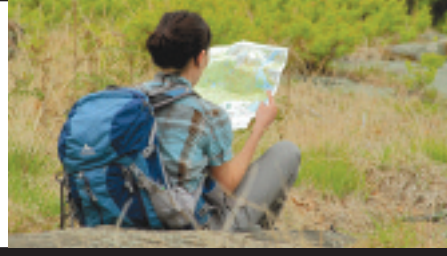




New Trail Openings

Hike a path recently built by Trail Conference Corps members and volunteers.

READ MORE ON PAGE 5 ▶



Hiking Is a State of Mind

Not all great adventures take place in the backcountry.

READ MORE ON PAGE 9 ▶



TRAIL WALKER

Fall 2015

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

www.nynjtc.org

Trail Conference Kicks Off 95th Year of Service with Grand Opening at New Headquarters

New beginnings and nearly a century of service were celebrated at the New York-New Jersey Trail Conference's grand opening event on Saturday, September 12. Along with members, local officials, and the community, the Trail Conference marked its first trail season at the historic Darlington Schoolhouse headquarters while kicking off the organization's 95th year of creating, protecting, and promoting trails.

The headquarters in Mahwah, N.J., is located at 600 Ramapo Valley Road between Ramapo Valley County Reservation and Ramapo College of New Jersey. A brief program and commemorative tree-planting opened the event.

"We have been striving for 95 years to involve the public in protecting and promoting public lands," said Trail Conference Executive Director Edward Goodell. "It is fitting that the Trail Conference is inhabiting a schoolhouse—and an old one at that. We still have much to learn

in this rapidly changing environment and feel lucky to pursue our mission where so many children learned to pursue their own calling."

Attendees enjoyed hikes, workshops, and tours of the 124-year-old schoolhouse and new addition. Local children attended classes in the original building from 1891 until the 1940s. It had been vacant for 40 years and badly needed repair when the Trail Conference and Township of Mahwah jointly purchased the schoolhouse in 2007. Following an eight-year effort to meticulously restore and repurpose the building, the Trail Conference received a 2015 Bergen County Historic Preservation Award for adaptive use and one of 10 prestigious 2015 New Jersey Historic Preservation Trust awards.

"Caring for this building is a significant responsibility that's been made possible through the donations of Trail Conference members, local residents and foundations, and public support from Mahwah, Bergen County, and the State of New Jersey. We are proud to be part of an effort that has revitalized this community landmark," Goodell said.



Executive Director Edward Goodell plants a swamp white oak—a native species that supports the riparian habitat adjacent to Darlington Schoolhouse—during the grand opening.

Ramapo Valley Reservation was the perfect setting for a kid-friendly nature hike, a yoga hike, a history hike, and a more challenging 4.5-mile hike. Workshops—including an introduction to map and

compass land navigation, how trail maps are made, and an introduction to the Invasives Strike Force—allowed hikers to brush up on their outdoor skills.

continued on page 2

Trail Conference Shares in Successful Settlement to Protect the Palisades

On June 23, LG Electronics USA announced a redesign of its proposed new headquarters overlooking the Palisades in Englewood Cliffs, N.J., reducing the height of the tallest building from 143 feet to the tree line, at 70 feet.

The settlement is an amicable ending to a three-year battle in which the New York-New Jersey Trail Conference played an early and leading role within a coalition of environmental and civic groups and thou-

sands of private citizens opposed to the high-rise development in its proposed form. The lawsuit was filed by the New Jersey State Federation of Women's Clubs, Scenic Hudson, and Trail Conference members Margo Moss and Jakob Franke in response to the Borough of Englewood Cliffs providing LG with a variance in early 2012 to build nearly four times higher than the long-standing 35-foot limit. This began a series of grassroots advocacy efforts

to persuade LG to build below the tree line.

In confidential negotiations, attorneys for LG and the plaintiffs, engineers, and architects worked diligently for 10 months to reach the win-win settlement agreement. The Trail Conference applauds LG for the final design which is sensitive to the historic and environmentally sensitive Palisades and in keeping with the company's reputation as a good neighbor and corporate citizen.

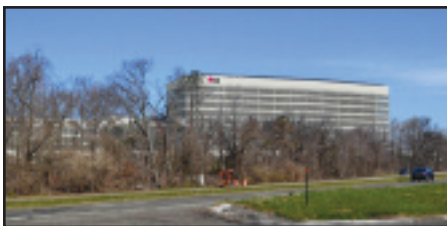
Permanent Protection

On the heels of this win, action must be taken to permanently protect the Palisades. New Jersey Senate Bill 2025 would forever protect the scenic qualities of the Palisades by prohibiting tall buildings adjacent to the cliffs along the Hudson River from Fort Lee, N.J., north to the New York State line. It is currently before the Senate's Community and Urban Affairs Committee, according to one of its primary sponsors, State Senator Bob Smith, D-Piscataway. An Assembly version of the bill has also been introduced by John McKeon, D-Madison. Please be ready to respond when the Trail Conference reaches out to you regarding the passage of these bills. In the meantime, please thank everyone who contributed to the most recent settlement, including LG Electronics USA.

Maurice D. Hinchey Catskill Interpretive Center Now Open



One of the most anticipated moments for the outdoor community in New York State finally arrived on July 1, when the Maurice D. Hinchey Catskill Interpretive Center officially opened its doors. Decades in the making, the Center now serves as a gateway for visitors to the Catskill Park and Catskills Forest Preserve who are eager to learn more about the region's recreation opportunities, ecology, and history. The Center is located on Route 28 in Mount Tremper, Ulster County, and is staffed seven days a week from 9 a.m. to 5 p.m. Read a full recap of the ribbon-cutting ceremony and find more information about the Center at nynjtc.org/catskill-interpretive-center-opening.



These before and after images show the original and revised proposals for the LG Electronics USA headquarters in Englewood Cliffs.

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AMBER RAY
LOU LEONARDISEDITOR
GRAPHIC DESIGNER

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New York-New Jersey Trail Conference, Inc.
600 Ramapo Valley Road (Rt. 202)
Mahwah, NJ 07430
201-512-9348

email: info@nynjtc.org

editorial email: tw@nynjtc.org

World Wide Web: www.nynjtc.org



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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REI Donates Over \$76K to the Bear Mountain Trails Project

Thanks to the overwhelming support of our members, volunteers, partners, and friends, the Trail Conference's restoration of the Appalachian Trail at Bear Mountain State Park has received a huge boost: Because you voted for our trail project on the A.T., REI will donate over \$76,000 to help complete our work.

This generous donation is part of the national retailer's Every Trail Connects campaign, which aims to inspire stewardship of the outdoors. REI earmarked \$500,000 to invest in 10 trails around the country, with votes tallied at rei.com/trails deciding where the funds would go. Every vote for the Appalachian Trail gave the Trail Conference \$5 for the Bear Mountain Trails Project. Voting kicked off at 3:01 a.m. EST on August 14 and lasted a mere 37 hours before all \$500K had been allocated. The campaign was such a success that REI then pledged an additional \$10,000 to each trail. In total, the A.T. received 13,229 votes and \$76,145. We thank each and every one of you for backing us.

The money donated will go toward building a safer, more enjoyable Appalachian Trail through Bear Mountain State Park—the most heavily used section of the A.T. Three million annual visitors to Bear Mountain create an unusual amount of wear on the park's trail system, necessitating an upgrade to the hiking paths originally built in the 1920s. Since 2006, the Bear Mountain Trails Project has seen 1,745 volunteers working alongside professional trail builders and our Conservation Corps members to make these trails more sustainable.



JEREMY APGAR

The Appalachian Trail at Bear Mountain

Volunteers on this project have spent over 60,000 hours building 17,131 linear feet of trail, including 1,805 stairs and 11,631 square feet of crib wall to ensure the trail will endure for generations to come.

The crew working on the Bear Mountain Trails Project hit the 60 percent completion point on the Upper East Face portion of the Appalachian Trail relocation this summer. They are on schedule to finish the Trails for People Exhibit at the foot of Bear Mountain this fall. This interpretive exhibit, built directly along the Appalachian Trail, explains the history of the park, trail-building techniques, and why constructing sustainable trails is so

important. It serves as an unofficial gateway to more than 50,000 acres of backcountry habitat.

With just 1,145 feet of trail remaining until we reach the Perkins Memorial Tower at the top, the Bear Mountain Trails Project is expected to be completed in 2017. To get the job done in that timeframe, we're looking for enthusiastic volunteers who are interested in helping us rebuild this historic trail and donations to fund our \$250,000 budget. Find out how you can get involved at nynjtc.org/bearmntntrails, or contact Trail Builder Ama Koenigshof at 616-337-2481 or ama@nynjtc.org.



GRAND OPENING

continued from page 1

"We look forward to hosting many more activities at the new headquarters in the year ahead, including volunteer recognition events, delegates meetings, corporate events, educational workshops, and fun gatherings, to engage people of all ages with the Trail Conference," said Don Weise, Trail Conference membership and development director. "It's exciting to see how quickly the new headquarters has attracted public interest in our work and our mission."

The grand opening was made possible by the generosity of lead sponsor United Water New Jersey, and through sponsorships and donations from Interra Supermarkets, Inc./ShopRite, Northwestern Mutual, L.L. Bean, and Secor Farms of Mahwah. Special thanks to our Volunteer Committee and all of the volunteers who made this special day a great success.



Explore the Catskills During Lark in the Park

The 2015 Catskills Lark in the Park will be held Saturday, October 3, through Monday, October 12. Celebrating the Catskill Mountains region of New York State and the Catskill Park, the Lark includes organized hikes, bicycle trips, paddles, service, and cultural and educational events. For a full schedule of this year's events, visit www.catskillslark.org.

Design Our Next Volunteer T-Shirt!

Calling all artists: The New York-New Jersey Trail Conference wants your creative designs for our 2016 volunteer T-shirts! Each year, the Trail Conference hands out these shirts to the dedicated people who donate their time to our organization. Your T-shirt design would help promote the Trail Conference and say thank you to all of our hard-working volunteers.

From now through March 1, we are looking for one-color designs that celebrate the great work of our volunteers. Entries will be voted on by the Volunteer Committee. The winner will receive their design in a frame and their choice of a new Trail Conference map!

Rules:

- 1) All entries must be sent via email to Volunteer Coordinator John Leigh (jleigh@nynjtc.org) by February 1.
- 2) All entries must be single color (a one-color design to be printed on a color T-shirt).
- 3) All entries become property of the New York-New Jersey Trail Conference.
- 4) The decision of the Volunteer Committee is final.
- 5) All designs may be modified to meet Trail Conference branding guidelines.
- 6) Winner will be announced in *Trail Walker* and E-Walker, and on Facebook and Twitter.

Join Us in Celebrating Our Volunteers

Help us honor our outstanding volunteers and trail partners on Saturday, November 7, from 1 p.m. to 6:15 p.m. at the new Trail Conference headquarters (600 Ramapo Valley Rd., Mahwah, N.J.). The afternoon will include workshops on trail design, responding to trail emergencies, introduction to the Invasives Strike Force, how to run an outreach table, reading the woods, intro to cartography, and using GPS/map and compass. Appetizers will be served before the awards ceremony at 5:30. For more information and to register, visit <http://bit.ly/tc-vol-15>.

Shop AmazonSmile and Support the Trail Conference

Want to know how to support the Trail Conference at no cost to you? When you shop at AmazonSmile, Amazon will donate 0.5 percent of the purchase price on eligible orders to the Trail Conference. Bookmark <http://smile.amazon.com/ch/22-6042838> and support us every time you shop. Thank you to our supporters for raising \$287.86 in the second quarter in 2015!

Department of Clarifications: In the Summer 2015 *Trail Walker* article "Volunteers Break Trail Conference Record for Service Hours Donated," the Long Distance Trails Crew (LDTC) was said to have rerouted the Long Path in the Catskills. The Long Path Crew, under the guidance of Jakob Franke and Andy Garrison, is responsible for the relocation. They designed the route, worked with all the necessary agencies for the required permits, and scheduled a multitude of work trips. Their crew provided the bulk of the labor over the 9.5-mile relocation; the LDTC and the Jolly Rovers did very specific technical work as assigned by Jakob and Andy. Jakob, his wife Gely, and Andy were nominated by the LDTC and received volunteer recognition awards from the Trail Conference last fall for their work.

From the Executive Director



Restoration, Reorganization & Revitalization

It has been a year of dramatic change at the Trail Conference. Not only have we moved into our new and permanent headquarters at Darlington Schoolhouse, we've also completed an internal reorganization. In both of these efforts, our primary objective has been to build a stronger, more effective Trail Conference that can advance our mission into our 95th year and beyond.

Our new headquarters allows the organization to welcome and embrace visitors like never before. Our prior offices sorely lacked ample meeting space for volunteer leaders, efficient work space for staff, and hospitality for our members and the public. We never had a physical home that evoked our mission and values... until now.

The overwhelming approval from visitors regarding the look and feel of the building and grounds is most gratifying. To accommodate the increase in visitors we've already seen since opening in March, a small group of volunteers will be experimenting with keeping the building open on weekends this fall.

But our work isn't finished just yet. We have an active group of volunteers who are helping to maintain and improve HQ operations—and we welcome more to join us! Still “under construction” is the all-native plant and wood turtle habitat that is part of our restoration of the riparian areas on both sides of the Darlington Brook, adjacent to the schoolhouse. This area will serve as an outdoor classroom for groups seeking to restore other landscapes. Future improvements include an elegant foot-bridge and pathways designed by environmental artist George Trakas on the wetland side of the brook, features for which we are fundraising and hope to install with interpretive kiosks in 2016.

While the Trail Conference was undergoing this physical transformation, we were also in the process of an equally necessary and even trickier structural reorganization. On the plus side, our internal problems were of the good variety: We had grown so fast in both scale and complexity that our old decision-making procedures could no longer keep up. Until June 2015, the Trail Conference had still been fundamentally organized as it was in the 1930s—so it's not surprising that the organization might struggle to keep up with the vastly enlarged scope of work taking place in the 21st century. A Board of Directors was adopted in 1970 and staff incrementally added thereafter, support that helped the Trail Conference accomplish more work but made decision-making authority even more tangled. Silos of expertise were inadvertently created. We needed to be able to make decisions more quickly while involving key stakeholders and experts.

In response to these structural impediments, the Board started a process in early 2014 to assess the issues at hand and work with key stakeholders on a better solution. What they found was a broadly decentralized organization whose work was accomplished by a large body of semi-autonomous volunteers assisted by a small but highly skilled staff reporting to the Board. Several conclusions were reached, including:

1. The most effective working groups are the smallest that can bring all relevant facts to bear.
2. Stakeholders should have the opportunity to provide input on decisions that affect them.
3. The Board is ultimately responsible for making decisions.
4. The staff is responsible for working with volunteers to implement the Board's decisions.

Fortunately, another non-profit with the same DNA as the Trail Conference went through a similar reorganization more than a decade ago. The Appalachian Trail Conservancy (formerly the Appalachian Trail Conference) was structured almost exactly like the Trail Conference when it was formed in 1925. In fact, the Trail Confer-

ence's Chairman at the time, Major William Welch, was elected to serve as the ATC's first Chairman, too. Seeing the ATC's reorganized structure working and steadily improving over the past 12 years was encouraging.

While the Trail Conference was undergoing a physical transformation, we were also in the process of an equally necessary structural reorganization.

Ultimately, the Trail Conference Board approved an internal structure similar to those adopted by the ATC in 2003. The key attributes are: 1. A Policy Council preparing policy recommendations to the Board based on feedback from affected stakeholders; and 2. Splitting the previous Trail Council into four Regional Trail Councils, where all programs are integrated into a single collaborative plan for each region.

The new headquarters is a physical manifestation of the growth and change at the Trail Conference. The internal reorganization will help us manage our more complex programs and higher ambitions. The planning of our next five years—which will include the Trail Conference's centennial—will follow. By making these significant changes now, we are helping to ensure that the organization's stewardship of the trail experience remains strong and innovative for another hundred years.

— Edward Goodell
Executive Director
goodell@nynjtc.org

PEOPLE FOR TRAILS



Ron Brantner
Fort Lee, N.J.

By Jerrica Lavooy, AmeriCorps Member of the Megalithic Crew

Ron has been a loyal volunteer with the Trail Conference for about three years now. Almost every week he makes the two-hour roundtrip drive from Fort Lee, N.J., on Saturdays and Sundays to donate his time to building and improving trails at Bear Mountain State Park. When he's not hard at work with the Megalithic Crew, Ron's hard at work as a consultant for a software firm.

How did your relationship with the Trail Conference start? There was a stone-cutting class advertised at REI and it sparked my interest. I thought it sounded like a pretty good way to spend the weekend. After that, I was hooked, and continued to want to be involved. Plus, it was fun building stuff with rocks like when we were kids—except now it's the real deal!

What is it about trail building that has kept you hooked all this time? My favorite aspect has really been just being able to be outside. I'm in these beautiful places and get to be hands-on. It is way better than any gym! Plus, the work is always new and different, so I get to learn at the same time.

What does your family think about all the time you spend out on the trails? They think it's great, but only one of my three sons has taken any interest in it. Doug loves to volunteer with me whenever he can. I think the other two are a little intimidated by the level of work that we do!

Everyone has a favorite trail snack... what's yours? I'd have to say something juicy. Grapes are always a favorite, but usually I'll have almost anything from Trader Joe's.



JEFF SENTERMAN

Kaaterskill Falls Access Restricted As DEC Works to Improve Safety on Trails

Though Kaaterskill Falls is one of the most popular destinations in the Catskills, it's also one of the most dangerous. Too many visitors ignore posted warnings to hike only on marked trails, leading to significant injuries on unofficial footpaths that are steep and eroded. In 2014, two women lost their lives in separate incidents when they slipped and fell from unsafe areas of the falls.

These accidents prompted the New York State Department of Environmental Conservation (DEC), which oversees public lands for recreation in the Catskills, to take action to prevent further incidents. Starting July 6, hiking paths at Kaaterskill Falls and in the surrounding area were restricted as the DEC began construction on a new trail and other safety improvements. Closures included the Laurel House Road Trail and parking area. The DEC ticketed anyone found beyond the fence marking the end of the official trail or on the Laurel House Road side of the falls.

Construction is expected to be completed this autumn; closures will remain in effect until further notice. For updates on the project, visit the Trail Conference's Catskills Trail Alerts page at nynjtc.org/content/catskill-trails-updates or the DEC's Kaaterskill Wild Forest page at www.dec.ny.gov/lands/50755.html.

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Harriman, Sterling Forest Trail Towns Work to Embrace Hiking Community

By Sona Mason, West Hudson Program Coordinator



The Harriman and Sterling Forest trail towns are welcoming hikers.

The towns of Suffern, Hillburn, Sloatsburg, and Tuxedo, surrounded by the great green havens of Harriman and Sterling Forest state parks, are recognizing an economic opportunity at their doorstep. Mass transit is bringing in visitors from New York City and beyond, and the towns need only to help connect visitors with the restaurants, shops, and other amenities these burgs have to offer. Now, it's becoming easier than ever to linger in these trail towns before heading into the woods.

Events like the first annual Explore Harriman: Adventure in the Trail Town Corridor, promoting cultural and outdoor activities along the west side of the park, are making that clear. Sponsored by the Suffern Chamber of Commerce, Explore Harriman took place on September 19 and encouraged visitors and residents alike to tour these communities and partake in all of the great food, music, art, and happenings they offer. Buses conveniently shuttled visitors from town to town for a full day of celebration.

It's becoming easier than ever to linger in these trail towns before heading into the woods.

Speaking of buses, the Harriman Shuttle, sponsored by MyHarriman.com, the Tuxedo Chamber of Commerce, and A Better Tuxedo, is affordably increasing access to the parks. The big yellow bus is bringing visitors to camps, trailheads, and beaches that used to require a car to reach for just \$5 per trip, which helps offset the cost of the service. Town-to-town hikes and stay-overs can now be more easily planned, allowing visitors to take in new views and experiences en route.



The Harriman Shuttle provides improved access to the park.

"The shuttle has been a blast, and enthusiasm from hikers for the new service is over the top," said Suzy Allman, founder of MyHarriman.com. "While our ridership is almost exclusively young 'urbaners' from Manhattan and Brooklyn, we're also picking up groups who are looking for a four-to-seven-hour hike for the day."

Local citizens, too, have risen to the challenge of creating a "trail town" feel for visitors, volunteering their time to promote hiking and outdoor recreation. A group of Trail Conference volunteers are helping people obtain maps at the Suffern and Tuxedo Farmers' Markets every Saturday, while others hop aboard the Harriman Shuttle and lend their experience and knowledge of the park to riders.

Still others have led town tours and meetings to brainstorm with local residents and businesses on how best to attract visitors to

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 C. B. & Marguerite Young
In honor of my wonderful 1974 summer as assistant waterfront director at Boy Scout Camp Mobicam, now AMC Mobicam Outdoor Center
 Ellen B. Stern
In honor of Robert Ross
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Tributes are only printed for donations of \$25 or more.

Mary Perro Joins Trail Conference as Finance & Operations Manager



Please welcome Mary Perro, the Trail Conference's new Finance & Operations Manager, who joined our staff in July. Mary majored in Accounting and Economics at Manhattan College and is a CPA. After graduating college, Mary was an AmeriCorps member through Colorado Vincentian Volunteers, working at homeless shelters in Denver. It was there that she fell in love with the outdoors. Mary returned to New Jersey as an auditor in New York City and then as an accountant in the pharmaceutical industry. She enjoys hiking, camping, traveling, being a Big Sister mentor, and being an aunt to her 11 nieces and nephews. She and her husband live in Morristown, N.J.

Jeff Senterman named Catskill Center Executive Director



Jeff Senterman, former Trail Conference Senior Program Coordinator, has been named Executive Director of the Catskill Center.

Jeff has been a lifelong Trail Conference volunteer under the guidance of his father, longtime Catskills Trails Chair Pete Senterman. He became Catskills Program Coordinator in 2011 and served as manager of the regional trails program for two years, greatly expanding the Trail Conference's work in the region during his tenure.

The mission of the Catskill Center is to protect and foster the environmental, cultural, and economic wellbeing of the Catskill region. We wish Jeff the best and look forward to working with him in his new role!

the towns' historic and scenic attractions. Kiosks are being planned at strategic locations to provide information on the recreational opportunities in the area, while there are plans to install maps and traffic signage to direct hikers on safe routes through the towns. Suffern is already making its mark

IN MEMORIAM

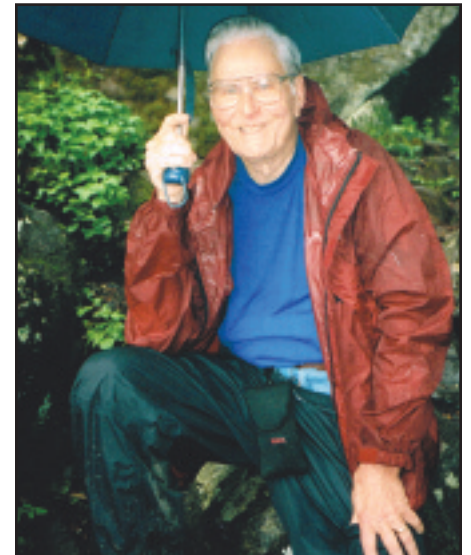
Ed Fuller

Dad was the most wonderful father anyone could ever have. He devoted his life to his family and was a friend to all. He was known, loved, and respected for his honesty, hard work, common sense, generosity, and friendship, along with his great sense of humor and love of life.

He was active in volunteer work his entire life and served the Trail Conference as a trail maintainer and builder for over 20 years before retiring to North Carolina. He was a hike leader for over 35 years with the Sierra Club and AMC, leading trips for both adults and inner city youth, and will be forever known for carrying an umbrella while hiking in the rain.

I will miss him greatly but know that he has left me a special gift in my love of life and the outdoors.

—Robert Fuller



Margaret C. Freifeld

Margaret C. Freifeld, who accomplished much in her hiking career and who brought so many into the wonderful outdoor world and the joy of hiking, passed away on June 29, 2015. She was 72. She is survived by her son, Gabriel, and her life partner, Steve Klepner, as well as siblings and nieces and nephews.

Margaret was a past chair of the Adirondack Mountain Club Mohican Chapter and was very active in the Catskill 3500 Club. She led an enormous number of hikers on Catskill hikes; there were many who did not want to tackle the unmarked trails without their favorite woodswoman. Margaret completed all of the Adirondack 46ers twice, as well as the Northeast 115, but she seemed most pleased to have completed the entire Appalachian Trail, a task she managed to finish while her multiple myeloma was in remission. She returned to the trails this year after difficult treatment and even joined us on a winter Catskill hike.

Those of us who were privileged to travel the world with Margaret, hiking and sightseeing, will remember that she was always ready for any adventure and did not know the meaning of the word "quit." She took pleasure in exploring nature and loved her birds, and she was just plain interested in whatever was around the next corner or bend in the trail. A singular person will be singularly missed. Farewell, Margaret.

—Carol Harting



in that regard, literally—blazes have been painted from the Suffern train station to the Suffern-Bear Mountain Trail, and a kiosk is scheduled to be placed at the SBM trailhead.

If you're interested in getting involved in the trail town movement happening in these communities, contact Trail Confer-

ence West Hudson Program Coordinator Sona Mason: smason@nynjtc.org or 201.512.9348 x16. The Harriman Shuttle is also in need of volunteers and sponsors; find more info at myharriman.com/ride-harriman-shuttle.

NEW TRAIL OPENINGS

Rebirth and Reroutes Along the Shawangunk Ridge Trail



JAKOB FRANKE

The Shawangunk Ridge Trail took a hit this spring, when a massive wildfire sparked in Summitville, N.Y., ended up burning 2,600 acres across the ridge. No injuries or structural damage were reported, and the fire—which was ignited on May 3 by a homeowner who ignored a burn ban—was under control within a week. Still, the SRT from Roosa Gap to Shawangunk State Forest was scorched. For a long-distance trail that already had a full slate of improvement projects lined up this season, summer was shaping up to be busier than usual. Here's a glimpse at the work accomplished along the Shawangunk Ridge Trail so far this year.



JAKOB FRANKE

Rehabbing the SRT After the Fire
First on the agenda: Assessing the fire damage. Once the area was safe, the Trail Conference's Long Path co-chairs Jakob Franke and Andy Garrison took notes on melted trail markers and blazing needs. By the end of May, they had reblazed the trail—and the forest had already begun healing itself, as small ferns could be seen popping up across the charred land.

Fast-forward to August, when that regrowth along the hiking path had actually gotten somewhat out of hand. "Blueberry is taking off, ferns are everywhere, sassafras is everywhere, and scrub oak and other trees are sprouting like crazy," Franke reported. To combat the vegetation overtaking the trail, the Long Path Crew set out on several clip 'n' clear dates throughout August and September to open up the walkway.

New Trails in Huckleberry Ridge State Forest
The Trail Conference's newest Conservation Corps trail crew, the Long Path/Shawangunk Ridge Trail Spike

Crew, pictured below, tackled the most ambitious project on the SRT this year. Under the guidance of Franke and Garrison, four AmeriCorps members and several volunteers built over 2.5 miles of trail in Huckleberry Ridge State Forest, including a connection from the new parking lot on Raymond Drive and a new SRT segment from the Lenape Ridge Trail segment fork.

The primary goals of these trail connections were to: 1. Give locals, visitors, and hikers arriving at the Port Jervis train station access to the southernmost part of the Long Path and SRT, and 2. Move the SRT off private property and provide a loop near Hawthorne Lake. After extensive corridor clearing, side-hilling, and stone work, hikers can now enjoy a woodland walk that overlooks the local rural area surrounding Port Jervis. The trail itself is moderate to strenuous, and at its highest point offers panoramic views of the Catskills.

For a detailed account of the crew's two months living and working in the field—including the trials of working building a trail in severe weather and the morale boost of an old-fashioned camp sing-along—check out their weekly reports at nynjtc.org/content/long-pathshawangunk-ridge-trail-crew.



Ongoing Projects
In Roosa Gap State Forest, a 0.5-mile relocation of the coaligned Long Path/SRT to the fire tower is 50 percent complete. And in Shawangunk State Forest, work has begun on two new trails that will connect a new DEC parking area on Cox Road with the Long Path/SRT on the ridge. Franke hopes to have those trails completed by early next year.

Work along the Shawangunk Ridge Trail will continue through the fall. If you're interested in helping to make improvements along this spectacular, 71-mile hiking path, contact Jakob Franke: jf31@columbia.edu; 201.638.0582.

Doris Duke Loop Becomes the First of Many New Trails to Make Sterling Forest More Accessible

By Sona Mason, West Hudson Program Coordinator



ERIK WICKELSON

The four-mile Doris Duke Trail loop at Sterling Forest State Park in Orange County, N.Y., is officially open! It is the first of many new trails and improvements planned for Sterling Forest, which intends to provide up to 70 miles of trails under a plan that aims to create "an integrated, year-round trail system for a diversity of trail users." The new Doris Duke loop, which includes a section of the Allis Trail, was completed as part of the Sterling Forest Back Country Trails program, a partnership between the Trail Conference and the New York State Office of Parks, Recreation & Historic Preservation.

Work on the creation of this loop began shortly after New York State acquired the property in 1998. The first draft of a trails plan came early in 2000, and a final draft was implemented in 2009. Trail building on the Doris Duke Trail began in 2013. This September, four AmeriCorps members leading the Trail Conference's Palisades Trail Crew, pictured above, finished the trail with the help of many volunteers. The new hiking path is a model of modern sustainable trail-building techniques, showcasing bench-cut con-

struction, stepping stone crossings, rock stairs, and other structures to harden the tread. For much of its length—where sustainable—little work beyond brush removal was necessary at all: There are simply blazes on trees to keep hikers on track.

The opening of the Doris Duke Trail Loop was celebrated with a ribbon cutting on September 20 as part of the Hudson River Valley Ramble. It was followed by an interpretive hike—and trail run, for the speedy-types—of the entire loop, which encompasses flats and hills, ridgetop views, enormous erratics, and plentiful wildlife viewing opportunities through the Doris Duke Wildlife Sanctuary. Hikers enjoyed the first of fall's leaves, walked by a vernal pool, stopped at a beaver lodge overlook, spied birdlife from the cover of trees over the wetland, and stepped over young amphibians dispersing into their habitat.

If you'd like to get involved in building and improving trails in Sterling Forest, contact West Hudson Program Coordinator Sona Mason: smason@nynjtc.org or 201.512.9348 x16.

Five-Mile South Taconic Trail Extension Officially Open

By Andrew Seirup, East Hudson Trail Chair

Two years in the making, the five-mile South Taconic Trail extension in the northeast corner of Dutchess County was completed the first weekend in August. This new trail connects the south end of the South Taconic Trail to the existing Rudd Pond trail system in Millerton, N.Y., extending the South Taconic Trail a total of 6.3 miles down to Iron Mine Pond and Shagroy Road. The entire section is now fully open and blazed, though there are still a number of spots where volunteers will continue working to improve the tread.

A grand opening hike of the new section was held on Saturday, Sept. 19, as part of the Hudson River Valley Ramble. The new trail is a fairly strenuous hike of about sev-

en miles and a 1,500-foot elevation gain, ending with the very steep descent to the Quarry Hill Road trailhead. It's a rewarding hike with many open views, hemlock groves, and small stream crossings.

I'd like to thank everyone who's been involved in this project. Many people have spent the last two years building, and the two years before that scouting, designing, and approving the new trail. And before that, there were years of behind-the-scenes work to make the trail possible. From start to finish, this has been a very rewarding project to be involved in, and I'm very glad it came my way. I hope you all get a chance to enjoy hiking all or part of the new trail soon.

Stroll Through History Over the High Bridge

By Robert Ward, Trail Conference Volunteer

Over 10 years ago, a grassroots initiative called the High Bridge Coalition was formed to try to persuade the New York City Department of Parks to reopen the walkway over the High Bridge, a magnificent section of the Old Croton Aqueduct—New York City's first water supply system—that connects Manhattan and The Bronx. A report examining the state of the High Bridge, which was originally opened in 1848, indicated that it was structurally sound, but the "I" bars were rusting out and needed to be replaced. The group succeeded in convincing several politicians to set aside funds for the project, and on January 13, 2013, work began on restoring the High Bridge.

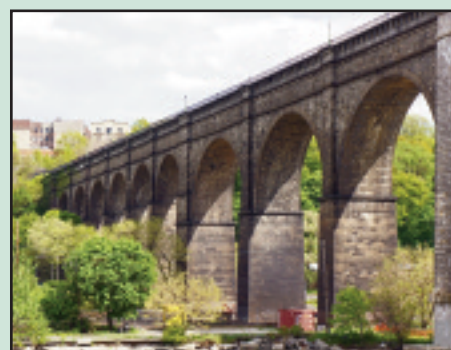
Workers removed the walkway, saving each brick and even some of the dirt, and replaced the old "I" bars with new, stain-

less steel ones before putting everything back in place. On June 6, 2015, the High Bridge footpath was officially reopened to the public. For a more detailed history of the Old Croton Aqueduct, visit: <http://blog-tw.nynjtc.org/old-croton-aqueduct-history/>. The link includes suggested walks through Old Croton Aqueduct State Historic Park, which runs from the Croton Reservoir in Westchester County to Manhattan along the route of the original aqueduct.

The map/guide *The Old Croton Aqueduct in New York City*, published by Friends of the Old Croton Aqueduct, describes the route of the aqueduct, the history, and sites along the way. It can be purchased from the New York-New Jersey Trail Conference or from the Friends.



THE ALLENITE IMAGES/Flickr.com



H.L.I.17/Flickr.com

The High Bridge was designed by James Renwick, Jr., the architect of Saint Patrick's Cathedral, and built by John B. Jervis, one of America's foremost engineers at the time. It was constructed to resemble an old Roman aqueduct with five-foot-square stone granite columns marching across the broad valley of the Harlem River. During the construction of the Harlem River Ship Canal in 1910, the stone pillars over the river were removed and replaced by a modern steel arch bridge.

People for Trails. Trails for People.

A quarterly look at some of what we have been doing to improve public access to nature.

Breakneck Ridge Sees Another 25 Percent Jump in Number of Visitors



Our 2015 Breakneck Ridge Trail Stewards are, from left: Rich Zayas, Kali Bird, Brian Tragno, Ben Egan, and Eli Fry.

Breakneck Ridge has been dubbed the “most popular trail in North America”—and our Trail Stewards can attest to that. Over the past three years, the Trail Conference’s Breakneck Ridge Trail Stewards have recorded a 25 percent increase in hikers annually. In 2013, the most hikers they saw on any given day was around 500. Last year, the most popular days saw about 700 hikers. This year, Breakneck Ridge hosted over 1,000 hikers on the busiest days.

Stationed at Breakneck Ridge on weekends through Labor Day, the Trail Stewards interacted with nearly every hiker that approached the trailhead, providing visitors with maps and information on safe hiking. According to State Park officials and the local EMS, there

was not an increase in emergency responses needed.

“Being able to give a business card with our info on it was extremely reassuring for most hikers,” said Tragno. “They were happy to know that there was someone they could call if they were in trouble or lost, and the fact that they had already talked to us made it more likely that they would reach out for help before getting super lost.”

The Trail Stewards also provided suggested trail routes—especially for visitors unprepared for the strenuous scramble up Breakneck Ridge—and were trained to teach Leave No Trace Principles to make hikers aware of their impact on the mountain.

Join the West Jersey Trail Crew

By Monica and David Day,
West Jersey Trail Crew Leaders



Join the West Jersey Crew this fall.

This fall, the West Jersey Trail Crew will be working to complete a boardwalk in Wawayanda State Park’s Cedar Swamp, relocate a washed-away trail in Worthington State Park, build a new 36-foot bridge in Stokes State Forest (on last spring’s stonework abutments), continue construction of a new trail in Stokes, and begin the restoration of the Stairway to Heaven on the Appalachian Trail just north of Vernon, N.J. There will be “something for everyone” on all of these trips—so join us!

Bring your lunch, plenty of water, gloves, and sturdy work shoes—and be prepared to get dirty. All tools, materials, and training will be provided. Beginners are welcome on all work trips. We’ll be in the field the following Saturdays this fall: Sept. 19, Oct. 3, Oct. 10, Oct. 24, Oct. 31, Nov. 7, Nov. 14, Nov. 21.

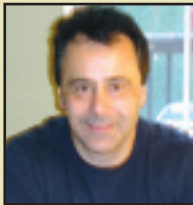
All events begin at 9 a.m. Please phone leaders Monica and David Day at 732.937.9098 (home) or 908.307.5049 (cell/text) for meeting location and driving directions. Check <http://bit.ly/1htfgSI> for full details about each outing.

Happy Trails to A.T. Supervisor Rich Taylor

Rich Taylor, a longtime Trail Conference volunteer and supervisor of the Appalachian Trail from the New York State line to Route 17, resigned from his position this summer. Taylor stepped down after relocating to South Jersey.

Taylor also volunteered as a trail maintainer, A.T. corridor monitor, and member of the Long Distance Trails Crew. Some of his proudest accomplishments as an Appalachian Trail supervisor included several improvement projects around Fitzgerald Falls, the reroute of the A.T. south of Route 17A, the removal of the Little Dam bridge when it collapsed and the emergency construction of stone steps across the stream, and the construction of a new side trail to the Wildcat Shelter.

“I would like to thank you all for the volunteer efforts that you have donated to the A.T. and to the Trail Conference,” he wrote to his maintainers before his departure. “Your contributions to make the A.T. a great place for outdoor experiences is appreciated. Maybe I will see you on the trails still in the future.”



Ramapo Earth Crew Tackles Trail Work in Eight Parks



The Ramapo Earth Crew—a partnership of the Trail Conference and MEVO (Mahwah Environmental Volunteers Organization)—closed another successful season in August. Working on everything from trail maintenance to litter cleanup to combating illegal ATV use, the crew ran a total of 12 Trail Conference work trips since April. During an estimated 800 hours of work on trails, the crew helped to improve hiking paths in Ramapo Valley County Reservation, Flat Rock Brook Nature Center, Franklin Lakes, Norvin Green State Forest, Ramapo Mountain State Forest, Long Pond Ironworks State Park, Ringwood State Park, and Sterling Forest State Park. Find out more about this great group of young volunteers and how to get involved next year at nynjtc.org/content/ramapo-earth-crew.

Beautiful New Bog Bridge Finished in Minnewaska



The Mossy Glen Bog Bridge project in Minnewaska State Park Preserve started on May 2 with the I Love My Park Day event and continued through the summer, with the Nor’wester Trail Crew putting in many hours to complete the carpentry work, reported David Webber, Minnewaska trail supervisor and Nor’wester crew leader. There is now 48 feet of bog bridge, a small 12-foot bridge, and a 20-foot bridge spanning a frequently wet, stream-ridden section. The bridging will keep hikers on the trail and avoid creating social paths as they try to avoid wet areas.

Megalithic Crew Finishes Trails for People Interpretive Exhibit at Bear Mountain



In July, the volunteers and AmeriCorps members of the Megalithic Trail Crew began work on the Trails for People Interpretive Exhibit at the foot of Bear Mountain. This interactive exhibit built directly along the Appalachian Trail provides hikers with the history of Bear Mountain State Park, the A.T., and sustainable trail-building practices. The Megalithics welcomed a number of groups that helped ensure the project was on schedule to be completed this fall, including the Student Conservation Association (pictured), Nature Place Day Camp, and the Jolly Rovers Trail Crew. For a detailed account of the crew’s busy summer, check out their weekly reports logged at nynjtc.org/bearmtncrewupdates.

Maintainers:

Get Ready to Share Your Trail Achievements

Our trail maintainers have been checking and clipping their hiking paths to create an enjoyable experience for users. Now it’s time to compile your notes and detail all of the hard work you’ve put into keeping trails open and safe. Your Trail Supervisor will be asking for your report of your donated time and efforts by November 30. Please help us provide our park partners with an accurate accounting of the great contributions you and all Trail Conference volunteers make to our public trails.

Trail University Reaches 1,000 Courses



ERIN ROLL

For nine years, our award-winning Trail University workshops have been giving volunteers the skills and knowledge needed to build and maintain trails. On Saturday, September 5, our Introduction to Trail Maintenance course in New Jersey's Long Pond Ironworks State Park was our 1,000th Trail U workshop. New Jersey Program Coordinator Peter Dolan led the course, teaching 11 volunteers everything they need to know about keeping trails open and safe. Interested in boosting your own skills? Browse our online schedule for more upcoming Trail U workshops near you: nynjtc.org/view/workshops.



ANDREA MINOFF

Trail Conference volunteer Carolyn Hoffman helped spread the good word about getting outdoors at the Clearwater Revival Music Festival in Croton-on-Hudson over the weekend of June 20-21. "If you are a not a 'boots on the ground' kind of person, ie. someone who likes to go out on the trails and get dirty, this is a fun and casual way to give of yourself for the benefit of the organization," said fellow Trail Conference ambassador Andrea Minoff. For a first-person account of manning a Trail Conference booth at events all over the region, read Minoff's post on our blog at <http://bit.ly/tc-tbl-vol>.

Catskill Conservation Corps Hosts Trail-Marking Clinic



Catskill Conservation Corps volunteers with connections to every major hiking club in the Catskill region attended a trail-marking clinic and trail work day on the scenic Ashokan High Point Trail in Olivebridge, N.Y., on July 23. Clipping, lopping, pruning, digging, and blazing took place for approximately four miles to allow comfortable passage through the Sundown Wild Forest.

Damaged Bridge Brings Together a Diverse Community of Hikers

Text by Bob Fuller/Marty Costello/David Booth, members of the Long Distance Trails Crew

If a tree falls in the forest and no one is around, does it make a sound?

Maybe. But if a tree falls on a small wooden footbridge, it will definitely break it.

The bridge crossing High Meadow Brook on the Blue Trail in Ramapo Mountain State Forest is a prime example. Constructed in 2005 by Dan Loughrey as his Eagle Scout Project with Scout Troop 96, the bridge weathered many storms until April of this year, when a falling tree crashed right through it.

The subsequent repair of this bridge is an excellent model of the Trail Conference's collaborative method of operation. The damage was first reported by a member of the public via nynjtc.org. The issue was forwarded to New Jersey Program Coordinator Peter Dolan, who brought it to the attention of local Trail Chair Karen Schoof, Ringwood Volunteer Supervisor Gene Giordano, and Park Superintendent Eric Pain. They determined a course of action, which included contacting the all-volunteer Long Distance Trails Crew (LDTTC), whose members are experienced in bridge repair. The LDTTC agreed to scout the site and develop a materials list while Dolan worked to secure park assistance and funding for the required materials.



MARTY COSTELLO

Based on work needs, a second volunteer crew—the Ramapo Earth Crew of the Mahwah Environmental Volunteers Organization (MEVO)—was brought in to assist the LDTTC. Local residents were informed about the upcoming work, and the community beach agreed to allow volunteers to park in their lot to free up space by the work site. State park staff delivered materials to volunteers who carried everything to the site—and then the dirty work began. The goal: full bridge reconstruction in a single weekend.

The Long Distance Trails Crew arrived on Friday, August 7, to dismantle the damaged bridge section. Loughrey, a recipient of the Trail Conference's Next Generation Award, also showed up to help with the reconstruction of the bridge he originally built. All usable decking and hardware was salvaged and reused during the rebuild, which kicked into high gear on Saturday, when the Ramapo Earth Crew arrived. They helped carry lumber and tools to the work site before dividing into teams to cut joists, size and prepare deck planks, improve treadway, and firmly reset the bridge's abutment. The crew also made crush, one of the most enjoyable aspects of trail building. There is just something therapeutic about swinging a sledgehammer and crushing those rocks into smaller pieces. It's tough, the hammer is heavy, but somehow, it just brings a smile to your face.

Before the sun set we reached our goal and everyone took pride and satisfaction in a job done well. High Mountain Brook will be passable for years to come.

If you'd like to join the Long Distance Trails Crew for an outing, they're on the trails many weekends throughout the season. Contact Crew Chief Chris Reyling at 914-953-4900, chrisreyling@gmail.com, or Crew Leader Bob Fuller at 732-952-2162, refuller99@hotmail.com for more information. For more info on joining the Ramapo Earth Crew, visit nynjtc.org/content/ramapo-earth-crew.

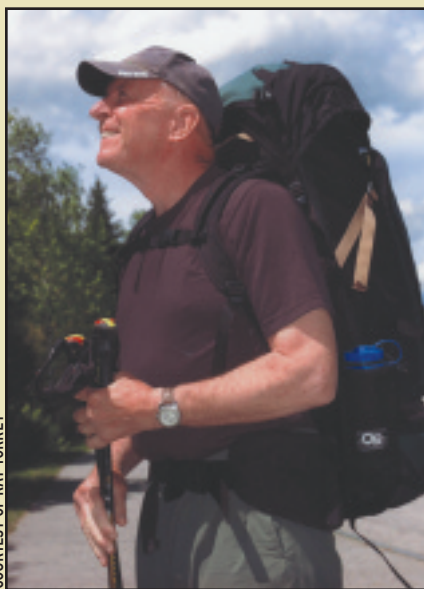
Trail Tale: Hiking the Appalachian Trail Because It's in My Blood

By Ray Torrey, Trail Conference Member

When I turned 60 years old and had to retire from my job as a captain with American Airlines, I decided to fulfill one of my life's ambitions and hike the length of the Appalachian Trail. In the early spring of 2000 I started out from Springer Mountain, Ga., with 65 pounds on my back. After descending Blood Mountain several days later with knees that felt like they were oozing blood, I hobbled into the Walasi-Yi Interpretive Center at Neels Gap, sent home about 15 pounds of useless weight, and purchased a pair of good hiking sticks. Georgia is tough, the mountains steep and rugged. I think that first segment took about 16 days; being a section hiker, I went home and returned the next spring.

The second year took me through the Great Smoky Mountains, two blizzards, and a lot of ice. The shelters had chain link fence across the front to keep out bears, but it made it feel like doing time in prison. The third year I flew into Asheville, N.C., and met up with my pre-arranged ride to take me up to the trail at Sam's Gap. He had thru-hiked the A.T. and gave me many good pointers. He asked how many miles I did in a day and I said, "Twelve, maybe on a good day 13 or 14." He said, "When you get to New Hampshire, you'll be making six to six-and-a-half." I thought he must be kidding, but when I went home after a couple of weeks, I couldn't forget what he said. I was on a 15-year plan, and that meant I would find myself up in the Presidential Range when I was 72 or so. That same September I went up to Maine and started south from Mt. Katahdin. How right that thru-hiker was! Although I could do 10 or 11 miles a day through the 100 Mile Wilderness and central Maine, when I reached the Mahoosuc Range and then New Hampshire, I was lucky to knock off six-and-a-half.

For the next 10 years I alternated northbound and southbound hikes—18 hikes over 13 years with only one mishap: 18 stitches in my head from a fall on Bellvale Mountain in New York. I finished my hike at Bear Mountain in New York on June 22, 2013, at the statue of Walt Whitman at the Trailside Zoo, amid the cheers of many family and friends. It was a fitting place to end up since my grandfather, Raymond H. Torrey, was a founder of the A.T. and began clearing the first sections of the trail there in the 1920s. His monument sits along the Long Path just a few miles from where I finished.

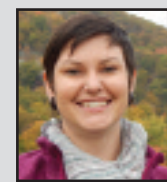


COURTESY OF RAY TORREY

Torrey is a Trail Conference member from Block Island, R.I. His grandfather, Raymond H. Torrey, was a founder of the Appalachian Trail.

Ask a Trail Builder

By Ama Koenigshof, Trail Builder and Educator



I didn't realize people actually design trails. How do you figure out the best place to build them?

While designing a new trail, I have a lot of things running through my mind: technical things, like running slope (the slope on the path of travel) or cross slope (the slope perpendicular to the path of travel), and more intangible things, like "happy little trees."

Yes, I'm referencing the painter Bob Ross. As children, my brother and I would watch the star of the PBS series "The Joy of Painting" create calming nature scenes from a blank white canvas while he soothingly narrated his process. Today, I see trails as having the ability to take us to those tranquil vistas that Ross painted, bringing us to a place of serenity. While designing a new trail, the current landscape is my blank canvas, and I get to paint in my own "happy" trails. Well-designed, sustainable trails can bring a trail builder to a state of giddy euphoria and give the layperson a sense of joy, all due to the "invisible" work of the trail's designer.



BEFORE

ELLIE PELLETIER

The Appalachian Trail was recently rerouted on the upper east face of Bear Mountain.



AFTER

ELLIE PELLETIER

This new, sustainable section of the A.T. will be enjoyed for generations.

Lately, I've been getting asked a lot of questions about the hard science of trail building: things like the ratio of batter and bench—the ratio of vertical and horizontal lean—for any given crib wall. These facts and figures are the easiest way to ensure that ideas are communicated effectively. Tons of scientific information and studies have been compiled on soils and water flow and even what makes a trail enjoyable to the human mind. There are even computer systems and algorithms that create trail designs. But following the "rules" and the numbers may not always lead to the best end result—sometimes, there is no concrete answer for where the trail should be.

New trail design requires unwavering vigilance to both science and intuition. In some instances, you just have to feel the flow, weigh the pluses and minuses, and think how the most inexperienced hiker would enjoy this section of trail. You have to call on your inner Bob Ross.

Well-designed trails can offer a sense of joy, all due to the "invisible" work of the trail's designer.

Hikers' Directory

Can't find your club? This list represents all Trail Conference member clubs whose dues are up-to-date. If you have questions about your club's status, please ask your officers to contact the Membership & Development team at 201-512-9348.

ADK Long Island www.adkli.org	East Coast Greenway Alliance www.greenwaynj.org	Mahwah Environmental Volunteers Organization www.mahwahevo.org	Sierra Club Mid-Hudson Group www.newyork.sierraclub.org/midhudson
ADK Mid-Hudson Chapter www.midhudsonadk.org	East Hampton Trails Preservation Society www.ehtps.org	Mohonk Preserve www.mohonkpreserve.org	Southampton Trails Preservation Society http://southamptontrails.org
ADK Mohican Chapter www.adkmohican.org	Flat Rock Brook Nature Association www.flatrockbrook.org	Monmouth County Park System www.monmouthcountyparks.com	Storm King Adventure Tours www.stormkingadventures.com
ADK New York Chapter www.adkny.org	Fox Hill School www.bruderhof.com/en/international-directory/united-states/fox-hill	Morris County Park Commission www.morrisparks.net	Sullivan County Audubon Society www.sullivanaudubon.org
ADK North Jersey Ramapo Chapter www.hudsonhikers.org	Friends of Garret Mountain http://friendsofgarretmountain.blogspot.com	Mosaic Outdoor Mountain Club www.mosaic-gny.org	SUNY Oneonta Outing Club www.oneonta.edu/outdoors
Adventures for Women www.adventuresforwomen.org	Friends of Pelham Bay Park www.pelhambaypark.org	Musconetcong Mountain Conservancy http://mmc.nynjtc.org	Teatown Lake Reservation www.teatown.org
Alley Pond Environmental Center www.alleypond.com	Friends of the Hackensack River Greenway in Teaneck www.teaneckgreenway.org	Nassau Hiking and Outdoor Club www.nassauhiking.org	Tenafly Nature Center Association www.tenaflynaturecenter.org
AMC Delaware Valley Chapter www.amcdv.org	Friends of the Old Croton Aqueduct, Inc. http://aqueduct.org	Nelsonville Greenway Committee VillageofNelsonville.org	The Highlands Natural Pool www.highlandsnaturalpool.org
AMC Mohawk Hudson Chapter www.amcmohawkhudson.org	Friends of The Shawangunks http://shawangunks.org	New Haven Hiking Club www.NHHC.info	The Nature Place Day Camp http://thenatureplace.com
AMC New York North Jersey Chapter www.amc-ny.org	Friends of Van Cortlandt Park http://vancortlandt.org	New Jersey Search & Rescue Inc. www.njsar.org	The Outdoor Club, Inc. www.outdoorsclub.info
Bellvale School www.bruderhof.com/en/international-directory/united-states/bellvale	German-American Hiking Club http://gah.nynjtc.org	New York City Audubon Society, Inc. www.nycaudobon.org	The Storm King School www.sks.org
Black Rock Forest Consortium Inc. www.blackrockforest.org	Greenburgh Nature Center www.greenburghnaturecenter.org	New York Ramblers www.nyramblers.org	Thendara Mountain Club www.thendaramountainclub.org
Boy Scout Troop 121, Hudson Valley Council	Hike for Mental Health www.hikeformentalhealth.org	NYC Outward Bound Center www.nycoutwardbound.org	Town of Lewisboro www.lewisborogov.com/parksrec
Boy Scout Troop 50 Mahwah MAHWAHTroop50.scoutlander.com	Hilltop Conservancy, Inc. www.hilltopconservancy.org	Protect Our Wetlands, Water & Woods (POWWW) http://box292.bluehost.com/~powwworg	Trail WhippAss www.trailwhippass.com
Boy Scout Troop 8, Brooklyn	Hudson Highlands Gateway Task Force www.TownofCortlandt.com	Protectors of Pine Oak Woods www.siprotectors.org	Tri State Ramblers http://tsr.nynjtc.org
Boy Scouts of America, Troop 21	Hunterdon Hiking Club www.hunterdonhikingclub.org	Rip Van Winkle Hikers http://newyorkheritage.com/rvw	University Outing Club www.universityoutingclub.org
Boy Scouts of America-Northern NJ Council www.nnjbsa.org	Interstate Hiking Club www.interstatehikingclub.org	Rock Lodge Club www.rocklodge.com	Valley Stream Hiking Club www.meetup.com/vshclub
Byram Township Environmental Commission www.byramtwp.org	Jolly Rovers http://jollyrovers.org	RPH Cabin Volunteers www.rphcabin.org	Wappingers Greenway Trail Committee
Catskill 3500 Club www.catskill-3500-club.org	Little Stony Point Citizens Association www.littlestonypoint.org	SAJ - Society for the Advancement of Judaism http://www.thesaj.org	West Milford 13ers www.weishike.com
Catskill Mountain Club www.catskillmountainclub.org	Long Island Greenbelt Trail Conference www.ligreenbelt.org	Salt Shakers Trail Running Club www.saltshakersrun.com	Westchester Trails Association www.westhike.org
Chinese Mountain Club of New York www.cmcny.org	Long Path North Hiking Club www.schoharie-conservation.org	Shorewalkers Inc. www.shorewalkers.org	Women About www.womenabout.org
Closter Nature Center Association www.closternaturecenter.org			WWW www.weishike.com

Helping Hungry Hikers Along the Appalachian Trail

By Don Tripp, West Jersey Trails Chair



The Hunterdon Hiking Club has served more than 1,000 thru-hikers.

This past July, high up on the Kittatinny Ridge along the Appalachian Trail in New Jersey, 197 thru-hikers were greeted warmly with grilled burgers, hot dogs, and great local produce, compliments of the Hunterdon Hiking Club. For the past several years, quietly and without a lot of publicity, club members have volunteered their time and donated food to help our long-distance hiking friends.

On selected days, club members would arrive at 8 a.m., set up the grill, chill down the perishables, and greet thru-hikers with a hearty meal. The Club set a record for number of meals served in a single day: During one hot day in July, 32 hungry hikers enjoyed Hunterdon Hikers' hospitality.

And what a feast it was! Summer is prime time for Jersey produce. In addition to burgers and hot dogs, hikers were treated to freshly picked corn, blueberries, tomatoes, and peaches—all from local fields and orchards in the Garden State. The take-away treats were also New Jersey products: Mars candy bars and Nabisco cookies.

Hunterdon Hiking Club has been a longstanding member of the New York-New Jersey Trail Conference. More than 1,000 A.T. thru-hikers have appreciated their support and generosity over the past 10 years, and the club looks forward to welcoming many more.



How Split Interest Charitable Giving Can Benefit You and the Trail Conference

If you have ever considered donating to the New York–New Jersey Trail Conference but were unsure of how to also provide for family beneficiaries or even other charities, there are three techniques donors can utilize in order to provide gifting strategies with “split interests.” Charitable Remainder Trusts, Charitable Lead Trusts, and Charitable Gift Annuities are excellent ways to extend your charitable giving while also providing significant tax advantages to the donor as well as the charity.

Charitable Remainder Trusts are gifts to a specified charity that provide an income stream to the donor or any other non-charitable beneficiary. After the termination of the trust, the remainder interest goes to the donor's choice of nonprofit organizations.

Charitable Lead Trusts, meanwhile, give payment to the charity first. After trust termination, the remainder of the gift goes to the beneficiaries.

Charitable Gift Annuities involve a contract that allows the donor to provide a gift to a charity in exchange for a partial tax deduction and a lifetime annual income from the nonprofit organization.

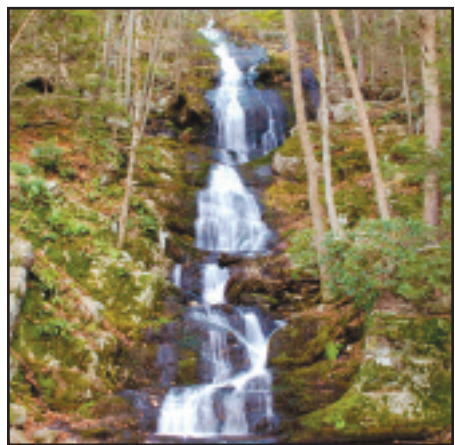
For a more detailed overview on these split interest charitable giving techniques, visit <http://bit.ly/nm-SIgiving>. For additional information or inquiries, contact Financial Advisor James Cantela: jim.cantela@nm.com or 201.639.0642 or Wealth Management Advisor Paul F. Hoerner Jr., CFP: paul.hoerner@nm.com or 201.639.0636.



50 Years of Recreation in the Delaware Water Gap

Among the parks where the New York-New Jersey Trail Conference maintains trails, the Delaware Water Gap National Recreation Area is unique: It's the only location the Trail Conference serves that is a designated National Recreation Area, managed by the National Park Service. Across the country there are only 18 National Recreation Areas (NRAs), congressionally protected lands that prioritize recreation activities while safeguarding the environment and land from incompatible development. The Delaware Water Gap received its NRA status 50 years ago, on September 1, 1965.

Encompassing 70,000 acres in New Jersey and Pennsylvania along the Delaware River, the Delaware Water Gap National Recreation Area (DWGNRA) offers excellent opportunities for all outdoor enthusiasts. For hikers, the Appalachian Trail through DWGNRA provides access to the popular Mt. Tammany, Sunfish Pond, and a connector to the spectacular Buttermilk Falls (also easily accessed by car). The Pennsylvania side is known for its bike-friendly Joseph M. McDade Recreational Trail and a selection of beautiful waterfalls, as well as popular launches and shuttles for kayaks and canoes.



Buttermilk Falls

In total, the Delaware Water Gap offers more than 150 miles of maintained trails. Fourteen Trail Conference volunteers, plus the volunteers of the Hunterdon Hiking Club, maintain 31.3 of those miles in N.J., including all 13.8 miles of the A.T.



The National Park Service held a series of public meetings in early September to get visitor feedback on its management plan for the Delaware Water Gap National Recreation Area. Find updates on the plan process at parkplanning.nps.gov/dewa.

Over the summer, the National Park Service asked the Trail Conference for assistance with trail improvements around the historic Ramirez Solar House, located within the DWGNRA in Milford, Pa., about 20 minutes west of High Point State Park. This structure, which is being restored as a center for environmental and sustainable design, is one of the earliest examples of passive solar residential design—it is known as the second solar house built in the United States and is the earliest surviving example in this country. On September 26—National Public Lands Day—Trail Conference volunteers and staff partnered with the National Park Service to lead an Introduction to Trail

Maintenance workshop and trail work day at Ramirez Solar House, teaching volunteers how to open trails in historically sensitive areas. The maintenance work exposed some of the house's unique architectural features, which had been hidden from view under years of overgrowth.

"The Delaware Water Gap area serves as the northwestern gateway to hiking in New Jersey," said West Jersey Trails Chair Don Tripp. "From here, hikers can access hun-

dreds of miles of trails that our volunteers maintain in the Kittatinny Range. We're proud to be stewards of the Delaware Water Gap's hiking paths."

If you're interested in joining our ranks of volunteers who keep these beautiful trails open and safe, contact volunteer@nynjtc.org for more information.

An overview of the Delaware Water Gap National Recreation Area for hikers can be found at: nynjtc.org/park/delaware-water-gap-national-recreation-area. For a full visitors' guide, visit: nps.gov/dewa/index.htm.



When Is a Hike Really a "Hike"?

By Erin Roll, Trail Walker Contributor

"If you can get a cell signal, it ain't hiking." That was a meme that someone had posted on the wall of a hiking-related Facebook group that I belong to.

It was definitely intended to be humorous. I certainly got a grin out of it—and come on, you don't go hiking if you're going to be talking on your cell all the time, right?

But the more I thought about that meme, the more I found myself wondering about its other, hidden meaning. I was sensing this attitude—which I have seen among certain other hikers and outdoors people—that you're not really hiking unless you're out in the deepest, remotest backcountry, miles from "civilization."

Where this attitude comes from is subject to debate. Maybe it's the influence of Thoreau, Emerson and the other Transcendentalists writing about a return to nature and the simple life in the 19th century. Perhaps it's because of the (idealized) image of the free, independent individual that keeps showing up in the American myths. Or maybe it's a not-so-hidden desire to say, "Hey, look at me, I'm out here roughing it—top that, slackers!"

There is obviously nothing wrong with a long trek in the deeper woods; as with so many other hikers, my bucket list includes at least one overnight on the Appalachian Trail. But I think the assumption that a hike has to be both long and remote in order to be considered a hike is an erroneous one.

Here in New Jersey and New York, we are very fortunate to have—both because of geography and conservation efforts—a wide range of excellent parks and trails, including many within a few miles of (or actually in) New York City.

I remember leading my family on a hike one morning on the Long Path in the Palisades. It was summer, and the woods were

at their greenest and leafiest. At one point my mother said something to the effect that it was hard to believe we were right across the river from the city.

So, then, what really makes a hike?

That's a question, I think, that each of us can only answer for ourselves. We all have different reasons for going hiking: exercise, scenery and vistas, checking out the local flora and fauna, adventure, mental or spiritual health, or getting that perfect selfie to post on Instagram.

I think we can agree, though, that a hike depends as much on someone's mindset as on geography—perhaps even more so. A hike is more than just walking from one point to another; it should also be about using your senses—listening to bird songs or waterfalls, smelling pine trees and flowers—and actually being aware that you're

putting one foot in front of the other. To put a slightly Zen spin on it, it's about being in the moment, whether you're hiking two miles from the city or 200.

If you're a hiker who's satisfied by nothing short of a week atop a Colorado 14er, that's fine. If you prefer a short walk in the woods near your house or in your nearest state or county park, that's fine, too. What matters is that it is fulfilling to you.

But back to that meme about the cell signal. It still has a point: unless there's an emergency, or your phone doubles as your GPS unit, keep the phone stashed away and enjoy the hike.

A Trail Conference member since 2009, Erin Roll is a reporter and editor with North Jersey Media Group, as well as a part-time graduate student at Montclair State University. She also maintains a hiking/outdoors blog on WordPress called *Trail Heads and Wandering Minds*.



A hike on the Carpenter's Trail along the Palisades—with views of the George Washington Bridge and New York City—is still a hike.

PEOPLE FOR TRAILS



JERRICA LAVOY

Chris Carroll
Haverstraw, N.Y.



JERRICA LAVOY

Travis Torgerson
Haverstraw, N.Y.

By Jerrica Lavooy, AmeriCorps Member of the Megalithic Crew

Chris Carroll and Travis Torgerson are grounds maintenance workers for the New York State Office of Parks, Recreation and Historic Preservation at Bear Mountain State Park. As part of a new program started this year, the time of both men is donated by the park one day a week to help with Trail Conference projects while they learn valuable trail-building skills.

How did you get involved with New York State Parks?

Chris: I went to school for computer programming, but happened upon an opening with Parks. I took a chance since it was so close to home, and I'm glad I did!

Travis: I was going to school for biology when I was recommended for a summer job here with the Park. After that, I never left!

What has been your favorite part of the trail building experience?

Travis: Getting to work alongside the Megalithic Crew. I always have a lot of fun out here, but I learn a ton, too. It's really cool that I get to work on the trails that I enjoy hiking. It would be awesome to thru-hike the A.T. knowing that I got to be a part of its construction and conservation.

Now that you've built trails, how has your view of trail work changed?

Chris: I never realized how much work and patience and planning goes into the process. It is great problem-solving practice to work the brain as well as the body. It's also been really cool to see how some of the techniques, like high-lining and stone splitting, are actually done. It's awesome to give back, be out in nature, and not only make a trail look awesome, but help conserve it, too.

If you'd like to give back to trails, check out all of our volunteer opportunities at nynjtc.org/volunteer.

HISTORIC HUDSON RIVER COTTAGES
Affordable studio, one and two bedroom homes available in historic cottage cooperative in Westchester County, off the Hudson River, one hour from NYC. Dating back to 1929, this three-season community offers swimming pool, tennis court, organic community garden, social hall with internet and social activities. \$25,000-\$100,000+. 917-880-5419. www.reynoldshills.org. Contact melgarfinkel@yahoo.com.

ERIN ROLL

Trail Conference Map Updates from our Cartographer, Jeremy Apgar

Plan Your Fall Hikes with New Editions of the West Hudson and Catskills Trails Map Sets

Catskill Trails Map Set: 11th Edition

Already one of the Trail Conference's most popular maps, a revised 11th edition of the Catskill Trails map set will provide hikers with the most up-to-date and accurate trail map of the Catskill Park available when it is printed this fall. This six-map set highlights trails in and around Catskill Park in Delaware, Greene, Schoharie, Sullivan and Ulster counties of New York, covering

more than 325,000 acres of protected land.

This map set features more than 400 miles of marked trails in and around Catskill Park, including over 100 miles of the Long Path. The approximately 9.5-mile route of the Long Path through Slide Mountain Wilderness is now shown in its entirety, and the location of the newly opened Catskill Interpretive Center in



The 11th edition of the Catskill Trails map set features more than 400 miles of marked trails.

GEORGETTE WEIR

Mount Tremper is indicated. The DEC parkland classifications have been adjusted near Belleayre Mountain to reflect recent changes, and additional New York City Department of Environmental Protection watershed lands have been added throughout the map coverage area. Many additional minor corrections and changes have also been added, making this new edition of the Catskill Trails map set more accurate than ever before.

Additional map features include 50-foot contour lines, detailed trail mileages, all 35 peaks in the Catskills over 3,500 feet, lean-tos, springs, and other points of interest. Detailed trail descriptions on the map backs include the latest trail changes.

At only \$16.95 (\$12.71 for Trail Conference members), this comprehensive map set will be a must-have for exploring the wild outdoors of the Catskills when it becomes available. The map set is expected to be available sometime in October. This map set was produced with support from Campmor, an outdoor store and retail partner of the Trail Conference.

West Hudson Trails Map Set: Seventh Edition

Made by the people who build the trails, the new seventh edition of the West Hudson Trails map set by the New York-New Jersey Trail Conference features more than 70 miles of marked trails in Storm King State Park, Black Rock Forest, Schunemunk Mountain State Park, and other nearby parklands. Nearly 25 miles of the Highlands Trail, along with more than 10 miles of the Long Path, are shown on the maps. This revised edition has trail lines that have been redrawn based on newer, more accurate GPS data and aerial photography. A new trail has been added in Black Rock Forest, and several additional viewpoints have been added throughout the



maps. Other corrections and adjustments to the trails and map features make this edition of West Hudson Trails the most accurate we have ever published.

This revised edition, released in August, includes trail mileage figures directly on the map front, providing distances between trail junctions and significant trail features. Additional map features include 20-foot contour lines, UTM gridlines, green overprint for protected lands, parking areas, and other points of interest.

At only \$8.95 (\$6.71 for Trail Conference members), this map set is a must-have for exploring these parklands in Orange County west of the Hudson River. This map set was produced with support from Campmor, an outdoor store and retail partner of the Trail Conference.



As always, both map sets are available in print format in vibrant color on waterproof, tear-resistant Tyvek. To obtain the newly revised print map set, shop online at nynjtc.org, call 201-512-9348, or visit the Trail Conference office. The maps are also available in digital format on Apple and Android devices through the PDF Maps app; learn more about our GPS-enhanced maps at nynjtc.org/pdfmaps.

Latest PDF Maps App Developments: Map Bundles and New Maps!



This summer, the Trail Conference surpassed 60,000 map downloads through Avenza's PDF Maps app—and these digital maps only continue to increase in popularity as more and more people on the trails discover their enhanced capabilities. We are excited to now offer new digital maps (see N.J. State Parks article on this page) and provide additional options for obtaining them—including map bundles and online purchases from a desktop PC—to help get these essential tools onto the devices of even more outdoors-loving people.

In August, the app's developer updated the software and included the ability for users to download collections of maps, called map bundles. This option makes it even easier to download our most popular map sets, like the two-map Harriman-Bear Mountain set or six-map Catskill set, while saving money versus buying each

map individually. We currently offer nine map bundles, which can be found within the app's map store by searching for the map titles.

Another update: It is now possible to access the app's map store and download free and for-sale maps using any browser on a desktop PC or mobile device. Avenza's pdf-maps.com/maps website now allows you to search for maps, view preview images, and purchase maps without a mobile device. You can check out using PayPal or debit/credit cards.

As always, these digital maps are not meant to be a replacement for printed maps that every trail user should have—they are a supplement to help enhance your outdoor experience. Batteries can die, software can become buggy, and weather can become problematic, so have a printed map with you just in case.

Our Digital Maps

We offer a large selection of both free and for-sale maps through Avenza's PDF Maps app, which is available on Apple and Android mobile devices as a free download. The app allows you to pinpoint your location on a map, even when in areas without any mobile coverage, and includes features like route tracking, waypoint marking, photo geotagging, and the ability to measure distances between points on the map. Step-by-step instructions for downloading the app and finding our maps are available at nynjtc.org/pdfmaps.

We are thankful to everyone who uses the app, recommends it to others, and takes the time to contact us with suggestions and feedback. The funds received from our app map sales, just like our print map sales, go right into the trail work we do in the region, so we hope users will continue to spread the word. It is great hearing back from trail maintainers using the app to report trail problems, invasive species surveyors using the app to mark locations of invasive plants, and hikers using the app to report map changes or corrections. The popularity of these digital maps has certainly shown us how we can further develop opportunities to help more people explore our region's trails safely.

New Maps Cover 15 Northern NJ State Parks

The Trail Conference, in partnership with the New Jersey State Park Service, is currently finishing up a project to produce maps for 15 state parks and forests in northern New Jersey. These maps aim to replace outdated handouts previously provided by the parks, and we hope users find them to be accurate, detailed, and user-friendly.



Print copies of these maps are available from most of the park's offices and visitor centers. The maps can also be obtained in digital format, both as a regular PDF in 8.5"x11" format for viewing on a computer and/or printing at home, and a GPS-enhanced version for use with the free PDF Maps app by visiting our website at nynjtc.org/map/njstateparkmaps.

The Trail Conference has drawn upon its long history of producing high-quality trail maps to provide this service for park visitors and hopefully encourage more people to explore the miles of hiking paths that traverse New Jersey. While these park maps are available for free, we do ask that if you like them, please consider making a donation, becoming a volunteer, or becoming a member of the Trail Conference. You can also show your support by purchasing our full-featured maps, which are available in print format on waterproof and tear-resistant Tyvek. Our popular Kittatinny Trails, North Jersey Trails, and Jersey Highlands Trails map sets include many of these New Jersey state parks.

The Trail Conference would like to acknowledge the contributions of the many great people who made these maps possible. Suse Bell served as volunteer coordinator for this project, keeping everything on track by facilitating communications among the cartographer, Jeremy Apgar, and everyone else involved. Volunteers Ed Burdzy and Paul Cashen helped provide GPS data for the maps, and others—including Alan Abramowitz, Estelle Anderson, Daniel Chazin, David Day, Monica Day, Gene Giordano, Bob Jonas, Howie Liebmann, Paul Makus, Keith Scherer, Karen Schoof, Brian Sniatkowski, and Don Tripp—offered valuable field-checking and review expertise. Thanks also to all of the park superintendents and everyone else at New Jersey State Parks, including Steve Ellis and Diane Lowrie, who helped us create the best maps possible for park visitors.

Maps were funded in part with a national Recreational Trails Program grant in cooperation with the New Jersey State Park Service.

The 15 state parks and forests include:

Abram S. Hewitt State Forest, Allamuchy Mountain State Park, High Point State Park, Hopatcong State Park, Jenny Jump State Forest, Kittatinny Valley State Park, Long Pond Ironworks State Park, Norvin Green State Forest, Ramapo Mountain State Forest, Ringwood State Park, Stephens State Park, Stokes State Forest, Swartswood State Park, Wawayanda State Park, and Worthington State Forest

Native Plant Habitat Taking Shape at Trail Conference Headquarters

By Linda Rohleder, Trail Conference Director of Land Stewardship and Lower Hudson Partnership for Regional Invasive Species Management Coordinator

It may be fall, but the grounds at the Trail Conference's new headquarters are looking a lot greener. Landscaping appropriate to the riparian flood plain location of the Darlington Schoolhouse is helping to restore a native plant habitat, which will provide food and shelter for other native species.

The first step in installing this native plant habitat took place in May, when volunteers helped plant carefully selected trees such as the swamp white oak, which supports a large number of animal species. Phase two took place on August 29, when 49 incoming freshmen from Ramapo College of New Jersey helped plant almost 400 small shrubs such as silky dogwood, which produces flowers in the spring for us to enjoy, and fruit attractive to birds in summer. A future phase of the landscaping will introduce an herbaceous layer to the grounds, which will include many wildflowers, grasses, and ferns. Native

wildflowers such as swamp milkweed, which serves as a host plant to the dwindling population of monarch butterflies, will further enhance the habitat.

In addition to establishing appropriate vegetation, this habitat along the Ramapo River adjacent to Darlington Schoolhouse



Incoming freshmen from Ramapo College of New Jersey helped plant native species around the Darlington Schoolhouse grounds in August.

is being augmented to establish breeding areas for the native wood turtle. This includes the introduction of sand beds for egg laying.

Not only will the property provide habitat to serve our native fauna, it will also be used as a teaching and learning site. With a large variety of the native plants found in our area collected together in one place, students, hikers, and members of the general public can come to the Trail Conference to study and learn about these native species firsthand. When the habitat is fully established, the public will be invited to participate in seasonal programs to identify the various species as they leaf out, flower, fruit, and change color.

The native landscape is being designed by Richard Pillar, a New Jersey Licensed Landscape Architect and former owner of Wild Earth Native Plant Nursery.

If you'd like to volunteer to help with the native plant landscape, please contact schoolhouse@nynjtc.org



Invasives Strike Force Citizen Science Program Tops 1,000 Miles of Trail Surveyed

After only five years of service, the Trail Conference's Invasives Strike Force volunteers have surveyed over 1,000 miles of trails in the region, creating the first-of-its-kind map of invasive plants along hiking paths from a broad landscape scale. When the program first started in 2011, the goal was to collect baseline data on regional hiking trails with the intention of monitoring and halting the spread of invasive plants within our parks. Originally we targeted about 1,300 miles of trail in both New York and New Jersey, aiming to complete the entire slate within five to six years. We are currently on track and are very close to reaching our goal.

Our survey strategy assigns a manageable section of just two miles to each volunteer. Over the last five years, almost 300 volunteers have been involved in our surveys. In the process, they have collectively generated over 50,000 observations of invasive species—a substantial data set that will be useful in analyzing invasive species distribution and spread throughout the region.

Very little was known about the extent of invasive species in our parks when this citizen science program began, and the surveys



JEREMY APGAR

have turned up some interesting results. We've identified the top invaders in our parks: Japanese barberry, Japanese stiltgrass, multiflora rose, wineberry, and garlic mustard. In fact, the top two—Japanese barberry and Japanese stiltgrass—have been found in all of the parks surveyed so far.

We've also identified parks that have substantial areas with fairly low invasive plant levels, such as Abram Hewitt State Forest and the southern portion of Norvin Green State Forest in New Jersey, and Schunemunk Mountain State Park and Storm King State Park in New York. We've also

Has Your Park Been Surveyed?

Our volunteers have collected data at over 60 parks, many of which have had every trail completely surveyed.

Find out which ones have been completed at nynjtc.org/panel/invasive-strike-force-parks.

seen a pattern of more invasive species closer to human impacts, such as parking areas and buildings.

Using the data collected by our volunteers, we are able to plan work days where we remove pockets of invaders to protect native habitats and also target new invaders to help keep them from establishing and becoming the next Japanese barberry. We're also able to start predicting areas which are more likely to be invaded.

Our 2015 season has come to a close, but we're already planning for next year. To participate in 2016, sign up for our mailing list by emailing Linda Rohleder, Director of Land Stewardship, at lrohleder@nynjtc.org.
—Linda Rohleder

A Shin Splint Primer for Hikers

By Howard E. Friedman, DPM

"Shin splints" is a vernacular term describing any exercise-induced pain occurring below the knee and above the ankle. It is usually used to describe pain along the "shin" bone or muscles in the lower leg. The term itself is slowly being replaced with "medial tibial stress syndrome."



The exact cause of shin splints is still not wholly agreed upon by experts. Most do agree, however, that the source of pain can occur either in the actual leg bone, in the tibia, or in the soft tissues attached to that bone. Furthermore, the shin splint may affect either the inside of the lower leg—that is, the area of the leg that faces the other leg—or the outer part of the leg.

Where Is the Pain?

If you can point with one finger to a specific area of the shin bone that is painful, the condition is likely caused by repetitive trauma of the tibia causing an inflammatory response of the bone cells (osteocytes). This stress reaction of the bone can lead to a stress fracture if no precautions are taken. Stress fractures are incomplete breaks of the bone and are usually painful even with minimal activity. Most stress or pre-stress injuries to the tibia occur along the inside of the leg bone, but they can occur on the outside of the calf as well.

If your pain extends along several inches of the lower leg and not directly along the shin bone, the shin splint is most likely the result of either a micro tear of the muscle fiber attachments to the tibia or a tear of the fascia tissue that covers the muscles. A

Strengthening exercises and stretches can help decrease stress on your feet and legs while hiking.

less likely but more serious condition can occur if the muscles in the lower leg start swelling and the calf becomes steadily more painful. This condition is called a compartment syndrome and requires urgent care. Fortunately, this scenario is less common.

Treatment

Whether it is "bone" pain or "soft tissue" pain, treatment is similar. First, stop running and hiking until the pain resolves. This typically requires about three to four weeks for healing. In the case of a pre-stress fracture of the tibia, ignoring the pain can lead to a stress fracture and require four to six weeks or more of healing time to resume even low impact activities, and a few months to resume hiking or trail running. Additional treatments include icing the painful area, wrapping the leg with an ace wrap or compression sleeve, taking oral anti-inflammatories, or even using a cane or walking boot.

PEOPLE FOR TRAILS



JANE RAWDON

Gene Wiggins Yorktown Heights, N.Y.

By Chris Bush, AmeriCorps Leader of the Taconic Trail Crew

Volunteers are special people. They give their free time, free of pay, free of necessity, in order to help the cause of their choosing. When it comes to trail work, loyal volunteers are hard to keep. To put it plainly, trail work is tough. But if we are lucky, a crew will gain one or a few loyal volunteers who make it their calling to come out and get things done. For the Taconic Trail Crew, that volunteer is Gene Wiggins.

Gene is a life member of the Trail Conference who began volunteering five years ago. Somehow, in between running his own IT consulting business and raising a young family, Gene has graciously given the crew half a dozen consecutive Saturdays (and some Mondays) to help further our progress on the Appalachian Way Trail in Fahnestock Park. When asked why he volunteers, he simply said, "I love being outside."

Due to the geology of Fahnestock, the crew has seen our fair share of rockwork on this project, including a number of heavy-duty stepping stone sections and more than a few stone stairs. Regardless, Gene has unwaveringly stood by us as we have dug pits and set stone after stone.

"I really enjoy the stonework," Gene said. "It's a mix of hard work and artistry."

The Appalachian Way Trail project was completed in September, but that hasn't slowed Gene down. Aside from volunteering with the Taconic Crew, he also maintains a section of trail at the Hilltop Hanover Farm and Environmental Center in Yorktown, N.Y.

The Taconic Crew would like to thank Gene for his hard work and dedication. Without volunteers like him, the trails could not be as beautiful and accessible as they are.

For more information on the Taconic Crew and how you can get involved, visit nynjtc.org/taconiccrew.

How to Prevent Shin Splints

If your shoes are worn down significantly on one side of the sole, replace the shoes. If you have a flat foot or high arch foot, you may benefit from placing an arch support in your shoes or boots—even when at home. In addition, shorten your stride when hiking or running, taking shorter but more frequent steps; if running in an urban setting, vary your running surface. Consult with your physician to find out if you have low bone density or are deficient in vitamin D. And don't forget to incorporate a daily regimen of calf stretching and strengthening exercises to help decrease the stress on your foot and leg during hiking or running activities.



Featured Hike



Explore More Than Ever Before Through Dover Stone Church Preserve



PETER GREGORY (BRIGHTGARDEN)/FLICKR.COM

The Stone Church Preserve was purchased in 2004 with private and public funds through the collaborative efforts of the Dutchess Land Conservancy, the Town of Dover, the Friends of Dover Stone Church, and Dutchess County Government and the New York State Office of Parks, Recreation and Historic Preservation. Additional lands and improvements to the right-of-way access were added in 2009, with a grand opening celebration in 2010.

The stream-fed cavern known as Dover Stone Church is one of the most spectacular natural sites in Dutchess County, New York. Thanks to the work of volunteers from the New York-New Jersey Trail Conference, hikers can now explore more of the protected lands surrounding this hidden natural wonder.

Three new trails traversing the Dover Stone Church Preserve were officially opened to the public in June. Built by Trail Conference volunteers—including the Harlem Valley Trails Crew led by Salley Decker, volunteer supervisor of the Preserve, town officials, and the staff of Dutchess Land Conservancy—the new hiking paths add four additional miles of trail to this historic green space in Dover Plains. Prior to their completion, only a fraction of the Preserve was accessible via just one marked trail.

The Trail Conference adopted the Stone Church Preserve in early 2014, sharing responsibility for the maintenance and pro-

tection of its trails. The Town of Dover and DLC added a key 53 acres in December 2014, making it possible to build and open the three new trails this spring.

The original Stone Church Cave Trail (0.3 mile round-trip) leads to the center-



Trail Conference Field Manager Erik Mickelson led a sidehilling workshop on the new trails at Dover Stone Church Preserve on June 14. A section of one of the new trails was sidehilled by 10 volunteer trail workers, who received onsite training.

piece of the Preserve. Large, metamorphic rocks form the Dover Stone Church's entrance in the shape of a gothic church's cathedral window, hence the holy moniker. Once inside, you'll find a magnificent waterfall fed by Stone Church Brook, a tributary of the Tenmile River, which parallels the trail. The unique beauty of this site, which has historical ties to Native American Pequot Chief Sassacus and his warriors, is often likened to something out of a fairy tale.

For a longer tour of the Preserve along hiking paths of varied terrain, retrace your steps back along the Stone Church Cave Trail. In this direction, all three of the new trails are accessed from a trailhead on your right as you near the clearing. The new yellow-blazed and red-blazed trails each provide one-mile loop hike options. The in-and-out blue trail is 1.5 miles roundtrip. You'll encounter plenty of rocks and several forest types on these trails, from abandoned agriculture land now sprouting juniper trees, to oaks, hemlocks and hickories, to chestnut oaks and pitch pines at the

top of the ridge, which offers sweeping views over the Harlem Valley. Many of the habitats at the Preserve are sensitive to disturbance, so please stay on the blazed trails.

Directions:

Take NYS Route 22 to Dover Plains. Immediately south of the traffic light at Mill Street (Metro-North Rail Station), look for a blue and yellow historical marker on the west side of the road for Dover Stone Church. The drive is private, but open for pedestrians; do not take cars up it. Parking is permitted at Dover Elementary when school is not in session, at the Tabor Wing House, and at Four Brothers Restaurant. Walk north toward the traffic light to the sign designating the entrance to the Preserve's right-of-way. At the top of the gravel driveway, you'll enjoy a bird's eye view of the tree-lined lane. A quarter-mile walk from this viewpoint will lead you to an informational kiosk containing maps and important information about the Preserve and its history.



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