the Long Path in Schoharie County.

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