

Footprints

Newsletter of the Adirondack Mountain Club
Foothills Chapter

Notes from the Foothills Chapter Chair

Despite the traffic getting there, road construction, and the rough road going in (hence the name Breakneck Rd), the AMC facility at Harriman State Park is beautiful. Five Foothillers plus guest attended with four of us staying in a cute cabin with knotty pine paneling and bath, and the two others in a motel. My first hike on Friday afternoon was a 5 mile hike with views of the Hudson and skyline of NYC.

The fast pace and the climbing however, had me wondering about my Saturday hike, an 8-9 miler. Dinner that night was a choice between a picnic style, or four-course buffet, followed by a choice between two speakers. I chose the one about Central Park and was amazed to learn about all that the park contains.

The next day's hike was slower paced and started off at a lake. The hike had a nice variety of woods, grass and rocky terrain. After another delicious dinner, we were entertained by a folk singing group who encouraged us to join in. It was a lot of fun.

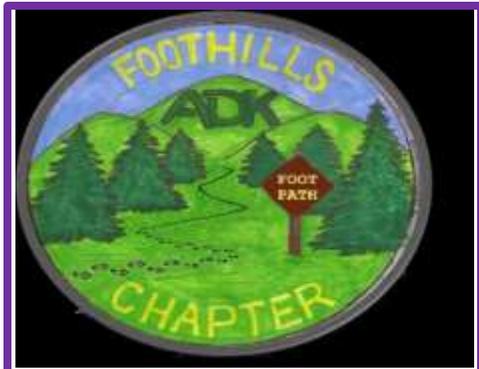
Finally Sunday we make our way home, taking with us an appreciation of the beautiful state park that lies so close to New York City but gives you the sense that you are nowhere near it.

On Friday, September 27, Marie Naple and I split shifts at the Nathan Littauer Hospital Wellness Exhibition, manning a table to promote ADK and our Foothills Chapter. The exhibits were many and varied, and hopefully encouraged the attendees to try something new to promote a healthy life.



Looking forward to seeing you at our October meeting and presentation about the Great Adirondack Bike Race by two local participants! You won't want to miss this one!

Gail Livingston,
Foothills Chapter Chair



Upcoming Events

Wednesday, October 9, 2019
ADK Foothills Progr & Meeting

Friday, October 11, 2019
NPT trail maintenance

Saturday, October 19, 2019
Irishtown Trail Maintenance

Sunday, October 20, 2019
East Mill Flow

Thursday October 24, 2019
Overlook Mountain

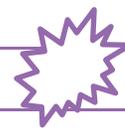
Sunday October 27, 2019
Grizzle Ocean

Saturday, Nov. 2, 2019
Lapland Pond & Millman Ponds

Wednesday November 13, 2019
Prospect Mt



Events Details



ADK Foothills Chapter Meeting & Program

Wednesday, October 9, 2019 at 7PM at the Gloversville Senior Center, Gloversville NY

Our Speakers:

600 Mile Adirondack Mountain Bike Race by Jody Dixon and Mike Feldman

Whitewater kayaking, telemark skiing, bicycle touring and mountain biking are just a few of the passions that Mike Feldman & Jody Dixon share. Mike & Jody live in Benson, where they find some reason to be outside enjoying life in every season. In 2016, they first rode in The Adirondack Trail Ride—known as TATR. TATR is a solo, 600-mile self-supported mountain bike race over some incredibly rugged terrain circumnavigating the Adirondack Park.

Of 44 racers to date, only 24 have completed the annual race, the Grand Depart. Mike & Jody are 2 of only 5 racers who have completed the course twice.

This September 13th, racers will leave Waterfront Park in Northville at 8 am. They plan to ride in TATR's 5th Grand Depart and will share this year's stories with the ADK Foothills Chapter at the October 9th meeting at the Gloversville Senior Center at 7:00 p.m. Please plan to attend.

Regular Meeting will follow program.

Friday, October 11, 2019

NPT trail maintenance

Time: 8:30am

Meeting place: NPT trailhead at Collins-Gifford Valley Road.

The Foothills Chapter ADK maintains 6 miles of the NPT trail from the trailhead at Collins-Gifford Valley Road to the West Branch Stony Creek. Our chapter will supply necessary tools, or bring your own loppers or bow saw. We will only be doing maintenance on the first 4 miles of the trail, round trip of 8 miles. Please contact leaders if you plan to attend.

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

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

Saturday, October 19, 2019

Irishtown Trail Maintenance

We'll spot a car at the Irishtown trailhead and hike in to Stony Pond from Rte. 28N. This makes for some nice downhill at the end of our through trip and shortens our hike to 6 miles, only 3.9 mi. of which will be maintenance. Along with three ponds and a large waterfall we'll enjoy hiking along the very pretty Falls Brook. Lunch will be at a small campsite on Big Sherman Pond where if we're lucky we'll be serenaded by the loons. Work will consist of blow down removal and side cutting. Tools will be provided by the club or you may bring your own loppers or saw.

Rating: C+

Leader Gail Livingston at 518-725-6202 or e-mail pepperjack@frontiernet.net.

Sunday, October 20, 2019

East Mill Flow

This trail is a relatively flat and pleasant walk through the woods to the beautiful and unique open area known as East Mill Flow. It starts at Sharp Bridge Campground north of the village of North Hudson. The trail follows an old road and climbs to a height of land at 1.5 mi. Dipping down on the other side in two short pitches it continues through stands of white pines to the right bank of East Mill Brook and the south end of East Mill Flow.

5.4 miles round trip.

Rating: C+

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

Thursday October 24

Overlook Mountain

This will be a throw- back Thursday hike to Woodstock. Wear or bring something from the 60's. However you look will be right in style in this Catskill hippie village! We will enjoy a moderate 5 mile round trip hike on a gravel road with a gradual ascent of 1400'. This is a must do New York hike especially for those who want a great view without much effort. Besides the view, there is a fire tower to climb and the Overlook Mountain house remains to explore.

Leader: Sharon- gogimpygo@yahoo.com or 518.673.5216

Sunday October 27, 2019

Grizzle Ocean

This trail begins at the Putnam Pond State Campground. It's a fairly easy trail which crosses a few bridges and streams. At 2.1 mi. we reach the pond, circle around it, and then check out the lean-to that sits under the pines. After lunch, we'll retrace our path back to the parking lot for a round trip of 5 miles.

Rating: C+

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

Saturday, Nov. 2, 2019

Lapland Pond & Millman Ponds

Lapland and Millman Ponds are in the Lake George Wild Forest. One mile from the parking area the trail branches off from the Black Mountain trail. The lean-to at Lapland Pond is situated in a beautiful spot on a point. A large rock slopes down into the water, and provides a perfect place for lunch. We'll encounter some wet areas as we continue on to Millman Pond, and hope that the dry summer hasn't diminished the four foot waterfall. We'll come to a second lean-to at 3.1 mi. on the east side of the pond. Total round trip distance: 6.2 mi.

Rating: C+

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

Wednesday November 13, 2019

Prospect Mt

We will approach this small 2030' mountain from the Lake George Recreation Area. The trail will follow an abandoned jeep road alongside pretty West Brook for 1.2 miles. The total climb will be 1400'. On a clear day we can get a 100 mile view.

Total mileage 5.2

Contact Sharon at 518.673.5216 or gogimpygo@yahoo.com.



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



West Lake to Stewart's Landing

August 27, 2019

An amazing 22 boats showed up for the Stewart's Landing paddle! It was a very colorful flotilla. But not ours. We reached the Landing just as they were launching. The group called themselves, "Go with the Flow" and said they paddle every Tuesday. Some of them were also members of Tramp and Trail from the Utica area that we had met on this same paddle 2 or 3 years ago.

Once they were on their way, we beached our boats and enjoyed a nice lunch in the sun on the grassy bank. Three of our paddlers enjoyed a swim before we headed back to West Lake. It was a beautiful day to be on the water with friends.

Participants: Marty and Nancy Kested, Al Morse, Cindy DeGolyer, Sue Ringanese, Mary MacDonald and the leader, Gail Livingston.



Wilcox Lake from the east

September 18, 2019

Hiking, bushwhacking, paddling a stashed canoe, balancing on a cable crossing, fording a creek, lunching in the lean to, loons, autumn colors.... All this and a beautiful day in the 'dacks, with friends to boot...Such was the adventure of the Wilcox Lake (from the east) hike with Nancy & Bob B, Sharon & Piper, Kathy S, Barb B, Carol S & Laurie L.

Leader-Jan MacLauchlin



Adopt-A-Highway

September 25, 2019

Our Fall Cleanup of ADK Foothills' section of NYS Adopt-A-Highway was held on a great weather day, Wednesday, September 25, 2019. Our section is located on Rte 30 beginning at the south end of Wells NY passing by the Sacandaga Campsite and ending near the Alpine Grill.

Our quick and efficient team consisted of Gail Livingston, Valerie Levine, Al Morse and Marie Naple. We spread ourselves along the route to see what we could complete. Gail needed an "R" for her ABC Challenge so she walked over 2 miles on "R"oute 30 (I am stealing that idea!) south of the campsite. Val took on the big curve above the campsite and Al started on the pull offs and worked back towards Val. Marie started from Wells and worked south to the first pull off. Well, we pulled it off! The roadside looks all spiffy and clean! A great blue heron flew over me to thank us!

We did not clean up the graffiti on the rocks along Rte 30 above the Sacandaga campsite as planned. I was recently informed that the State DOT will be completing this project, so look for the disappearance of "Cassie" on the rocks along with a few other painted rocks nearby. Returnable cans and bottles were donated to the Wells Volunteer Ambulance Corps.

We schedule two cleanups a year, spring and fall and we can use a few more volunteers so that we can complete all the mileage. We usually start at 9 and are finished by 11:30am. Come and help and feel that good feeling of accomplishment and I hope after our Spring Cleanup 2020 that people will want to have a picnic lunch afterwards in the campsite at Lunch Rock on the Sacandaga.



Road cleanup



Saturday, September 29, 2019

Jay Mountain

Well, the fourth time was the charm. On my three previous hikes up Jay, my hiking companions and I had been quite content to stop short of the actual summit because we didn't think the view could be any better than the beautiful open rock that was one more descent and ascent from the top. My partners today had other ideas I mind, and what could I do except go along for the ride? On my first hike I had left my two companions comfortable ensconced on the rock and started the final trek; but upon reaching a vertical section of rock that would include a slide to the ground, I remember thinking, "Well, I can probably get down, but can I get back up?"

The dubious answer to that question was what sent me back to my companions. But with all three of us able to relay packs and poles up the rock face, it was doable. And the view was even more spectacular. The fact that the weather was perfect didn't hurt either. The many viewpoints on this hike make it very popular, especially with the French Canadians. Total miles hiked: 8+. And the final reward for the day? We managed to hit National Coffee Day, and Stewarts was providing free coffee. That and a little ice cream fortified us for the trip home. Oh, and we noticed the cars parked illegally on the shoulder of Rte 73 near the Ausable Club, all with tickets on their windshield...

My ambitious hiking partners: Marie Naple, our new Canadian friend, Glenna Redmond, and the leader, Gail Livingston.



Foothills Chapter August Meeting/Summer Potluck Picnic

Wells, NY -Town Beach

Wednesday, August 14, 2019

Our summer get together started with perfect weather to bike, paddle, walk and swim in and around Lake Algonquin. We had a great turnout relaxing and enjoying the great views from the covered picnic area while we feasted on great dishes from all the members. We had a short meeting. Arlo, Jane, Jan, Bill, Kathy S., Chuck, Ruth, Sandy, Walt, Sharon, Kevin, Charlie, Thora, Cindy, Marie, Gail, Nancy, Marty, Paul, Val, Sue R. (If I forgot someone, I apologize.)

Summertime fun was had by approx.20 members, paddling, biking, swimming and eating wonderful food and goodies! Thank you Marie and Jan for making scrumptious hamburgers and hot dogs. Everyone appreciates the effort in arranging our annual picnic. Our Group Picture was taken

6:10 meeting called to order by Gail Livingston, Chairperson.

-June minutes accepted

Chair Reports:

-Treasurer- Valarie L

Balance Forward \$2161.03

Disbursements:

Senior Center \$150.00

Presenter. \$100.00

Marie Naples. \$ 70.00

- \$320.00

\$1841.03

Dues + \$ 236.75

Balance \$2077.78



-Educational Chair Jane R. has arranged for a speaker for our October 9 meeting.

Program: 600 mile Adirondack Mountain Back country Bike Race

Speakers Mike Feldman and Jody Dixon, both completed this amazing adventure and will share their experiences with us.

-Old Business

Arlo K. and Paul L. Were commended for doing a wonderful library presentation on “what to wear / bring hiking.

-New Business

To go along with the above hiking program and our recent sponsor of campers. Gail put out a motion to make up an adult and child’s backpack filled with interesting hiking notions and book. This would be borrowed by library participants. Will need to get ok from the Gloversville Library. Paul L. And Sue R Volunteered to help with filling the packs. Motion was accepted.

“GET YOUR GEAR READY “

Our December meeting will offer a Sports Gear Sale

All items marked with a price-more info to follow our October meeting.

ADK chapter shirts are still available \$15 light gray men’s / medium blue color women’s. Shirts will be available at the fall meetings.

6:35 Meeting Adjourned - Motion by Arlo K seconded by Martin K

Submitted by

Nancy Kested

ADK Foothills Chapter Secretary

**Foothills-ADK Chapter
Executive Committee**

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

| <b>Trip Ratings</b>  |                      |                            |              |                     |
|----------------------|----------------------|----------------------------|--------------|---------------------|
| <b>Hikers Rating</b> | <b>Effort Level</b>  | <b>Elevation Gain (ft)</b> | <b>Miles</b> | <b>Time (hours)</b> |
| 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.