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 5 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, 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

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

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 Dufour at 518-477-7132 for details.

Hiking at a Relaxed Pace (HARP) is a group that usually hikes 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, bwberrod@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 Rt 278 at Rt 2 in Brunswick or at Dyken Pond at 1PM. Call or email leader to register and check snow conditions. Leader: Sharon Bonk, sbonq@ 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 200 miles 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

FEBRUARY

Monday, January 18 (MLK Day), Pine Cobble, Berkshires B-3-B
This is a popular hike to a scenic overlook. 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, bwberrod@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, bwberrod@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 after 3pm, Monday-Thursday, or 518-827-7327, Friday and Saturday.

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

Printed by Lane Press of Albany, Inc.
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 7856 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.
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 40°F 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”.

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

Info on AMC 134th Annual Meeting: outdoors.org/about/annualmeeting