

Footprints

Newsletter of the Adirondack Mountain Club
Foothills Chapter

Notes from the Foothills Chapter Chair

Hopefully the monsoon season is over and hikes, bikes and paddles can occur as scheduled. It's been a rough spring for outdoor activities following a rough winter! We're due for a break. Something to look forward to this September 6-8 is the ADK Fall Outing to be held at the AMC Harriman Outdoor Center in Harriman State Park on Breakneck Pond. (We need to find out more about that name's history!) The outing is sponsored by five downstate chapters and should be a great time to explore this area. To find out more and register online go to www.midhudsonadk.org/adk-fall-outing. If you decide to attend, you'll see several of your fellow Foothillers there!

Let's support two of our chapter members, Arlo Klinetob and Paul Levine as they do a presentation on hiker preparedness on June 27, 5:30-6:30 at the Gloversville Public Library. And a big thank you to Jane Riley for representing the club at her local hikes presentation at the library on June 5.

At our June meeting we'll be planning our August picnic get-together. Last year was a fun time with a bike ride, a paddle, and a swim at the beach in Northville. . you could also just "chill out" with a view of the water & beach and sample the delicious offerings of our dish to pass. Come to the meeting and bring your ideas for this year.

Looking forward to seeing you in the woods, on the water, or on your bike on our June-July outings!

Gail Livingston,
Foothills Chapter Chair



Upcoming Events

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

Wed. June 5, 2019, 5:30-6:30pm
Local Hikes Presentation
Glov.Lib. w/Jane Riley

Wednesday, June 12, 2019 7PM
ADK Foothills Chapter Mtg with
Special Speaker

Sunday, June 16, 2019
Vanderhacker Mt.

Fri-Sun June 21 – 23, 2019
Trail Hiking Kickoff Weekend

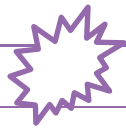
June 27, 2019 5:30-6:30pm Glov Lib. Hiking Prep & Gear Presentation w/Paul Levine and Arlo Klinetob

Wednesday, July 10, 2019
Erie Canalway from
Amsterdam to Pattersonville

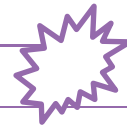
Friday July 12, 2019
Schroon River/lake paddle

Sat, July 27, 2019 ADK's
Ididaride!

Sept 6-8, 2019 Fall Outing 2019



Events Details



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



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

~~~~~  
**Wednesday, June 12, 2019, at 7:00 pm,**  
**Foothills Chapter of the Adirondack Mt. Club, will meet at Gloversville Sr. Center-**  
**53 Church St., Gloversville**

Anita Sanchez will be the speaker of the Adirondack Mountain Club's Foothills Chapter meeting on June 12th

Anita is a published author and professional educator who has many years of experience in providing classes and hands-on programs to a wide range of audiences. She is a former director of Educational Programming at the Five Rivers Center with the NY State Dept. of Environmental Conservation and has presented classes in schools throughout New England and New York State, as well as many libraries, bookstores, museums, and classrooms.

Anita's many books often sing praises of unloved plants and animals such as dandelions, bats, tarantulas, and poison ivy.

For her program on June 12th, Anita has chosen to teach us about poison ivy. She has written 2 books on the subject. One is for children called **Leaflets Three**, and the second one for adults is titled **In Praise of Poison Ivy**.

Please come to hear Anita Sanchez "educate" us on the value of poison ivy and its crucial role in the American landscape.

REFRESHMENTS! Business meeting will follow.

~~~~~  
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.



**Vanderwhacker Mt.**  
**Sunday, June 16, 2019**



I've climbed this mountain twice, once with no view and the second time in 2005 with great views and the fire tower in good condition. Since I need a "v" for the Alpiners alphabet challenge it's time for a third visit. At the summit to the north you can see Algonquin, Avalanche Pass, Colden, Redfield, Marcy, Haystack, Allen, the Gothics, Sawteeth, Nippletop, Dix, and Macomb. The fire tower provides a 360 degree view. Trip will be rescheduled if weather precludes a view. Total with 1650' of ascent which is moderate due to switchbacks and gradual upgrades. To sign up contact the leader.

RT distance: 5.6 mi.

Rating: C+ to B

Gail Livingston [pepperjack@frontiernet.net](mailto:pepperjack@frontiernet.net) or 518-725-6202.

---

**Trail Hiking Kickoff Weekend**  
**Friday-Sunday June 21 – 23, 2019**

Sponsored by the NPT Chapter of the Adirondack Mt Club. Events begin at the Waterfront Park Northville, 7-9pm Friday- with scheduled talks and demonstrations throughout the day Saturday. More info available on their website.

---

**Erie Canalway from Amsterdam to Pattersonville**  
**Wednesday, July 10, 2019**



This trip was postponed from April 20 due to unrelenting rain. We'll be riding a section of the Erie Canalway. The 10' wide path includes two rehabilitated bridges over small streams and eliminates riding along the road. The distance can be shortened or lengthened depending on the wishes of the group. To sign up contact the leader.

Approx'ly 15 miles

Gail Livingston [pepperjack@frontiernet.net](mailto:pepperjack@frontiernet.net) or 518-725-6202

---

**Schroon River/lake paddle**  
**Friday July 12, 2019**



This all day paddle will begin at a nice put in at Schroon Falls above exit 28 of the Northway. The class 1 stream meanders past campgrounds, sand bars and alders as we float and paddle south. There will be stops to swim and relax. After 7 miles we enter Schroon Lake to head 1 mile southwest to the town beach where we spotted a car. This could be windy.

Rated C+

leader Sharon Getman [gogimpygo@yahoo.com](mailto:gogimpygo@yahoo.com) or 518.673.5216

---

**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](http://adk.org/ididaride). Contact Sunday Conine at ADK's Lake George office with any questions, 518-668-4447 or [Sunday@adk.org](mailto: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.....



### **Mt. Van Hoevenberg**

April 4, 2019

SeVen vivacious members of the Foothills ADK chapter accepted the "V Challenge" and climbed Mt. Van Hoevenberg. Although they encountered vinter conditions with vinds that occasionally had a vvelocity of over 20 mph, no one got vicious. They climbed with vim and vigor. Their voices rang out with joy as they were victorious in achievng the summit of Van Ho. They were able to find a viewpoint that was out of the vwind. While vviewing the beautiful vvista and eating Vanilla Piouettes, they each shared what they had worn or brought that began with the letter V. It seemed many thought of wearing a vest, but Vera won the prize of Vanilla Ice Cream cones at Stewarts with her collection of a vase, Vaseline, Vicks and a Viking necklace. When they



returned to the cars, they shared in a toast to a very good day with (what else?) **V**anilla **V**odka! The fun and laughter didn't stop as they took their voracious appetites to the *Big Slide Brewery* for another treat.

Participants: **V**esuvius the **V**irgin (Arlo Klinetob), **V**oldemort (Bob Buckley), Queen **V**ictoria (Marie Napel), **V**iola (Jan MacLauchlin ), **V**era (Thora Blackwood), **V**irginia (Sharon Getman), Leader: **V**eronica (Nancy Buckley)



---

## **ADK Funday**

April 7, 2019

Empty bowls was not a terrain feature but a fundraiser for the Schoharie County food pantry. We chose 1 from 100's of colorful soup bowls, then chose a soup from 25 local vendors for our nourishing lunch. We needed it to hike the very steep mud road to the summit of Mt. Utsayantha. Our first reward was a lesson on hang gliding. We watched the site club assemble their \$5000.+ gliders, learned about prevailing winds, velocity, thermals, etc. from an eager instructor. We witnessed 2 members launch from this double black diamond site. Our second reward was great views from a fire tower. More awaited us at the Mine Kill falls. We took the Long Path to the base for great viewing and the well constructed observations platforms at the top. Definitely a fun spring day for Sue Ringanese, Thora Blackwood and Sharon Getman.

---

## **Bike from Amsterdam to Pattersonville, or The Bike Ride That Wasn't**

April 20, 2019

The rainy forecast discouraged only two of the ten people that signed up. After all the rain was supposed to end around 11, right? So we started from home in the rain. We met at the trailhead in the rain. We altered our plan to visiting the Amsterdam Castle before the ride and lunch at a neat little deli instead of on the trail. Surely



the rain would be over by then and we'd mount our bikes. No. Still pouring as we enjoyed our lunch. All agreed a reschedule was in order, but that the tour of the amazing castle and the lovely lunch with good company made the day worthwhile. Kudos to the optimistic souls who showed up: Desiree Perham, Paul and Val Levine. Sue Ringanese, Kevin and Sharon Getman, Jan MacLauchlin Leader: Gail Livingston





## Spring Cleanup of ADK Foothills' section of NYS Adopt-A-Highway

Tuesday, April 23, 2019



Our section is located on Rte 30 beginning at the south end of Wells NY, passes by the Sacandaga Campsite and ends close to the Alpine Grill.

Our quick and efficient team consisted of Gail Livingston, Valerie Levine, Karen Goyette, Walt Lane, Dave Nilsen, Arlo Klinetob and Marie Naple. After all the hard work we enjoyed granola cookies. Returnable cans and bottles were donated to the Wells Volunteer Ambulance Corps.

We schedule two cleanups a year, spring and fall and we have a loyal following of members that return (thank you very much!) and we had new volunteers this spring (thank you very much!) but we can use a few more volunteers so that we can complete all the mileage. We have been trying to keep our work time to 2.5 hours so we are usually saying goodbye by 11:30am.

We did not clean up the graffiti on the rocks along Rte 30 above the Sacandaga campsite as planned. Marie is working with DEC to use the best product and she will experiment in the next month. Fall Cleanup will be midweek, early October after the campsite staff closes the campsite.

---

## NPT trail maintenance

April 25, 2019



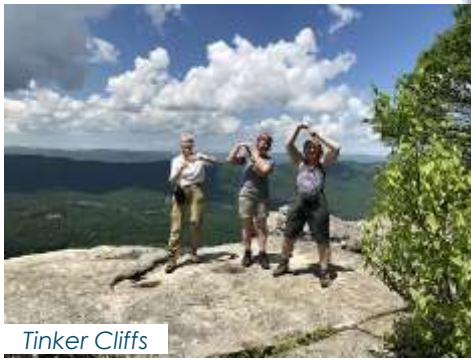
On Thursday, April 25th, seven hearty souls set off to perform maintenance on our Chapter's section of the NPT. We met at the trailhead on the Collins-Gifford Valley Road at 8:30AM on a chilly sunny day, perfect weather for trail cleaning. Our goal this spring was to complete the entire 6 mile sweep beginning with the one plus mile ascent of switch backs leading to Mud Lake at mile two. From there, following a brief rest, we continued on our way, removing blow downs and performing side cutting. We reached Frankenrock at mile three and continued to the bridge over a creek at mile four. At this point we paused for lunch and pondered our stamina and willingness to tackle the final two miles to the West Branch Stoney Creek. Following a group discussion we decided our energy level was sufficient to tackle the final two miles. Upon reaching the Stoney Creek we took a well-deserved break. We sat on the rocks and rested, listening to the music of the flowing waters. Then we packed our loppers and bow saws in our backpacks, swung the packs upon our backs and began the 6 mile return trek to the trailhead and our vehicles. We arrived back at the trailhead, exhausted, at 3:45PM where we enjoyed "Kitchen Sink" cookies and cool chocolate milk. Many thanks to our volunteers: Sharon and Kevin Getman, Marie Naple, Gail Livingston, Nancy and Marty Kested, and Arlo Klinetob.

---

## Virginia's Triple Crown

May 6-8, 2019

Gail L, Jan M, and Sharon G climbed Virginia's Triple Crown of mountains May 6-8. We had a wonderful, perfect time! The first day was a day pack of the challenging Dragons Tooth- difficult because of slanted rock ledges. The next two days we backpacked on the Appalachian Trail to McAfee Knob and Tinker Cliffs. The knob was visited by 80,000 folks last year. We camped at the Campbell Shelter Area which had a nice lean-to with large porch, picnic tables, outhouse, and bear box. We met some thru hikers about 4 days ahead of the bubble and section hikers. Spring in Virginia rewarded us with lush views of the Catawba Valley, wild flowers, skinks, millipedes, a spring salamander, and a Luna moth. We finished this adventure unscathed, strong and proud of our accomplishment.



Tinker Cliffs



Views from the AT  
Virginia



Dragons Tooth

---

### **Pilot Knob**

May 23, 2019

Due to the predicted afternoon severe weather, the hike leader changed the hike from exploring the Rock Ponds in the Pharaoh Lake Wilderness area to something a bit closer to home: Pilot Knob from the Buck Mountain trailhead. It was a steep climb, but we had views along the way to encourage us to keep going. The breeze kept the black flies away and allowed us to keep our cool. We were able to enjoy our lunches while basking in sunshine and the summit view of Lake George. We were off the trail at 1:45 pm. The rain storms started at 2:15 pm while we were taking a "Stewart's break." We considered ourselves very lucky indeed.



Participants: Jan MacLauchlin, Bob Buckley, Barbara Bilins; Leader: Nancy Buckley

---

### **TOBIE Trail**

May 24, 2019

Seven cyclist, one pulling a dog cart and one toting an 18 month old, set out in a misty rain with the intention of riding from Thendara to Eagle Bay and returning. The beginning was great as our caravan rode on a paved path, dodging the many deer. At the North end of North Street the path became more gravelly and uphill. One cyclist was unable to keep her wheel on so 2 turned around. Five now coped with a sandy gravel trail, past Wheeler Pond in the quiet of beautiful woods. The trail becoming quite difficult, soon took its toll on 2 more. Now we are three. Still coping with deep sand and wet spots three made it past Rondaxe lake, nine miles, before 2 more dropped out. So one made it to Eagle Bay where they lived. To sum it up, these trails are extensive, very pretty and perfect for mountain bikes. Brave cyclist were: Jan MacLauchlin, Gail Livingston, Sue Ringanese, Jean Tommell, Kevin and Sharon Getman, Lorynn Moore, and passengers Molly and Brennan.



*Tobie Trail*



---

### **Irishtown Trail Maint.**

May 25, 2019

So we knew it would be wet-how could it not with the spring we've had? And we knew the black flies would be vicious (and they were), but the four of us slogged and swatted (Al eliminated a few flies by swallowing them) our way as we removed 18 blow downs and side-cut intrusive branches and witch hobble. Two loons were in silent attendance on Little Sherman pond and Falls Brook and the waterfall were running strong, a positive effect of the rainy spring and they were beautiful. The weather gods were with us once again because the rain held off until we were safely in our car enjoying pie and drinking our "Irish" iced coffee. My heartfelt appreciation goes to the volunteer workers: Sharon Getman and Piper, Arlo Klinetob and Al Morse. Leader: Gail Livingston





## **Foothills Chapter Meeting April 10, 2019**

Our program this month was introduced by Education Chair Jane Riley.

\*\*\*\*\*Hiking the Sierra Nevada Mountains \*\*\*\*\*

Judge Felix Catena and wife Barb. Along with their good friends Pete and Val Zabo presented a slide show and discussion on hiking the John Muir Trail training, food, equipment total of 221 miles with a 46,000 ft. elevation did this adventure over 2 seasons .... amazing how every ounce of weight needs to be analyzed for importance when you have to carry it on your back.

Thank you Jane for organizing this interesting program, great member and community turnout.

After a short break complete with delicious cookies-thank you Dave N and Thora B....

Meeting was called to order by Gail Livingston, Chairperson.

February minutes were read and accepted.

Treasurer Val.Levine - absent

Outing report - Sharon Getman. Reminding members to review the great upcoming hikes our chapter has planned. See April /May Newsletter for details or ADK.org. local chapter Foothills

Board of Directors- Walt Lane discussed the major improvements done at our Adirondack lodge, lake placid- Information Center, warm showers, added camp sites, water purification system just to name a few. Encouraged members to visit, hike and contribute. We are fortunate to be part of such a fantastic and active organization. Financial information is available. If interested contact Walt Lane.

### Old Business

Education Chair Marie Naples registered the 2 Broadalbin Boy Scouts our chapter sponsored to Camp Colby. They will be reporting back to our chapter at the end of this wonderful experience.

### New Business

\*Woodworking Art Show July Adk Foothills Chapter information table will be set up. July 19, 20 and 21.

Walt Volunteered to help on Saturday the 20th...please think about representing our exciting chapter at the information table. Contact Marie N or Gail L.

- ADK highway clean up April 23 reminder, may be attempting graffiti removal
- Schoharie Crossing National Trails Day along with Canal Clean Sweep clean up is May 4 looking for volunteers- see web site for further details
- Marie will also be checking to see if the 5 Local Hike Group could speak etc. at a women's group Monday July 8 more information to come.

### National Trails Day Event June 1 ~~~~~

Cranberry Lake Wild Forest, Five Ponds wilderness area Cranberry lake is a hamlet in the eastern part of the town of Clifton in St. Lawrence County. Information, projects registration and sponsorship available on web site

### Foothills meeting June 12, 2019:

Program: Anita Suarez, was the Director of 5 Rivers ,an expert on Plants and Flowers . Has written several books and will be sharing her expertise with our chapter.

9pm Meeting adjourned. Motion by Kathy S, Seconded by Al M.

Submitted by

Nancy Kested

ADK Foothills Chapter Secretary

---

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

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](mailto:pepperjack@frontiernet.net))  
**Vice-Chairperson:** Sharon Getman ([getman@frontiernet.net](mailto:getman@frontiernet.net))  
**Board Director:** Walt Lane ([wlane937@gmail.com](mailto:wlane937@gmail.com))  
**Membership:** Walt Lane ([wlane937@gmail.com](mailto:wlane937@gmail.com))  
**Treasurer:** Valerie Levine ([envelop@yahoo.com](mailto:envelop@yahoo.com))  
**Secretary:** Nancy Kested ([nancykested@gmail.com](mailto:nancykested@gmail.com))  
**Outings Chair:** Sharon Getman ([getman@frontiernet.net](mailto:getman@frontiernet.net))  
**Education Chair:** Jane Riley ([janeriley1@mac.com](mailto:janeriley1@mac.com))  
**Conservation Chair:** xxxxxx  
**Publicity:** Marie Naple ([marie.naple@usa.net](mailto:marie.naple@usa.net))  
 ~~~~~  
Newsletter: Jan MacLauchlin (janmac48@yahoo.com)