



On the Western Slope

New Mohawk Hudson Executive Committee



Chapter Officers 2010: Sharon Bonk, Kathleen Helfrich, Myra Fedyniak, Walter Herod.

New Years Day Snowshoe & Potluck

January 1, 2010

Schodack State Park, Rt 9J
South of Castleton NY

Join in what has become a chapter tradition, a New Year's Day snowshoe followed by a potluck luncheon at a member's home. Last year's locale, weather, and potluck were great so we are planning the same locales and hope the weather will cooperate with enough snow for us. We will meet at 10 AM at Schodack State Park, off Rte 9J in southern Rensselaer County for a snowshoe or x-c ski (or hike if there is insufficient snow). There is a choice of a long or short loop of about 3 or 5 miles, mostly on level terrain with views along the Hudson River.

Afterwards, we caravan to Frank and Dee Wind's house in nearby Castleton for a potluck luncheon and chapter meeting beginning around 1 pm. If you skip the outing part, go to the Winds around 1 PM.

If you are planning to attend the potluck/meeting, please contact the Winds at 459-1781, or we_tell@verizon.net, so we can keep track of numbers and for directions to their house.

For details on the outing part, contact Wally Herrod, bwherrod@fairpoint.net or 518 758-9463.

At the chapter annual meeting on November 19, the chapter elected four officers for 2010: Chair, Wally Herrod; Vice Chair, Sharon Bonk; Secretary, Kathleen Helfrich; Treasurer, Myra Fedyniak. Herrod announced new committee chairs: Conservation, Arthur Fontijn; Membership, Kathleen Darby; Communications/PR, Stacey Michon. Committee chairs continuing are: Trails, Clark Galloway; Outings, Kevin Cox; Webmaster, Jeff Carden; Western Slope Editor, Sharon Bonk. Herrod thanked and commended Billy Dufur, outgoing Membership Chair, and Kendra Pratt, outgoing Communications/PR chair, for their sustained efforts and hard work on behalf of chapter growth and participation in its activities. Herrod presented Evelyn (Enny) Dufur, outgoing Chapter Co-Chair, with a citation for her many contributions to the chapter over its ten year history. Approximately 40 members attended the meeting and dinner. All were enlightened, amused,



Thanks to Evelyn Dufur: Chapter Chair Wally Herrod presents outgoing Co-chair Enny Dufur with a certificate of appreciation.

and gratified by the presentation by AMC Director of Volunteer Operations/Administration and mountaineer, Roger Scholl on his expedition to Mt. McKinley/Denali.

2010 Chapter Meetings

All members are invited to attend chapter meetings held quarterly and Executive Committee meetings. Minutes of these meetings are posted to the chapter website within two weeks after the meeting. The Executive Committee meeting schedule for 2010 is: January 11; February 8; April 12; June 14; August 9; October 4; November 8; December 13. The meetings are held in the East Greenbush Public Library, 10 Community Way, at 6:45PM. Our next chapter meeting will be a potluck on Thursday, April 22 at Christ Lutheran Church, Western Avenue, Albany. The meeting will include a speaker that will be announced on the website and in the next issue of the newsletter. Other chapter meetings will be held on June 24 and on November 18 (annual meeting).

New Members

August-October 2009

Elliot Adams	Saratoga Springs
Kirk Ayling	Salem
Joseph Bogardus	Keene
Anna Christie-Carniella	Albany
Jim DeWaal Malefyt	Poestenkill
Susan Gibbons	Glenmont
Kelly Gold	East Greenbush
Terry Ketterer	Albany
Michael Kieserman	Voorheesville
Charles Meinert	Delmar
Rosina Mulligan	New Baltimore
Eric Price	Craryville
Judith Rusk	Hillsdale
Florie Seery	Hudson
James Tarrant	W. Sand Lake
Jennifer Theakos	Troy
Mr. Vitale-Wolf/Ms Penniman	Albany

Mohawk-Hudson Chapter Executive Committee 2010

Walter Herrod, Chair

Phone: 758-9463, E-Mail: bwherrod@fairpoint.net

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Henry Schreiber, Regional Director

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Jeff Carden, Webmaster

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Kevin Cox, Outings Chair

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Kathleen Darby, Membership Chair

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Arthur Fontijn, Conservation Chair

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Clark H. Galloway, Trails Chair

Phone: 439-3476, E-Mail: cmtng@msn.com

Stacey Michon, Communications & PR Chair

Phone: 269-1858, E-Mail: rgirl28@yahoo.com

Phone numbers are area code (518) unless noted.

www.amcmohawkudson.org

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Mohawk-Hudson Chapter Outings

Jan. - Feb. - Mar. 2010

Reminder: The Mid-Week Hikers welcome you to join them on their Wednesday outings. Although not all events are listed on this schedule, mid week outings are for those of you who are able to take a break during the week. If you would like to join this enthusiastic group, please contact Evelyn Dufur at 518-477-7132 for details.

Hiking at a Relaxed Pace (HARP) is a group that usually bikes on Wednesdays or Thursdays. If you would like to join this group, please contact Frank or Dee Wind 518-458-1781 or we_tell@verizon.net for details.

JANUARY

Friday, January 1, Snowshoe/Ski – Schodack Island State Park – Rensselaer County, NY C-3-C

Meet at 10 AM at the park, off Rt. 9J in southern Rensselaer County for a choice of a long or short loop, about 3-5 miles, mostly on level terrain, with views along the Hudson River. (see page 1 for details) Leader: Wally Herrod, bwherrod@fairpoint.net or 758-9463.

Sunday, January 10, Afternoon Snowshoe, Dyken Pond, C-3-C

Dyken Pond Environmental Center sits at the top of the Rensselaer Plateau so we should have snow for a 2-3 mile snowshoe. Meet at 12:15 at Stewarts on Rte 278 at Rte 2 in Brunswick or at Dyken Pond at 1PM. Call or email leader to register and check snow conditions. Leader: Sharon Bonk, sboqc@mindspring.com, 674-0042.

Sunday, January 10, Kaaterskill High Peak Catskills, B-2-A

A moderately paced trail hike & bushwhack. Distance: 8 miles; Ascent: 1730; Elevation: 3651. Leader: Ken Hubert, e-mail: hikeleader3500@yahoo.com or 718-463-5675 after 3pm, Monday-Thursday, or 518-827-7327 Friday and Saturday

Wednesday, January 13, Slide Mt., Ulster Cty, B-2-C

This one of my favorite winter hikes in the Catskills. Length: about 5.5 miles RT. Ascent: 1700'. Road distance: about 200miles RT. Meet at the Elm Avenue Park and Ride in Delmar. Leader: Phil Fountain 371-8585 or pfounta1@nycap.rr.com

Saturday, January 16, Skylight & Gray, Adirondacks AA-3-A

We will start the HPIC (High Peaks Information Center) to the 4 Corners. From Skylight, we climb up Gray and back to the HPIC. Distance 18 miles Ascent 3000 Leader: Kevin Cox at 279-4839 or e-mail at mmcloug1@nycap.rr.com

Monday, January 18 (MLK Day), Pine Cobble, Berkshires B-3-B

This is a popular hike to a scenic outlook. If you haven't been there, come along! We will continue past the lookout to the Appalachian Trail, before returning. The trail leaves just NE of Williamstown, and has clear views toward Mt. Greylock, the high point of MA. Ascent is about 1000 ft. Distance: 5 miles RT. Winter gear required. Leader: Wally Herrod, bwherrod@fairpoint.net or 758-9463.

Saturday, January 23, Five Rivers Environmental Center Ski/Snowshoe, Albany Cty C-3-C

Join us for a few hours of exploring these trails, not far outside of Albany. My favorite is one that goes down into a beautiful glen. Plan to break for lunch in the heated building. Kids welcome, when accompanied by an adult. Winter clothing, including face protection, is needed. Leader: Wally Herrod, bwherrod@fairpoint.net or 758-9463.

Sunday, January 31, Cornell & Wittenberg, Catskills, B-2-A

A moderately paced trail hike. Distance: 7 miles. Ascent: 2850'. Elevation: 3860' & 3780'. Leader: Ken Hubert, hikeleader3500@yahoo.com, or 718-463-5675 after 3pm, Monday-Thursday, or 518-827-7327, Friday and Saturday.

FEBRUARY

Monday, February 1, X-C Ski Saratoga State Park B-3-C

We will meet at the warming hut on the golf course, just to the left side off the Avenue of the Pines Road. There are no groomed ski trails here but it is a fun novice area. Length of ski varies according to your endurance. Leader: Phil Fountain, pfounta1@nycap.rr.com or 371-8585.

Saturday, February 6. Pilot Knob Preserve Overlook, Lake George, Adirondacks B-3-B

This is a snowshoe hike with some steep spots to a beautiful clearing and gazebo

overlooking Lake George. There is also the option of continuing on to some icy waterfalls and cascades. We then loop back on a different trail. Distance: about 4 miles RT. Ascent: under 1000'. A great hike for those new to snowshoeing, including adventurous youngsters. Winter gear needed. Leader Wally Herrod, bwherrod@fairpoint.net or 758-9463.

Sunday, February 7, Afternoon Snowshoe/ski, Grafton Lake State Park, C-3-C

Snowshoe or ski (if sufficient snow cover) around Long and Shaver ponds. Distance: about 3-4 flat miles. Meet at 12:15 at Stewarts on Rte 278 at Rte 2 in Brunswick or at Grafton Lakes winter parking lot at 1PM. Call or email leader to register and check snow conditions. Leader: Sharon Bonk, sboqc@mindspring.com or 674-0042.

Saturday, February 13. Two Berkshire Cobbles, B-3-B

Two of my favorite spots for views without a lot of effort are Tyringham and Cheshire Cobbles, not far from Lenox, MA. Part of the first, a three-mile loop, is on the Appalachian Trail. The second, a two mile-loop, goes high up over the village of Cheshire. Ascent is about 500 feet each. This should be another good trip for beginning snowshoers, including adventuresome youngsters. Leader: Wally Herrod, bwherrod@fairpoint.net or 758-9463.

Sunday, February 14, Thomas Cole, Black Dome, Blackhead, Catskills, B-2-A

A moderately paced trail, through hike. Distance: 7.5 miles. Ascent: 2760'. Elevation: 3940', 3980', 3940'. Leader: Ken Hubert, hikeleader3500@yahoo.com, or 718-463-5675 after 3pm, Monday -Thursday, or 518-827-7327, Friday and Saturday.

Saturday, February 20, Notchview Reservation, Windsor, MA X-C Ski, B-3-C

This Trustees of Reservations property has beginner, intermediate, and some advanced trails through forest and fields, shelters with views, and a heated cabin. \$10 fee for non-members. Meet 9AM at Schodack Park & Ride, Exit 11E off I 90East. Leader: Sharon Bonk, sboqc@mindspring.com or 674-0042.

Saturday, February 27, Colvin Mt and Blake Peaks, Adirondacks, AA-3-A

We will start from St. Huberts to Colvin and Blake and return the same route. Distance 14 miles. Ascent: 2800 feet. Leader: Kevin Cox, 279-4839 or mmcloug1@nycap.rr.com.

Sunday, February 28 Afternoon Snowshoe, Cherry Plain State Park, C-3-C

This small state park has many, as yet, unmarked trails. Come on this exploratory snowshoe of one of the marked trails (3miles, RT). If time allows, there are also woods roads to explore. Meet at 12:30 at Cumberland Farms in Stephentown, NY (Rte 22 at Rte 43). Contact leader to check snow conditions. Leader: Sharon Bonk, sboqc@mindspring.com or 674-0042

MARCH

Sunday, March 7, Westkill Mountain, Catskills, B-2-A.

A moderately paced trail through hike (shuttle) Distance: 8 miles. Ascent: 2400'. Elevation: 3880'. Leader: Ken Hubert e-mail: hikeleader3500@yahoo.com or 718-463-5675 after 3pm, Monday-Thursday, or 518-827-7327 Friday and Saturday.

Sunday, March 21, Panther Mountain, Catskills, B-2-A.

A moderately paced trail hike. Distance: 6 miles. Ascent: 1830.' Elevation: 3720'. Leader: Ken Hubert e-mail: hikeleader3500@yahoo.com or 718-463-5675 after 3pm, Monday - Thursday or 518-827-7327 Friday and Saturday.

Sunday, March 21, Columbia County Ramble, Harvey Mt. and Beebe Hill Fire Tower Mt. B-3-B

I love to show off these two little hiking gems both near the NY-MA border. Harvey Mt. is a three-mile round-trip to a bald summit. Beebe Hill is a two-mile loop to a summit with a cabin and open fire tower. Ascents are approximately 500 and 400 feet. Additional hiking is available to us in the area, if we want to venture farther. Leader: Wally Herrod, bwherrod@fairpoint.net or 758-9463 (I will be away the first half of March)

Saturday, March 27, Fifth Peak of Tongue Mountain, Lake George, Adirondacks. B-3-B

I can't get enough of this mountain and its lovely trail with glades, waterfalls and hemlock

forests. With leaves off the trees, the views are all the way up. On top, there is a lean-to for our leisurely lunch overlooking Lake George far below and Vermont off in the distance. Ascent: 1400'. Distance: 5.2 miles RT. Winter conditions still likely. Leader Wally Herrod, bwherrod@fairpoint.net or 758-9463. (I will be away the first half of March.)

Hike Ratings

Distance

- AA = +13 miles
- A = 9 to 13 miles
- B = 5 to 8 miles
- C = under 5 miles

Leader's Pace

- 1 = very fast pace, 2.5 mph or faster
- 2 = fast pace, 2 to 2.5 mph
- 3 = moderate pace, 1.5 to 2 mph

Terrain

- A = very strenuous
- B = strenuous
- C = average



Taconic Crest Challenge

The End to End, a 29 mile endurance challenge along the Taconic Crest Trail will be held on May 15, 2010. Sponsored by the Taconic Hiking Club, the one day event welcomes all hikers. On an unimproved woods trail, the hike is only for the fit and experienced entrant. The club rewards the successful hikers with a unique trail certificate and patch for traversing a cumulative elevation gain of 7836 feet and a descent of 9470 feet. Those who completed the event in 2008 are not eligible for 2010. Those interested and requiring further details or a registration form may contact Pam Bailey, at 39 Fane Court Troy, 12182 or pambailley22@yahoo.com

The Taconic Hiking Club will set up a campsite on Friday May 14, 2010 at the Berry Pond start line in the Pittsfield State Forest near Pittsfield MA. At that time, entrants will be briefed about trail conditions. The hike itself will start at 5:30 AM on May 15, with three support sites en route and sweep parties following the hikers. Registration forms including a \$30 fee (refunded through March 31) are accepted beginning January 1, 2010. There is a ceiling enrollment of 25, and alternate list will be kept for substitutes in the case of cancellations.



Appalachian Mountain Club
 Mohawk-Hudson Chapter
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Info on AMC 134th Annual Meeting:
outdoors.org/about/annualmeeting

Chapter & Club Events And Meetings

January 1... Chapter meet/potluck see pg 1
 January 11.....Ex Com meeting, 6:45
 January 30.....AMC Annual meeting
 February 8.....Ex Com meeting, 6:45
 April 12.....Ex Com meeting, 6:45
 April 22..... Chapter meeting, Albany
 April 30/May2 Spring Fling Mohican Ctr, NJ
 May 15..... Taconic Crest End to End

A Word From our **Chapter Chair**



Our Mohawk Hudson Chapter is the smallest among the 12 chapters in the Appalachian Mountain Club, but we are going strong, and welcome your stepping forward and helping us to expand our range of outdoor and committee activities. As I take on being your chapter chair, I would like to encourage more of our members of all ages to share your talents

and skills, so that our chapter becomes known for “hiking and other activities for people of all ages and abilities.”

One of the strengths of our chapter has been offering distance-and difficulty-friendly hiking trips for folks who love to be with others love exploring in the outdoors, but don't see hiking as an athletic event. Our mid-week and HARP (hiking at a relaxed pace) are very popular, with a nucleus of regulars, and frequent new or occasional joiners. We welcome your ideas for new activities, such as biking or kayaking, and hope you will consider offering to lead for us friendly trips that might not be too physically challenging, as these seem to be most popular, and what we do well.

If you are a younger AMC member and/or find that the number of more strenuous hikes we offer is too few, we welcome your input and participation in our leadership training so that the chapter can offer more of this type of activity also. We would welcome someone engaged in the on-line social networking scene to organize and lead

AMC/MH activities. For people who like trail-building activities, we have trails north and south of the Capital District in need of people to be active trail maintainers. If you are an armchair enthusiast, consider joining our Conservation Committee to work on land use, environmental and related activities. And, as always, ask your friends to join and be part of the fun!

Winter Hiking Footwear

Now that snow and ice will be with us perhaps into April, make sure that you have in your pack appropriate winter foot gear. It may be 40F in Albany, but on a Catskill, Taconic, or Adirondack region trail you are likely to find ice even if conditions do not require snowshoes. Many of our members recommend Stabilicers, thick soles with ‘tire studs’, (32north.com) for icy conditions. Stabilicers now come in 4 versions, lite, sport, original, and overshoe. My personal experience with the lite product is that they are not for our trails. Micro-spikes (kahtoola.com) are a new product. These are not to be confused with or substituted for crampons which are necessary for winter peaks and ice climbing. Yak-traks and lesser products will not work well on trails with rocks and ice. *The Gansett Gazette* (AMC Narragansett Chapter) recommends fishermen’s cleats from a sporting goods store “if you are not yet committed to winter hiking and want something less expensive”.