



TRAIL WALKER

New York-New Jersey Trail Conference – Maintaining 1,688 Miles of Foot Trails

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TC Volunteers Haul Tons of Trash To Help Save Future State Forest Land

By Brenda Holzinger

On Sunday, November 11 and Saturday, December 8, intrepid bands of volunteers and a few TC staff members teamed up to consolidate more than nine tons of trash located on 150 acres of Trail Conference property in Summitville, NY. During *Trash Bash I*, the group collected 379 tires (approximately 3 3/4 tons) and as much as twice the equivalent in household trash, including major appliances like a washer and dryer, a refrigerator, and a chest freezer. Even more amazing than moving an average of almost 2/3 of a ton each, the crew enjoyed themselves and eagerly antic-

ipated *Trash Bash II* in early December. As one volunteer put it, "I had a great day, although that sounds insane." *Trash Bash III* will be scheduled in the spring.

The Trail Conference purchased the Summitville property from LaFarge North America Inc. in December 2005 with the goal of creating a western branch of the Shawangunk Ridge Trail. The land lies adjacent to the D & H Canal and the Wurtsboro Ridge State Forest in the Town of Mamakating. It includes an abandoned railroad bed that runs for about 3 1/2 miles from Rt. 209 in the northwest corner of

the property through the state forest and south to Rt. 17, nearly connecting with the main route of the Shawangunk Ridge Trail. The now abandoned Port Jervis branch of the Ontario & Western Railway also runs directly through the LaFarge property. Unfortunately, this great location has also made the property extremely convenient for dumping household trash, construction materials, and even a couple of pickup trucks and an old boat.

Before it became a trash magnet, the property housed a cement factory owned by LaFarge North America, and prior to that it was a quarry. During the late 19th century, this location was adjacent to the very busy Summitville train depot, considered the "Grand Central of the Catskills" at the time. Unfortunately, since LaFarge ceased its operations, the property has become a haven for unwanted trash because it has easy road access and lacks regular stewards. The site is also extremely popular among local ATV riders and target shooters. The DEC Rangers and the police help to deter unlawful use, but the property needs caring stewards and regular supervision to protect it from misuse.

The Trail Conference will sell the property to the New York State Dept. of Conservation so it can be added to the 1000-acre Wurtsboro Ridge State Forest. However, the NYS DEC will not finalize

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TC land in the Gunks must be cleared of trash before the state will buy it.

John Myers Receives TC Leo Rothschild Conservation Award

If you have ever stepped onto one of the "big four" major trails in our area—Appalachian Trail, Long Path, Highlands Trail, and Shawangunk Ridge Trail—and wondered, "Who put this trail here?" chances are that John Myers, Trail Conference Land Acquisition Director from 1991 to 2007, had something to do with it.

Since starting with the Trail Conference,

John has been a pioneer in assembling properties and permissions to create new trail corridors—more than 300 miles of them. Including his prior work at the Trust for Public Land (TPL), since 1986 John has helped to protect over 20,000 acres of open space. In recognition of his tremendous body of work over the last 17 years for the Trail Conference, John was awarded the Leo Rothschild Conservation Award at the Trail Conference's annual meeting last October.

The following is a brief Q&A interview Bill O'Hearn recently conducted with John. (See page 11 for all of this year's award winners.)

How did you get started in land preservation? What was your educational and professional background at the time?

My college background in anthropology and psychology had little to do with land, but has been useful in dealing with all kinds of different people. I jumped into the field by working for a few years at TPL, learning how to do land deals and deal with public agencies.

How and when did you start working for the Trail Conference?

In 1991, then-Executive Director JoAnn Dolan hired me to be Trail Lands Consultant. My first project was working with the National Park Service to create the new Shawangunk Ridge Trail. My task was to take the vision and try to make it into a reality on the ground. I probably contacted over 75 landowners and finally got permissions from about 35. Then the volunteers went out and built the trail.



Hikers can thank John Myers, above, for his work in helping to secure 300 miles of trails in our region.

What were some of the obstacles you had to overcome in your early days with NY-NJ TC?

At that time, there was no state land acquisition money in New York. So all I could do was ask landowners for revocable permission to put a hiking trail on their land. Many said no, but a surprising number agreed to let us do this. This was in the days before online maps and databases, so I had to go to each county to gather paper maps and landowner addresses. It was a process that worked, but was much slower than today.

How did you develop your methods for implementing trail corridors?

Every deal required a different problem-solving approach. Some landowners were very easy to deal with and supported our efforts. Others simply wanted money, and if the price was right they would sell. Others pointed a shotgun at my head and told me to take a hike.

Please provide highlights that come to mind from your work on the Big 4 trails - AT, HT, LP, SRT.

In 1993 we decided to apply what we had learned on the Gunks ridge trail and to

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\$100,000 Challenge Grant Helps Launch TC Community Trails Initiative

A \$100,000 challenge grant to the Trail Conference from Dr. Lucy R. Waletzky was matched in the amount of \$30,000 by the Westchester Community Foundation to help fund improved public access to Westchester County open space and more opportunities for recreational walking along greenways.

By providing the first match to Dr. Waletzky's overall challenge, the Westchester Community Foundation kicks off the new East Hudson Community Trails Program, which is designed to expand the Trail Conference's capacity to provide assistance to local trail programs in Westchester and Putnam Counties.

The Trail Conference plans to hire an East of Hudson Field Coordinator early in 2008. The field coordinator, with support from existing professional staff, will tailor and deliver a range of trails-related services in Westchester and Putnam Counties according to local needs.

Trail Conference Executive Director Edward Goodell notes that the Community Trails Program builds on TC's nearly 90 years of experience in working primarily in regional park systems, such as Bear Mountain and Harriman State Parks, and on long-distance footpaths such as the Appalachian Trail and Long Path.

"With the explosion of development in our region, open space preservation has become a priority for many."

"In recent years we've seen an increase in requests for our services from local municipalities and non-profit land owners," he notes. "With the explosion of development in our region, open space preservation has become a priority for many. Since well designed and constructed foot trails are the most economical and environmentally sensitive ways to provide public access to open space," he says, "many agencies have contacted the Trail Conference for advice and help. This generous grant from the Westchester Community Foundation will enable us to develop the capacity to respond to more of these requests and to make it possible for more people to get out and connect with nature close to home."

Brenda Bates, Senior Curator for Ward Pound Ridge Reservation of Westchester County Parks, the county's largest park with 35 miles of trails, has been working

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TRAILWALKER

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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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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 103 hiking and outdoor groups, and 10,000 individuals.

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From the Chair

Greetings



Let me introduce myself. My name is Bob Boysen and I have succeeded Jane Daniels as Chair of the Trail Conference Board of Directors.

This is apparently the kind of thing that happens to you when you are a volunteer and you keep saying yes. Jane will be a hard act to follow. She guided the TC for six years through a period of rapid growth and sometimes turmoil. Add my personal vote of thanks for a difficult job extremely well done. So help anywhere I can find it will be welcome. And that includes ideas and thoughts as well as actions.

I am a retired manager of technology and business development for a large corporation. For many years my chief recreation

was road bicycling, and I was president of the "Western Jersey Wheelmen" for 12 years. I switched to hiking when I retired seven years ago, and joined the Trail Conference about that time.

Seemingly as regular as clockwork, I volunteered for something new every year. Trail crew member, trail maintainer, trails supervisor, trails chair, trail book author (Kittatinny Trails, 2004, NY-NJ TC), board of directors member (three years). I am one of those rare creatures, a native New Jerseyan: born in Princeton, engineering degrees from Rutgers and New Jersey Institute of Technology. I live on a 40-acre farm in Warren County, NJ.

Don't expect any big or rapid changes in the Trail Conference. The position of chair of the board of directors is certainly not the only and probably not the major influence on the future direction of the organization.

My first impressions are that after a period of very rapid expansion, we may need to re-focus and re-dedicate ourselves to our main mission—the creation and maintenance of hiking trails—but without neglecting our activities in support of that main mission such as trail maps and books and trail corridor land conservation. The lives of our volunteers and staff seem to be getting very complicated lately. We should seek ways to simplify them as much as possible. Much of this work is already underway.

And most important of all—we should all have fun.

Bob Boysen
Chair, Board of Directors

Calls & Letters to the Editor

Belleayre 'Agreement' Falls Short

I am dismayed by the NY-NJ TC's support of the Agreement in Principle on the Belleayre resort and by your "explanation" of same in the November/December *Trail Walker*. Your characterization of the agreement as "significantly" scaling back the proposed development and your assurances to hikers about "views" are neither entirely accurate nor do they tell the whole story. Here are the facts:

1. Scaled back? The agreement engineered by Governor Spitzer's office reduces the original proposal by a mere 15 percent; it just shoves construction originally planned for two slopes over onto one, the west side of Belleayre Mountain. There, blasting and clear-cutting would make space for a crowded small city: 629 housing units, an 18-hole golf course, driving range, clubhouse, two spas, two hotels, five restaurants, 10 retail stores, a conference center with 12,000 square feet of footprint but an unknown number of stories, parking, guest and service roads, street lighting, service buildings, and other structures not yet detailed.

2. No building on steep slopes? Despite state standards recommending against construction on anything steeper than 15 percent, much of this construction would be on slopes steeper than 20 percent, with some on the 35-degree summit of the historic Highmount Ridge. That does not bode well for the Pepacton Reservoir of the New York City watershed, into which storm water runoff would eventually drain, nor for the aquifer on which local communities depend.

3. Unimpaired views? It will all be highly visible—not to mention audible—from Forest Preserve hiking trails. And backpackers can say goodbye forever to a night sky over the state park and forest preserve; the artificial light from this city, which will dwarf all the nearby hamlets and villages, will dim starlight across miles of sky.

4. "Many other environmental safeguards"? Even a cursory reading of the agreement reveals how hedged about these "safeguards" are; in effect, if adhering to them might diminish profits, they go.

Yet in return for his promise not to build on the east side of Belleayre, a proposition that would likely have been nixed anyway in the environmental review, the developer will get \$14 million in public money—more than twice the fair market value. Taxpayer-funded facilities at the state-owned Ski Center would provide another "sweetener," enabling guests at the so-called "world class" resort—read: expensive and exclusive—to ski in/ski out from their time-share or hotel room. This is public money providing private perks for commercial profit, and it's not pretty.

It's important to note that the Catskill Preservation Coalition, formed nearly eight years ago to oppose the original resort proposal, split along national-versus-local lines in responding to the Agreement in Principle: with one rather significant exception, the big "name" organizations signed on, and local grass roots groups did not. The exception is the Sierra Club, which continues to oppose the resort, along with local groups, because of what the Club announcement calls the resort's "serious adverse environmental effects."

The national-versus-local split is all too frequent in environmental fights. In this case, the name organizations wanted to protect the eastern slope and the already compromised Ashokan reservoir and were willing to trade for that protection the slope a bit farther away from metropolitan areas and a reservoir not yet totally compromised.

What is dismaying is to see an organization like the Trail Conference, with its focus on the "interests and concerns of the hiking community," go along with this. The Catskill state park and forest preserve represent the hiking treasure of the entire Middle

Atlantic region. I am sorry to see the NY-NJ Trail Conference so blithely give up the fight for it.

Susanna Margolis
New York, NY

Bill O'Hearn, Conservation & Advocacy Director, responds: The Trail Conference appreciates that the agreement announced by Gov. Spitzer and reported on in the last *TW* addresses many of the issues we raised initially about the Belleayre proposal. But, as our members have pointed out to us, this does not mean there is nothing more to discuss. Opportunities to exert further influence continue to be available through public hearings on draft and final environmental impact statements. Trail Conference representatives attended two DEC meetings about the project in December, and also provided oral testimony and submitted detailed written comments during the scoping phase. To the extent Trail Conference resources allow—and in this as in all of our work we are highly dependent upon our volunteers—we intend to continue our participation in this process.

The following recaps the Trail Conference's participation, in partnership with the Adirondack Mountain Club (ADK), in the Belleayre development issue.

1. TC and ADK submitted joint testimony in April 2004 which focused on the impact of overuse of Forest Preserve trails by the estimated 638,000 annual visitors to the expanded resort.

2. TC and ADK did not participate in negotiations with the builder, the city, and the state; nor did they sign the compromise Memorandum of Agreement (MOA), formally known as the September 5 "Agreement in Principle."

3. TC and ADK were pleased to see improvements in the MOA such as the move of the development from the eastern ridge to the western ridge, the reduction in disturbed acreage from 573 to 273 acres, and the purchase of 1,200 acres on the Big Indian Plateau that will be added to the Catskill Forest Preserve.

4. By not signing the agreement, TC and ADK retain the right to review the compromise plan as it goes through the State Environmental Quality Review (SEQR) process, and to sue if the SEQR, permits, or Unit Management Plan outcomes are not satisfactory.

5. TC is eager to work with our member clubs and individuals in the ongoing SEQR process.

A Thru-hiker Says, Thanks!

To all volunteers, trail maintainers, and ridge-runners of the NY-NJ Trail Conference:

I just want to extend my deep appreciation for all the hard work that you have done to maintain the AT. As I hiked through the different states, I was in awe at how such a beautiful trail is maintained by all volunteers. Without you, my hike would have been extremely difficult if not impossible.

Your hard work and effort does not go unrecognized.

Many hikers discussed their gratitude while in a shelter along the AT in regard to the countless volunteers who make this trail possible. There were times water was difficult to find, but there were volunteers and trail angels who set up jugs by the trail or roadside to make sure no one would get dehydrated in the heat. Without them, it would have been a much more difficult trip.

Again, Thank you, Thank you, Thank you, for your wonderful effort! I just wanted to let you know that it certainly does not go unrecognized... even if you do not receive notes stating so!

A happy and content thru hiker of '07.

Boo-Boo
Cleveland, OH

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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.

Visit Us Today!
www.NYNJTC.org

From the Executive Director

Bringing Trails and the Trail Conference to the People

The Trail Conference's eight-plus decades of success in building and maintaining an ever increasing network of hiking trails in our region's backcountry testifies to the effectiveness of enthusiastic volunteers who are supported by the expertise of staff.

That model is the inspiration behind two initiatives we plan to move forward this year: 1) our new Community Trails Program will focus more of our attention on building and maintaining trails and recruiting new volunteers for local trails programs; and 2) a reorganization of our staff, with three designated as regional field representatives, will make their expertise more readily available to all our volunteers.

Community Trails Program

In a column last year, I opined that "community trails are going to be a much bigger part of the Trail Conference's future than they have been in our past." Now, thanks to the generosity of a \$100,000 challenge grant from Dr. Lucy Waletzky and our first match to that grant, \$30,000 from the

Westchester Community Foundation, I'm able to confirm that notion with the announcement of the Trail Conference's pilot Community Trails Program in Westchester and Putnam counties.

The Community Trails Program is designed to extend the Trail Conference's capacity to support volunteers in the delivery of services to community parks and open space, including trail design, construction, maintenance and promotion, as well as conservation and advocacy. To do this, we are going to place a field coordinator—with support from professional staff of the Trail Conference—in the region to tailor and deliver a range of services according to local needs. These services include:

- developing and implementing a volunteer recruitment strategy to increase the number of volunteers from the community;
- providing local agencies and outdoor groups with informational presentations that promote the benefits and opportunities for greater public access to open space;
- working with volunteers and local experts to identify routes that will connect open spaces;
- if necessary, securing additional properties needed to interconnect existing open space;

- designing and supervising the construction and blazing of environmentally low-impact trails;
- developing maps, signage, brochures, and other communications tools to increase the community's awareness and safe enjoyment of the trails;
- organizing and providing ongoing support to a cadre of volunteers who remain in place to maintain existing trails and develop new ones;
- developing support and sponsors among local individuals, businesses and organizations.

A cascade of public benefits are expected from being more responsive to requests for local trail assistance, including:

- new trails on the ground,
- easier access to local open space,
- more recreational use of local park lands, and
- broader community support for local greenways and land protection.

Putting Staff in the Field

The Community Trails Program in Westchester and Putnam Counties will be the responsibility for our new East Hudson Field Representative. We believe so much in the concept that we are also launching field representatives in New Jersey and

West Hudson (existing staff will be taking on these posts). We are putting them as close as possible to the trails, volunteers, and issues central to the Trail Conference mission. For our volunteers and partners, the field rep in their region will be a single point of contact for all Trail Conference business, making it easier for them to engage with us and get the support they need. The field reps will support the Trail Conference volunteers, projects, and issues in their regions and will, in turn, be supported by programmatic specialists—in volunteer coordination, land acquisition, cartography, etc.—in the office.

Separately and together, these two initiatives will heighten the Trail Conference's visibility and more tightly integrate all of our programs with the trails, trail issues, and people—volunteers, partners, and public—throughout the region. It's an invigorating way to start the new year. Thank you for your ongoing support.



— Ed Goodell, goodell@nynjtc.org

TC Plans to Make Historic Schoolhouse New HQ Take Big Step Forward

Progress toward making the historic Darlington Schoolhouse in Mahwah the new headquarters for the Trail Conference took a giant step forward on November 29 when title to the building and 2.8 acres was transferred from the Morris Land Conservancy (MLC). Since January, MLC had held the property on behalf of the Trail Conference and Mahwah Township, partners in the preservation transaction. "That's the end of one phase and the start of another," said TC Executive Director Ed Goodell. "We have a lot to do before we move in and invite the general public to visit us."

Requests for architectural bids to design the rehabilitation and upgrades to the building went out in December, and fundraising to pay for work began immediately. Goodell anticipates that construction will begin in 2008.

The November closing marked the culmination of a four-year effort by the Trail Conference and its project partners to acquire the schoolhouse for preservation and rehabilitation. The \$550,000 purchase price was raised from the Bergen County

Open Space Trust Fund and the New Jersey Dept. of Environmental Protection Green Acres Program.

"We are very grateful to all of our partners for their support of this project," Goodell said. "This has been a very fruitful private-public partnership from the start. That collaboration will continue and be reflected as we move ahead, raising money for stabilization and renovation of the building and developing plans for welcoming the public to the property. Our purchase of this site included a guarantee of public access to the open space by deeding a conservation easement to Bergen County and Green Acres," Goodell noted.

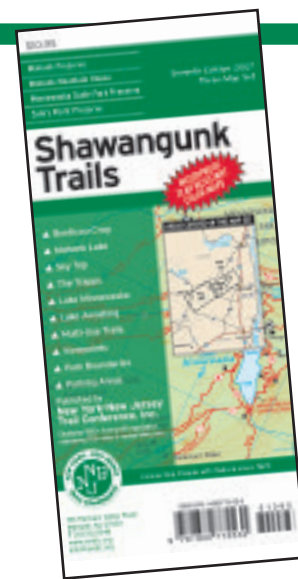
"Morris Land Conservancy was delighted to help facilitate the permanent preservation of this Highlands treasure," said Conservancy Chairman C. Graydon Rogers. "Converting the building into the Trail Conference's headquarters will ensure that it remains a landmark in Mahwah into the future."

The schoolhouse is not only a Mahwah landmark, it is also an important piece of New Jersey history. The state's Historic

Preservation Office has called it New Jersey's "most architecturally significant schoolhouse" and is set to list it on the National Register of Historic Places. "We plan to respect the integrity of its architecture and history even as we renovate the building to meet our organization's requirements and 21st century standards," Goodell said.

The location of the future home for the Trail Conference is adjacent to the 3,313-acre Ramapo Valley County Reservation, where the network of trails is among the 1,700 miles of trail maintained by TC volunteers. Goodell anticipates that marked trails will eventually connect the Darlington site to the Ramapo Reservation and contiguous open space on both sides of the New York-New Jersey state line.

The Friends of Darlington Schoolhouse committee has been formed to seek the necessary funding. For more information or to volunteer and/or donate to the Darlington Schoolhouse rehabilitation, contact the Trail Conference at 201-512-9348, ext. 10, or online at www.darlingtonsschoolhouse.org.



Recent Park Additions Included On New Shawangunks Map Set

The Trail Conference is pleased to announce the publication of the seventh edition of our popular *Shawangunk Trails* three-map set. This new digitally-produced map features 20-foot contours and includes two new additions to Minnewaska State Park Preserve—the Awosting Reserve property, and the Sam's Point Preserve. The acquisition by the state of these lands has enabled the Conference to reopen and extend several trails in the Gunks, including the Long Path in the Mud Pond area, and these new trails are shown on the revised map set.

The cost of this map set is \$10.95, with the members' discounted price being \$8.21. To obtain the new map set, see Hikers' Marketplace on page 12, call 201-512-9348, ext. 11, visit www.nynjtc.org, or stop in at the Trail Conference office.

NJ Historic Trust Awards Grant to Darlington Project

On November 26, New Jersey Historic Trust announced a grant of \$50,000 to the Trail Conference for the rehabilitation stage of the Darlington Schoolhouse project. "We thank New Jersey Historic Trust for this early gift," said Trail Conference Executive Director Ed Goodell. "It's going to be expensive to renovate and rehabilitate this 1890 structure that's been vacant for 30 years. But we're committed to doing it right. We will restore it as a working, active part of the community, as it once was. We will be good stewards of the building just as we are good stewards of the open space that surrounds us."

WESTCHESTER GRANT

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with the Trail Conference for more than a year. "It's been amazing to me that through the Trail Conference we have developed a core of volunteers who come regularly, are committed, and are real friends to the park," she says. "And with improved trails, other things become possible through the Trail Conference—trail maps, guidebooks. All of this makes a huge difference for a park. It helps get people pumped up about getting out and visiting these places."

Dr. Fred Koontz, executive director of Teatown Lake Reservation in Ossining, which already supports the Trail Conference as a member organization, sees the grants to the Trail Conference as opening opportunities for local residents. "There is an increasing interest in hiking and trails in Westchester County, both for nature appreciation and for health reasons," he notes, citing concerns over obesity. Further, he says, "We at Teatown see new trails as

mechanisms for improving the ecological connections between parks. That is very important to us. But there is a shortage of professionals to advise park personnel and volunteers about trail routing and building. The Trail Conference has that expertise."

Dr. Lucy Waletzky chairs the New York State Council of Parks, Recreation and Historic Preservation and the Taconic Regional Commission. She is a long-time member of the NY-NJ Trail Conference.

The Westchester Community Foundation (WCF) is a non-profit community endowment for the benefit of Westchester County. Its mission is to develop and manage philanthropic resources, and to distribute them in a way that is responsive to donor interests and community needs. The Foundation actively promotes charitable giving on behalf of the area's non-profit organizations. WCF is a division of The New York Community Trust, the largest community foundation in the country with assets of approximately \$2 billion.

On Your Mark, Get Set... Member-Get-A-Member Is Coming!

The Trail Conference will be holding the Member-Get-A-Member campaign again this year. The kick-off will be March 1, 2008 and the program will last through the end of May. Once again, there will be great prizes from our retail partners to give incentive for you to ask your friends and family to join the Trail Conference.

Visit www.nynjtc.org/mgm for more information.

Save the Date

Delegates Meeting

February 9, 2008 2:00 pm

Location:
Church of St. Paul & St. Andrew
United Methodist
263 West 86th St.
New York, NY 10024

Speaker/presentation TBD.

Conservation & Advocacy



From the Conservation & Advocacy Director:
William P. O'Hearn

The Silence of the Land

We were taking one of our usual hikes through Long Pond Ironworks State Park in West Milford, when my son Pierce suddenly froze in horror. I had been talking to Pierce, then about 10, and a friend of his about how Colonel Robert Erskine might have walked that exact trail during the Revolutionary War, and the importance of preserving special places like this, when Pierce's friend came out with, "But Mr. O'Hearn, it's just woods." Pierce, who started "hiking" in a backpack at the age of 6 months and has been raised by an extended family of enviros, waited for an explosion of rage from his father, but he didn't get it.

Because I knew that Kenny (not his real name) and most kids Pierce's age lived in a world of TV and video games where audio and visual stimulation are constant and relentless—"action" is the key to all entertainment, whether it's crashing cars, scoring touchdowns, or blowing the heads off of bad guys. Thus, even the most beautiful forest, mountain, or stream is perceived as "it's just woods." The trees and rocks just sit there, not doing anything.

"It is," I said, "but stand still for a minute or two, and tell me what you hear." The two of them struggled to stand in one place, and they even closed their eyes. They described a kind of a hissing sound, and asked if it was wind in the trees. We walked another hundred yards or so, climbed over the raised edge of the trail, and looked directly into a pounding waterfall, complete with foaming white water. "Whoa!" yelled Kenny, "That's cool!"

And for the rest of our two-hour hike we mostly just walked, except when one of the boys would hear a new sound and challenge me to identify it. We heard a distant woodpecker drumming on a tree, chipmunks chirping warnings to each other, and deer making the strange husky barking sound they use to announce the presence of intruders. But the best part of the hike for me was just the crunch of boots on leaves, or the lack of any sound at all when we would stop and listen.

That's why hiking is a different kind of activity than riding motorized vehicles or even mountain bikes. Both of the latter are about going fast; riders miss the part about stopping and thinking about the land and trying to hear what the land has to tell us about the people and animals who once lived there. Because the land, unless it is disturbed by modern development, holds the old stone walls and foundations of the farms that were here, the scratches made by black bears on the white oak trees, and rattlesnake dens up in the rock outcrops that face the sun. The land, especially the forest,

is perhaps the last place where we can go to listen to that silence, and imagine our great-grandchildren 100 years from now standing in the same place, and hearing the same silence.

Of course, all hikes must end, and as we came back to the area around the Monksville Reservoir and the ironworks buildings came into view, the unmistakable whoosh of automobile traffic on Greenwood Lake Turnpike filtered through the trees. "Ah," Kenny said with a smile, "civilization!" as he realized that his video games were a mere 15-minute car ride away. Pierce, bless his heart, turned to the deepest part of the woods, and said, "We'll be back." And in the aftermath of the craziness of the holiday season, I ask that we all try to get back out there, and listen, even if it is just woods.



Trail Crew Schedules

January - February 2008

For the latest schedules and additional details, go to nynjtc.org and click on "Trail crews/Work trips."

TBD = To Be Determined

For all trips bring work gloves, water, lunch, insect repellent. In some cases, tools are provided. Contact leaders in advance for meeting times and places. Volunteers must become members of the Conference to participate in these projects. A one-time "guest" participation is allowed, so bring your friends.

NORTH JERSEY WEEKEND CREW

Leader: Sandy Parr, 732-469-5109

Second Sunday of each month

Trips start at 9:30 am; call for location and details during the week before the scheduled trip day. Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

NORTH JERSEY WEEKDAY CREW

Leader: John Moran, thornburyhall@verizon.net

This crew covers the NJ Ramapos, Ringwood S. P., Norvin Green S. F., and NJ Palisades area. Its purpose is to respond quickly to immediate needs, rather than to schedule definite events far in advance. If you're interested in being on call for this work, contact John Moran by email.

BEAR MOUNTAIN TRAILS PROJECT

Contacts: Eddie Walsh, Construction Manager 845-591-1537 or Leslie Rappalie, Project Manager, at rappalie@nynjtc.org or 201-512-9348, ext. 28

Trail work opportunities on Bear Mountain offered through the winter. Work is scheduled for the second and third weekends of each month, weather permitting. Additional work days will occur when weather allows. Interested crew members should contact the NY-NJ Trail Conference office to be placed on an appropriate call list, or check the NY-NJ Trail Conference Bear Mountain website pages (to be updated in early January).



Trail construction at Bear Mountain



Trail News

Get timely trail news by subscribing to the TC monthly e-newsletter. Go to www.nynjtc.org/emaillists/index.html

Temporary AT & 1777 Trail Relo Around 9W Pedestrian Tunnel

The pedestrian tunnel carrying the AT and 1777 Trail underneath Route 9W (in between Bear Mountain Inn and the zoo) is temporarily closed for construction work. A temporary stoplight has been set up just north of the tunnel to provide a safe crossing. The closure is expected to last at least through February.

Northbound directions: Continue on the paved walkway until just past the bathrooms, where a walkway turns off to the right and leads to the stoplight crossing. After crossing 9W, pass through open gate and continue towards pool and zoo entrances to rejoin AT northbound. Southbound directions: Pass blocked off tunnel entrance and continue straight to open gate in fence to reach stoplight crossing. After crossing 9W, continue on walkway to bathrooms, then turn left and follow wide paved walkway to rejoin AT southbound.

Conservation & Advocacy News Notes

Get timely news about trail issues by subscribing to the TC monthly e-newsletter and/or action alert list. Go to www.nynjtc.org/emaillists/index.html.

Trail Threat in Heart of Ramapos Subject of Jan. 22 Planning Meeting

Executive Director Ed Goodell appeared before the Town of Ramapo Planning Board on November 27 to testify against Pierson Lakes Phases II and III, a proposed 74-unit subdivision in Ramapo right on the New York-New Jersey border near Route 17 and including two lakes, Cranberry and Potake. Goodell stated that Pierson Lakes lies right at the intersection of four major parks (Sterling Forest, Harriman, Ringwood, and Ramapo Valley County Reservation) in two states, and an earlier agreement to route a trail through this area had not been addressed in the current proposal. The Ramapo Highlands Coalition and other local grassroots groups are opposing this development, and the planning board extended the discussion to the next meeting on January 22. Please attend if you can.

NJ Ballot Question #3 Passes With Just 54% Voter Approval

New Jersey voters narrowly approved 2007 Public Question #3 authorizing a \$200 million, one-year, stop-gap bond measure to provide funding for the nearly dry Garden State Preservation Trust Fund (GSTPF). This fund provides the financial resources for much of New Jersey's open space conservation activities, usually in combination with county and local funding. Although the new draft regional master plan was just released and the details remain unclear, it also appears that the GSTPF will provide the resources for landowners deemed to have lost development rights under the New Jersey Highlands Water Protection and Planning Act.

The Keep It Green Coalition, an alliance of nearly 100 groups statewide, including the Trail Conference, is ready to fight for open space conservation in 2008. If you would like to join in this fight, please contact Brenda Holzinger, Assistant Director of Conservation & Advocacy, via email (holzinger@nynjtc.org) or telephone (201-512-9348, ext. 25).

New Grassroots Advocacy Resource Available to TC Members

The Trail Conference is pleased to announce a new internet-based advocacy system that will enable our members to become more involved in advocacy activities with just a few clicks of the mouse! This exciting new resource allows members to send action alerts to elected officials from the municipal to federal level, write letters to newspaper editors, or simply keep abreast of current issues. In addition, during early 2008 a variety of forum areas and blog spaces will be added so members can communicate easily with each other about issues of mutual concern.

This new tool—called *Capwiz*—is very similar to one used previously by the Trail Conference, but also contains municipal level data so members can become much more involved in local advocacy activities. This focus on grassroots advocacy is part of

a larger Trail Conference reorganization to become more regionally and locally oriented so we can serve our members more effectively.

Visit the new TC advocacy site (<http://capwiz.com/nynjtc/home/>) and take action! Contact Brenda Holzinger, assistant director of conservation and advocacy, with any questions or suggestions: holzinger@nynjtc.org or 201-512-9348, ext. 25).

NYC Opens Watershed Lands For Hiking and Other Recreational Uses

In November, New York City announced its decision to open 11,000 acres of watershed land in the Catskills for hiking and other recreational purposes. The city owns more than 100,000 acres around its reservoirs in the Catskills, but generally requires permits for access to city-owned land. Under an agreement between the state Dept. of Environmental Conservation and New York City, the city will open lands adjacent to state Forest Preserve lands for hiking, hunting, fishing and trapping. The policy change is scheduled to take effect with the opening of the 2008 hunting season. DEC hunting, fishing and trapping licenses will be the only permits required to use the lands. No permit will be needed for hiking. The plan will open up about 4,650 acres in Ulster County, 2,900 acres in Delaware County, 2,500 acres in Greene County, 400 acres in Sullivan County and 250 acres in Schoharie County. The Trail Conference has long urged opening these lands to hikers, and in 2007 Executive Director Ed Goodell traveled to Albany to lobby DEC Commissioner Grannis in person.

Community Preservation Advocates Kick Off 2008 Campaigns

The Hudson Valley Community Preservation Act, signed into law by Governor Spitzer in August, authorizes municipalities in Westchester and Putnam Counties to seek voter approval to create special real estate transfer accounts to fund land-protection efforts in local communities. A coalition of statewide and local advocacy groups, including the Trail Conference, is working with communities in these counties to plan municipal ballot campaigns for November 2008. On November 15 and 16, 2007, a group of about 30 organizations and community leaders convened at the Garrison Institute for an intensive, two-day training conference sponsored by the Trust for Public Land, the Nature Conservancy, and Scenic Hudson. This training session provided attendees with vital information about the nuts and bolts of conducting a referendum campaign.

Advocacy efforts are also underway to add additional counties to the Hudson Valley Community Preservation Act via special amendments that must be passed during the 2008 legislative session. The Trail Conference is working with regional groups like Scenic Hudson and the Orange County Open Space Alliance to add Orange, Ulster, and Rockland Counties to the legislation.

Visit the new TC advocacy site (<http://capwiz.com/nynjtc/home/>) and take action!

TRAIL U

Teaching Practical Skills to Trails Volunteers at Locations Throughout the NY-NJ Area

Spring Workshops Set for April

Sign up online (www.nynjtc.org) or call the Trail Conference office, 201-512-9348.

April 5 & 6 (Saturday & Sunday)

Trail Layout and Design

Instructors: Eddie Walsh and Larry Wheelock
Location: Fahnestock State Park, (classroom), and Wonder Lake State Park (Field Work)

April 12 (Saturday)

Trail Maintenance 101

Coordinated by Gary Haugland
Location: Fahnestock State Park

April 13 (Sunday)

Trail Construction and Restoration

Coordinated by Gary Haugland
Location: Fahnestock State Park

April 19 & 20 (Saturday & Sunday)

Stone Step Construction for Novice Rock Workers

Instructor: Eddie Walsh
Location: Bear Mountain State Park

Scout Troop Builds New Bridge on Fire Tower Trail in Sterling Forest

Late this summer, a group of scouts and adult volunteers from Boy Scout Troop 45 in Warwick, NY, completed a new bridge on the Fire Tower Trail in Sterling Forest State Park. This community service project, organized by Scout Greg Miller, constituted one of his requirements for advancement to the rank of Eagle Scout, and started in November 2005. Sterling Forest Trail Supervisors Pete Tilgner and Suzan Gordon oversaw and helped Greg with the project, which also required approvals by the park administration and a review by the Palisades Interstate Park Commission (for structural integrity and aesthetic quality of the bridge). Greg spent months raising money for the project from local businesses, then organized work crews to pre-assemble the bridge at his home.

In early July, the pre-assembled components were taken to the site for assembly. The final steps for the bridge were completed in September with the placement of additional stones at the base of the bridge and attaching the plaque that recognizes the donors for the project. The bridge is now complete for all to enjoy.

Greg thanks the staff at Sterling Forest State Park, the NY-NJ Trail Conference, Chrysler Jeep Dodge of Warwick, Dawson Motors Inc., Etched in Time Engraving, Leo Kaytes Ford, the Palisades Interstate Park Commission, Roe Brothers, Inc.,

Warwick Knights of Columbus, Dr. Edwin O. Wiley, and the many scouts and parents of Boy Scout Troop 45 in Warwick for their help and support of this project.



Scouts and Scoutmaster from Troop 45, Warwick, N.Y., from the third and final work crew, standing on the completed bridge in Sterling Forest State Park on the Fire Tower Trail. In the photo from left to right are: Luke Segota, Eric Segota, Mark Haney, Ryan Miller, Nick DiNardo, Daniel Miller, Greg Miller, Daniel Johnson, Paul Haney, Justin Levitt and Mark Bellantone.

Year-end Report from West Jersey Crew



The crew built a crossing on the Willow Crest Trail in Swartswood State Park...

The West Jersey Crew worked in five different parks in 2007, engaging in projects that ranged from rock steps to side-hilling to bridge repairs to opening a major relocation on an existing trail.

The crew continued construction of the new Warren Trail in Jenny Jump State Park, clearing more new trail and improving the tread way with side hilling and rock steps. The crew also completed a bridge and placed about 150' of puncheon (recycled from the AT in Vernon last summer) in Swartswood State Park. We also began work on a stream crossing on the Dunnfield Creek in Worthington State Forest, which we completed in the fall session. We finished up the spring session by refurbishing the bridge and its abutments across the Beaver Brook in the Weldon Brook Wildlife Management Area.

In the fall, the crew cleared and opened the new 0.5-mile long relocation of the Terrace Pond North Trail in Wawayanda State Park and restored roughly a mile of the original trail from the Warwick Turnpike trail head. We then wrapped up the season by completing the crossing over Dunnfield Creek.

We extend a hearty "thank-you" to all who worked on these projects in 2007: Jack Baccaglioni, Ian Blundell, Bob Boysen, Roland Breault, Gordon Campbell, Carolyn Canfield, Kevin Dempsey, Don Elliott, Toby Golick, Ed Goodell, Jim Gregoire, Joan James, Kieu Manes, Mike Manes, Gay Mayer, Keith McDermott, Marshall McKnight, Brian Mulraney, Karl Peters, Rich Puglisi, Steve Reiss, Chuck Rood, Karen Rychlicki, Louis Schneider, Malcolm Spector, Andrew Steever, Bill Taggart, Linda Taggart, Hsin-Chien Tai, Rudy Templin, and Bob Warren.

We also extend a huge "thank-you" to the New Jersey Dept. of Environmental Protection: Supt. Jessica Kruegel of Wawayanda State Park, Supt. Ernie Kabert of Worthington/Jenny Jump State Parks, Supt. Blanca Chevrestt of Swartswood State Park—and their staffs. Their assistance and direct support helped make this year's work a success.



...and another at Dunnfield Creek, Worthington State Park.

Monica & David Day, Leaders, West Jersey Crew

NYC Scouts Help Reroute Trail

15 Scouts from Troop 97, New City, worked off their Thanksgiving dinner on the following Friday by helping to reroute the 1777/1779 Trail near Fort Montgomery. Under the direction of Scoutmaster Dave Ridge and our Outdoor Activities Chairman (and long time TC volunteer) George Cartamil.



North Jersey Crew Finishes Campgaw Bridge

The North Jersey Weekend Crew, with Sandy Parr as crew chief, completed a bridge replacement in Campgaw Mountain County Reservation, in Mahwah, NJ, this past fall. The action took place on four successive second Sundays at Fyke Brook on the Old Cedar Trail. The crew welcomes new hands for their second Sunday projects.

Camp Vacamas (NJ) Seeks Packs for Urban Teens Hiking Program

Our friends at Camp Vacamas, which recently sold 310 acres that includes the Hewitt-Butler Trail to NJ DEP Green Acres to be preserved as open space, have asked the Trail Conference to assist them in gathering 25 daypacks and 25 backpacks for use in their hiking programs for underprivileged teenagers. These packs can be used as long as they are clean and in good condition. Please contact Bill O'Hearn (ohearn@nynjtc.org or 201-512-9348, ext. 22) for information on how to donate a pack. Thank you!





Hiking Boots vs. Trail Shoes:

What's the Difference and How to Decide?

By Howard E. Friedman, DPM

Over the past year hiking around New York and New Jersey, I have noticed a remarkable variety in the types of footwear on hikers' feet. Hiking boots still predominate on trails, but I have encountered a hiker who had just completed the Giant Stairs along the Hudson River in Palisades State Park in sandals, numerous people in hiking shoes or even sneakers, and even one intrepid woman returning down a steep grade from Kaaterskill Falls in the Catskills barefoot!

Nonetheless, notices of upcoming hikes appearing in the *Trail Walker* and other hiking publications persist in warning would-be hikers that "sturdy hiking boots are required."

Who is right here and who is wrong? Is hiking footwear purely personal preference? What is the difference between a backpacking boot, a light hiking boot, a trail shoe, or a running shoe? [See Sidebar.]

Little scientific evidence exists to point a hiker in one direction or the other. Over the past several years, however, more and more serious hikers have been shifting away from heavy all-leather boots, and toward trail shoes, a hybrid between a running shoe and a hiking boot. Indeed, two trends are emerging, according to Ray Frederickson, president of Sport Biomechanics, a running shoe testing lab. On the one hand, traditional boot manufacturers are slimming down their products using light-weight materials such as synthetic fabrics traditionally used in running shoes, and running shoe manufacturers are adding features, such as thick rubber soles with sophisticated tread patterns traditionally found only in hiking boots.

Let's look at features of the traditional hiking boot and compare and contrast those features to trail shoes.

Upper Construction

Boots have generally excelled at keeping feet dry and warm by extending the outer leather material well above the ankles, sealing the feet against the elements. High quality boots often have a one-piece leather construction that eliminates the chance of leaking through stitching or seams. The leather is generally a high grade, thick leather. A thick collar at the top of the boot and a widened tongue area help keep out pebbles and debris. Even the lacing system is specialized, using metal hooks for quick and tight lacing.

Light hiking boots and even some trail shoes now also boast water-proof features by incorporating water-resistant materials such as Gore-Tex. They generally use more synthetic material together with some leather. The leather may be thinner and of a lower quality than that used in boots. Padded collars and a modified tongue help keep out debris. However the lower cut of a trail shoe means that hikers' feet may get soaked more easily than if they were in boots. Some trail shoe advocates, however, point out that even if the shoes and feet get soaked in a trail shoe, both will dry more quickly than if in a saturated high-top heavy boot with poorer ventilation.

Outsole

Boots have thick outsole material frequently using a hard carbon-rubber compound that is firmer than the rubber used in sneakers and even in many trail shoes. In addition, the rubber outsole on some boots may have lugs that are 6-8mm thick. The lugs are placed in a specific pattern to improve the boots' contact area with the ground. The blending of the right type of rubber with a specific tread pattern is so specialized that many boot companies use outsoles from a specialty company. A leader in rugged shoe and boot outsoles is Vibram, an Italian company.

Trail shoe manufacturers, however, are blending different types of rubber—a softer "blown" rubber with the harder, more durable carbon rubber—in their outsoles to make a "stickier" type of substance, better for gripping rocks on the trail. While the outsole on trail shoes is adapted for hiking on uneven trail conditions, the outsole on boots will likely be more durable over time. In addition, a Vibram outsole on a hiking boot, for example, can usually be replaced when and if it wears out.

Midsole

On top of the outsole of a hiking or backpacking boot sits a thick midsole of durable polyurethane. The midsole adds height and shock-absorption to the outsole. The midsole is generally much thicker in a hiking boot than in a trail shoe. And a trail shoe may incorporate a less durable synthetic material such as EVA (ethyl vinyl acetate) as its midsole material. A hiking or backpacking boot may rely more on a robust outsole for shape, stiffness, and cushioning, while a trail shoe by design will emphasize the midsole: it will be much thicker than the outsole.

Complementing the midsole, some boots as well as trail shoes may incorporate a "shank," a stiff material made of metal, plastic, or carbon fiber. A shank can help stiffen a trail shoe in which the thickness and stiffness of the outsole have been decreased, thereby reducing the weight of the shoe. One innovative company, GoLite, is incorporating a carbon shank in its trail shoes in 2008 to increase support while reducing weight. These rugged shoes weigh around 20-25 ounces per pair, less than half the weight of some hiking boots.

Ankle Support

One obvious difference between boots and shoes is that boots extend up to and even over the ankle joint. Boot proponents are adamant that a high-top boot is essential in preventing ankle sprains. The scientific evidence, however, is equivocal.

A study conducted on Israeli military recruits showed no difference in incidence of ankle sprains between wearing basketball shoes or standard over-the-ankle military boots. A review of multiple studies on the subject concluded that a stiff ankle brace would be required to prevent sprains. A boot alone is not sufficient to resist the force of a twisting ankle.

This idea is echoed in an article in the journal *Sports Medicine*, which suggests that footwear may contribute to ankle

sprains. One theory is that shoes interfere with proprioception, that is, the body's ability to know where the foot is on the ground. Mr. Frederickson of Sport Biomechanics notes that cross country runners run in low-top shoes to increase their proprioception. Several researchers point out, however, that people who have had previous sprains are susceptible to suffer another sprain, regardless of the type of shoe or boot worn.

As a personal anecdote, I have sprained my ankle both in my Vasque Sundowner Summit backpacking boots and my Asics Gel Trail Sensor shoes. A high top boot may give an ankle sprain prone backpacker some sensory input to help reduce a full sprain, but, a lower profile trail shoe may increase the tactile response to the ground, helping to prevent sprains. The jury is out. A hiker with a history of sprains should engage in exercises to strengthen the ankle. In some cases, recurrent ankle sprains are an indication for surgical repair.

Light Weight vs. Heavy Weight

One clear advantage of trail shoes over boots is in their lighter weight. One often quoted maxim, repeated in *The Complete Walker IV*, is that "every pound on your feet is equal to five pounds on your back." While not scientifically proven, the maxim seems logical. The difference between boots weighing more than three pounds and trail shoes weighing less than a pound-and-a-half is significant when multiplied by more than 2,000 steps per mile. The extra weight the hiker is swinging through the air between steps can add up to extra tons of weight carried. On a day hike, the weight may not be noticed. On a long-distance thru hike, the feet and calf muscles may respond to the extra weight.

Summary

Trail shoes have evolved over the last several years to provide some of the benefits found in hiking boots. Thinner outsoles use unique tread patterns to improve the contact surface with the ground and employ a blended rubber outsole, more durable than typically found in a running shoe. Trail shoes have incorporated thicker midsoles and integrated stiff innersoles to enhance arch support and to cradle and protect the heel. Waterproof materials and padded collars, or "scree guards," help keep water and debris out of the shoe. And, hiking in a lighter weight shoe provides a more tactile experience on the trail, which may even help prevent ankle sprains.

A solid one-piece all-leather upper construction hiking or backpacking boot and a thick Vibram outsole may just last longer than the latest light-weight trail shoe, however. And, for 5-6 miles once a week or so, the extra weight may not be significant. However, for a long-distance hiker who wants to shed unnecessary weight, or even for a day hiker who wants to feel the trail more acutely, a light-weight trail shoe is a viable alternative. Of course, hikers may want to interchange trails shoes and hiking boots depending on the terrain, hike planned, or, simply for a change.

Identifying unique characteristics of each type of shoe or boot is difficult since manufacturers blend categories and features. The following are general guidelines.

Running shoe: Thin rubber outsole, EVA midsole with synthetic upper, less than 20-25 ounces per pair.



Trail shoe: Thicker outsole with composite rubber and a lug sole with lugs placed to improve traction. EVA midsole, generally synthetic upper which may have some leather, padded collar, reinforced toe, less than 20-25 ounces per pair.



Light hiker boot: Specialized durable outsole, EVA midsole, may incorporate footplate or shank, combined thinner type leather and synthetic upper, between 2-3 pounds per pair.



Backpacking boot: Thicker outsole with 6-8mm depth lugs, polyurethane durable midsole, incorporates more and thicker, higher grade leather in the upper material, more than 3 pounds per pair.



Mountaineering boot: Rigid outsole and stiff plastic upper, insulating interior, designed to accept crampons, weighing more than 5 pounds per pair.



Howard E. Friedman, DPM, is a podiatrist treating hikers and non-hikers in Suffern, NY.

Group Publishes Field Guide To Basha Kill Wetlands

The Basha Kill Wetlands: A Field Guide has been published by the Basha Kill Area Association (BKAA), a Trail Conference member club. At 100+ pages, this new guide to the spectacular 3,000-acre wildlife management area in the Shawangunks, through which the Shawangunk Ridge



Trail extends, includes species lists, a color fold-out map of the wetlands, an almanac that tells you what to look for at different times of the year, mini-essays about plant and animal residents, a kids' section, and superb pen-and-ink drawings of plant and animal residents by artist Lilith Jones. Price: \$25, includes tax.

The guide is available for purchase at the Catskill Hiking Shack or Canal Towne Emporium, both in Wurtsboro. Or go to the BKAA website (www.thebashakill.org) for info on how to order it.



Wanted: Afternoon Hikers

Night owls, age 45-plus, wanted, for midday-afternoon, easy to moderate, 1 - 3 hour walks and hikes at the Ramapo Reservation in Mahwah, the Piermont Pier, and more. Suggestions welcome. Contact Susan at 845-354-5791 or Ivyslant@aol.com.

Science & Ecology

There's a Lizard on That Rock!—Skinks in the Highlands

By Henry John-Alder

About 250 million years ago an ancestor to the modern reptiles (lizards and snakes) evolved on the ancient super-continent of Pangaea, but true lizards probably did not arise for another 100 million years. These lizards had a fleshy tongue and used it for eating, like most animals. At some point, another group of these animals evolved a different kind of tongue, long and slender and used for sensing smells and tastes in the environment; these animals became the snakes. There are now over 4,200 species of true lizards worldwide. Only three of these species found their way into New Jersey, to be seen by sharp-eyed hikers from March into October.

The most common and conspicuous species of lizard in New Jersey is the Eastern (or Northern) Fence Lizard (*Sceloporus undulatus*). Although there are over 100 different species of fence lizard overall, only one species is found in New Jersey, and it is most common in the Pinelands. It can be spotted sunning itself on trees and fallen logs on sunny or sultry overcast days in the spring



and summer. This rather fat-bodied lizard is brownish-grey, blending in well with the tree trunks or rocks on which it basks, so one needs to keep a sharp eye out to spot them. However, during the breeding season, the males may have patches of greenish-blue on the throat and sides, and females have dark horizontal lines along the back.

The least abundant species in New Jersey is the Ground Skink (*Scincella lateralis*), which also occurs in sandy areas of the southern half of the state. Based on my personal experience of studying lizards in New Jersey over the past 25 years, I would describe this species as “virtually nonexistent.” You would be lucky indeed to see this lizard; it is very small (less than five inches long), reddish-brown in color, so again blending in well with its background, and spends most of its time hunting for insects within the layer of dead leaves on the forest floor.

The lizard one is most likely to see on a Highlands hike is the Five-lined Skink (*Eumeces fasciatus*). This lizard is found throughout New Jersey, and indeed ranges

up through New York and into southern Canada (unusual for lizards). It is named for a series of long light-colored stripes running from its snout to the tip of its tail. Most strikingly, the long tail may be bluish; this helps you spot it as it dashes for cover from its basking places on rocks and logs as you approach along a trail. *Eumeces* likes damp habitats with lots of sites for basking, taking cover, feeding and nesting; these include rotting logs, brush piles, patches of debris, and rocks—exactly the kind of habitat common along most of our trails. This species is almost exclusively terrestrial, although it may occasionally be found in trees in search of prey (mainly insects). *Eumeces fasciatus* relies heavily on chemical cues to locate prey and identify mates, and may even be able to recognize individuals with which they are familiar.

Skinks are a very diverse family of lizards, found on all continents except Antarctica. About 1,400 species exist worldwide. They can be found living on the ground, in trees, in water, and even digging down into the

soil; and their size, shape, behavior, and physiology is just as diverse.

Yet they are rather conspicuous in their habitats to the observant eye, especially on crisp, sunny days. How can this be so? The answer has to do with the temperature relations of these lizards and many of their relatives. Although they do not regulate their body temperature through their metabolism, as we do, they use their behavior to adjust their internal temperature. They seek out basking sites, like rock outcrops, that warm up rapidly in the sun and allow them to heat their bodies to about 33° C (slightly cooler than our 37° C body temperatures). They even seek out hiding sites amongst the rocks that retain the sun's heat, in order to maintain a body temperature warm enough to enable them to run around. Overall, their choice of habitat and many other aspects of their behavior are driven to a large extent by the physiology of their temperature relations.

At the moment, *Eumeces* is fairly abundant in New Jersey, although it has become rare and threatened in other parts of its range. We can only hope that *Eumeces* in New Jersey fail to achieve this status.

Henry John-Alder is Professor in the Department of Ecology, Evolution, and Natural Resources at Rutgers University.



Lizards Found in Southern New York

The Fence Lizard (*Sceloporus undulatus*) is listed as a Threatened Species by the NY Natural Heritage Program. There are just five extant, naturally occurring, populations known and one introduced population. Of them, Professor John-Alder notes: “Interestingly, fence lizards in New York attain larger adult body sizes than in nearly any other population. As a general biological rule (Bergmann's rule), average body size increases with increasing latitude. This was thought to be true only of warm-blooded animals, but it certainly seems to be the case for fence lizards, which are at the northernmost tip of their range in New York.”

According to the Dept. of Environmental Conservation, in New York the Five-lined

Skink (*Eumeces fasciatus*) can be found in the Hudson Highlands, the Taconic Ridge, and the Shawangunk Ridge in the southeastern part of the state, as well as in isolated locations in the mountains near Lake George and Lake Champlain.

The New York metropolitan area is host to one introduced species of lizard, the Italian Wall Lizard (*Podarcis sicula*). Originally from the Mediterranean area, the DEC notes that it was “introduced around 1967 in the Town of Hempstead, Nassau County, most likely the result of an accidental escape from a captive population believed to be from Rome, Italy. It adapted well to urban and suburban settings, and is now permanently established on western Long Island and in isolated pockets in New York City as far north as the Bronx.” So you Metro hikers, be on the lookout (generally from April to October).

JOHN MYERS

continued from page 1

extend the Long Path northward for another 75 miles. We again worked with the National Park Service in planning the route and the Long Path North Hiking Club formed to maintain it. On the AT, we worked with the Appalachian Trail Conference for many years and passed along some land donations and conservation easements to them. The Highlands Trail was the third big project we took on. Starting in about 1995, we envisioned it being a bi-state trail running 150 miles from the Hudson River in New York to the Delaware River in New Jersey. This was an exciting but more complicated effort since we partnered with many different state, county, and local municipality agencies on the trail. Another 75 miles of new trails are still in the works: the Jenny Jump Trail and Iron Belt Trail in New Jersey and the East Hudson Highlands Trail extension in New York.

How has technology changed the land acquisition and trail planning business?

Geographic Information Systems (GIS) software has revolutionized land acquisition. Now we can pull up aerial photography of an area, overlay property boundary lines, get section-block-lot and owner contact information, all in a few minutes. This would have taken days or weeks in the past. We can also produce much nicer maps at much less cost, plus it's more fun to play with than paper.

What was your favorite trail, or favorite trail segment, and why?

I have to admit that my first passion is for rock-climbing but I've done a lot of hiking to get to the cliffs and mountains. My favorite trails are in the Gunks, especially the remote wild lands up on Sam's Point. Of course, I may be partial to the area since I have climbed in the Gunks for so many years.

Who are some of the memorable people you've worked with over the years?

There are so many that it's hard to single out just a few, but Bob Anderberg of the Open Space Institute is a real visionary and a great partner in our work in the Gunks. I made good friends at NYS DEC, the local land trusts and advocacy groups. JoAnn Dolan and Ed Goodell were both great people to work with and have become very good friends as well. There are many volunteers I have a lot of respect for who worked very hard on building these trails, in particular Bob Moss, Gary Haugland, Jacob Franke, and Bob Boysen. Gus Vasiliades and his wife kindly let me stay at their house whenever I came up from North Carolina. And of course, the many TC staff over the years.

Why and when did you move to North Carolina, and what are you doing there now?

I left New York in 2002 to reconnect with my best friend from high school, who was living in Asheville, and we were married in 2004. A few years ago, I decided I wanted to give something back to the sport of rock climbing I have enjoyed for over 40 years. I hooked up with the Carolina Climbers Coalition and helped them buy a 1200 foot granite dome in North Carolina, the largest one east of the Rockies, and re-open it to climbing. My wife Jane and I also bought 270 acres of land in Hickory Nut Gorge, which we are conserving while doing a “green” conservation development on a small part of it. (See www.HickoryNutForest.com for more info.)

How were you able to continue working in New York and New Jersey from Asheville, NC?

Well, I always worked out of my house, mostly on the phone and on the computer, so it didn't really matter too much where I was living. In fact, I worked out of the back of my truck camper in 2003 for eight months, while Jane and I traveled cross

country. After so many years doing this work, I knew all the players, so I didn't need to go in person very often to get things done. The glacial pace of conservation land deals also made it easier.

What was the most difficult aspect of doing trail-based acquisition work?

Trying to come up with a realistic estimate of how long a deal will take to get done. From the beginning to the end, there are so many unpredictable variables: getting landowners to agree to sell, solving all the unexpected problems that arise, and getting the state to come up with the funding. No two deals are ever the same, which at times can be frustrating, but it also keeps things from getting boring.

What will you miss about working with the TC?

The people and the beautiful land I have had the privilege to work with.

How would you like your work at the TC to be remembered?

That we have been able to permanently protect all this beautiful land and create all these miles of trails for people to enjoy. I have made great friendships along the way and have been fortunate to be part of a great team of TC staff and volunteers who helped make all this possible.

What advice would you give to people who want to get into the land acquisition game?

Unless you love problem solving, persisting against impossible odds, and have enormous patience, go find another job. If you love challenges and seeing your work make a lasting difference in the world, then jump on in.



Myers in the field with Bob Boysen and Bill O'Hearn.



January

Tuesday, January 1

RWV. Shaupeneak Ridge, Esopus, NY. Leader: call 845-246-4590 for information and meeting place. Meet: 8:30am. Moderate hike of 4.5 miles; expect to take 2.5 hours. Snowshoes may be required. Inclement weather date is following Monday.

Wednesday, January 2

UHC. Watchung Reservation, Mountainside, NJ. Leader: Ellie King, 908-233-8411. Meet: 10am at parking on Coles Ave. at New Providence Rd. 4+ miles at moderate pace; some rocky and muddy trails. Steady rain cancels.

Thursday, January 3

UHC. Turkey and Pyramid Mountains, NJ. Leader: Terry Kulmane, 908-665-2672; must register the day before the hike. Meet: 10am at Pyramid Mtn. visitors center, Montville Twp., NJ. Moderate 6 miles; bring crampons. Rain or snow cancels.

ADK-MH. Mid Hudson Valley, NY. Leaders: Jane Geisler, 845-677-9909, or Lalita Malik, LalitaMalik@aol.com, 845-592-0204. Easy to moderate, 3-6 hour hikes on the first and third Thursdays of each month. Hikes are followed by a stop for refreshment or dinner. Contact Lalita Malik by Tuesday for hike plan.

Saturday, January 5

PM. Welcome to the New Year Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp. Remember those New Year's resolutions to exercise more and join us for this moderate hike; appropriate for ages 8 and up.

Sunday, January 6

NYR. MYX Monster Trail, Croton-Harmon, NY. Leader: Jim Korn, 212-697-4811. Meet: 7:35am at Grand Central Station for 7:51 train, one-way to Croton-Harmon. Call leader for hike distance/pace. North on Old Croton Aqueduct to Briarcliff Peekskill Trailway, Croton Dam, then north to Blue Mountain Reservation passing Colabaugh Pond; out to Peekskill station.

GAH. Inwood Hill and Fort Tryon Park (The Cloisters), NYC. Leader: Elfi Woschitz, 212-722-7338. Meet: 10am at Cloisters parking lot; accessible by public transportation. Easy hike. \$5 entrance fee.

IHC. Skylands in Winter, Ringwood, NJ. Leader: Roy Williams, 570-828-6207. Meet: 9am at parking lot A, Skylands Manor. Moderately strenuous. Views from Pierson Ridge will be clear and crisp; ice flows on Mount Defiance should be worth photographing. Bad weather cancels.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Trailside Nature Center, Coles Ave. at New Providence Rd. Fairly brisk 4-5 miles; some rocky trails. Rain, ice, or snow cancels.

Monday, January 7

RWV. Thomas Cole Mountain (3940'), Catskills, NY. Leader: call 845-246-8546 for information and meeting place. Meet: 8am. Strenuous 4.8 miles; snowshoes and crampons required. Inclement weather date is following Monday.

UHC. Tulip Springs, South Mountain Reservation, Millburn, NJ. Leader: Clotilde Lanig, 732-549-4977. Meet: 10am; call for directions. Easy hike on yellow trail to a view from the lookout shelter.

Tuesday, January 8

GS. Baby and Me Hike, Morris Co., NJ. Leader: call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 9:30am; call for meeting place. Put your infant in a pack and join a naturalist for this 1.5-hour hike at Mt. Hope in Dover (a different Morris County location each Tuesday through February). \$1 fee.

UHC. Garret Mountain and More, NJ. Leader: Dave Sutter, 973-778-0992. Meet: 10am at Lambert Castle, Paterson, NJ. 4 easy miles followed by visit to Great Falls and some antique locomotives; optional lunch at Libby's Diner. Steady downpour cancels.

Wednesday, January 9

AFW. Blauvelt Mountain, Harriman State Park, NY. Leader: call 973-644-3592 for info and to register. Meet: 10am Johnsonstown Rd.; must call ahead to register. Moderate hike; out by 3pm.

UHC. Ramapo Valley County Reservation, Mahwah, NJ. Leader: Terry Kulmane, 908-665-2672. Meet: 10am; call for directions. Moderate hike, exploring this winter wonderland; bring crampons. Falling snow or rain cancels.

Thursday, January 10

UHC. Loantaka Brook Reservation, Morristown, NJ. Leader: Al MacLennan, 973-451-1435; must register the day before the hike. Meet: 10am at South St. parking. Easy, level hike through woods to duck pond; one water crossing.

Saturday, January 12

RWV. Bard Rock, Hyde Park, NY. Leader: call 845-246-2945 for information and meeting place. Meet: 10am. Easy 4 miles; about 3 hours.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at Trailside Nature Center, Coles Ave. at New Providence Rd. Moderate 4-5 miles; some level walking and rocky trails. Rain or snow cancels, but if deep snow we'll cross-country ski.

ADK-MH. Ashokan High Point, Catskills, NY. Leaders: Jean-Claude Fouere (JCFouere@optonline.net, 845-462-0142 evenings before 10pm) and Russ Faller (russoutdoors@yahoo.com, 845-297-5126 before 9:30 pm). Call for meeting time and place and car-pooling arrangements. This 7-mile hike or snowshoe will take us from Peekamoose Road parking lot along the beautiful Kanape Brook and up to Ashokan High Point and back. Proper winter clothing, hiking shoes, and crampons or snowshoes required.

Sunday, January 13

IHC. White Trail, Ringwood, NJ. Leader: Susan Clark, 973-962-0926. Meet: 9am at parking lot A, Skylands Manor. Moderately strenuous 8 miles.

TLR. Croton Point Park Bird Walk. Leader: Charlie Roberto. Meet: 9am. Free, but must call Teatown Lake Reservation to pre-register at 914-762-2912, ext. 110. Easy walk for all ages; search out returning eagles, wintering owls, and waterfowl along the Hudson River.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Tulip Springs parking, Brookside Ave., Millburn. Fairly brisk hike of about two hours. Rain, ice, or snow cancels.

Thursday, January 17

ADK-MH. Mid Hudson Valley, NY. Leaders: Jane Geisler, 845-677-9909, or Lalita Malik, LalitaMalik@aol.com, 845-592-0204. Easy to moderate, 3-6 hour hikes on the first and third Thursdays of each month. Hikes are followed by a stop for refreshment or dinner. Contact Lalita Malik by Tuesday for hike plan.

UHC. Doodletown, Bear Mountain State Park, NY. Leader: Arnie Seymour-Jones, 201-768-3864; must register the day before the hike. Meet: 10am at Bear Mtn. Inn parking lot. Easy hike through the old town, Doodletown mine, two old cemeteries.

Saturday, January 19

AFW. Harriman State Park, NY. Leader: call 973-644-3592 for info and to register. Meet: 10am. Strenuous hike; out by 3pm.

PM. Snowshoe Celebration, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 to register (required) and for more information. Meet: 10am at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Think snow and join us for a day of snowshoeing, including guided hikes and refreshments; great for all ages. \$5 fee. Ends at 3pm.

UHC. Jockey Hollow, Morristown, NJ. Leader: Clotilde Lanig, 732-549-4977. Meet: 10am at visitors center. Easy hike at a very moderate pace. Rain, ice or snow cancels.

Sunday, January 20

IHC. Panther Mountain, Harriman State Park, NY. Leader: Jordan Lampert, 732-516-0148. Meet: 9am at Lake Sebago boat launch, Seven Lakes Dr., Sloatsburg, NY. Strenuous workout guaranteed to warm you up. 8 miles with three steep ascents, two swamps, and a great view of the emerald city (on a clear day).

UHC. South Mountain Reservation, Millburn, NJ. Leader: Ed Leibowitz, 201-332-1709. Meet: 10am at Locust Grove parking, Glen Ave. across from Millburn RR station. Steep beginning, then mostly flat but somewhat rocky; crampons may be needed. Rain or snowstorm cancels.



Appalachian Trail at Wawayanda Mountain.

Monday, January 14

RWV. Blackhead Mountain (3940'), Catskills, NY. Leader: call 845-246-7616 for information and meeting place. Meet: 8am. Strenuous 4.5 miles; snowshoes and crampons required. Inclement weather date is following Monday.

UHC. Eagle Rock Reservation, West Orange, NJ. Leader: Irv Auerbach, 973-239-4342. Meet: 10am; call for directions. Easy hike.

Tuesday, January 15

UHC. High Mountain Park, Wayne, NJ. Leader: Eric Singer, 973-744-7147. Meet: 10am; call for directions. 5-mile moderate hike with nice views and varied terrain; for experienced hikers.

Wednesday, January 16

UHC. South Mountain Reservation, West Orange, NJ. Leader: Louise White, 973-746-4319; call 9am-9pm. Meet: 10am at Turtle Back Rock parking; call for directions. Moderate 4+ miles in this nicely wooded area and see the Turtle Back Rock.

Monday, January 21

UHC. South Mountain Reservation, NJ. Leader: Cherryl Short, 973-299-0212. Meet: 10am at Deer Paddock; call for directions. Easy, fairly level hike.

Tuesday, January 22

UHC. Ramapo Mountain State Forest, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10am in upper lot; call for directions. Moderate 6 miles, less if we snowshoe. We'll hike to the castle and by the lake. Bad road conditions cancel.

Wednesday, January 23

RWV. Hudson Valley Rail Trail, NY. Leader: call 845-246-4590 for information and meeting place. Meet: 10am. Easy 4 miles; about 3 hours. Inclement weather date is following Saturday.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Leas, 908-233-6641. Meet: 10am at Coles Ave. and New Providence Rd.; call for directions. Moderate 4+ miles with some rocky trails; cross-country skiing a possibility. Steady rain or snow cancels.

Thursday, January 24

UHC. Jockey Hollow, Morristown, NJ. Leader: Joanne Patchin, 973-822-0372; must register by the day before the hike. Meet: 10am at visitors center. Moderate hike; also in Lewis Morris Park.

Saturday, January 26

ADK-MH. Lake Minnewaska State Park Preserve, NY. Leader: Don Urmston, Durrnston@hvc.rr.com or 845-457-4552 (before 9pm). Meet: Lake Minnewaska upper parking lot. Contact leader for time. We will ski or hike depending on the weather. Bring snacks, water. Note: there is a fee \$\$ to enter the park. Rain and/or soggy trail conditions will cancel.

UHC. Jockey Hollow, Morristown, NJ. Leader: Betty Mills, 973-538-4922. Meet: 10am at visitors center parking. Easy 3-4 miles in this historic park; good for beginners. Steady rain, ice or snow cancels.

Sunday, January 27

GAH. Blue Mountain Reservation, Peekskill, NY. Leader: Bernard Kessler, 212-541-7964. Meet: 10am at Peekskill RR station. Moderate and easier hikes, possibly cross-country skiing.

IHC. Appalachian Trail, Stokes State Forest, NJ. Leaders: Guy and Jen Percival, 973-984-1005. Meet: 9am at Augusta, NJ. Park & Ride, junction of Rt. 206 and Rt. 15. Strenuous hike on the AT to top of Sunrise Mountain, with great winter views. Carpool to Culver's Gap.

PM. Singles Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 to register (required) and for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Looking for someone to hike with? Our moderate singles hike may be the answer. All adults (ages 18+) welcome.

Monday, January 28

RWV. Mt. Utsayantha (3214'), Catskills, NY. Leader: call 845-417-8097 for information and meeting place. Meet: 8am. Moderately strenuous 4.4 miles; snowshoes may be needed. Inclement weather date is following Monday.

UHC. Loantaka Brook Reservation, Morris Twp., NJ. Leader: Len Schnitzer, 732-499-9176. Meet: 10am at Kitchell Rd. parking near pond; call for directions. A stroll where you can talk and not have to watch your feet.

Tuesday, January 29

UHC. Wildcat Mountain, Sterling Forest, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 9:30am at Indian Hills parking off Orange Turnpike; call for directions. Shuttle required. Moderate 6 miles with some climbing.

Wednesday, January 30

UHC. Great Swamp National Wildlife Refuge, NJ. Leaders: Don and Jeane McLellan, 908-464-6246. Meet: 10am at parking lot; call for directions. Moderate 4 miles on level terrain. Steady rain or snow cancels.

Thursday, January 31

UHC. Lake Skannatati, Harriman State Park, NY. Leader: George Pullman, 973-773-2678. Meet: 10am at Lake Skannatati parking. Moderately strenuous hike with hills; for experienced hikers.

February

Saturday, February 2

UHC. Garret Mountain, Paterson, NJ. Leader: Walter Koenig, 973-684-5528. Meet: 10am; call for directions. Easy hike with splendid views of historic Paterson. Icy conditions cancel.

Sunday, February 3

IHC. Kittatinny Valley State Park, Newton, NJ. Leader: Ursula Davis, 973-786-7087. Meet: 9am at Kittatinny, Goodale Rd., Newton, NJ. Moderate 8 miles with gentle hills; can be shortened to 5 miles, but soup and pie will be served at treehouse only after the 8-milers are back!

PM. Valhalla Brook Falls, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Venture out on Turkey Mountain on this moderate hike; for ages 7 and up.

UHC. South Mountain Reservation, W. Orange, NJ. Leader: Louise White, 973-746-4319; call 9am-9pm. Meet: 10am at Turtle Back Rock parking; call for directions. Moderate 4+ miles in nicely wooded area and see Turtle Back Rock.

Monday, February 4

AFW. Harriman State Park, NY. Leader: call 973-644-3592 for info and to register. Meet: 10am. Moderate hike; out by 2pm.

UHC. Mills Reservation, Cedar Grove, NJ. Leader: Joe McLaughlin, 973-263-2799. Meet: 10am; call for directions. Easy hike on the Lenape Trail.

Tuesday, February 5

GS. Baby and Me Hike, Morris Co., NJ. Leader: call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 9:30am; call for meeting place. Put your infant in a pack and join a naturalist for this 1.5-hour hike at Dismal Harmony in Mendham (a different Morris County location each Tuesday through February). \$1 fee.

UHC. Allamuchy (south of I-80), NJ. Leader: Eric Singer, 973-744-7147. Meet: 10am; call for directions. 5 miles, even if there is snow on the ground. For experienced hikers.

Wednesday, February 6

UHC. Elmdale Trail, South Mountain Reservation, Millburn, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at Brookside Dr.; call for directions. Easy 4-5 miles with smooth treadway, with side excursion into Old Short Hills Park.

Thursday, February 7

ADK-MH. Mid Hudson Valley, NY. Leaders: Jane Geisler, 845-677-9909, or Lalita Malik, LalitaMalik@aol.com, 845-592-0204. Easy to moderate, 3-6 hour hikes on the first and third Thursdays of each month. Hikes are followed by a stop for refreshment or dinner. Contact Lalita Malik by Tuesday for hike plan.

UHC. Anthony Wayne, Harriman State Park, NY. Leader: Hank Perrine, 212-666-0694. Meet: 10am at Anthony Wayne parking. Moderately strenuous hike with hills; for experienced hikers.

Saturday, February 9

PM. Tripod Rock, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Visit our famous glacial erratic on this moderate hike; for ages 7 and up.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Jim Schlegel, 973-731-4339. Meet: 10am at Tulip Springs parking in Millburn; call for directions. Moderate to easy 2.5-hour hike.

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 who 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 90 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.

ADK-MH	Adirondack Mountain Club	NYR	New York Ramblers
	Mid Hudson Chapter	PM	Pyramid Mountain
AFW	Adventures for Women		Natural Historic Area
GAH	German-American Hiking Club	RWV	Rip van Winkle Hiking Club
GS	Great Swamp Outdoor Education Center	TLR	Teatown Lake Reservation
		UHC	Union County Hiking Club
IHC	Interstate Hiking Club		

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to tw@nynjtc.org or to the Trail Conference Office. The deadline for the March/April 2008 issue is January 15, 2008.

Sunday, February 10

ADK-MH. Harriman State Park, NY. Leader: Alvin DeMaria 845-255-1704. Meet: Contact leader for meeting time and place. An 8-mile, moderately difficult loop, from Silvermine Lake, clockwise, including R-D and Long Path, over Goshen and Stockbridge Mountains.

GAH. Staten Island Greenbelt, NY. Leader: Fred Volk, 718-987-3094. Meet: 10am at Greenbelt Nature Center; call for directions. Must call to register. Short, moderate, and easy hikes.

IHC. Lord Stirling Park, Great Swamp and Raptor Trust, Basking Ridge, NJ. Leaders: Guy and Jen Percival, 973-984-1005. Meet: 9am at Somerset Co. Environmental Center, Basking Ridge. Moderately strenuous 8 miles. Guaranteed Snowy Owl and Bald Eagle sightings.

UCHC. Loantaka Brook Reservation, Morris Twp., NJ. Leader: Al MacLennan, 973-451-1435. Meet: 10am at South St. parking; call for directions. Easy 2-hour level walk through woods; duck pond and one water crossing.

Monday, February 11

UCHC. Grover Cleveland Park, Essex Fells and Caldwell, NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10am; call for directions. Easy hike; enjoy the best of two parks.

Tuesday, February 12

UCHC. Kay Environmental Center, Chester, NJ. Leader: Peter Beck, 201-274-4471. Meet: 10am; call for directions. Bring snowshoes and cross-country skis. If inadequate snow, we'll walk 2 hours toward Bamboo Brook, then however long it takes to get back. For experienced hikers.

Wednesday, February 13

UCHC. Ramapo Lake, Oakland, NJ. Leader: Micky Siegel, 201-797-7054. Meet: 10am at first lot on left on Skyline Dr; call for directions. Moderate to easy, very scenic hike.

Saturday, February 16

AFW. Harriman State Park, NY. Leader: call 973-644-3592 for info and to register. Meet: 10am. Strenuous hike; out by 3pm.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: John Jurasek, 845-365-3618. Meet: 10am at Trailside Nature Center; call for directions. Moderate 4-5 miles; for intermediate hikers. Ice or 4+ inches of snow cancels.

Sunday, February 17

PM. Red, White and Blue Trails, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Be ready for presidential trivia on this moderate hike; for ages 7 and up.

UCHC. Jockey Hollow, Morristown, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at Visitors Center parking; call for directions. Moderate 4-5 miles in this scenic, historical park.

Monday, February 18

UCHC. Oakdale, South Mountain Reservation, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am; call for directions. Easy hike; enjoy the view from the crag. One hill up and one down.

Tuesday, February 19

UCHC. Popolopen Gorge, Bear Mountain State Park, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10am at Bear Mtn. Inn. 6.5 miles hike with climb of Popolopen Torne (if no snow) and visit to rehabilitated Fort Montgomery. For experienced hikers.

Wednesday, February 20

UCHC. Tulip Springs, South Mountain Reservation, Millburn, NJ. Leader: Louise White, 973-746-4319; call 9am-9pm. Meet: 10am at Tulip Springs parking on Cherry Lane; call for directions. Moderate to easy 4 miles.

Thursday, February 21

ADK-MH. Mid Hudson Valley, NY. Leaders: Jane Geisler, 845-677-9909, or Lalita Malik, LalitaMalik@aol.com, 845-592-0204. Easy to moderate, 3-6 hour hikes on the first and third Thursdays of each month. Hikes are followed by a stop for refreshment or dinner. Contact Lalita Malik by Tuesday for hike plan.

UCHC. Skylands Manor, Ringwood State Park, NJ. Leader: Jim McKay, 973-538-0756. Meet: 10am at Skylands Manor. Moderately strenuous 8-9 mile hike to Ilgenstein Rock; for experienced hikers.

Saturday, February 23

ADK-MH. Black Dome, Catskills, NY. Leaders: Jean-Claude Fouere (JCFouere@optonline.net, 845-462-0142 evenings before 10pm) and Russ Faller (russoutdoors@yahoo.com, 845-297-5126 before 9:30 pm). Call for meeting time and place and car-pooling arrangements. This 7+ mile hike and/or snowshoe will take us from the Barnum Road parking lot to Thomas Cole Mountain and on to Black Dome offering beautiful views. Proper winter clothing, hiking shoes and crampons or snowshoes required.

PM. Winter Birds Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. See what birds have chosen to stay around for the winter. Easy hike; for ages 5 and up.

UCHC. Jockey Hollow, Morristown, NJ. Leader: Betty Mills, 973-538-4922. Meet: 10am at Visitors Center parking; call for directions. Easy 3-4 miles in this scenic, historical park; beginners welcome. Steady rain, ice or snow cancels.

Sunday, February 24

ADK-MH. LONE (3721') & ROCKY (3508'), Catskills, NY. Leader: Edward Ripley-Duggan, erd@wisely.net, 845-657-7057. Meet: Please contact leader by February 18. 10 miles strenuous miles; ascent, 2300'. This route, departing from the Denning trailhead, is generally considered one of the harder Catskill bushwhacks. This will be a moderately paced, but strenuous hike to these remote peaks. Participants must be capable of sustaining the pace for a full day. Required equipment: snowshoes, crampons, a headlamp with fresh batteries, and enthusiasm. Layers and gear appropriate to backcountry winter should be carried. Bad weather cancels.

GAH. Palisades and Hudson Shore, NJ. Leader: Helly deLiz, 201-592-6377. Meet: 10am at Linwood Shopping Center, Rt. 9W, Fort Lee. Please call to register. Moderate and easy hikes.

IHC. Sterling Ridge Fire Tower, Sterling Forest, NY. Leader: Chris Davis, 609-924-2563. Meet: 9am at Sterling Forest Visitor Center, Tuxedo, NY. Moderately strenuous 8 miles from the lake, up along the ridge, with unparalleled views from the fire tower.

Monday, February 25

UCHC. The Tourne, Boonton, NJ. Leader: Joe Burns, 973-887-8173. Meet: 10am; call for directions. Easy, pretty hike to Birchwood and Crystal Lakes. Bubbling springs?

Tuesday, February 26

UCHC. Ramapo County Reservation, Darlington, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10am at parking on Rt. 202; call for directions. 6 miles up Ridge Trail to Bear Swamp Lake, then back on Orange and Waterfall Trails. Snowshoes if enough snow. Bad weather cancels. For experienced hikers.

Wednesday, February 27

UCHC. Jockey Hollow, Morristown, NJ. Leader: Dave Bennett, 973-701-0248. Meet: 10am at visitors center parking; call for directions. Moderate to easy 4-5 miles through this lovely park.

Thursday, February 28

UCHC. Lake Wanokink, Harriman State Park, NY. Leader: Arnie Seymour-Jones, 201-768-3864; must register day before hike. Meet: 10am at Reeves Meadow parking on Seven Lakes Dr. 6-7 miles; for experienced hikers.

Member Club Profile

The Trail Conference comprises 10,000 individual members and more than 100 member clubs with a combined membership of 150,000 hikers. We invite club representatives to submit photos from hikes or maintenance outings or other events (please set your digital camera for highest resolution). Email your photos, along with complete caption information to: tw@nynjtc.org; put "TW club photo" in the subject line.

New York Alpine Club

The New York Alpine Club describes itself as an Asian-American club with year-round activities that focus on weekly hikes and rock or ice climbs, backpacking, snowboarding, skiing, and camping. The club, which former president and current trail maintenance committee chair Chong Pil Kim says comprises mostly families with Korean backgrounds and associations, draws its membership from the New York metro area, including New Jersey and Connecticut. "There are about 80 members," says Mr. Kim, "and their families."

The club was founded in 1974 by individuals who had come to New York from Korea. "They were experienced hikers and climbers, and they were looking to continue their activities here," he explains.

Nowadays, the club plans hikes and climbs for each Sunday. "We all gather on Sunday morning, then separate into the hiking and climbing groups, then come back together in the evening," Mr. Kim explains. "Many of us then go out to dinner at a restaurant." The climbers generally head for the cliffs of the Shawangunks, while the hikers' range

includes the Hudson Valley, Connecticut, Massachusetts, and Pennsylvania. The club plans to expand its outings schedule in 2008 by adding Saturday activities. It also organizes extended trips—to locales such as South America, Alaska, and Nepal—every two years.

Trail maintenance is part of the club's agenda; NYAC maintains a four-mile stretch of the Wilkinson Trail in the East Hudson Highlands, from Old Albany Post Road up and across Scofield Ridge all the way to where it crosses Squirrel Hollow Brook at the intersection of the blue Notch Trail.

Among the NYAC's biggest successes is its engagement of young people in its activities. Entire families often participate in the weekly outings, and the group offers an annual summer camp for young people, where more experienced members give lessons in such skills as map reading and basic climbing techniques. Usually these camps—which last a week—are conducted in the New York metro region. Last year, however, 30 young people with 20 adult mentors traveled to Utah for the annual camp. "The individuals who were students 20 years ago are now the teachers," says Mr. Kim.

NYAC welcomes new members. For contact information, go to www.nynjtc.org and click on Member Clubs.



Take the "Baker's Dozen" Mountain Challenge in NJ Highlands

New book and organization promotes eco-tourism in heart of New Jersey Highlands

Don Weise, a West Milford author, hike leader, and Trail Conference member, plots a course for local adventure over some surprisingly rugged New Jersey terrain in his new book, *West Milford Baker's Dozen: A Hiker's Guide to Climbing the Heart of the Highlands' 13 Greatest Peaks*. Inspired by other peak-bagging organizations such as the Catskill 3500 Club, Weise has also created the group West Milford 13ers; membership requires reaching the summits of all required peaks. The climbs range from two to six miles in length. Fit hikers often bag multiple peaks in a day.

Weise notes there is a larger goal in creating the new club, which is to establish the North Jersey Highlands as an eco-friendly recreation destination. The Highlands Act protected most of West Milford from having its vast open spaces, glacial lakes, cliffs, wildlife, and 100-plus miles of marked foot trails paved over. But the township, which supplies three million New Jersey residents with clean drinking water, now struggles to generate tax revenues. It currently receives no money for the actual water it supplies and almost no compensation from the state for its lost revenues.

Environmentally safe recreation brings tourism and a much-needed economic boost to watershed communities. Baker's Dozen hikers receive a guide to local eateries and other small businesses, making it easier for them to dine and shop locally. "This is an important way that we can all support clean water and the towns that keep it that way," says Weise.



How does one become a West Milford 13er?

The first step is to become an aspirant member and obtain a copy of the guidebook. A \$10 fee plus shipping charges covers membership and entitles the aspirant to one copy of the official Baker's Dozen guidebook which contains the following information:

- Detailed descriptions of the official peaks and required routes
- Description of two additional "unofficial" peaks
- Tally sheet for keeping track of peaks climbed
- Hiking and safety tips

A copy of the New York-New Jersey Trail Conference's North Jersey map set and a permit to hike in the Newark-Pequanock Watershed will also be needed to complete the challenge.

Anyone interested in becoming an aspirant member, purchasing the guidebook, or obtaining more information should email the author at donweise@hotmail.com.

Organizers Revive Veterans' Serenity Hike Series and Welcome Hike Alumni

The Veterans' Serenity Hikes was a popular series for several years for veterans in recovery and their families until both organizers retired from government service. An effort is under way to try to rejuvenate the program by these men (Tony Franco, formerly of the Rockland Veteran's Services, and Dr. Andy Smith, formerly with PIPC). The public has always been welcome to join in, and we'd like to find some of the original participants whom we've lost touch with who were NY-NJ TC members. Anyone interested please contact Tony at 845-947-5515 or Dr. Andy Smith at 845-942-5063, email as10984@aol.com.

Novartis and Hertz Give Back to the Local Community

On Thursday, October 4, a crew of over 40 employees from Novartis Pharmaceuticals hoisted pickmatics and shovels to the south side of the Appalachian Trail (AT) construction site on Bear Mountain. The group's trip to Bear Mountain was spurred by Novartis' Community Partnership Day, in which the company makes it possible "for associates to help the communities where they live and work."

In a similar initiative, Hertz rental car company hit the slopes of Bear Mountain on Thursday, October 18. In conjunction with their "Reserve and Conserve" campaign, a dozen local Hertz employees spent hours clearing trail to make way for the new AT.

The enthusiasm these two groups brought to the project was outstanding and they each accomplished a great deal over the course of one day.

The New York-New Jersey Trail Conference is pleased to partner with groups like Novartis and Hertz that support our trails. With their help and support, the project has moved further toward completion. Visit www.novartis.com and www.hertz.com to learn more about these companies and their community-service/environmentally friendly campaigns.



Volunteer Classifieds: Get Involved!

Make a New Year's Resolution to Adopt a Trail

Trail openings for maintainers include paths in some of the most spectacular scenery in our region, including the Shawangunks, Catskills, and Kittatinny Mountains. No experience necessary; we'll show you how! Whether you like to garden, dig in the dirt, or just walk in the woods, this is an excellent opportunity to do something rewarding while having fun. It is a great activity to do on your own or with family members and friends! Call Hedy Abad at 201-512-9348, ext. 26 for more information.

Join the Friends of Darlington Schoolhouse

The Friends of the Darlington Schoolhouse are seeking volunteers to help in the following areas:

- **Technology:** A volunteer to help digitize the Darlington archives and maintain the website
- **Publicity:** A volunteer to assist in all aspects of publicity, including press releases, public speaking, outreach, writing, events, etc. (one-year position)
- **General:** Volunteers to join the committee and help direct the future of the schoolhouse.

If interested, please contact Chris Tausch at info@darlingtonsschoolhouse.org for more information.

Help Write Articles for New TC Website

The Trail Conference is redesigning its website with the aim of making it the portal for hiking news in our region. If you are a writer with an interest in helping to edit, write, and rewrite copy for what promises to be an active and dynamic website about hiking and trails, contact Georgette Weir at geweir@optonline.net.

Data Entry and Clerical Support

With over 104 member clubs, 10,000 individual members, and 1,300 volunteers, the Trail Conference office in Mahwah, NJ, is a pretty busy place! Come join us during the week and put your data management and clerical skills to good use. We seek individuals with database experience to assist with running short programs that check data entry for accuracy as well as entering membership info, provide assistance with processing and shipping retail orders, and help coordinate mailings. Contact: Gary Willick at orders@nynjtc.org for details.

PG Calc Help Wanted

All development professionals agree that planned giving is great way to invest in the Trail Conference's mission and that charitable gift annuities are one popular method to make a donation. The Trail Conference is looking for some professional assistance for its Charitable Gift Annuity program. If you have access to PG Calc and would be willing to help prepare planned gifts for the Trail Conference, please contact Joshua E. Howard or 201-512-9348, ext.13.

Lower Twin Lake Volunteer Base Camp Needs You!

Help us complete our Twin Lakes base camp home for volunteer and staff! We need the following:

- Gas stove (or someone who can wire an old stove that is currently there)
- Help building shelves/picnic tables/food storage areas, splitting firewood
- Reliable hosts
- Chimney cleaners, electricians or carpenters
- Lamps
- Books, DVDs, CDs
- Sleeping bags, tents, general camping equipment, etc.

Contact: Matt Townsend at townsend@nynjtc.org or 201-512-9348.

DONORS TO THE ANNUAL FUND

September 25, 2007 to November 21, 2007

GIFTS

AMC New York North Jersey Chapter, Keith Apffel, Henry C. Atterbury, Robert E. & Drusilla Barkalow, Robert C. Bickford, Elizabeth Bleiweiss & Louis Riccardi, Brian A. Blum, Ian Blundell, Robert & Rose Marie Boysen, Walter P. Brower, Robert F. Busha, L. Skip Card, Vincent R. Clephas, Rosemary Coslit, Ellen M. Cronan, Jane & Walt Daniels, Jerome Dean, Jon-Eric Dentz, Crist Dixon, Richard Dresser, Susan Emy, Brian Farrer, Elizabeth A. Feldhusen, Beverly Freierman, Maria A. Geiselhart & Tom J. DiBella, George Glatz, Lizbeth Gonzalez, James C. & Susan P. R. Goodfellow, Joan B. Gossner & Will Ortiz, Mathew Grayson, James A. Gregoire, Dr. Thomas B. Hakes, Robert Hamann, John M. Hanrahan & Maria Butrico, Hanes A. Heller, Howard D. Helms, The Herbert Coles & June Fait Foundation, Raymond T. Hoelz, Dmitriy Holsten, Louise Jones, Calvin E. Johnson, Gregory Joseph, Peter L. Kennard, Howard D. Kessler Jr., George King, Charles Kovacs, Paul L. Labounty, Judith Levine, Tara Librandi, David A. & Judith Lloyd, Lawrence E. Mals, Bill H. Menke, Nikolaos D. Monoyios & Valerie A. Brackett, John & Claudia Moran, David M. Moyle, Elke Noll, Edward T. & Barbara O'Brien, Patricia O'Malley, Joachim & Lila Oppenheimer, Herbert D. Petty, Friends of Glen Gray, Inc., Thompson & Joan Prentzel, John J. Quartuccio, Carol A. Quinn & David W. Mayo, Daniel Raleigh, Chris & Lydie O. Raschka, Jeffrey S. Raskin, J. Rubenacker, Janet M. Saylor & Evan Colgan, Herbert Schlesinger, Terry Sherman, Ollie Simpson, Chuck Smith, Michelle D. Smith, Solve-IT Computer & Network Services, L.L.C., Mike & Peggy Somani, David & Emily Steinberg, Marek Stykos, David & Naomi Sutter, Jesse & Ceclilia Taylor, John Tworsky, Christie Van Kehrberg, Nicholas J. Viggiano, Robert & Virginia Weismantel, Barbara Westergaard, James Zeller

TRIBUTES

In honor of Art Zimmerman's Birthday
Dave & Naomi Sutter

In honor of Sol Braun's 80th Birthday
Jack & Judy Kossover, David & Naomi Sutter

In honor of Ollie Simpson
Harvey Hill

In honor of the Wedding of Malcolm Spector & Nancy Ludmerer
David J. Klem, H. Neil Zimmerman

SHAWANGUNK RIDGE COALITION

MEMBERSHIP

Rochester Residents Association, Inc., Save The Lakes, The Nature Conservancy

DARLINGTON SCHOOLHOUSE FUND

Dr. George L. Becker Jr., Bergen County Planning & Economic Development Department, Daniel & Lynne Van Engel

MATCHING GIFTS

Earth Share, ExxonMobil Foundation, Unilever United States Foundation, Inc.

MEMORIAL GIFTS

In memory of Dick Allen

Nassau Hiking & Outdoor Club

In memory of Raymond R. Begin

Valerie Johnson

In memory of Tom Dunn

James R. Brown

In memory of Ruth Overgaard

Nassau Hiking & Outdoor Club

In memory of James Percival

Nadine & Francine Milberg, Liza & Jana Rubenstein

In memory of Bertha Pritchard

Jay & Cindy Abovitz, Paulo Agostinho, Augustana Evangelical Lutheran Church, Robert & Nancy Barrett, Philip & Elizabeth Davies, George Eahay, Manuel Esteban, Grover Cleveland HS, Marina Hunt, Deborah Mahlstedt, Kevin O'Sullivan, John A. Pritchard, Carmine Pulera, Roy Rosenthal

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

If the Trail Conference had a penny for every Internet Search and 3% from every online purchase...

We could earn a lot of money! How? It's as easy as choosing the right search engine and online shopping location! GoodSearch, powered by Yahoo! will donate one cent for every Internet search you make through the search engine. If 100 people search two times every day the Trail Conference can earn \$730 a year.

If you shop online at GoodShop, a subsidiary component of GoodSearch, an average 3% (but it can go as high as 20%) of your total purchase price will go to the Trail Conference. (Be patient, though; the GoodShop contribution won't post immediately to the Trail Conference as it can take up to eight weeks for the partner to report the sale. There is no delay in receiving your purchase, however!)

GoodShop and GoodSearch don't cost anything to you, and all the money will come straight to the Trail Conference. Please visit www.goodsearch.com or www.goodshop.com and make GoodSearch your default search browser. Be sure to choose the New York-New Jersey Trail Conference as the "Cause I Search For," otherwise the money won't be directed toward us. With every click and online purchase, you can directly influence our work!

CALLS & LETTERS

continued from page 2

Warner Creek Trail: Better Than Advertised

In October, a friend and I hiked the new Warner Creek Trail (see *TW* September/October, page 1). I had expected an enjoyable hike on a nice trail, but what I found far exceeded my expectations. The lead article about the trail that appeared in *Trail Walker* really doesn't do this trail justice! We were both delighted to find a trail that had been cut and marked to a very high standard—to the point that it looked like it had always been there. The trail was laid out so as to include a number of interesting geologic features, and the grades were generally quite moderate. We were also very pleased to discover that all five viewpoints along the trail were plainly marked with yellow side trails. The blazing was perfect—we did not have any problem following the route. And the views were really spectacular.

My only complaint was that it was somewhat hazy and foggy out, which impaired some of the views, but I can't blame the trail builders for that!

I can be very critical of trail conditions, but in this instance, I have nothing but

praise for those who created this magnificent trail. I look forward to hiking it again when conditions permit better visibility!

*Daniel Chazin
Chair, TC Publications Committee
and TC board member*

[Editor's note: Volunteers from the Catskill Mountain Club built this trail and were honored by the Trail Conference with the Ken Lloyd Club Award for 2007. See Awards on page 11.]

I N M E M O R I A M



William T. Golden

William T. Golden, known to most people as a financier, philanthropist, and, in the words of the *New York Times*, "a main architect of American science policy in the 20th century," died October 7, 2007.

"The idea was to make a lot of money on Wall Street and then do interesting things," the *Times* quotes him as saying. His biography indicates that he lived that idea. Mr. Golden served on more than 100 boards during his lifetime, including chairing the American Museum of Natural History and founding Mount Sinai School of Medicine. He was responsible for the idea of a science adviser to the United States President, a position created by President Truman and which continues to this day.

Hikers owe much to Mr. Golden's generosity and his love for hiking and other outdoor activities. In 1989 he bought Black Rock Forest from Harvard University, which had put the forest up for sale. He later turned it over to a consortium—the Black Rock Forest Consortium, of which the Trail Conference is a member—for preservation, public access, and research. Bill, as he preferred to be called, and the Golden Family Foundation were major supporters of the *Land Acquisition & Stewardship Fund*, which facilitated critical purchases of open space that protected the Shawangunk Ridge Trail.

"Bill Golden will long be remembered as a generous donor to the New York-New Jersey Trail Conference," says former TC Chairman H. Neil Zimmerman. "He was recipient of our highest award, the Torrey, a protector of the Catskills, and absolutely the person most responsible for saving Black Rock Forest. I will certainly miss him."

Albert P. Rosen, M.D.

Albert P. Rosen, M.D., author of *Health Hints for Hikers* (1994, NY-NJ Trail Conference) and a long-time contributor to *Trail Walker*, died November 18, 2007 at age 90. Dr. Rosen was a beloved pediatrician in Fair Lawn, NJ. He received his medical degree from Downstate Medical School, State University of New York, in 1943, and was a founding physician of The Valley Hospital, where he served as director of pediatrics from 1958 to 1976 and president of the medical board in 1963. He received the hospital's inaugural Distinguished Physician Service Award in 1997.

Dr. Rosen was an avid hiker and mountain climber and a member of many hiking clubs, including the Adirondack Mountain Club 46'ers, American Alpine Club, Catskill 3500 Club, Northeast 111, and White Mountains 4,000-Footer Club. He hiked around the world, usually with his wife Shirley, who died in 2001; their summits included Mt. Kilimanjaro (Tanzania), Kala Patar (Nepal), Mt. Ararat (Turkey), and Grand Teton (Wyoming). An accident in 1986—he was hit by a car while riding his bicycle—ended Dr. Rosen's bicycling and hiking activities, but not his interests in these areas, as evidenced by his continued writing for the Trail Conference on health and hiking topics.

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AWARDS '07

Each year the Trail Conference honors designated volunteers and partners for exceptional commitment to trails and the Trail Conference. Awards are made in up to nine categories and are presented either at the Annual Meeting or at a time and place of the award recipient's convenience. (This year no awards were given in two categories, the Raymond H. Torrey and Honorary Member awards.)

CORPORATE PARTNER AWARD

Andy S. Norin of Drinker Biddle & Reath, LLP

For his dedicated work in providing pro bono legal assistance to the NY-NJ Trail Conference in the acquisition of the Darlington Schoolhouse.

LEO ROTHSCHILD CONSERVATION AWARD

John Myers

For his ground-breaking work in planning and protecting more than 300 miles of trail corridors in New York and New Jersey, including the Appalachian Trail, Long Path, Highlands Trail, and the Shawangunk Ridge Trail. From 1991 to 2007, John arranged the purchase of many thousands of acres, contacted 355 property owners, and negotiated 175 trail access agreements with landowners. John leaves us with a legacy of ridge top trails and beautiful mountains and forests, preserved forever. (For more about John, turn to page 1.)

NEXT GENERATION AWARD

Hike 'n' Serve Venture Crew 100

Young people working alongside adults: Venture Crew 100 represents the best of what team spirit and synergy among many enthusiastic accomplishers can do to get a job done and have fun. This group has unlocked a winning combination.

KEN LLOYD CLUB AWARD

Catskill Mountain Club and Chris Olney

Recognizing the dedicated work of the volunteers of the Catskill Mountain Club, under the leadership of their former president, Chris Olney, in cutting, clearing and marking the beautiful Warner Creek Trail, which connects the Long Path to the Devil's Path. CMC also supports a roving trail crew.

WILLIAM HOEFERLIN AWARD

John Moran

In a short span of eight years, John Moran has become The Quiet Man of the North Jersey trails, where his droll wit and record of accomplishment as trail chair, supervisor, and jack-of-all-crews do all the talking that's necessary.

MAJOR WILLIAM A WELCH TRAIL PARTNER AWARD

Morris Land Conservancy/ David Epstein, Executive Director

For many years, the Morris Land Conservancy (MLC) has been a major force behind the preservation of open space in northern New Jersey, both by purchasing lands directly and by facilitating efforts by the municipalities and counties to preserve open space. The Trail Conference especially recognizes MLC's efforts to preserve the Darlington Schoolhouse by making the initial purchase of this unique historic structure on our behalf.



Catskill Mountain Club's Chris Olney (second from left) accepts Lloyd Club Award from TC reps George Becker, Pete Senterman, and Larry Wheelock.

PAUL LEIKIN EXTRA MILE AWARD

Multiple winners this year, all were volunteers who helped plan and implement the Appalachian Trail Conservancy's Biennial Conference, Ramapo 2007, hosted by the Trail Conference.

Karen and John Magerlein
Registrars

Carolyn and Jim Canfield
Excursion Committee Chairs

Daniel Hoberman
Workshop Committee Chair

Sue Eilers
Youth Program Chair

Walt Daniels
Webmaster

Nominations Committee:
George Becker, Jr., John Gunzler, Malcolm Spector, Denise Vitale



Chris Connolly (right) presents Hoeflerlin Award to John Moran.



Ed Goodell with representatives of the Morris Land Conservancy, Trail Partner awardee.



Venture Crew 100 earned Next Generation Award.

VOLUNTEERS HAUL TRASH

continued from page 1

their purchase agreement until the property is clean of all debris, which includes many piles of rotting railroad ties on top of everything already described. Additionally, there are two rather imposing cement foundations left over from the LaFarge factory that must be dismantled and reduced to rubble. The Trail Conference has received an award of \$15,000 from the Land Trust Alliance to help with the clean-up, but professional estimates range from about \$55,000 to over \$80,000—at best, \$40,000 in excess of the grant.

Trash Bash I was the kick-off for a more creative approach to bridging the \$40,000 clean-up gap. For example, the tires are posted on Craig's List as "free if you haul," and a volunteer is investigating a scrap metal hauler, a local waste hauler, and whether any area transfer stations might reduce fees for this nonprofit project.

Visit www.nynjtc.org and Search Site for



Some of the 379 collected tires

"LaFarge Cleanup" for the most current update about the project and a lot more pictures, including the Gallery of Tires. You can also contact Brenda Holzinger, Assistant Director of Conservation & Advocacy, via email (holzinger@nynjtc.org) or phone (201-512-9348, ext. 25) for more information.



SAVE THE DATE

Trail Conference Fundraiser

Banff Mountain Film Festival World Tour



©KING LINES BIG UP PRODUCTIONS/SENDER FILMS

Gear raffles at this event will benefit the NY-NJ Trail Conference.

This traveling exhibition from the 32nd annual Banff Mountain Film Festival brings you the world's best mountain films. Experience the adventure of climbing, mountain expeditions, remote cultures, and the world's last great wild places – all brought to life on the big screen.

Suffern, NY Event

Wednesday, February 27, 7:30 pm
Lafayette Theater, Suffern, NY
Tickets available at Ramsey Outdoor

For additional info, film list, and directions visit www.chestnutmtnproductions.com.



GEAR CHECK

An occasional series that will review gear appropriate for hiking.



KAHTOOLA, INC.

MICROspikes; pocket-sized traction system from Kahtoola

Suggested retail price: \$59
Reviewed by Brenda Holzinger

If you love to hike but would like some extra traction when the ground gets icy, try out MICROspikes!

I gave up on stabilizers a few years ago after falling on my butt with every pair I tried. Instead, I used crampons or just

slipped around with plain hiking boots whenever conditions were not amenable to snowshoes or cross-country skis.

When Kahtoola came out with MICROspikes, I could hardly wait to try them out up in the Adirondack high peaks over a long Thanksgiving weekend. After four days of hiking up and down icy mountains, I must report that the MICROspikes are absolutely fabulous! They are light and portable so you can carry them in your pocket or your backpack and simply slip them on when you want more traction. At the same time, they are also comfortable enough to wear for higher mileage hikes, unlike crampons, which can become extremely uncomfortable over the long haul and even cause you to dread the next day's hike!

MICROspikes stretch over your boots and use a combination of stainless steel chains and 3/8 inch spikes to give you incredible traction whether you are ascending or descending slippery terrain.

For more information about the MICROspikes, visit Kahtoola's website: www.kahtoola.com/microspikes.html.



Rating: 5 boots out of 5

Taking Digital Pictures for Trail Walker?

File sizes needed for print are larger than those required for the web. Set your camera for a high or highest resolution.

The smallest size photo that we can use is 3 inches x 2.25 inches @ 300dpi (900 x 675 pixels).

Larger sizes are recommended and should be saved as RGB jpeg files.



Favorite Hike



By Daniel Chazin

A New Hiking Area in the Ramapos

Two new trails in the western Ramapo Mountains of New Jersey offer spectacular views and open up a whole new area to hiking.

The Ramapo Lake area of Ramapo Mountain State Forest in Oakland has been a favorite destination of hikers for many years, with access available from Skyline Drive to the east. Recently, thanks to the efforts of long-time Trail Conference member and former Trails Council Chair Pete Heckler, an access point from the west has been opened (see directions below), and the new Indian Rock and Wanaque Ridge Trails now offer the opportunity for hikers to explore the western ridge of the Ramapo Mountains. This 5.5-mile hike follows along scenic Ramapo Lake and offers several panoramic views from the crest of the Ramapo Ridge.

From the southern end of the parking area at Back Beach Park, follow the red-triangle-on-white-blazed Indian Rock Trail into the woods. After crossing the Wanaque River on a stone-and-concrete footbridge, ruins of former duPont buildings are visible on either side of the trail.

Beyond a short but steep climb, you'll pass a large rock outcrop to the left. Several figures of Native Americans in feathered headdress are painted on the rock, giving it the name "Indian Rock." The Indian Rock Trail continues to ascend more gradually, with several turns, until it ends at a junction with the white-"C"-on-red-blazed Cannonball Trail. Turn left onto the Cannonball Trail.

After a few turns, the trail heads north on a level gravel road, parallel to the western shore of Ramapo Lake. In half a mile, after passing a building on the hillside to the left, a rock ledge to the right offers a broad view over the lake.

Follow the Cannonball Trail when it turns left (after crossing a stone causeway) and leaves the lake, but when the trail turns right, continue ahead on the gravel road, now following the light-blue blazes of the MacEvoy Trail.

After crossing a pipeline, turn left onto the orange-blazed Wanaque Ridge Trail, which descends steadily on a rocky woods road, then turns left onto a narrower woods road and levels off. Bear right at the next fork, then left at a T-intersection with another woods road. Soon, the trail turns sharply right and begins to climb. At the crest of the western ridge of the Ramapo Mountains, it turns left and heads south.



This map shows the new Wanaque Ridge Trail and the newly blazed Indian Rock Trail.

Soon, you'll emerge in an open area at a high point on the ridge, with a panoramic west-facing view. The Wanaque Reservoir is below, with the massive Raymond Dam in the foreground, and the Wyanokies beyond. A short distance beyond, a white-blazed side trail to the left leads to an east-facing viewpoint at another high point.

The trail now descends to a Y-intersection, where the red-stripe-on-yellow-blazed Wanaque Reserve Trail goes off to the right. Bear left to continue on the orange-blazed trail, which follows a woods road along a pipeline. When the Wanaque Ridge Trail ends at a junction with the Indian Rock Trail, turn right and follow the Indian Rock Trail back to the parking lot.



HOW TO GET THERE:

From I-287 south, take Exit 55. Turn right at the bottom of the ramp onto Union Avenue, then turn left at the next light onto Ringwood Avenue (County 511). Continue to the second light, turn right onto Second Avenue, and continue following the directions above. At a "stop" sign, turn left onto the Boulevard, then bear right to continue on Fourth Avenue. In 0.2 mile, where Fourth Avenue bears left, continue straight ahead on Back Beach Road to a large parking area.

From I-287 north, take Exit 55 and turn right at the bottom of the ramp onto Ringwood Avenue (County 511). Continue to the second light, turn right onto Second Avenue, and continue following the directions above.

MAP:

NY-NJ Trail Conference North Jersey Trails Map #115 (Note: The newly-blazed Wanaque Ridge Trail is not shown on this map; the Indian Rock Trail is shown as an unmarked trail).

Hikers' Marketplace



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

Please order by circling price Retail Member P/H Total

Official Conference Maps Order 8 or more and get discounted expedited shipping!

Catskill Trails (2005) & see combo	\$14.95	\$11.21	+\$1.65	_____
East Hudson Trails (2006)	\$10.95	\$ 8.21	+\$1.50	_____
NEW!! Harriman-Bear Mountain Trails (2007) & see combo	\$ 9.95	\$ 7.46	+\$1.50	_____
Hudson Palisades Trails (2005)	\$ 8.95	\$ 6.71	+\$1.50	_____
Kittatinny Trails (2005) & see combo	\$12.95	\$ 9.71	+\$1.65	_____
North Jersey Trails (2007)	\$ 9.95	\$ 7.46	+\$1.50	_____
NEW!! Shawangunk Trails (2008) & see combo	\$10.95	\$ 8.21	+\$1.50	_____
South Taconic Trails (2006)	\$ 4.95	\$ 3.71	+\$1.10	_____
Sterling Forest Trails (2005)	\$ 7.95	\$ 5.96	+\$1.30	_____
West Hudson Trails (2006)	\$ 8.95	\$ 6.71	+\$1.50	_____

Books

NEW!! Appalachian Trail Guide to New York & New Jersey (2007)	\$19.95	\$14.96	+\$3.00	_____
NEW!! Hiking the Jersey Highlands (2007)	\$22.95	\$17.21	+\$3.50	_____
New York Walk Book (2005) & see combo	\$22.95	\$17.21	+\$3.50	_____
New Jersey Walk Book (2004) & see combo	\$19.95	\$14.96	+\$3.50	_____
Circuit Hikes in Northern New Jersey (2003)	\$11.95	\$ 8.96	+\$3.00	_____
Day Walker (2002)	\$16.95	\$12.71	+\$3.00	_____
Harriman Trails Guide (1999) & see combo	\$16.95	\$12.71	+\$3.50	_____
Hiking Long Island (2005)	\$19.95	\$14.96	+\$3.50	_____
Iron Mine Trails: NY/NJ Highlands (1996, rev. 1999)	\$ 8.95	\$ 6.71	+\$3.00	_____
Kittatinny Trails (2004) & see combo	\$18.95	\$14.21	+\$3.00	_____
Long Path Guide to NY/NJ (2005)	\$16.95	\$12.71	+\$3.00	_____
Scenes & Walks in the Northern Shawangunks (2006) & see combo	\$13.95	\$10.46	+\$3.00	_____
Health Hints for Hikers (1994)	\$ 5.95	\$ 4.46	+\$3.00	_____
Doodletown: Hiking Through History in a Vanishing Hamlet on the Hudson (1996)	\$12.95	\$ 9.71	+\$3.00	_____
Nature Walks in New Jersey (2003)	\$14.95	\$11.21	+\$3.00	_____
AMC Catskill Mountain Guide (2002)	\$19.95	\$14.96	+\$3.00	_____
ADK Catskill Trails (2005) & see combo	\$19.95	\$14.96	+\$3.00	_____
ADK Catskill Day Hikes for All Seasons (2002)	\$12.95	\$ 9.71	+\$3.00	_____
Catskill Trails: A Ranger's Guide to the High Peaks Book Two: The Central Catskills (2000)	\$14.95	\$11.21	+\$3.00	_____
Shawangunks Trail Companion (2003)	\$18.95	\$14.21	+\$3.50	_____
Moon Take a Hike NYC (2006)	\$16.95	\$12.71	+\$3.00	_____
Walking Manhattan's Rim (2003)	\$13.95	\$10.46	+\$3.00	_____
50 Hikes in the Lower Hudson Valley (2002)	\$16.95	\$12.71	+\$3.50	_____
50 Hikes in New Jersey (2006)	\$16.95	\$12.71	+\$3.50	_____
Best Hikes w/ Children in New Jersey (2005)	\$15.95	\$11.96	+\$3.00	_____
Best Hikes w/ Children in the Catskills & Hudson River Valley (2002)	\$14.95	\$11.21	+\$3.00	_____
Hudson to Delaware: The Great Valley (2004)	\$75.00	\$56.25	+\$5.50	_____

Combo-Packs

Catskill (5-map set & ADK book)	\$30.35	\$22.69	+\$3.00	_____
Harriman (2-map set & book)	\$23.40	\$17.55	+\$3.50	_____
NY & NJ Walk Books	\$38.60	\$30.95	+\$4.50	_____
Shawangunk (3-map set & Scenes & Walks book)	\$21.65	\$16.23	+\$3.00	_____
Kittatinny (4-map set & book)	\$27.80	\$20.85	+\$3.00	_____

The Personal Touch

Note Cards: TC Collection	\$12.00	\$ 9.00	+\$3.00	_____
Long-sleeve Denim Shirt Circle: S M L XL	\$29.90	\$22.43	+\$5.50	_____
Polo Shirt (Forest Green) Circle: S M L XL	\$19.90	\$14.93	+\$5.50	_____
Trail Conference Baseball Cap	\$ 5.00	\$ 3.75	+\$2.10	_____
Trail Conference Logo Patch	\$ 2.50	\$ 2.50	postpaid	_____
Long Path Logo Patch	\$ 2.75	\$ 2.75	postpaid	_____
Trail Conference Logo Decal	\$.85	\$.85	postpaid	_____

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