

Footprints

Newsletter of the Adirondack Mountain Club
Foothills Chapter

Notes from the Foothills Chapter Chair

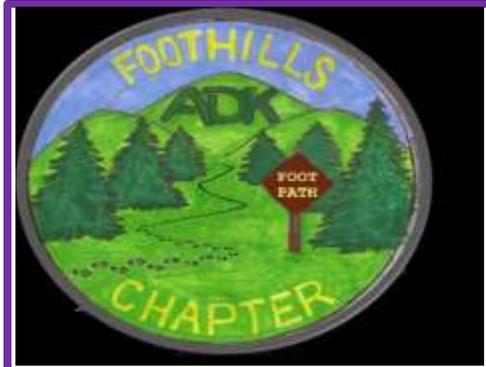
An article by Justin Levine in our local paper caught my eye since it related to the number of injuries and rescues our forest rangers have been dealing with often due to unprepared and inexperienced hikers. The article states: "A bill introduced in the state assembly's Environmental Conservation Committee would create a three-year program intended to increase hiker safety through a rating system and trailhead signage."

Trails would be rated similarly to alpine ski trails with a black diamond for difficult, a blue square for intermediate, and a green circle for easy. There is no corresponding bill in the senate and it would need to be approved by both houses before going to the governor for his signature. The bill was introduced last year as well but didn't make it out of committee. There is no funding associated with the legislation, so DEC and the Office of Parks, Recreation, and Historic Preservation would have to use their existing budgets to fund the program. The bill comes on the heels of a years-long effort to make hikers safer by hiring more state forest rangers as the state acquires more land that the rangers have to patrol. Rangers conduct an average of one search and rescue mission each day statewide.

Another issue of importance to us as hikers is the lack of money in this year's state budget for countering ticks and especially tick-borne diseases such as Lyme and the increasingly prevalent Anaplasmosis, Babesiosis, Ehrlichiosis bacterial diseases and the Powasson virus. The infection rate from these last four spread by tick bites is up dramatically in New York, but the one million dollars budgeted last year for research, education and bio-control is nowhere to be found this year. Neil Woodworth is working to get the money restored to the budget and to find out how you can help, access <https://www.adk.org/tick-borne-diseases/>. We need to be aware that ticks can be found throughout the year, but are most active during spring, summer and fall. So protect yourself with DEET, Oil of Lemon Eucalyptus, or Permethryn.

And the last related item: trail maintenance. With all that our forest rangers are tasked to do, we can help them and ourselves by adopting a trail to maintain twice a year, or signing up to support the trails already adopted by our chapter and members of our club. It is a rewarding experience and one that allows us to enjoy our Adirondack trails we love! Spring is here! Happy hiking!

Gail Livingston,
Foothills Chapter Chair



Upcoming Events

Thursday April 4, 2019

Mt. Van Hoevenberg East Trail with "V" challenge

Thursday April 4, 2019 6PM

2019 Amsterdam Free Library "Adirondack Trail Ride"

Sunday April 7, 2019

Empty Bowls at C-R High School Mt Utsayantha and Mine Kill SP

Wednesday, April 10, 2019 7PM

ADK Foothills Chapter Mtg with Special Speakers

Saturday, April 20, 2019

Erie Canalway Biking

Tuesday April 23 2019 ADK-

Foothills Chapter Adopt-A-Highway CLEAN UP DAY

Thursday, April 25, 2019 (rain date

April 26) NPT trail maintenance.

May 6-12, 2019

Virginia's Appalachian Trail

Friday, May 17, 2019

Rock Pond and Little Rock Pond

Friday May 24, 2019

TOBIE Trail

Saturday, May 25, 2019

Irishtown Trail Maintenance

Tuesday June 4, 2019 (rain date

June 5) Nundagao Ridge

Sat, July 27, 2019 ADK's Ididaride!

Sept 6-8, 2019 Fall Outing 2019

Events Details

Thursday, April 4, 2019

Mt. Van Hoevenberg East Trail (with "V" challenge)



Let's see if we can each wear or bring something that starts with the letter "V".
The most creative will win an award!

This new trail was opened in 2018. It leaves from the Bobsled run area of the Mt. Van Ho sports complex in Lake Placid. It is short hike with a big reward. I'm hoping for a beautiful day to enjoy the spectacular view of some of the high peaks. With the amount of snow in the high peaks, we may still need spikes or snowshoes.

If **all** the hikers feel strong after this hike, we may drive to the ADK Loj and tackle the Mt. Jo loop which is 1.8 miles and 700 feet of ascent or we'll stop at the Noonmark Diner for some pie and ice cream!
3.4 miles RT with 920 feet ascent.

Leader: Nancy Buckley nancyb@aol.com 518-863-6392 (home), 518-542-1362 (Cell)

Thursday, April 4, 2019 6PM

600 mile Adirondack Mountain Backcountry Bike Race

2019 Amsterdam Free Library Culture and Travelogue Program
Michael Feldman and Jody Dixon



Mike Feldman and Jody Dixon have retired. Come hear them speak and see their pictures and bikes of what they are doing.

The Adirondack Trail Ride is a solo self-supported backpacking adventure race through the Adirondack Mountains. Riders depart and finish from Northville.

They journey from the southern foothills to the rugged interior, and then on to the vast north and picturesque Champlain Valley. It is a loop through diverse eastern wilderness on trail, pavement and dirt road.

Trails are very rugged, rocky and laced with roots. Some are sublimely rideable while others force you to slog across creek, bushwack, route-find and hike-a-bike.

Ten days are suggested. The length is 575+ miles and the vertical is 51,650 feet. The length is 575+ miles and the vertical is 51,650 feet.

Sunday April 7, 2019

Empty Bowls at C-R High School
Mt Utsayantha and Mine Kill SP



The day will begin at the Cobleskill Richmondville High school with a light luncheon raising money for local food pantries. We will follow this with a 1 mile hike up the red gravel road to a fire tower outside Stamford. The views here are quite incredible. We will then visit 80 ft Mine Kill Falls - and Mine Kill State Park to check out their hiking trails.

Rated C

Leader Sharon Getman gogimpygo@yahoo.com or 518.673.5216

Wednesday, April 10, at 7:00 pm,
Foothills Chapter of the Adirondack Mt. Club, will meet at Glov. Sr. Center-
53 Church St., Gloversville

Judge Felix Catena, and his wife Barb, with their good friends, Pete Zabo and his wife Val, will present a slide show to tell us about their adventures while hiking the 220 mile John Muir Trail in the Sierra Nevada Mt. Range in California. Their presentation is both educational and entertaining. Please come! REFRESHMENTS! Business meeting will follow.

Saturday, April 20, 2019
Erie Canalway from Amsterdam to Pattersonville



Since in the past leading a hike in April almost always results in my being thrashed by disgruntled hikers over spring snow conditions, I'm trying something different. Last fall, on October 3, a new section opened up on the Erie Canalway bike trail from Amsterdam to Pattersonville, eliminating riding along the road. The ten foot wide path also involved rehabilitating two railroad bridges over small streams. I've listed total mileage, but the distance can always be shortened or lengthened depending on the wishes of the group. Let's hope for a beautiful spring day!

Biking: approximately 15 miles

Leader: Gail Livingston

pepperjack@frontiernet.net or 518-725-6202.

Tuesday April 23, 2019

Come try this rewarding activity!

ADK-Foothills Chapter Adopt-A-Highway CLEAN UP DAY

MEET AT 9AM AT THE SACANDAGA CAMPSITE ENTRANCE. We will be having our first cleanup for 2019 for our 4 mile section of Rte 30 as part of the Adopt-A-Highway Program on Tuesday, April 23 @ 9am. The cleanup is usually completed no later than 11:30.



We will meet at the Sacandaga (Wells) Campsite entrance and we will break up into groups and use the pull offs along Rte 30 for people to park cars closer to where they are cleaning up. Our section runs from The Alpine Grill just below the Sacandaga Campsite and runs north to the St Ann's Church just as you enter Wells. I have orange vests but please also wear bright color clothes or orange vests so that you are visible to car traffic. I recommend pants tucked into boots. Please bring work gloves if you like wearing them. NYS DOT provides us with trash bags and I have plastic gloves. We will leave filled trash bags near the side of the road for the town to pick up.

The Sacandaga Campsite is located approx 10 miles north of Northville, 4 miles south of Wells. There is a brown DEC campsite sign on Rte 30. Any questions contact Marie Naple, marie.naple@usa.net, 619-518-3655.

**Thursday, April 25th (with rain date of April 26.)
NPT trail maintenance**



The Foothills Chapter ADK is responsible for maintaining the NP Trail from the Collins-Gifford Valley Road trailhead to the West Branch Stony Creek. Loppers and bow saws are the tools of choice. Bring your own or use tools supplied by our chapter. This 5 mile stretch of trail requires a round trip distance of 10 miles.

Meet at the trailhead on the Collins-Gifford Valley Road at 8:30am.

Please notify one of the leaders if you plan to attend.

Arlo Klinetob: arlok2@icloud.com (518-842-4635)

Marty Kested: mbkested@yahoo.com (518-705-7799)

**May 6-12, 2019
Appalachian Trail (AT) in Virginia**



Are you interested in hiking Virginia's Triple Crown- Dragons Tooth, McAfee Knob, and Tinker Cliffs on the Appalachian Trail? Sharon Getman and Jan MacLauchlin will be leading a trip there in early May. The plan is to daypack Dragons Tooth and head north on the Sawtooth Ridge to Catawba, spending 2 nights in hostels. We will then backpack 20 miles over McAfee Knob and Tinker Cliffs to our end point at interstate 81 interchange. This event will be at a slow pace. Expect many people especially thru hikers. Limited participation. Join us for all or part.

Contact Sharon Getman gogimpygo@yahoo.com or 518.673.5216

**Friday, May 17, 2019
Rock Pond and Little Rock Pond -Pharaoh Lake Wilderness area**



We will park at the Putnam Pond Campground and pass several ponds on our way to Rock Pond. This area has an interesting past and we'll do some exploring to reveal it. Your hike leaders will also share their research with you.

This is an "Adirondack Level trail" meaning it will have lots of ups and downs.

6.2 - 7.0 miles RT

Leader: Nancy Buckley nancyb@aol.com 518-863-6392 (home), 518-542-1362 (Cell)

Co-leader: Kathy Miles, kd miles@frontier.com 518-568-5372

Friday May 24, 2019
TOBIE trail



This is an easy and scenic dirt road and rail trail adventure designed for mountain bikes but I will be using a hybrid. We will begin in Thendara, proceed through the communities of Old Forge, Big Moose, Inlet, and Eagle Bay. We will be stopping often including stops at the Eagle Bay Welcome Center, a scenic lunch spot and the Fulton Chain Brewery.

Rated C

Leader: Sharon Getman gogimpygo@yahoo.com or call 518.673.5216

Saturday, May 25, 2019
Irishtown Trail Maintenance



Join me for my annual spring clean-up of one of my favorite trails. We'll spot a car at the Irishtown end, and then drive to the Stony Pond trailhead so as to have a lot of nice downhill at the end of our day. We will remove blowdown and use loppers to push back any encroaching vegetation (usually involving waging the constant battle with witch hobble). We'll pass three ponds and have lunch at a small campsite on Big Sherman Pond. Let's hope the loons will be back to entertain us while we eat. And finally there's the babbling Falls Brook and the amazing waterfall near the end.

The chapter will provide tools but you may also bring your own.

Total distance: 6 miles

Rating: C+

Leader: Gail Livingston pepperjack@frontiernet.net or call 518-725-6202.

Tuesday June 4, 2019 (rain date June 5)
Nundagao Ridge



This is a fantastic hike in the high peaks outside Keene Valley. We will begin on the shoulder of Big Crow Mountain, working clockwise to many scenic spots. We will climb Weston Mountain, stop at a lean-to and visit a pond, doing a loop of the various ledges on the Soda range. Mark this on your calendar but also consider camping at Heart Lake or staying at our club LOJ for a few days. Join me in camaraderie around my campfire and maybe a hike the next day!!

Rated C+

6.2 miles lots of ups and downs

Leader Sharon Getman gogimpygo@yahoo.com or 518.673.5216

Upcoming Talks at the Gloversville Public Library by our Chapter members:

June 5, 2019 from 5:30-6:30pm

Local Hikes Presentation with Jane Riley in the Carnegie room.

June 27, 2019 from 5:30-6:30pm

Hiking Prep & Gear Presentation with Paul Levine and Arlo Klinetob in the Large meeting room.

Saturday, July 27, 2019
ADK's Ididaride!



You are invited! Come join the fun at ididaride! on Saturday, July 27 at the Ski Bowl Pavilion in North Creek, NY. All chapters and ADK members and their families are invited to participate, volunteer, and cheer on riders, as well as purchase a mile marker sign on behalf of your business, yourself, or your chapter. The 14th annual event has grown to become ADK's largest fundraiser and provides needed funds to sustain the programs you enjoy and protect the lands you love. Please plan to join us!

Details at adk.org/ididaride. Contact Sunday Conine at ADK's Lake George office with any questions, 518-668-4447 or Sunday@adk.org.

September 6-8, 2019
Fall Outing 2019 Lower Hudson Valley



AMC's Harriman Outdoor Center on Breakneck Pond in the heart of Harriman State Park will be the base for daily hikes, paddles, and other excursions as ADKers from all over convene for the moveable feast that is the Club's annual Fall Outing. It will be held September 6-8 at AMC's Stephen and Betsy Corman Outdoor Center on Breakneck Pond in Harriman State Park. This relatively new facility has cabins and bunkhouses, camping sites, a dining hall, recreation hall, sandy swimming beach, and boat launch area with canoes and kayaks.

Harriman and adjacent Bear Mountain State Park feature more than 225 miles of marked trails and numerous lakes, making it a hiker's and paddler's paradise. Other notable parks are nearby and five downstate chapters of ADK are collaborating to offer a rich selection of outings for all tastes and abilities.

Mark your calendars to explore the beautiful Hudson Valley this September, and sign up early to reserve your preferred accommodations at the camp! Watch for details this spring.





.....Tracking the Foothillers.....



Lizard Pond

February 11, 2019

A postponement of this hike from wet, slushy conditions, to a day of sunshine and solid surfaces not only rewarded us with an exceptional hike, but also an additional participant in one Kathy S. We got to walk over a frozen wetland, across two lakes, hear them burp and enjoy perfect winter weather with friends. All that and back at the car at 1:30. Thanks to Kathy M, Kathy S, Sharon, Kevin, Piper, Arlo, Thora, Bob & Nancy. Leader-Jan MacLauchlin



Satanoni Nordic Ski

February 16, 2019

Perfect conditions brought the adventurous out on this holiday weekend. Finding a parking spot was a challenge! Three of us set out knowing the fourth in our party had gone ahead. The ski in was just lovely, but the wind coming off Newcomb Lake was chilling. What a surprise when we entered the warming hut. The fourth was there, having skied in with Paul Sirtoli - Iroquois Chapter and figuring out



they both knew me! Enjoying this day were members Kevin, Jillian and Sharon Getman and Guest Leah Schaffer.



Godwin Preserve

February 9, 2019

The day was going to be chilly. We started hiking at 15 degrees, but the sun was shining and the strong winds from the day before had lessened. Although the trail was unbroken, the firmness of the snow gave us no problem. We climbed several hills, and then took the spur to the view of Nopit and Amy's Park. That was just to whet our appetites for the view to come. We entered the adjoining Pole Hill Preserve and began our ascent of Walnut Ridge. The trail description did not lie about the steepness, and as we neared the top we found less and less snow. We reached the open bare rock viewpoint and there below was the glittering ice of Lake George and several islands. The sun felt so warm we were even able to eat our lunch without the encumbrance of gloves or mittens. On the descent two of the four hikers changed to spikes and we all made it down in one fashion or another. Next we headed the short distance to Pole Hill Pond which was another beautiful sight. A broad, flat rock at the edge of the pond was an inviting lunch spot for a future visit. Back at the cars we drove a little way down the road intending to do a short trail in Amy's Park to a viewpoint, but no parking areas had been plowed and the descent from the road did not look very inviting, so we decided to call it a day. Thanks to the hikers who shared this great day in the woods: Nancy and Bob Buckley, Sharon Getman and Piper. Leader: Gail Livingston



Palmertown Ridge, Moreau State Park

March 14, 2019

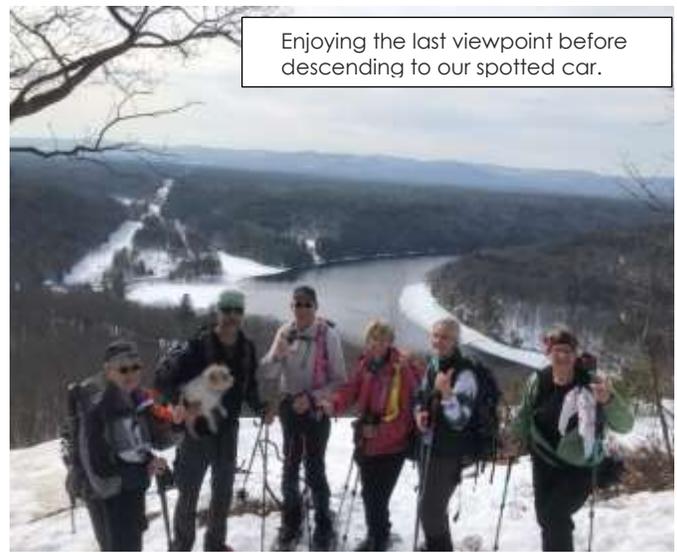
Valuable lessons this hike leader learned:

- Never trust the weather man. The weather was better than expected for our adventure along the Ridge overlooking Moreau Lake and the Hudson River. The snow was sticky so some of us wore snowshoes while others wore spikes.
- Never trust your husband when he says "turn left" at an intersection. Consult the map instead or turn to his "other left." The group was very forgiving over this mistake and didn't complain about our detour.



The first viewpoint overlooking Moreau

- Never clip your micro-spikes onto the outside of your pack with only one carabiner because you might trip over your snowshoes going downhill and, as you fall, the spikes might flip up and gouge you in the head! ☹ Use two carabiners to secure them completely.
- Never leave one person alone in the back of the line. She might fall into a 'log-trap' and need someone to help pull her out! Thank goodness she wasn't alone!



- Always enjoy yourself and keep smiling. When the hike ends, there will be cookies at the car!

Hike Participants: Sharon, Kevin and Piper Getman, Barbara Bilins, Arlo Klinetob, Thora Blackwood, Bob Buckley. Leader: Nancy Buckley

Dippikill Preserve

March 20, 2019

The hike in the Dippikill preserve was exactly what you would expect. It was still winter with snow packed trails but with warm sun promising sleeveless weather. Aside from avoiding the postholes the ascent was easy and lovely. We found a long downed tree just past the first viewpoint to take a lunchbreak. After this a short spur trail went to a spectacular overlook on an eastern ridge. This is the place to while away an afternoon gazing at the Hudson as it journeys south. A quick descent brought us to the hemlock laced Dippikill Pond. We saw several lean-tos and campsites available to SUNY Albany alumni. Full sun, blue sky and well-marked trails provided a pleasurable day for Nancy and Bob B, Thora B, Arlo K, Dorean P, Kathy S, Jan M, Barb B, Piper and Sharon G.



Foothills February Meeting

February 13, 2019 7:00 pm

Our Program was Introduced by Education Chair Jane Riley

*****Attracting Birds and Butterflies to your Backyard ******

We don't have to travel far and wide to enjoy birds, butterflies, and other interesting wildlife. In this slide illustrated program, we enjoyed the basics of creating a wildlife habitat right in our own backyards by providing food, water and shelter using both man-made structures and natural plantings. Scott and Denise Stoner covered types of feeders and feed, planting and cover for birds and butterflies. They even answered questions concerning squirrels and hawks. Photographs were a stunning addition to the presentation.

About the Speakers

The award winning nature photography of Scott Stoner and Denise Hackett-Stoner of Natureloques has been exhibited in many galleries throughout New York's Capital region. Their work has appeared in numerous publications.

After a short coffee break complete with delicious cookies--thank you Dave N. and Thora B., our **meeting was called to order by Sharon Getman ,Vice Chair.**

Minutes from December were accepted by Valerie L. and seconded by Jan M.

Reports:

Treasurer Valerie L.

Dec. Balance forward \$ 1926.73

Disbursements -\$ 150.00 senior center

-\$. 350.00 DEC sponsorship

Dues +\$74.10

+\$97.95

Donations + \$350.00

+20.00

February Balance forward \$1968.78

Outings Report

Many great upcoming hikes and adventures posted in our newsletter. Stay current by making sure your email and phone numbers are up to date with Sharon Getman outings chair.

Some of our members are going on a few of the adventures from the most recent ADK magazine.

A Great trip including biking in northern NYS is being offered in June.

Publicity Chair - Marie N. was recently contacted by The Gloversville Public Library inquiring about another Local Hike Presentation, similar to the one put on in 2018 by our members. Paul L agreed to do Backpack and safety, Jane R will do a screen presentation on 5 local hikes. More information, dates etc TBD.

Education Chair Jane R. The group thanked Jane for organizing our wonderful Backyard yard Bird Program. Great community turn out.

April 10 meeting **** Program

Judge Felix Catena and his Friend, Pete Zabo will be our presenters. Program is on their long distance hike with their families on the John Muir Trail , Sierra Nevada Mountains .

8:40pm motion for meeting adjournment by Joe seconded by Paul L.

Submitted by

Nancy Kested

ADK Foothills Chapter Secretary

Trip Ratings				
Hikers Rating	Effort Level	Elevation Gain (ft)	Miles	Time (hours)
A+	Very Strenuous	4000+	10+	10+
A	Strenuous	3000+	5-10	8-10
B+	Moderately strenuous	2000+	5-10	6-8
B	Moderate	1000+	4-8	5-7
C+	Fairly easy	1000+-	2-6	3-5
C	Easy	<1000	<5	<5

These are general guidelines. Not all trips will fit exactly into one of these categories. Address questions to outing leader.

**Foothills-ADK Chapter
Executive Committee**

Chairperson: Gail Livingston (pepperjack@frontiernet.net)
Vice-Chairperson: Sharon Getman (getman@frontiernet.net)
Board Director: Walt Lane (wlane937@nycap.rr.com)
Membership: Walt Lane (wlane937@nycap.rr.com)
Treasurer: Valerie Levine (envelop@yahoo.com)
Secretary: Nancy Kested (nancykested@gmail.com)
Outings Chair: Sharon Getman (getman@frontiernet.net)
Education Chair: Jane Riley
Conservation Chair: xxxxxx
Publicity: Marie Naple (marie.naple@usa.net)

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**Newsletter:** Jan MacLauchlin ([janmac48@yahoo.com](mailto:janmac48@yahoo.com))