



Trails & Waves

News from the New York – North Jersey Chapter of the Appalachian Mountain Club
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Sailing School at AMC Fire Island Cabin

By Tom Stock

“Let’s go sailing!” Imagine saying that with confidence. 18 AMC members can now do just that after attending the mid-week AMC Sailing School this past July at our Chapter’s Fire Island Cabin in Atlantique, NY. Some of the participants were returnees there to expand their skills but most, like me, were greenhorns who just wanted to learn how to sail.

As we stepped off the ferry, leaving behind the stresses of noise, over-crowding, and our daily routines, we could feel our heart rates slowing. On Fire Island we enjoyed bay vistas, sand dunes along the Atlantic Ocean, and the peace of an endless horizon and a starry night sky. Arriving at the 1½ acre property, we met AMC members from the city as well as from New Jersey and Virginia; the group included a wide variety of ages, personalities, and backgrounds. Spirited conversations erupted as we took the opportunity to unwind, recharge, retreat, and get ready to immerse ourselves in the language and skills of sailing.

Mid-week Sailing School at the Fire Island Cabin is always fully booked. Classes are led by Captain Michael Miller, who has 33 years of sailing experience. Captain Miller shared the teaching with three qualified instructors: Eddie Rivera, Dick Bailey, and Bob Ingram. These excellent instructors shared their knowledge with gusto; first, in the classes conducted in the Education Center on the property and then with hands-on practice on the bay. They prodded, encouraged, and praised us as we progressed to the final day when we all became sailors.

Our instructors saw to it that every participant learned the language of sailing so that “fore, aft, and helm,” “Ready About,” and “Hard Alee” felt as comfortable as saying hello and goodbye. We worked the ropes, sails, and tiller on land as well as on the water, getting comfortable with the multitasking that’s required of a good sailor. (continued)

The AMC's Fire Island Cabin boasts a fleet of fifteen-foot sunfish sailboats – easy to manage and maneuver, it's the perfect craft for practicing new tasks while tacking around buoys in the shallow bay waters. The instructors had each of us take the helm and guided us until we mastered the new motor skills needed to sail. Safety was a key ingredient in our training: we wore the required life jackets (PFD's) and learned steps to overcome any initial fear of the water. Slowly the frustrations of learning the new language of boats gave way to the FUN of sailing. This was a hands-on experience, and at bedtime no one had trouble sleeping.

The equipment, accommodations, food, and hospitality of the managers at the Fire Island Cabin are all top-drawer. Rotating volunteers are in charge of the managerial tasks and we were much impressed with our managers Rebecca & Marty Turetzky and Pat Brangs. They kept us well fed and we all pitched in to serve fantastic happy hours and delicious meals featuring vegetables fresh from the cabin's garden. There is a screened-in porch with steady cool breezes from the bay and a great view. The facility has a laundry room, hot showers, bathrooms with flush toilets, and bunk rooms. Everything is well organized so it's easy to find the beach umbrellas, PFD's, paddles, garden tools, and even BBQ charcoal.



AMC Fire Island Sailing School on the Bay

Anita Barberis, Fire Island Committee Chair, is the force behind this wonderful place. She envisioned and shepherded renovations and the creation of the Education Center, which also serves as a library, game room, and music room.

Those 3½ days at the Cabin learning to sail were just the medicine we needed before returning to our busy lives. The AMC Fire Island Cabin is an oasis of beauty, friendly people, and fun!

Trails & Waves is published four times a year by the New York – North Jersey Chapter of the Appalachian Mountain Club. Opinions expressed do not necessarily reflect the views and policies of the AMC. We reserve the right to decline any submission judged to be inconsistent with AMC's purpose or not in keeping with the sensitivities of its membership.

Contributions of articles and photos are welcome: Articles may be edited for style, clarity, length and possible legal complications. The newsletter assumes no responsibility for lost material. Submission deadlines are April 25 for Summer (early June), July 25 for Fall (early Sept.), October 25 for Winter (early Dec.), and January 25 for Spring (early March).

Guidelines for Newsletter Submissions: Email preferred (written material accepted); clearly state that the submission is intended for publication in *Trails & Waves*; send photos as color, high resolution jpeg file email attachments.

Classifieds Policy and Rates: Advertising rates for classifieds are \$1 per word. Please contact editor for display ad rates; payment must be included with the ad (check payable to AMC NY-NoJ Chapter); we do not provide proofs/checking copies; we have no liability for errors, other than the cost of the ad.

Read *Trails & Waves* on the Chapter's website: www.amc-ny.org

Send all submissions, requests for ads, and suggestions to: trailswaves@amc-ny.org

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SUBMISSION DEADLINE FOR THE WINTER ISSUE IS OCTOBER 25

FROM THE CHAIR – CHAPTER UPDATES

This is an exciting time to be a member of the New York-North Jersey Chapter. This fall we are planning to hire a full-time Program Manager. The Program Manager's responsibilities will be varied: coordinating leadership training, assisting with our membership retention efforts, assisting with website improvements, and helping us get the word out about our great Chapter (in the media, at special events, at Meetups). Importantly for members, this professional will be available to help you become a leader with the Chapter and to plan group trips to wonderful AMC destinations such as Mohican Outdoor Center, the Fire Island Cabin, and the White Mountain Huts.

We are grateful to John Judge, the new AMC President, for his support in adding this NY-NoJ Chapter Program Manager. Part of the funding for this position will be contributed by the Club, and part by the Chapter. John attended a special Chapter Executive Committee meeting in July to discuss this new initiative. Much more enjoyable for him; he also spent a July weekend at our Chapter's Fire Island Cabin. John spent the weekend hiking, receiving kayaking instruction from former Canoe & Kayak Chair Walter Bonilla, and visiting with Fire Island Chair Anita Barberis, cabin managers David Sacks and Andrea Klein, and weekend guests. Here are some other NY-NoJ Chapter updates:

- Our Chapter is actively looking for new office space. We are concentrating our efforts on the Upper West Side of Manhattan but are open to other locations which are accessible to public transportation.
- Our Friday afternoon van is still heading out for the under 2-hour trip to Mohican Outdoor Center near the Appalachian Trail and the Delaware River. The van runs until October 26 and now leaves NYC at 3pm; see www.amc-ny.org for details.
- Our Chapter is actively looking for a Bicycle Committee Chair, Young Members Chair, and Membership Chair. We are also looking for an Events Coordinator who would be responsible for interactive marketing. If any of these volunteer opportunities are of interest to you, please contact me to discuss further.
- We have an ongoing search for Spanish and Chinese walk/hike leaders who are interested in trips in these languages. We are open to individuals fluent in other languages to lead trips in their languages.

Your Executive Committee is always available to hear from you with any suggestions for improvements to the Chapter. We of course welcome you to volunteer to help make our Chapter the best outdoor club in the NY-NJ area.

- Richard Barcia, NY-NoJ Chapter Chair, chair@amc-ny.org

[Editor's Note: Thank you to Cynthia Tollo Falls for returning to the role of Hiking Chair. To offer Cynthia your help with the committee, email her at hiking@amc-ny.org. Thanks also to out-going Hiking Chair, Steve Galla.]

Attention River Users: “Rock Snot” Found in the Delaware River

[Editor's Note: Sounds nasty, and it is! Thanks to Jill Arbuckle for passing along this NPS alert.]

The National Park Service alerts all those who use the Delaware River that an invasive algae called Didymo (aka “rock snot”) has recently been found in the Delaware. Didymo has infested waters in 16 states, and has only recently been found in Vermont, Quebec, and New York rivers. It forms dense mats on the river bottom that are barriers to native organisms such as mayflies, so fish populations decline (Didymo is not considered a significant risk to human health). Didymo spreads easily! Microscopic cells absorb into equipment, clothing, boats, or any other damp item. If these items are not cleaned and dried completely, the algae can live for months and spread to other water bodies.

Here's how to help prevent the spread of Didymo (and keep it out of our own Cattfish Pond at Mohican!): Remove all visible clumps of algae or plants from fishing gear, waders, clothing, boats and anything else that has been in the water. Clean using HOT tap water and lots of soap. Scrub boats and other hard items thoroughly. Soak clothes, felt-sole waders, and other soft items for 30 minutes! Or soak in 2.5-5% solution of household bleach and water (3 oz. bleach to 1 gallon water) for 10 minutes. For more information, go to: www.nps.gov/dewa/parknews/didymo-042712.htm

Leadership and Club Boating

By Carin Tinney, Canoe & Kayak Chair

There is a popular YouTube video, “Ode to the Club Boater” (<http://www.youtube.com/watch?v=o0DK1E8zz0>) that crafts a rather comical, sometimes accurate, picture of the occasional whitewater boater...the kind of boater whose progression in the sport depends on the number of club-sponsored trips rather than the amount of rainfall. The video pokes fun at club boaters, showing a series of flips and swims, rescues, and near misses. I love this video (and can't believe that none of our AMC boaters are in it!).

I am so proud to call myself a club boater.

From my early paddling days to now, the club and its devotees have shepherded this water baby from being a timid, sometimes-upright paddler to an Upper Yough boater. At first, trip leader and instructor Butch and his devoted crew of support boaters helped me with the basics: keeping my boat straight and upright, eddying and peeling out. But most importantly, until I gained some physical strength and got into better shape, they helped me and my boat get to shore when I had to swim. I appreciated the club's constant attention to safety and instruction on the river, and the decent number of trips for newbie paddlers.



Our paddling community is awesome – warm, humorous, and thoughtful – and it extends way beyond the river. I wish I could say we had enough trip leaders to lead trips every single weekend, but we simply do not (yet). As Canoe & Kayak Committee (CKC) Chair I don't expect our current leaders to burn themselves out trying to fill the scheduling holes. Planning, preparing, and leading a trip well is NOT easy; it takes time and energy, especially for weekend trips. And once someone is in a leadership or assistant leadership role, they seem to become the go-to person for every question: Where is my red hat? What time is breakfast? Where is the put-in? Are there mosquitos on this swamp paddle? Is there anything dangerous on the trip? Can my infant son sit on my lap? What is that cute girl's name? What do you do if a bear comes close to your tent? No joke – trip leaders have been asked every one of these questions and more.

From the Chair's mouth to your ears: we need more leaders and those willing to assist. If you've ever paddled with us, you know how valuable trip leaders are to the Canoe & Kayak Committee.

So why lead for the CKC? One important benefit is that as an AMC leader you are covered with liability insurance when you organize and lead a group of people. But who thinks about insurance when you're snaking through the maze of the Pine Barrens rivers or crunching through a hole on the Dryway? At the end of the day, people lead for a number of reasons. I would say most lead because it's their way of giving back. Others lead because it allows them to gain new skills and abilities; some lead so they can put it on their resume; some lead because they want control over the dinner menu. There are even those who lead because they know that at the end of the year, they'll get a cool gift from the CKC!

For me, having led someone down their first run of the Tohickon or the Dryway is a powerfully rewarding experience, particularly if you've seen that same person struggle to stay upright on the lower Lehigh. It is also a way to get out of your own way. At least in whitewater, the sport is, at best, 90% mental. When you are leading the river, you are paddling at your best because you know you are being watched. You worry less about your fears and grow more in your confidence in the lines you choose.

Thinking about the paddling opportunities and skills the CKC has brought to you over the years, isn't it time to give back? Not every paddler is skilled enough to be a leader – but it does not hurt to begin the process by taking the leadership training course. The leadership training course will be held sometime in the fall; please contact me for more information at canoekayak@amc-ny.org.

[Editor's Note: Our Chapter is now celebrating its 100th Year! The AMC was founded in Boston, MA in 1876. The New York Section (now the New York-North Jersey Chapter), was formed in 1912 (the first AMC Chapter to be formed). Jill Arbuckle, our dedicated, longtime Membership Chair and an excellent Canoe & Kayak leader, contributed the following to help put this anniversary in perspective.]

100 YEARS AGO

Jan. 6	New Mexico becomes the 47 th state
Jan 17	Scott reaches the South Pole, a month too late
February	Leon Leonwood Bean starts selling his new waterproof hunting shoes
February	New York-based AMC members begin organizing a New York Section
Feb. 14	Arizona becomes the 48 th state
Mar. 6	Oreos are born
Mar. 12	Girl Scouts of America founded, with a mission to develop leadership in girls (AMC women had already been leading for over 30 years)
Mar. 27	Japan gives the US some cherry trees
April	New York-based AMC members take their first official outing, a trip to Staten Island
April	Iditarod Gold Rush Trail, first scouted in 1908, completed in the winter of 1911/12
April 15	The Titanic sinks
April 20	Fenway Park opens
April 30	Universal Studios founded, in New York
Aug. 24	Alaska becomes a US territory
Oct. 16	Red Sox beat NY Giants in World Series Game 8 (Game 2 ended in a tie after 11 innings)
November	Oregon women vote for the first time, under newly-obtained women's suffrage
Dec. 20	AMC Council grants formal recognition to the New York Section, which had 74 members and led 50 hikes in its first year (all on Saturdays after work, starting at about 2pm; a trip to Greenwood Lake was a popular <u>weekend</u> excursion)

The NY-NoJ Chapter now has about 12,000 members and over 1,000 trips each year. Get to know more of your fellow AMC members by trying a new activity, attending a social outing, or coming to the Fall Gathering this October (see information in this issue on pages 12 and 16). Please contribute to our Chapter's future: volunteer to lead an outing, staff the booth at an event, or work on a committee. Or just bring a friend along to introduce them to the AMC.

Your participation will help ensure that we have plenty of fun, rewarding outdoor activities in the next 100 years.

A Hiking Haiku

falling leaves
the colors spilling
underfoot

- Rosanne Levitt



FOOD FOR THOUGHT



By Sara Hart, Conservation Chair

Sharp-shinned Hawk

Watching the Fall Sky for the Raptor Migration

Fall is a time of change for most creatures. Some grow a warmer coat, some stash away food, some head for a winter den, and some decide to leave their home altogether and fly to warmer climates for the winter months (including some humans who overwinter in Florida!).

The onset of shorter daylight hours and changing weather conditions signal to many birds, including raptors, songbirds, and hummingbirds, that it is time to migrate south. While the smaller birds often fly at night, mainly to avoid predators, raptors are easily detected in the daytime sky because they strongly rely on weather (wind currents, updrafts, and thermals) to aid their flight. To better understand this migration, many biologists and hawk enthusiasts have been counting raptors in the fall sky for decades; their monitoring places are known as hawk watch sites. The Hawk Migration Association of North America provides a complete list of hawk watch sites: www.hmana.org/sitesel.php.

One of the popular hawk watch sites in our area is Raccoon Ridge near Blairstown, NJ (a 2.5-mile hike along the AT from AMC's Mohican Outdoor Center). From September through November, hikers along the ridge will almost always see hawks and hawk counters. I recently had a conversation with Brian Hardiman, lead counter for the Raccoon Ridge Hawk Watch, and he explained some of the differences in migratory behavior among different raptors.

Migration is genetically hardwired in raptors, and this year's young will head out on their long journey without any guidance from their parents or peers. However, raptors do often migrate in groups.

One of the most stunning sights during fall migration is a swirling mass, called a kettle, of hundreds of Broad-wing Hawks rising up on a single thermal, then detaching themselves from it and flying off looking for their next thermal. A thermal is a funnel of rising, warm air caused by uneven heating of the earth, such as when an exposed rocky slope heats up faster in the sun than the surrounding woods. Many types of raptors use thermals to soar, but Broad-winged Hawks are especially known for forming large kettles, sometimes with as many as five hundred birds. If you'd like to see a kettle of Broad-wings, mid-September is the peak time. One day last year (September 18, 2011) Brian's group counted nearly eight thousand Broad-winged Hawks in one day. What an incredible sight!

Each type of raptor – be it a hawk, falcon, eagle, or osprey – has its own peak migration time, usually lasting a few weeks. Long-term data collected from hawk watch sites has helped identify these peak migration periods for each species. Of course, there are always some early birds and stragglers within each species, only adding to the excitement of watching the fall sky.

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Raptors, with their keen eyesight, appear to navigate primarily by following landmarks such as ridgelines, rivers, or coastlines. Some rely more on air currents or thermals, and some rely more on powered flight. A Peregrine falcon, for example, is a very powerful flyer: using satellite transmitters, scientists have documented a Peregrine falcon migrating from Alberta, Canada, to Mazatlán, Mexico. Peregrines are more typically coastal migrants, so spotting them above an inland ridgeline such as Raccoon Ridge is always a special day. The ten-year average count is only 23 birds in a season.

Peregrines are the long-distance flyers among raptors. Others may fly a few hundred miles a day and they take days off, to rest, hunt, or wait out inclement weather. A migration route along a forested corridor is ideal, since it can provide shelter and food during their long journey. The flight destination varies: raptors from North America may overwinter in Florida, the Gulf Coast, Central America, Mexico, and even South America. Interestingly, they don't always overwinter in the same area, but in spring they usually return to the same spot: the place where they were born. The summer range of some raptors, such as Sharp-shinned and Red-tailed hawks, can be as far north as Canada, while others begin their migration from their mid-Atlantic home.

And some raptors simply decide to stay home, i.e. become year-long residents of their home range. There are resident Sharp-shinned, Cooper's, and Red-tailed hawks, and even Bald Eagles in the Delaware Water Gap. Ospreys are fish eaters, so they tend to head to warmer waters in the winter, but even some Ospreys decide to reside in our region. And, if your head is not yet spinning, there are Ospreys that actually winter here, having flown down to us from Canada.

At the Raccoon Ridge Hawk Watch, Brian told me excitedly, Bald Eagles broke the seasonal record twice within the last five years. In the 2010 fall migration, a record high 244 migrating Bald Eagles were counted. In 2011 those numbers were down, but, as Brian speculates, that is probably due to an unseasonably warm fall and winter that encouraged many Bald Eagles to remain in their home range.

Would you like to see the fall hawk migration yourself? AMC will lead several Hawk Watch hikes to Raccoon Ridge this fall, the first on September 29 (see Schedule or www.amc-ny.org for details). If you cannot join us on a hike, you can always head up to Raccoon Ridge from the many trails in the Delaware Water Gap, the easiest and closest route being along the Appalachian Trail from AMC's Mohican Outdoor Center. You are bound to find hawk counters who will be glad to tell you about that day's sightings.

Of course, there are many other Hawk Watch sites in our area, such as Hawk Mountain in Kempton, PA; Hook Mountain near Nyack, NY; and Mount Peter near Greenwood Lake, NJ. You might even have your own favorite. If you do, please share it with us – contact yours truly, Sara Hart, at conservation@amc-ny.org.

This fall when you head out on the trails, remember to look up in the sky a few times – and if you're hiking a ridgeline, or paddling along our rivers or coasts, don't forget to bring your binoculars!



Brian Hardiman (center) describes hawk migration at Raccoon Ridge

I have done bits and pieces of the Appalachian Trail (AT) but never any of the southernmost sections, so in May I took a 17-hour ride on Amtrak in order to backpack most of the trail in Georgia (approx. 81 miles over 10 days). I was collected at the Gainesville station by Sheila Cole, a member of a women's email group put together to help fellow backpackers with transportation.

The 8.8-mile approach trail to the AT begins at Amicalola Falls State Park. Amicalola is Cherokee for tumbling waters, and, at 729 feet, the cascade is the tallest in the Southeast. Reaching the top of the falls involves climbing up a total of 600 metal steps, so I was very grateful to Sheila for driving my pack to the top in her car. When I later related this to other backpackers with heavy packs they were very envious. I reached famous Springer Mountain, southern terminus of the AT, later that afternoon.

The second morning found me packing up my wet tent in pouring rain near the Hawk Mountain Shelter. I set off along the heavily flooded trail; it was still raining. There was a wonderful climb to the top of Sassafras Mountain, particularly notable for a low cliff full of blooming red columbines (unfortunately, I had stowed my camera away in my pack to keep it dry).

Finally the sun came out as I was approaching Justis Creek. I spied someone who appeared to be rinsing a tent just like mine in the water. So I immediately unpacked my tent and did likewise, following the lead of the person with this good idea (Donna). Now I had a wet, clean tent instead of a wet, muddy one. Arriving at Gooch Mountain Shelter I was able to put up the tent and let it dry out. It felt really good to change into my dry camp clothes.



Morning at Deep Gap Shelter

At this shelter I met Reggie, a 74-year-old grandfather who was planning to hike as far as Harper's Ferry, West Virginia. On his first use of his brand new stove he had somehow managed to drop cheese powder in the burner, thus rendering it inoperable. A couple only going as far as Neels Gap took him under their wing and made sure he had hot meals every night (at Neels Gap he was able to replace his stove).

Sunday and Monday, May 22 and 23, brought no rain but instead a strong wind with an icy edge. The wind did not allow much lingering on the top of Blood Mt. to enjoy the great views (Blood Mt. is the highest point on the AT in Georgia, at 4,458 feet). I spent the night in the hostel at Neels Gap, my halfway point, where I picked up my food resupply, replaced my lost sunglasses, and enjoyed a hot shower and laundered clothes. I also managed to cope with a top bunk in the hostel without crippling myself climbing down during the night!

With my pack once again heavy with food the trail seemed harder. It was also getting rockier and beginning to look more like the trails I am used to at home. There were several steep down sections contributing to sore feet. Towards the end of the afternoon I headed off the trail for 1.2 miles to Whitley Gap Shelter. This was a very attractive trail winding through twisted laurel trees and not too steep. The shelter was in a very pretty spot and came with a pet mouse and a privy with no roof. As it was still very windy, I chose not to sleep in the shelter which had two heavy blue tarps covering its front: even anchored by rocks, the tarps were noisily flapping about. I was convinced that I had the place to myself and that no-one was coming down the trail this late in the day.

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Imagine my surprise the next morning to find the tarps in place and two young men inside sleeping on hammocks. When they woke, they told me they were trail runners and had done 25 miles the day before and had arrived at the shelter in the dark at 1 am. They were just as surprised to see me, as they had not seen my tent and had been wondering what had happened to the person who had left gear in the shelter. They were planning to do another 20+ mile day so I was really surprised to meet up with them again at Low Gap Shelter (about eight miles away). They had reached this shelter in 2½ hours and then collapsed! I decided to go past this very crowded shelter and camp instead at Poplar Stamp Gap. Here I shared a camping spot with Ichi (trail name Japan) who told me he was 26, thru-hiking at 15 miles per day, and going back to Japan to get married after completing the AT.

The next day I had an early lunch treat (cheese and sardines in a tortilla) at the Blue Mt. Shelter and, as the weather still looked doubtful, decided to spend the rest of the day there. Everyone else departed and I was feeling somewhat lonely when Mr. Coffee (trail name) and two others appeared. I would have elected to sleep in the shelter but Mr. Coffee likes to talk constantly and loudly and, in fact, from my tent I could still hear him talking at midnight. Next day Robert (who had also slept in the shelter) told me that between the spectacular thunderstorm and Mr. Coffee he did not get enough sleep. As for me, I was getting used to packing up a wet, muddy tent.

My next day was a hard one and included a long down into Unicoi Gap, then up and over Rocky Mt. with beautiful views from the top. I saw lots of colorful mosses and flowers and a lizard. Then down into Indian Grave Gap and up to an area called the Cheese Factory. This apparently is the former site of a goat cheese factory and is now a large open camping area with a nearby creek. As my shoulders and back had been aching somewhat I decided to stop here and tackle the climb over Tray Mt. the next morning. At the creek I met up with two dads backpacking with five small children between them. They were very interested in my new squeeze filter (no pumping!). I fell asleep to the sounds of peepers in the creek, coyotes howling, and owls carrying on in the woods – must be the courting season for owls.

Next day involved a tough end-of-day hike over Kelly Knob, with the up trail noticeably lacking in the friendly switchbacks of the earlier sections. Before the climb, there was a water sign pointing half a mile off the trail to a water source. Although I was low on water, I elected not to make this 1-mile round trip and just made it to the top when I ran out. On top of Kelly Knob I found the children in a cluster on the ground and one of the dads recovering from the climb in a hammock. I was really impressed with those kids – they had hiked 8 miles the day before and 9 miles that day, all but the smallest of them carrying backpacks. Future AT thru-hikers!

Not too far along was the Deep Gap Shelter, my last camping spot of the trip. I reconnected with Mr. Coffee and Reggie (who had both taken sabbaticals in the town of Helen) and others, and I exchanged email addresses with potential future section-hike companions. The next day I hiked down into Dicks Creek Gap in much heat and humidity to end my trip. Sheila was unable to meet me at the trailhead (she had left to backpack her remaining section of the AT in New Jersey and New York), so I used a shuttle service to get to Hiawassee, near the North Carolina border, for a shower and then back to Gainesville, where I enjoyed a pre-Amtrak pint of porter and a good dinner.

The Georgia section of the AT has terrain somewhat akin to the Catskills but with much better footing. Especially at the beginning the trail is a real pleasure to walk on as you don't need to continually look at your feet! It is a beautiful section and in the spring it is freshly green and lush with wildflowers everywhere. Most notable are the orange and yellow wild azaleas, dwarf wild irises, and the several varieties of trillium. In fact my enchantment with the wildflowers has provided me with an AT trail name: Flower Child. As I grew up in the sixties, this is doubly appropriate.

If you set foot on the Georgia section of the AT in April you will meet many aspiring thru-hikers. I say "aspiring" because it is quite obvious that many of them are never going to make it to Maine's Mt. Katahdin, 2,180 miles away (statistics show that only about 25% succeed). I was amazed at how many people wake up one morning and decide to thru-hike the AT, when they have no idea what they are getting into. This mostly manifests itself in the overloaded packs they are carrying (I met one man carrying 94 lbs!). If you go solo you won't be alone and, in fact, I really enjoyed the camaraderie between the hikers.

I am looking forward to picking up where I left off next spring and hiking into North Carolina!

Marathon Hikes

By Yelena Udler

So you didn't get in to the New York City Marathon this year? No problem! There are plenty of marathon-distance hikes you could do to make up for it, and most of them are arguably more difficult than the marathon by virtue of all that added elevation.

There are several options available to us in the northeast. Some of our local traverses include long 20+ mile trails that some hearty people do end-to-end. There's the **Ramapo-Dunderberg Trail**, starting in Tuxedo, NY, and finishing up at Jones Point, near Bear Mountain, after 23 miles and 6,000 feet of elevation gain. Highlights of the trail include views of the Hudson River, lakes, sections of the AT, and much of Harriman State Park's best scenery. The nearby 23.5-mile long **Suffern-Bear Mountain Trail** starts in Suffern, NY and finishes behind the Bear Mountain Inn. Its highlights include a fire tower, many interesting rock formations, and a fantastic scramble up Pingyp; the entire trail has 5,900 feet of elevation gain. There's also the scenic 24-mile (and 5,900 feet elevation gain) **Escarpment Trail** in the Catskills, starting at North-South Lake Campground and finishing near East Windham. The views from North Point are unparalleled, and as the trail passes through the North-South Lake area you get to see some Catskills history and glimpse views depicted in many of Thomas Cole's paintings. The 25-mile **Devil's Path**, also in the Catskills, is aptly named: it is one endless scramble after another and has tons of steep descents; it has an impressive 7,400-9,000 estimated elevation gain.



In addition to the above traverses, there are also challenging peaks that people like to combine and bang out all at once. The challenging **Presidential Traverse** in the White Mountains of New Hampshire is typically 23 miles and at least 9,000 feet of elevation gain, passing over mounts Madison, Adams, Jefferson, Clay, Washington, Monroe, Eisenhower AND Pierce (all above treeline; the first six peaks are over 5,000 feet in elevation). Depending on one's mood, this traverse could be many different combinations of these peaks, along with a few others. If the weather is good and it's not cloudy, the views are amazing. However, being at such high altitude and walking along ridges leaves hikers exposed in case of rain or strong winds (or even snow in July!), so special preparations are needed.

There's also the **Pemigewasset (Pemi) Loop** in the White Mountains, starting in Lincoln, New Hampshire. In 33 rugged miles it traverses eight 4,000-footers, with somewhere in the range of 10,000 feet elevation gain! This is simply a combination of gorgeous ridge walks and challenging climbs, including Franconia Ridge and 360-degree views from West Bond Mountain. And finally, there's the **Great Range in the Adirondacks**, considered by some to be the toughest of all these marathon hikes: it's about 26 miles and over 10,000 feet elevation gain, all in one day. The peaks are at a bit lower elevation than in the Whites, but you certainly do get fantastic views of other peaks all around you, and it includes Mount Marcy, the tallest point in New York State.

When most people first hear about all these crazy traverse hikes, their first response is, "Why do it? What happened to taking your time, enjoying lunch, and pausing for photos?" I don't blame you; that used to be my response, too. But many long-distance hikers still feel that they're able to enjoy their surroundings. And long-distance, challenging hikes definitely give you a feeling of accomplishment, a feeling of owning the land by the simple virtue of having traversed it. It's also fantastic endurance training, impressive bragging rights, and overall a good test of your fitness level.

If you've never hiked before – or only do short day hikes every so often – then doing a long traverse may be a really bad idea. But if you're a regular hiker, often doing 10-15 difficult miles in a day, a bit of training can get you traverse-ready in no time. [The following tips for doing long traverse hikes may be helpful:](#)

- Work up to it: training hikes, with more weight, distance, and difficulty than you typically do, are a good idea.
- Get an early start – you don't want anyone to still be on the trail after dark. (continued)

- Hike in the direction where you get most of the elevation over with during the first part of the day, so that towards the end (when you are more tired) only the flatter sections remain.
- Don't treat it as a race. Some people finish in under 8 hours, and others take more than 12 hours.
- A worn-in, comfortable pair of boots or trail shoes is essential; you will be walking in them all day.
- Most traverses are not hiked as a group since most people have different paces. However, it's also difficult to hike alone. The best approach is to pick a hiking buddy and stick with them throughout the day.

Because of their distance and difficulty, traverse hikes require a lot more logistical preparations and precautions than most day hikes:

- The leader should have every hiker's contact information and not leave the hike at the end of the day until either everybody has finished or he knows everyone's whereabouts (and condition).
- Every hiker should have a map of the area and be aware of 'bail-out points' where they can leave the trail and reach a major road to catch a ride back to their car. If bailing out, the hiker absolutely MUST inform other hikers of his situation so that no one looks for him at the end of the day.
- If possible, the group should make arrangements to drop extra water and snacks at a midway point.
- Car shuttles should be planned prior to the hike to ensure that there are enough vehicles left at the end of the trail to drive all the hikers back to the beginning.
- The organizer, and others who finish early, should wait until everyone finishes in case a hiker needs assistance.
- The usual assortment of food for a day hike is needed, only in larger quantity. Plain water might not help after awhile, and one option is to add sport drink mixes to it, or just plain salt and sugar packets. A couple of energy gels are also useful, for those times when you need a burst of power.

So come November 4th, when you're watching those runners do 26 miles in just over two hours, ask yourself, if they had to walk up the Empire State Building as part of the race, would they even be able to do it? Any hiker doing a traverse climbs the equivalent of at least FOUR Empire State Buildings in addition to going the distance. So instead of lamenting not being in the NYC Marathon this year, go take a hike!

[On Saturday, Oct, 13, AMC leader Rich Siegelman, known for leading long-distance treks, will lead a hike on the entire Escarpment Trail; pre-registration (and stamina!) required. Watch for other longer hikes in the spring.]

TRAIL TALK: The Ernest Walter Trail

By Marty Cohen

The most scenic trail in NJ is not often among the routes listed in the AMC schedule. This interior trail, the Ernest Walter Trail, is located on Bearfort Ridge and may be reached via any of the Bearfort Ridge, State Line, or Appalachian trails. It features great views of Greenwood Lake and at one point borders on Surprise Lake, a pristine tarn. A particularly beautiful spot is its overlook of West Pond, accessible via a 100-yard long side trail. Along the trail one encounters an exotic rhododendron tunnel, several interesting rock formations, and a few ledges which, while not technical climbs, do require the use of one's hands. Like almost all trails in our area, it is heavily wooded, with blueberry bushes and mountain laurels often providing its margins.

A loop hike of about 4 miles may be made by starting at the parking lot across the road from the Greenwood Lake Marina located on Rte. 511 in New Jersey (Trans. 3E, at the NJ/NY state line), and climbing the State Line Trail (blue-on-white blazes), turning left onto the Ernest Walter (yellow blazes), which one follows in a generally clockwise motion until its intersection with the AT, at which point one would turn right. Then follow the AT until the State Line Trail, at which intersection one should go right to complete the loop back to the parking lot. Other options are available by consulting the North Jersey Trails map (available at www.nynjtc.org). *[Note on Trans. 3E: check with NJ Transit on return bus times, which are not frequent. Pick-up spot is not directly opposite drop-off spot.]*

[Send in your own TRAIL TALK about a less often used trail or hidden gem to: trailswaves@amc-ny.org]

COME CELEBRATE OUR 100TH YEAR ~ AMC FALL GATHERING OCT. 19-21

The NY-NoJ Chapter is hosting the AMC Fall Gathering on October 19-21, 2012 and you're invited!

Join us and make this part of our Chapter's 100th Anniversary year a very special event. The weekend celebration includes many different outdoor activities, family events, presentations, workshops, social hours, and live entertainment, and is open to all members from Maine to DC.

This year's Fall Gathering is located at the scenic Greenkill YMCA Retreat Center in Huguenot, NY; nestled between the Catskills, NJ Highlands, and the Delaware River. Lodging options include tenting, bunk room or semi-private dorm room. Stay for 1 or 2 nights (day rate w/meals also available). Bus/train service is available from NYC. Some of the scheduled activities include:

- Meditation, Yogasana and Yoga for Kids (L Anthony Sadasiva)
- Wurtsboro Ridge Ramble 2D8 (L Christine Benton)
- Lightweight Backpacking Day Hike/Seminar 2D6 (L Christine Benton)
- Walkkill River Quiet Water Paddle (L Jill Arbuckle)
- Weekend Gear Swap
- Presentations:
 - "Art and Adventure Travel" by Kathy and Barry Skura, AMC Hike and Backpack leaders
 - "Long Distance Backpacking" by Melanie Simmerman, Triple Crown Completer (Appalachian Trail, Pacific Crest Trail, and Continental Divide Trail)
 - "Hydro-fracking and Natural Gas Development" by Mark Zakutansky, AMC Mid-Atlantic Policy Manager

For more details about the weekend, and to register, please go to: http://www.amc-ny.org/fall_gathering_2012

Activity leaders are still needed for Fall Gathering events on Friday afternoon, Saturday, and Sunday. For more information or to volunteer as a leader, contact Paul Dutton at paul.andrew.d@gmail.com. To volunteer for the planning committee, contact Debbie Melita at 646-645-5667 or vicechair@amc-ny.org. We hope to see you there!

WILDERNESS FIRST AID

The next Chapter Wilderness First Aid Course will take place on two consecutive Sundays, September 30 and October 7, at the Sterling Forest State Park Visitor Center in Tuxedo, NY.

WFA training helps prepare you for a medical situation that arises where there is no ambulance, no shelter, your supplies are few, and it might be hours before help arrives. WFA also teaches how to avoid the problems that cause these situations.

Member's price: \$65, Non-members: \$100. Price includes textbook, handouts, and certification on successful completion. Register online at <http://www.amc-ny.org/schedule/WFA/> (registration ends Sept. 25th, or when filled).

[Editor's Note: Our WFA Chair, Jonathan Silver, does a great job teaching these courses!]



Photo by Kathy Skura

(Don't worry, he wasn't REALLY in such pain.)

Recommended For New Members

If you joined the AMC recently (or are just getting started), welcome! To help you enjoy some of the great activities offered by our Chapter, we've selected a few trail outings that we especially recommend for newer members. See the Chapter Schedule booklet or www.amc-ny.org for details. Please call the leader if you have questions, and ask them about AMC during the outing. Not all of these are easy, so please read carefully and pick ones that are good for you. Explanations of hike codes (i.e. 2D8) are in the Schedule and at www.amc-ny.org/hike_codes. Descriptions of the transportation codes (i.e. 1B) and driving directions to AMC meeting places are at www.amc-ny.org/trans_codes. If anything is unclear, call the leader – they'll be glad to answer your questions. Hope to meet you out on the trails!

SEPTEMBER

Saturday, September 8

Tuxedo Favorites, Harriman State Park. 2C9 (Hike). We'll revisit our favorite trails; pace faster end of 2's. Forecast of heavy rain cancels; call eve before if in doubt (call before 9:30pm). Trans. 1C. L's: Nancy and Art Tollefson, 212-727-8961, tollefson@verizon.net.

Saturday-Sunday, September 22-23

Beginner Backpack, Overlook Mt., Catskills. For fit, experienced day hikers. Saturday we'll climb 1,300 ft. Overlook Mt., then descend and camp near Devil's kitchen. Sunday depends on how that goes. Possible climb of Indian Head (3,500 ft.). Approx. 16 miles. L Tom McArdle, 914-762-8162, thomas_mcardle@hotmail.com.

Saturday, September 22

Inwood & Fort Tryon Parks, Manhattan. 2C4 (Walk). Very moderate pace. Stroll through Inwood Hill Park, with its tree-lined paths, then cross over to Fort Tryon for lunch overlooking the Hudson (bring lunch). Trans: #1 train to 215th St. Meet 10:30am on the SE corner of 215th and Broadway. End around 2pm; no smoking. L Bob Susser, 212-666-4371, rsusser@aol.com.

Friday, September 28

Ramapo State Forest, Oakland, NJ. 2C7 (Sociables 50+). Meet 10am, Ramapo State Forest upper pkg. lot (sorry, no public trans.). Hike both sides of Skyline Drive; some moderately strenuous climbs affording nice views. Steady rain cancels. If in doubt check with L. L Carol O'Keefe, 973-328-7599, okcarol@optonline.net.

OCTOBER

Saturday, October 6

Crow's Nest & Storm King Mt. 2D8 (Hike). Steep ascent to Crow's Nest, then on to Storm King. Beautiful views of Hudson Highlands. Trans 5B BUT take 7:51am train. L Minu Chaudhuri, minu1@optonline.net.

Sunday, October 14

Hook Mountain, Nyack, NY. 2C7 (Sociables 50+). Initial ascent on Long Path to spectacular Hudson River views along the ridge. Gradual descent through woods, then walk along river. Pace faster end of 2's. Trans. 7E,

but take early bus leaving PABT at 8:15am, arriving 9:30. Call to confirm before 9pm Sat. Drivers park at Nyack High School. L Barbara Davidson, 212-316-6691, bldavidson38@gmail.com.

Sunday, October 21

Garrison Circular, East Hudson Highlands, NY. 2C7 (Walk). Climb Sugarloaf South for 1st lunch; return via Arden Point for 2nd short lunch, then return to Garrison Landing. Optional coffee after walk in Cold Spring. Trans. 5C, BUT use 10:50am train. Drivers meet in commuter lot at noon. L Hal Kaplan, 914-376-3156, kapkotours@gmail.com.

Saturday-Sunday, October 27-28

Harriman State Park Backpack. Easy to moderate 17-miles. Hike through pretty forested areas with a few hills, but nothing too steep. Nice views of the valley. Good trip for backpackers who have been on beginner trip and want to give themselves a challenge. Limited to 6. L Maria Nobles, 516-606-5408 (call before 9pm), hilltackler09@yahoo.com.

NOVEMBER

Saturday-Sunday, November 3-4

Moderate Harriman Backpack. Scenic, moderate trails; possible cold weather conditions. Strong beginners with all necessary gear welcome. Limited to 8 backpackers. \$5 non-refundable registration fee. L Frank Zarb, 347-609-5115, tao5001216@yahoo.com.

Saturday, November 10

Schunemunk Mt. 2D7 (Hike). Initial steep climb rewarded by magnificent views. Expect to do both ridges. Fit beginners welcome and encouraged, but please call leader. Trans 2A. Adverse weather cancels. L Richard Seibel, richard@richardseibel.com.

Sunday, November 22

Rockefeller Preserve, Westchester, NY. 3B6 (Walk). Moderately vigorous pace on historic carriage roads and gentle rolling hills with beautiful vistas. Hiking boots a must. \$6 parking. Trans. 5, BUT buy ticket to Tarrytown, arrive 9:37am; hike begins at 10am. L Jo-Ann Gisolfi, 914-478-1248, JGisolfi@yahoo.com.

TRAILS & WAVES CLASSIFIEDS

Recommended by AMC Hike Leader, Dick Wolff:

HILLTOP ACRES RESORT

Small resort near Hunter Mt. in northern Catskills. Beautiful mountain view; private lake & woods. Ideal for hiking, skiing or a relaxing getaway. Central European cuisine. Modestly priced; open all year. 518-734-4580

www.windham-area.com/hilltopacres.htm

TWO WINTER R & R's

St. John, U.S. Virgin Islands

- **At Cinnamon Bay Cottages:** January 15 – January 29, 2013
- **At the Concordia Eco-Resort:** January 29 – February 5, 2013

Visit www.appalachianhikers.org or send e-mail to info@appalachianhikers.org for detailed prospectus.

EMPLOYEE RIGHTS LAWYER

My name is Bruce Bernstein and I am an AMC hike leader and an attorney who is committed to advancing and protecting the rights of employees. I practice in NJ and NY, and I represent employees in matters concerning wrongful discharge, discrimination, sexual harassment, whistle-blowing and severance package negotiations. For more information please go to: www.bbernstein-law.com. Free phone consultation is available at 201-634-1999.

HAVEN OFF THE HUDSON. Friendly, historic 3-season wooded community in Westchester County. Co-op offers hiking, tennis, pool, wifi café, social activities, organic community garden. Beautiful Hudson riverfront nearby. Studio and one-bedroom cottages, \$35,000 - \$129,000. www.reynoldshills.org/bungalowshop. Please contact Mel at 347-307-4642 or melgarfinkel@yahoo.com.

ARTICULATE, ERUDITE OUTDOORSMAN, 64, who relishes exploring nature through hiking, backpacking, and Botany, seeks a compatible female to share these passions. Also, be a person who will enjoy a chamber music performance or the Met Museum. On the mundane side, I'm a pretty decent guy who wants to share nature and cultural events with a nice gal.

Reply to licensedguide@yahoo.com

Is it winter yet?

We have fun all year. Join us for hiking, biking, fall foliage, and other activities in Vermont and New York City.

Come to our monthly Tavern Tuesday to meet the club, share stories, and whatever else pops into your head (within reason, of course).

Join Us!

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meetup.com/MiramarSkiClub
facebook.com/MiramarSkiClub
Info@miramar.org

Miramar Ski Club

ADK Winter Mountaineering School

The Winter Mountaineering School has been helping hikers enjoy the mountains in winter for over fifty snow- and ice-filled years. Our dedicated all-volunteer group of instructors makes the Winter Mountaineering School one of the best values around. This year's program will again be based out of the ADK Loj. Check out our website for program details, gear lists, photos, and more.

Weekend Day Hiking Section: 2/1 - 2/4 (\$350)
Weekend Backpacking Section: 2/1 - 2/4 (\$350)
Combo Section (Day Hikes & 3-night Backpack): 2/1 - 2/7 (\$405)

518-523-3441

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COMMITTEE NOTICES

THE NOMINATING COMMITTEE announces the following nominations for the 2013 Executive Committee of the AMC New York-North Jersey Chapter:

Chair	Richard Barcia*
Vice Chair	Debbie Melita*
Secretary	Lisa Madden**
Treasurer	Barry Wolfe***
Activities	Eileen Yin
Facilities/Services	Jonathan Silver*
Information	Vacant

*Nominated for a 2nd & final 1-year term

**Nominated for a 3rd & final 1-year term

***Nominated for a 4th 1-year term

An amendment to the Chapter By-laws adopted in 2011 by vote of the Chapter membership now permits a person to hold the position of Secretary for three consecutive 1-year terms and the position of Treasurer for five consecutive 1-year terms. As previously, all other positions can be held by any one person for only two consecutive 1-year terms. At a recent meeting, the Executive Committee eliminated the Public Services liaison position, created the Information liaison position, and realigned the Chapter committees falling under the two positions. This was done in accordance with the Chapter By-laws.

Respectfully submitted by the Nominating Committee: Don Getzin (Chair), David Lamb, Dorothy Lourdou, Richard Seibel and Barry Skura.

Van Service to Mohican Through October 26.

Through October 26, a scheduled van service will provide transportation from NYC to the Mohican Outdoor Center near the Delaware Water Gap. The van departs Manhattan on Friday (NOW AT 3PM) and returns from Mohican on Sunday afternoon. Reservations at Mohican and for the van service required; go to www.amc-ny.org/moc_van or call AMC Reservations at 603-466-2727 for more info.

How to Request Delivery of T&W. *Trails & Waves* comes out four times a year. Most of our members now read the newsletter online at www.amc-ny.org. If you want to read T&W online, we'll be glad to send you an email notice with the link when a new issue comes out (but only if you request it). Or, if you prefer to receive a printed T&W in the mail, we'll send you one (but only if you request it). To request to read T&W online (and receive the reminder email) or to receive the print version, **contact the AMC Member Center at 800-372-1758 or www.outdoors.org/membercenter.**

Spend Thanksgiving with Your AMC Friends

This year's Thanksgiving Hikes & Dinner on Thursday, November 22, will be back at the very scenic Overlook Lodge (across lake from Bear Mt. Inn). A choice of four hikes, from easy to moderately hard, begin at 11am from Overlook. Registration for the buffet-style dinner required by Nov. 12 (register well in advance; this event fills early). Cost of dinner is \$38 adults/\$19 children (age 12 and under). Bus available (Trans. 4F). To register send name(s), address, email address, phone, and check (payable to Robert Susser) to: Robert Susser, 200 Riverside Dr., #5B, New York, NY 10025-7245. Also state if you can offer a ride (how many? from where?) or if coming by bus. If no email, please enclose self-addressed stamped envelope so we can send your confirmation. For more details, go to <http://activities.outdoors.org/search/index.cfm/action/details/id/62196> or contact Bob at 212 666-4371 or rsusser@aol.com. New members especially welcome.



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Dear Online Readers:

You Asked For It,
 You Got It!

I hope the new format
 makes it easier for you to
 read T&W online.

- Your editor, Nancy





Celebrating the NY-NoJ Chapter's
 100TH ANNIVERSARY
AMC'S FALL GATHERING 2012
 October 19-21, 2012
 Beautiful Greenkill YMCA Retreat Center, Huguenot, NY





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Nestled deep in the foothills of the Catskill Mountains, the Greenkill Retreat Center features 1,150 acres of pristine wilderness, lovely lakes, streams, waterfalls, scenic ridges, panoramic vistas.

By day, explore miles of hiking trails, caves and bike paths. Learn about the geology of this unique area. Glide along the waters of the Delaware River or quiet streams and lakes. At night, enjoy live entertainment and swap stories over dinner or around the campfire.

Events for all ages including families, groups, and singles.

Public transportation options available from New York City.

Come enjoy this club-wide event hosted by the NY-NoJ Chapter and celebrate our very special 100th Anniversary!

REGISTER BY OCTOBER 1, 2012.

Lodging/Tenting options and Day Rate available, including meals, activities and registration fee.
 For more information or to register, visit www.outdoors.org/fallgathering or call 617-391-6603.