2019 Summit Steward End of Season Report

The 30th anniversary of the Adirondack High Peaks Summit Stewardship Program has been a huge success, in large part because of all of you. Whether it was collaborating at the 2019 Northeastern Alpine Stewardship Gathering or coming out to the Leave No Trace Hot Spot, our partners and supporters showed up and made these two major events successful.

It is not only in the large events where we succeed, but also in the one-on-one interactions, that may seem small at the time, but add up to create a movement of stewardship. Summit stewards reached a new contact record this year. We educated 39,939 hikers, making our total contacts since the start of the program 556,879.

Our accomplishments were made possible through the continuous support of our partners, donors, sponsors, and people like you. A huge thank you goes to the Adirondack 46ers, whose generosity made it possible to field a full crew this season and sponsor the Alpine Gathering. This is the second year of a three year pledge from the 46ers. REI provided funding to cover the cost of one summit steward position and was also a sponsor for the Alpine Gathering. The family of Dr. Norton Miller provided funding for the Dr. Norton Miller botany steward position and the Ellen Lea Paine Memorial Nature Fund grant from the Adirondack Garden Club helped cover the remaining cost. Another big thank you goes to our friends at The Mountaineer for facilitating funding through Patagonia. This year, the #507 Fund for the Summit Stewardship Program made its fourth grant to help partially fund a steward position. The Will Cummer Gear Fund continues to cover the cost of necessary gear items. We also owe our gratitude to the Waterman Alpine Stewardship Fund, which funded ADK’s Professional Trail Crew’s work on Skylight and Haystack Mountains in conjunction with summit stewards.

We had a crew of five summit stewards, one Dr. Norton Miller botany steward, two fall stewards and 22 volunteers who continue to dedicate their blood, sweat, and tears to the protection of tiny alpine plants. I’m proud to be a part of such a devoted group of unwavering alpine educators. There are always new people to educate and to enlist in the cause alpine stewardship!
State of the Summit Stewardship Program:

Every year, I include in this report a list of projects that I’d like to work on in the upcoming year and spend some time reflecting upon the past season’s accomplishments.

Below you can see the 2019 project list in italics.

- **Finishing our third round of alpine population sampling**

  Last year we started our third round of alpine population sampling, hiring botany stewards Yuuka McPherson and Connor Moore. This year we finished that sampling by hiring Dr. Norton Miller botany steward Ryan Nerp. In 2006-2007, we collected baseline population data on 20 rare, threatened and endangered alpine plants through a stratified random sampling procedure. With this data, we could model population densities and estimate population sizes. This sampling was done again in 2013 to test for any divergence in population. Botany stewards have to travel to remote parts of each mountain, swimming through krummholz and skirting ledges to find their sampling plots. Once at the sampling point, they lay down a 5 x 5 meter plot with string and then count stems, plants and estimated square meters of clumps.

  Tim Howard from the New York Natural Heritage Program was able to conduct a preliminary analysis on this data and initial findings suggest the plants are doing fine over this thirteen-year time span. He expects to finalize the analysis this winter. Tim and I presented these findings at the 2019 Northeastern Alpine Stewardship Gathering. We look forward to continuing this collaboration into the future.

  Funding supporting this project has been graciously provided in the memory of Dr. Norton G. Miller, noted bryologist and paleobotanist, whose professional and personal interest in the alpine flora of the Adirondacks spanned five decades and resulted in numerous publications and novel discoveries. Ellen Lea Paine Memorial Nature Fund and Patagonia also provided funding for this position in 2019.

- **Host the 2019 Northeastern Alpine Stewardship Gathering**

  On October 25-27 at the High Peaks Resort in Lake Placid, we co-hosted the 2019 Northeastern Alpine Stewardship Gathering with The Waterman Fund. This Gathering is an opportunity for alpine researchers, planners, land managers, hiking clubs, stewards, and interested parties to meet to share information and improve the understanding and management of the alpine areas.
of the Northeastern U.S. and Canada. This was partly a celebration of the 30th anniversary of the Summit Stewardship Program and the Green Mountain Club’s 50th anniversary of alpine stewardship. We had 107 attendees spanning the Northeast, ranging from Quebec to West Virginia.

On Friday evening there was an opportunity for networking and Tom Butler, from Tompkins Conservation, kicked off the conference by giving a moving presentation on conserving land and preserving the spirit of wilderness. Saturday was packed with presentations on alpine research, visitor use, stewardship, climate change and ecological monitoring. Charles Cogbill received the Guy Waterman Alpine Steward Award and I received the Emerging Alpine Steward Award. Ben Lawhon, the education director of the Leave No Trace Center for Outdoor Ethics, was the keynote speaker. He presented on how Leave No Trace is successfully implementing their mission to protect the outdoors by educating and inspiring people to enjoy it responsibly. Sunday finished the conference with a rainy field trip day. Take a look at photos from the Gathering here.

The conference was a great success thanks to our partners and sponsors. Sponsors included the Adirondack 46ers, REI, Adirondack Chapter of The Nature Conservancy, Adirondack Council, Protect the Adirondacks, New York Flora Association, Northern New York Audubon, Adirondack Land Trust, St. Regis Canoe Outfitters and the Adirondack Mountain Club. Thank you to the committee who helped put this conference together: Seth Jones, Sean Robinson, Julia Goren, Brendan Wiltse, Sophie McClelland, Bill Martin, and Kris Alberga.

- **ADK hosts the Leave No Trace Hot Spot for the High Peaks Wilderness**

From August 7-14, the Leave No Trace Center for Outdoor Ethics partnered with ADK, the New York State Department of Environmental Conservation, and other regional organizations to host a Leave No Trace Hot Spot for the Eastern High Peaks Wilderness. The Hot Spot seeks to address the challenges associated with high concentrations of visitors to the region, including damage to vegetation, trail erosion,
human waste, and negative human/wildlife interactions. Daily events included tabling at multiple locations, public hikes and the Leave No Trace themed Nature Museum at the Heart Lake Program Center. One day events included a service day trail project on the new trail for Cascade/ Mt. Van Hoevenberg, social media rendezvous and Leave No Trace programming.

- Continuing to work with our volunteers to improve the program and expand coverage

With our dedicated volunteers we were able to keep our coverage higher than in years past. Seth and I held a training in May for five new volunteers and six returning stewards in Ray Brook, NY. We have twenty two active volunteers in total, who spent 67 coverage days and spoke to a total of 9146 people. That means that our volunteer stewards spoke to an average of 137 contacts a day!

We were able to cover 53 days on Cascade Mountain this year, meaning we were able to talk to 11,687 people on Cascade alone, a slight decrease from last year (12,251). Volunteers covered 34 of the 53 days on Cascade, enabling the paid crew to spend time on other mountains and projects. Summit stewards made contact with 43% of hikers on Cascade from Memorial Day weekend to Columbus Day. This shows a potential area for growth within the Summit Stewardship Program and Volunteer Steward Program.

- Celebrating 30 years of Alpine Stewardship via social media

Thanks to the work of ADK’s Content Stratagist, Ben Brosseau, we were able to make a video on the importance of the Summit Stewardship Program over its 30 year span. This video included all three partners of the program and was debuted at the Alpine Gathering. You can view that
video [here](#). We also have a short video that we put out earlier this season on the importance of doing the rock walk above treeline.

ADK has also been creating more Public Service Announcement videos to try to educate hikers on a variety of Leave No Trace topics. New videos include limitations of technology in the backcountry, packing a bear canister in your pack, water treatment, mud season, and navigating water crossings. You can view ADK’s Leave No Trace Skills and Outdoor Ethics videos at [https://www.facebook.com/AdirondackMountainClub/](https://www.facebook.com/AdirondackMountainClub/).

- Conducting public outreach programs & training stewardship groups

We’ve continued to educate organizations who bring groups into the High Peaks. The Summit Stewardship Program was able to educate approximately 350 hikers (mainly camp counselors and youth groups) in Leave No Trace Awareness Workshops and the importance of protecting alpine vegetation. Seth and I have done approximately 15 outreach presentations including presentations for the public, college orientation groups, hiking organizations, Road Scholars, youth camp groups, ADK Chapters and researchers. I again co-trained the new High Peaks Information Center volunteers with a Leave No Trace Awareness Workshop. Educating hikers before they go into the backcountry helps protect the resource and the recreational experience of the Adirondack Park for future generations.

Additionally, Seth and I assisted with training for the 46er Trailhead Steward Program for a third year in a row. We offered two trainings, one for returning volunteers and one for new volunteers. 46er Trailhead Stewards are stationed at a table Friday-Sunday (expanding since last year) at the Cascade trailhead to educate visitors about Leave No Trace outdoor skills and ethics. We were able to share our techniques for visitor interaction and expertise in educating hikers. The 46er Trailhead Steward Program continues to be a huge success, reducing the amount of trash, number of dogs off-leash and poop on the trails witnessed by summit stewards.

During summit steward training we were joined by the Poke-O-Moonshine Steward, Monadnock (MERE) Steward, and Peekamoose Blue Hole Stewards. We hope to continue to lead the way with stewardship training and are looking for more ways in which we can collaborate with other stewardship groups.

**Personnel and Scheduling**

The 2019 summit stewards are a cheerful and talented crew. This year we have a mixture of returning and new staff, creating a wealth of knowledge and a vibrant learning environment. I am proud of the growth and experience of this crew. The alpine plants are lucky to have them!

**Ryan Nerp**—Ryan is returning for an astounding fourth year as the Dr. Norton Miller botany steward. As a Paul Smith’s alum, Ryan has worked and went to school in the Adirondacks for the past seven years. When not botanizing on a remote side of a mountain, you can find Ryan paddling on some Adirondack body of water, tinkering with his hand radio, or developing his own film. He’s happy to point out plants for hikers, just ask!
Michaela Dunn—This is Michaela’s second year as a summit steward. She grew up in the Adirondacks in Lake George and has worked at the Wild Center as a Summer Naturalist. She graduated from the University of New Hampshire, majoring in Wildlife and Conservation Biology. Michaela enjoys exploring caves, finding joy on and underneath mountains. She can always be found with a smile on her face!

Isabella Padrón—This is Isabella’s first year as a summit steward but she has extensive knowledge of the high peaks as a 46er and Paul Smith alum. Isabella loves adventure and has travelled from Puerto Rico to East Africa. She is a kind and gentle soul on the mountain, taking the time to connect hikers with the delicate alpine plants on the summit.

Ethan Smith—Ethan is brand new to the Summit Stewardship Program, but is familiar with the Adirondacks through his course work at SUNY-ESF’s Ranger School in Wanakena, NY. Ethan is interested in the management aspect of protecting the Forest Preserve and greatly enjoys research. Bouldering and whittling are some things he likes to do in his free time.

Tom Collins—Although this is Tom’s first year as a professional summit steward, Tom volunteered with the Summit Stewardship Program last fall and was a Summer Naturalist Intern with ADK in 2018. Tom recently graduated from SUNY Plattsburgh with a major in Environmental Studies. He’s a natural on the mountain who loves to share fun facts about the alpine zone.

Adam Joseph—This is Adam’s first year as a summit steward in the Adirondacks, but has worked for the Green Mountain Club as a caretaker and summit steward. AJ loves thru-hiking and has hiked the Long Trail, Appalachian Trail and Pacific Crest Trail to name a few. He enjoys painting, sewing, and looking for rare alpine plants on remote mountain summits.

Seth Jones—Seth started his career here at ADK as a summit steward in 2008, which he did for three years. After spending a year running Johns Brook Lodge, he became part of ADK’s
education department. Seth is currently ADK’s Education Director, and has brought the Summit Stewardship Program back into the education department.

Kayla White—This is my third year as Summit Steward Coordinator, my sixth year with the Summit Stewardship Program and my eighth year at ADK. I’m so excited to be on this journey with such an amazing group of people!

Volunteer Stewards: We are tremendously saddened by the passing of long-time ADK member and volunteer steward, Dan Kane. Dan grew up in Glens Falls and raised his family in Queensbury. He is survived by his wife Charlene, two daughters Elizabeth and Emily and much-loved dog Marcy. Dan became a volunteer steward in 2014 and was also a 46er Trailhead Steward. His past jobs and activities are too many to name, but include history teacher, referee, bouncer, and ADK and 46er board member. He always took the time to get to know you and was friendly with everyone. I feel honored to have known Dan and call him a friend. We are all deeply saddened by his passing and are keeping his family in our thoughts. Memorial contributions can be made in his memory to ADK, The Police Benevolent Association of the NYS Troopers and Bladder Cancer Advocacy Network.

Ian Ellbogen— Ian has been with the volunteer program for a decade now. When not stewarding, you can find Ian taking his grandchildren hiking, and in the winter, you’re sure to find him skiing. He enjoys doing trail work and recently hiked up Rainer!

Jack Coleman—Jack is back for his seventh season as a volunteer. Jack is treasurer of the ADKhighpeaks Forum, a 46er and winter 46er, an inspirational hiker who helps leads challenge hikes for the Cystic Fibrosis Foundation, and he is never to be found without a smile on his face.

Mary Lamb—Mary is also returning for a seventh season and is an amazing volunteer. Mary is also a member of the ADKhighpeaks Forum, a 46er, winter 46er, and has boundlessly energy.

Vin Maresco—Vin is returning for his fifth year. He is a geologist, avid hiker, ski patroller, and former JBL hut crew member. He brings tremendous enthusiasm and passion to the program.
**Chrissy Dagenais**—Chrissy is returning for her fourth year. She is an enthusiastic hiker, paddler, and cyclist. She is a 46er and trip leader for the Cornwall Outing Club.

**Lois Dannenberg**—Lois is returning for her fourth year. She has a passion for botany and currently works for a tree and lawn care company. She’s a 46er and brings her love of the outdoors and botany to everything she does.

**Ann Fogarty**—Ann is returning for a fourth year. She is very active in the Genesee Valley Chapter and hikes frequently in the Adirondacks. Ann has a friendly demeanor, enjoys traveling, and loves talking to hikers about doing the 46 high peaks.

**Jen Maguder**—This is Jen’s fourth year volunteering but her face is a familiar one at ADK. Jen was a summit steward for two years and brings enthusiasm, knowledge, and positivity to the program. Her dedication to the mountains is extremely admirable. She currently lives in Saranac Lake and works at Great Camp Sagamore.

**Patrick Murphy**—Pat is another previous summit steward turned volunteer. Pat was a steward in 2012 and a botany steward in 2013. He has a wealth of knowledge of the alpine vegetation, the High Peaks area, and anything outdoors related. He has been a tremendous help training our botany stewards in 2018 and 2019.

**Jon and Alison Laurin**—Both Jon and Alison are returning for their third year as stewards. They are experienced hikers and have done almost all of the 4,000 footers in the Northeast (making them also 46ers). They are both teachers so summit stewarding comes to them naturally. They make quite the tag team on the summit.

**Jim Schneider**—This is Jim’s third year as a summit steward who wanted to be part of the solution. He is a very experienced hiker, hiking throughout the Northeast and out west. A summer and winter 46er, Jim loves talking with hikers about their experiences on and off the mountain. Check out his Adirondack Fire tower book: *Views from on High*.

**Jonathan Leff**—Jonathan is another third year steward. He is an arborist who loves spending his time in the outdoors. Jonathan is a Lake Placid native. He is currently an AFR in the High Peaks Wilderness.

**Troy Tetreault**—Troy is another third year summit steward. Troy recently graduated from SUNY Plattsburgh, majoring in Ecology with a minor in Botany. Troy is volunteering with us to better understand the alpine ecosystem and is currently working on a project to document alpine pollinators.
Bill Paradies—This is Bill’s second year with the program. Half way through his 46, Bill is working on becoming a 46er. He’s excited to give back to the mountains that give him such joy!

Brian Coville—This is Brian’s second year with the program and he’s excited to get out on the mountains. He works as an auditor and therefore spends a lot of time inside. Summit stewarding is a great excuse for him to come enjoy the Adirondacks and it’s a short drive from Saratoga Springs where he’s settled into a new house.

Chloe Johnson—This is Chloe’s first year as a summit steward. Chloe and her family are 46ers who have come to the Adirondacks for the summer to camp for years. Chloe is a quiet soul on the summit and loves giving back to the mountains she calls home.

Wayne Hayes—Wayne is not only volunteering as a first year summit steward, he is also a 46er Trailhead Steward. Wayne loves sharing his experiences hiking the 46 with other hikers. He is a thoughtful person to have on the mountain and loves learning more about the alpine zone.

Charlie Blanchet—Charlie is another 46er Trailhead Steward turned first year summit steward. While his wife is volunteering at Cascade’s trailhead, Charlie will be up top stewarding. He’s a teacher and a natural at building rapport with hikers.

Ross Cornelissen—While its Ross’s first year as a volunteer steward, he is no stranger to these mountains. He is a 46er and has been spending summers in the Adirondacks for years. Ross has previous volunteered with ADK as a Naturalist and done trail work projects. He is currently working as a camp counselor for ATIS.

Marisa McGrew—Marisa came and volunteered with us for a month from mid-August until mid-September. She just graduated from Humboldt State University. Marisa loves traveling and after stewarding she explored the Northeast before returning back to California.

Hagan Knauth—This is Hagan’s first year as a volunteer steward. He is a musician and gardener in Brooklyn. He currently works at the Brooklyn Greenway Initiative. Hagan grew up making yearly trips to the Adirondacks so he feels connected to the area.

**Education: Usage and Outreach**

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<th>Average</th>
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<td><strong>393</strong></td>
<td><strong>102</strong></td>
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<td><strong>556,231</strong></td>
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Number of hiker contacts continue to stay high, partly due to higher coverage. To put a 39,939 person year in context, we have doubled the number of seasonal hiker contacts from a decade ago. Having a 200-400 hiker contact day has become the new normal. To keep the quality of hiker interactions high, we’ve been having two summit stewards team up together on Cascade Mountain for busy holiday weekends. This ensures hikers are getting the full stewarding message and stewards have time to answer any questions hikers may have.

The graph shows the average number of hikers per day for Marcy and Algonquin in July and August since the program started. This is the closest apples to apples comparison we have to look at the increase in the number of hikers, while partially negating the number of volunteers and staff that has fluctuated over the years.
Botany and Research Projects:

We partnered with the New York Natural Heritage Program and participated in their Empire State Native Pollinator survey. This survey will assess the current state and distribution of native pollinators and serve as the foundation for developing and implementing future conservation practices. In order to survey pollinators, summit stewards set up cups to catch different alpine pollinators, as well as periodically net insects on the summits. Summit stewards did surveys on Marcy, Algonquin, Wright and Colden.

This year marks the twelfth year of our participation in the AMC Mountain Watch phenology program. We monitor the phenological stages of four species: Bigelow’s sedge, Diapensia, Labrador tea, and bilberry. These species are monitored at standardized monitoring areas in line with the National Phenology Network (NPN). AMC uses this data to analyze long term trends in the timing of the different phenological stages, which could be an indication of the effects of climate change on the alpine ecosystem. This year, AMC implemented the Northeast Alpine Flower Watch, a citizen science project which asks hikers to use iNaturalist, a phone app, to take pictures of six alpine species in their blooming and fruiting phenophases. Hopefully, this will help create a more robust and complete data set. Feel free to download iNaturalist and participate!

For a third year in a row, stewards participated in Vermont’s Center for Ecostudies Mountain Birdwatch. Mountain Birdwatch focuses on monitoring high elevation birds in the spruce/fir and alpine zone. Summit stewards went up Algonquin and Porter while stopping at specific points to listen to bird calls and map their locations. You can read their findings here.

Summit Stewards have been collecting bryophytes from the alpine zone for SUNY Oneonta Professor Sean Robinson. We do not have a comprehensive list of the mosses found on our summits, so this research will give us a better understanding of the alpine ecosystem. Sean is examining the relationship of bryophytes and alpine community types.

Summit stewards continue to collect data on cairn tampering on Cascade Mountain. Signs were implemented at the trailhead last year and signs were put on the summit this year to see if this additional signage aids in educating hikers on the function of cairns and prevents hikers from damaging them.
Trail Work and Project Days:

With a seasoned crew we’ve been able to get a lot of work done. Trail work was done on Marcy, Algonquin, Wright, Cascade, Colden, Gothics, Haystack, Saddleback, NW Wright, Skylight, Iroquois, Giant and Mt. Jo. We worked with ADK’s Professional Trail Crew to repair cairns on Haystack and instructed them on deconstructing the rock pile on Skylight. We repainted blazes on Algonquin, Wright and Haystack. We dug two privy holes for Cascade's high-elevation privies, two holes for Marcy's high-elevation privies and the privy at the Algonquin/Wright junction. As always we have been hard at work with regular brushing, scree wall work, cairn repair, and rock packing.

| Summit stewards and ADK's Professional Trail Crew rebuilding cairns on Haystack. Photo credit: Seth Jones |

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<th>Brush</th>
<th>Rock Pack</th>
<th>Cairn Rocks Removed</th>
<th>Cairn Repair</th>
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<td><strong>3,516</strong></td>
<td><strong>563</strong></td>
<td><strong>1,554</strong></td>
<td><strong>45</strong></td>
<td><strong>119</strong></td>
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2,131 (feet)  3,516 (feet)  563 (square feet)  1,554 rocks  45 cairns  119 poops
**Equipment and Campsites:**

As is to be expected, our equipment receives heavy use and something is always in need of repair or replacement. Many thanks go to the companies that provide us with equipment and clothing for supporting the Summit Stewardship Program. Stalwart program sustainers, such as [Vasque](#), [Darn Tough](#) and [Outdoor Research](#), help to improve the program and the experience of the stewards through their donations of equipment and gear. We are very grateful for the support!

Through a donation from ADK’s Glens Falls-Saratoga Chapter, we were able to pay for radio repair and batteries, new saws, books, compass, work gloves, and thermoses. We were also able to buy, through the Will Cummer Gear Fund, new 30th anniversary hats for the volunteer and professional stewards, as well as repair research counters.

Outdoor Research (OR) donated rain jackets, rain pants, convertible pants, uniform shirts, and fleece gloves. They truly deck us out head to toe with gear! As always, we are so grateful for the support of Jaeger Shaw and the fine folks at OR—with the cold rain in June and heat of July, OR makes sure we have everything we need to stay comfortable on the summits. Darn Tough donated socks and Vasque donated boots to the stewards through [The Mountaineer](#). Waterproof boots and wool socks make it so summit steward’s feet stay nice and dry. We couldn’t do our jobs without such necessary gear items.

Many, many thanks go to the ADK’s Glens Falls-Saratoga Chapter, Will Cummer Gear Fund, Outdoor Research, Darn Tough, The Mountaineer, and Vasque for their generous support of the Summit Stewardship Program. Since a winter storm came in early, we will have to buy new tarps and some poles for our camps. For next year, we will also replace gear that is no longer waterproof.

Special thanks go to Ryan Nerp, Tom Collins and Mary Glynn for setting up and taking down Marcy and Algonquin camps.

**Future recommendations:**

Here are a few things that I look forward to doing in the upcoming year:

- Working to educate more hikers before they arrive at the trailhead through outreach and social media
- Working with DEC to make sure they have the most up-to-date data on alpine stewardship
- Spending more time team stewarding, both in the beginning and throughout the season
- Doing another round of photopoint monitoring
- Continuing to expand and improve the volunteer program
- Building group project days to accomplish more high quality trail work
- Conducting more public outreach programs throughout the year to expand our visibility (and please contact me if you’re interested in having a program!)

**Thank you!**

As always, the Summit Stewardship Program would not be possible without the support and funding of a number of various organizations and individuals. We’d like to thank the following organizations:

- NYS Department of Environmental Conservation
Adirondack Chapter of The Nature Conservancy
Adirondack 46ers
Waterman Alpine Stewardship Fund
Will Cummer Gear Fund
ORDA and the Atmospheric Sciences Research Center for access to the summit of Whiteface via the Memorial Highway
The Mountaineer
Patagonia
REI
Adirondack Council
Protect the Adirondacks
New York Flora Association
Adirondack Land Trust
St. Regis Canoe Outfitters
Northern New York Audubon
Vasque
Outdoor Research
Darn Tough Socks

And individuals:

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It has been such a rewarding season! I cherish our time spent on the mountains. The Adirondack alpine zone is such a unique and beautiful ecosystem. It is a privilege to be a part of this stewardship program; I can’t imagine a better place to work or more satisfying work to do. We can’t do it without all of your hard work, everyone should be proud to be a part of protecting NY’s alpine plants for the past 30 years. Please feel free to contact me at any time for help or with questions, suggestions, or opportunities for the program. Thank you.

Sincerely,

Kayla White & Seth Jones
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