Fellow Hikers,

As I write this we've just had our first snowfall and the annual consumer shopping frenzy has already begun. Most people find this time of the year a bit stressful so I’d like to suggest something to help you relieve that stress – go take a hike! Get outside, into the woods where you can clear your head and let the stress and pressure of the holidays melt away. If you haven't gone winter hiking or haven't gone in a while you owe it to yourself to give it a try. There are a few essentials that you'll need for this time of year:

• Traction Devices – there are several different kinds depending on your preference and budget. Stabilicers and Microspikes are the most popular but be sure to choose ones that are right for you.

• Layering, including a windproof layer- don’t forget that you'll cool down quickly at the lunch stop so be sure to have layers you can take off and put back on.

• Ear/head protection – especially if it's windy.

• Hand/foot warmers – you can pick these up at virtually any retail store, including big box retailers.

• Supplies – you’ll need a bit more than in the warm months, including energy bars, a space blanket, and a flashlight or headlight.

I’d also like to point out one more thing that we as a club need. YOU! We are in great need of hike leaders to keep our schedule full and provide the best hiking in the area. Even if you’ve never led a hike please get out, get involved, get active. Just ask any hike leader or club officer and we’ll be glad to assist.

A BIG thank you to everyone who volunteers their time and effort to make our club what it is. This includes the Board, everyone who helps with the schedule, and of course our fantastic hike leaders.

On a final note, I want to welcome Karen Rose as the incoming Chapter Chair as well as the entire Board and to thank everyone who has helped to make my time as Chair special. Karen, we know you’ll do a great job in leading our club into the future.

See you on the trails!

Jeff Sovelove
Chapter Chair
HIKER’S GUIDE

RESPONSIBILITIES - Hikers with children under 16 and new hikers are required to contact the hike leader in advance to determine if the hike is suitable for them. Minors under 16 are welcome on day hikes when accompanied by a parent or guardian. No person under 18 shall participate in overnight outings unless accompanied by a parent or adult sponsor over 21. The hike leader may refuse to allow a person to hike who is judged to be poorly equipped or unable to do the published hike. Pets are not permitted on hikes unless the hike description clearly states that it is “dog friendly”. Non- members are welcome on two hikes after which ADK membership is required. Participants should get to the hike at least 10 minutes prior to the starting time.

RISKS - As with all physical activities, hiking involves hazards. Persons participate at their own risk and will be asked to sign a statement acknowledging that fact before starting the hike. Prior to the hike please advise the leader of any medical condition or physical liability that could affect you during the hike.

FOOTWEAR AND CLOTHING - Wear clothing suited to the weather and carry extra garments for unexpected weather conditions. Dress in thin layers so that you can adjust the number of layers as required to maintain comfort. In winter carry a wool cap and wool or polypropylene gloves or mitts and a windproof shell. Be prepared for rain. Bring a rain jacket and rain pants, preferably of the type that permits venting body moisture. Wear comfortable, sturdy boots. Do not wear cotton garments in winter.

DRINK AND FOOD - Adequate hydration is important year round. Drink frequently during the hike. Carry food to enjoy during the midday lunch stop.

DOG-FRIENDLY HIKES - All hikers with dogs must abide by park leash regulations.

HIKE RATINGS - represent the Pace, Distance and Terrain covered during the hike.

A hike's rating is determined by the hike leader.

PACE:  
A - fast - 2.5 mph or faster  
B - moderate - about 2 mph  
C - easy - 1.5 mph or less

DISTANCE:  
is given in miles as noted

TERRAIN:  
A - Strenuous, long ups and downs, some rock scrambling possible.  
B - Moderate ups and downs as occur typically in Harriman.  
C - Generally flat with little elevation change.

MAPS - The TC number indicates a NY-NJ Trail Conference map for the area of the hike. For example: TC-118 refers to the Southern Harriman Park map.

ABBREVIATIONS - NCA-No Calls After . . . ,  Pref.- Leader’s contact preference.

EXPENSE SHARING - When car-pooling, passengers are expected to offer the driver funds sufficient to cover the cost of fuel, tolls and parking fees. A $3.00 minimum per person is recommended. Most hike trailhead meeting locations can be found on NY-NJ Trail Conference maps.

HIKE CANCELLATION POLICY - Sometimes an illness, injury or other unforeseen problem will make it impossible for a hike leader to lead his/her hike as announced in the schedule. When this happens the leader should first try to find a substitute leader so the hike can proceed. The hike schedule chair person or any club officer can assist if necessary. If no substitute leader can be found then the leader or a substitute should appear at the hike meeting place to inform hikers of the situation. If a qualified leader volunteers, he/she should be given the sign-in sheet and the hike can proceed as scheduled. If the hike is one that requires preregistration, the leader must inform all who registered of the change by phone or e-mail.

ADK STICKERS

Stickers for your car windows are available by contacting Phyllis Key at pkeyhiker@gmail.com or Laurie Schweighardt at laurie@adk.org. There is NO charge for the stickers. Be sure to give your full name and address so they can be mailed to you!

ADK NORTH JERSEY RAMAPO CHAPTER

385 N. Franklin Tpke, Box 7, Ramsey NJ 07446
For information: info@hudsonhikers.org
www.hudsonhikers.org/catskills.html

OFFICERS

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201-962-8546 chair@hudsonhikers.org
VICE CHAIR - Daphne Downes  
845-712-5076 vicechair@hudsonhikers.org
TREASURER – Allen Grunthal  
973-728-8057 treasurer@hudsonhikers.org
SECRETARY - Fred Hodde  
973-728-3223 secretary@hudsonhikers.org

COMMITTEE CHAIRS

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845-362-8470 webmaster@hudsonhikers.org

ADK BOARD OF DIRECTORS

Officer Contact Information

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Trail Talk is published quarterly in December, March, June and September. Deadline for submissions is generally one month prior to publication date.
Please send articles, photos or other contributions to newsletter@hudsonhikers.org
If you do not receive newsletter by the end of each quarter, please contact Phyllis Key 201-768-5573 membership@hudsonhikers.org
HIKE SCHEDULE • WINTER 2015 • JANUARY • FEBRUARY • MARCH

Thursday, 1/1 Happy Harriman New Year B 6/8 B
Chris Connolly c.connolly7@verizon.net or 201-321-6605
Start out 2015 with a winter hike. Meet 10 AM at Reeves Meadow Parking Area off 7 Lakes Drive. Traction devices may be necessary. TC Harriman South map 118.

Sunday, 1/4 Fahnestock Loop B 7 B
Fred Hodde Bullwnkl1@aol.com or 973-728-3223(h)/ 973-722-7824(c)
A favorite hike in Fahnestock. It includes a nice section of the AT. Meet at 9:30 AM at first parking area on the right (where the AT crosses) at Canopus Lake (take Rt. 301 from Cold Spring). Come appropriately prepared (i.e. traction devices as needed) for winter hiking. Foul weather will cancel. Call before 8:00 AM if uncertain. TC East Hudson map 103.

Thursday, 1/8 In The Woods C 5/6 B
Richard Sumner RLS@RSUMNER.COM or 845-362-8470
Harriman or nearby parks. This will be a C pace and an easy route, no serious hills or rock scrambles. Call or e-mail for details the week of the hike. Details will also be posted on Facebook and the Yahoo group.

Sunday, 1/11 Silvermine Circular B 6.5 B
Chris Connolly c.connolly7@verizon.net or 201-321-6605
Loop hike using Menomine, LP, and AT trails. Meet 10 AM Silvermine Parking Area off 7 Lakes Drive. Traction devices may be necessary. TC Harriman North map 119.

Thursday, 1/15 Johnsontown Circular B 6.5 B
Fred Hodde Bullwnkl1@aol.com or (h) 973-728-3223/(c) 973-722-7824
Meet at the Johnsontown Circle at 9:30 AM. The planned route will be on the Blue Disc, Victory and White Bar trails. Come appropriately prepared (i.e. traction devices as needed) for winter hiking. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Harriman South map 118.

Thursday 1/15 In The Woods C 5 C
Georgette Fazzari grfhiker@gmail.com (pref) or 551-265-2369 (NCA 9pm)
Contact leader the week of hike for details and to register.

Saturday, 1/17 Jordan Pond Loop B 6.5 B
Robert Permutt (R rpermutt2003@yahoo.com (preferred) or 914-588-0212
Meet at 9:30 AM at the Pelton Pond Parking area on Route 301 and we will shuttle to the trailhead. This hike is a circular loop in Fahnestock State Park. Highlights include Jordan Pond and Clove Creek. Depending on weather conditions, traction devices may be necessary. Registration required for hike on or before January 16. TC East Hudson map 103.

Sunday, 1/18 Ramapo Ramble B 6/8 B
Chris Connolly c.connolly7@verizon.net or 201-321-6605
Meet 9:30 AM Ramapo Reservation Parking Lot off Rte 202. Traction devices may be necessary. TC North Jersey map 115.

Thursday, 1/22 In The Woods B 6/8 B
Paul Margiotta pjmm11@verizon.net (pref.) or 201-693-6705
Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7:00 PM on Wednesday. No beginners please.

Saturday, 1/24 Nurian Trail from The Elk Pen B 8 B
Peter Reiner psr7777@gmail.com or 845-323-7697
Meet at 9:30 AM at the Elk Pen parking area off Arden Valley Rd. Hiking will be on the Stahahe Brook and Nurian Trails through western Harriman Park with lunch on top of Black Rock. Return will be on the White Bar and Dunning Trails back to the Elk Pen. Must contact hike leader to register for the hike. TC Harriman North map 119.

Thursday,1/29 In the Woods B 6/8 B
Debbie Bell deb2@columbia.edu or 845-358-8386 (NCA 9 PM)
Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Saturday, 1/31 Winter Harriman Hike B 5/6 B
Karen Rose kkarose@aol.com or 201-962-8546
Meet 10 AM Sebago Boat Launch on Seven Lakes Drive. Weather will determine route. May need snowshoes or traction devices. Must contact leader to register. Bad driving conditions will cancel hike. TC Harriman South map 118.

Saturday, 2/7 Patriots Path Stroll C 5 C
Jeffrey Sovelove Hiker_Dood@yahoo.com
Take an easy stroll on Patriots Path in Morristown. This 3-5 mile stroll will start out from the Speedwell Lake Parking Lot at 10 AM across the street from Historic Speedwell. See the Morris County Parks website http://www.morrisparks.org for directions. The path is wide, partly paved, partly crushed stabilized gravel with very little in the way of elevation gains. Please bring water and a light snack. Great for beginners. Inclement weather cancels. Optional lunch afterwards. Joint ADK/Sierra Club hike.

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group
HIKE SCHEDULE • WINTER 2015 • JANUARY • FEBRUARY • MARCH

Saturday, 2/7  From The Equestrian Center to Kakiat Park  B 6.5 B
Peter Reiner  psr7777@gmail.com or 845-323-7697
Meet 9 AM at Kakiat Park parking lot located three miles east of downtown Suffern off Route 202 in Montebello. We will shuttle to the Equestrian Center also off Route 202. Hiking on the Pine Meadow and SBM trails to the Kakiat Trail. Contact hike leader to register. TC Harriman South map 118.

Thursday, 2/12  Winter Walk in the Woods  B 3/6 B
Fred Hodde  Bullwnkl1@aol.com or 973-728-3223(h)/973-722-7824(c)
If you received snowshoes for Christmas and haven’t used them yet, this will probably be a great chance to try them. This is a literal “Walk in the Woods” in Wawayanda with very little ascent. Actual distance will depend on the conditions. Meet at 9:30 AM in the Park Office parking lot. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. Proper footgear required (stabilicers, crampons or snowshoes) as appropriate for the conditions (“think snow”). TC Map 116.

Saturday, 2/21  Reeves Meadow to Ramapo Torne  B 5/7 B
Karen Rose  kkarose@aol.com or 201-962-8546 (must email or call to register)
Meet 9:30AM at Reeves Visitor Center on Seven Lakes Drive. Up the Seven Hills Trail and then weather conditions will determine the route. Must have traction devices or snowshoes if ice or snow. Bad driving conditions cancel hike. TC Harriman South map 118.

Thursday, 2/26  Ramapo Reservation  C 4.5/5 C+
Phyllis Stewart  pastewart@optonline.net or 201-327-6319 (NCA 9 PM)
Meet at Ramapo Reservation 10 AM. Route to be determined depending on weather.

Sunday, 3/1  Lunch On The Bottle Cap  B 7 B
P. Tilgner and S. Gordon  petertilgner@icloud.com or 201-871-3531 (c) 201-381-0592
Meet 9:30 AM at Lake Skannatati Parking off Seven Lakes Drive. Hike the Long Path to the Bottle Cap. Then on to the RD, Times Square, and the ASB out. Heavy snow, rain cancels. Please register for this hike. TC Harriman North map 119.

Thursday, 3/5  In the Woods  C 5 C
Debbie Bell  deb2@columbia.edu or 845-358-8386 (NCA 9 PM)
Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Saturday, 3/8  Daylight Savings Time Begins.

Thursday, 3/12  In The Woods  B 6/8 B
Paul Margiotta  pmjmm11@verizon.net (pref.) or 201-693-6705
Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7:00 PM on Wednesday. No beginners please.

Thursday, 3/12  Hessian Lake  C 3 C
Louise Parnell  parnelljt@optonline.net or 845-290-5287
Meet at 10 AM in the Bear Mt. parking lot for a walk around Hessian Lake. TC Harriman North map 119.

Saturday, 3/14  Lewis Morris Park  B 7 B
Jeff Sovelove  Hiker_Dood@yahoo.com
We will start at Sunrise Lake, then hike to the upper parking lot and back down to the lake using a combination of the Yellow and Red trails. The pace will be a moderate to slow one. See the Morris County Parks Commission web site www.morrisparks.org/asp/parks/lmdir.asp for directions. Bring water, lunch, hiking boots, and traction devices if necessary. Meet in parking lot at 10 AM. Inclement weather cancels. Joint ADK/Sierra Club hike.

Thursday, 3/19  Congers Lake Walk  C 3 C
Louise Parnell  parnelljt@optonline.net or 845-290-5287
Meet at 10 AM in the parking lot on Gilcrist Rd. off Route 303 in Congers. TC Hudson Palisades map 111.

Thursday, 3/19  High Tor In/Out  B 5 B
Fred Hodde  Bullwnkl1@aol.com or 973-728-3223(h)/973-722-7824(c)
This is a nice walk with views of the Hudson. Meet 9:30 AM in the parking lot at the intersection of the Long Path and Route 33 Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Registration by e-mail preferred. Foul weather will cancel. Call before 8:00 AM if weather is uncertain. TC Hudson Palisades map 112.

Saturday, 3/21  Doris Duke, Allis and the AT  B 5.5 B
P. Tilgner and S. Gordon  petertilgner@icloud.com or 201-871-3531 (c) 201-381-0592
Hike Sterling Forest’s newest trail, the Doris Duke, with lunch on Mombasha High Point. Meet 10 AM at the Doris Duke Trailhead Parking on Benjamin Meadow Rd. From Rt. 17 take 17A for about 3 mi. passing the Ski and Renaissance Festival area. Benjamin Meadow Rd. will be on your right with trail access parking 0.3 mi. on left. Please register for this hike. Deep snow or rain cancels. TC Sterling Forest map 100 (2013 edition).

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group.
HIKE SCHEDULE • WINTER 2015 • JANUARY • FEBRUARY • MARCH

Sunday, 3/22  Greenbrook Sanctuary Trails  B 5 C
Peter Reiner  psr7777@gmail.com 845-323-7697
Meet 9:30 AM at the entrance gate to the Greenbrook Sanctuary located off Route 9W, Tenafly, NJ. Hiking will be on a variety of trails with some great views of the Hudson River. Must contact hike leader to register and be admitted to the Sanctuary. TC Hudson Palisades map 108.

Thursday, 3/26  Rockland Lake Walk  C 3 C
Louise Parnell  parnelljt@optonline.net or 845-290-5287
Meet at 10 AM at parking lot # 1 off Route 9W in Congers for a walk. TC Hudson Palisades map 111.

Thursday, 3/26  In The Woods  C 5/6 B
Richard Sumner  RLS@RSUMNER.COM or 845-362-8470
Harriman or nearby parks. This will be a C pace and an easy route, no serious hills or rock scrambles. Call or e-mail for details the week of the hike. Details will also be posted on Facebook and the Yahoo group.

Last-minute changes in the hike schedule will be posted on Facebook and/or Yahoo. This is the place to look for cancellations, changes in meeting place or time and last-minute additions to the hike schedule. The easiest way to get there for the first time is from our website home page. Just click on the icon to go to those pages. Remember, you don’t have to join Yahoo or Facebook to see our pages.

Welcome New Members
Karen King – Boonton Township NJ
Aviva Sakolsky – Airmont NY
Lisa & David Miller – Woodmere NY (affiliate)
Thomas Bruno – Ocean NJ
Mary Ann & Roger Cucci – Montclair NJ
Diane Fortino – Ridgewood NJ
Frank Kamarer – New City NY
Jonathan Little – Dumont NJ
Justin Riemersma – Arlington VA
Jerry Somma – New Foundland NJ
Chris Watts – Lebanon NJ
Carrino Higgins – Ridgefield Park NJ (affiliate)
Dennis Glew – Bethlehem PA
Richard Kerber – Rivervale NJ
K&M McDonald – New York NY (affiliate)
Michael Slackman – Morristown NJ
James Streit – Tarrytown NY
Robert Tranter – North Bergen NJ
Rob Basso – Saddle River NJ
John Hefferman – Sunnyside NY
Walter Neumann – Mahwah NJ
Karl Berwer – Tappan NY
Joseph Bonner – Fort Lee NJ
Kim Boritza – Greenwood Lake NY
Anthony Colombo – Highland Lakes NJ
Kathleen & Stephen Duch – Pearl River NY
Paul Gordon – Washington Township NJ
Jeanette Grauer – Bedminster NJ
Francis Harvey – Voorhees NJ
Robert Huey – Yardley PA
Marata & David Maas – Ridgewood NJ
Jim McGill – Tuxedo Park NY
Laura Schreiber – Newton NJ
Mindy Rosenthal & John Stephens – Verona NJ
Mark Sullivan – Ramsey NJ

Welcome Back
Ana & Joseph Clemente – Hoboken NJ
Richard Silkes – Kinnelon NJ
Christine & Philip Mousin – Teaneck NJ
Andrew Dodsworth – Fair Lawn NJ
Barbara Hullings – East Hanover NJ
Richard Moore – Monroe NY

MANY THANKS, HIKE LEADERS …

…for sending me your hiker registration forms. It is so very important that we have them on file. Thank you, too, for returning unused Accident Forms and stamped envelopes. I see that they get back to Lou for re-cycling. Comments about your hikes are also appreciated.

Betty Heald, Sign-In Form Collection
201-967-2937
formcollection@hudsonhikers.
HIKER’S YOGA: Setu Bandhasana

By Deanna Felicetta, RYT-E

In winter, a bridge can be a valuable asset on a hike. A stream crossing with ice-covered rocks and ice cold water may make you rethink the route for your winter hike. A well-constructed bridge can put a smile on the face of a winter hiker. A bridge may be impressive to view and cross, but others work with the available materials and terrain to get the job done. I have always felt that Setu Bandhasana is this kind of bridge. It works with each Yogi’s body to get that working bridge built! So let’s get started.

Lie on your yoga mat with your back flat on the floor. Please DO take off your socks for proper grounding. It is important to take a few moments to relax and focus on allowing your back and spine to flatten onto the floor. Allow the back of your shoulders and upper arms to lie firmly on the floor. Your head and neck should be relaxed, and turning your head left to right should be gentle and easy. Now lie still and just breathe.

Next bend your knees upward and place your feet flat on the floor, as if you were planning to stand on them. Move your feet close to your buttocks. When you think they are as close as possible just make one more effort to get them that little bit closer and truly flat on the floor. Make sure that your knees are pointing right up and that you have not let them separate or “V” out. How far you come up may depend on your knees and be a work in progress, but do not “V” out.

You will now begin to stand on your feet, pressing down firmly as you raise your hips. Press down on your upper back, shoulders and upper arm, as you raise your torso and create a sloped and straight bridge. Keep it stable by working your buttock, stomach and leg muscles. (Remember NO “V” knees.) Notice how free and open your chest is, and allow your breath to be free-flowing and full on both the inhalation and exhalation. Press down gently again on your flat feet and shoulder/back area. This will expand your chest just that little bit more. Aaahhhhh! After a few breaths, begin to come down slowly, one vertebra at a time. When you are flat again, relax. It is always good to do a second bridge. Your breaths are usually fuller during the second posture. It is nice to finish this posture by gently hugging your knees to your chest for a few moments before you finally sit back up.

Enjoy all your winter bridges. Hope to see you at a snowy bridge crossing in 2015!

NAMESTE! Deanna

Good-bye and Good Luck

by Marilyn Siskind

Aaron Schoenberg and wife Kathy are moving to Arizona. A long time member of the Ramapo Chapter, Aaron held many positions on our board: Treasurer, Vice-Chair, and Chair. He also served as Hike Chair for many years.

In the early days of the Ramapo Chapter our schedule only ran from September to June. Aaron expanded it to include the summer months—and then proceeded to lead one hike a week.

Aaron organized and led over 20 trips to the White Mts., 6 sections on the Long Trail in Vermont, hikes on the AT and most recently hiking and exploring Acadia National Park.

Of course during the year Aaron led innumerable hikes. He inaugurated the memorial hike—the last Sunday in July in Harriman State Park.

Aaron—-we will miss you.

Dues Money

Please be aware that all dues money is handled at our Headquarters in Lake George NY. The address is 814 Goggins Road, Lake George NY 12845-4117. Dues can be paid either by mailing a check, calling 1-800-395-8080, OR on-line at www.ADK.org

PLEASE DO NOT SEND TO NORTH JERSEY RAMAPO CHAPTER
Running and Backpacking Vermont’s Long Trail

By Allen Grunthal

After a long day on the trail, I took off my heavy backpack and was finally relaxing while watching the sun set on Stratton Pond, the largest body of water on the Long Trail. The scene was sublime and wow I thought, it doesn’t get any better than this. Then I saw the full moon rise and light up the landscape. Wow I thought, it doesn’t get any better than this. Until of course the sun rose the next morning over Stratton Pond.

I recently retired from my life-long accounting gig. At the top of my bucket list was to backpack Vermont’s Long Trail. What is the Long Trail you ask? The Long Trail is our country’s oldest long distance hiking trail, stretching 273 miles over the entire length of the state of Vermont, going up and over 53 mountains from the Massachusetts border to the Canadian border. It runs along the main spine of the Green Mountains and is quite rugged, especially the section in northern Vermont.

My initial plan was to backpack the entire Long Trail. I had previously day-hiked many of the biggest peaks on the trail, and thought it would be a great experience to backpack it in one month-long push. My wife Diane kindly offered to support me, helping me to re-supply on a weekly basis and take a rest day when necessary at our ski club lodge. But I also love to trail run, and I thought this would be a unique opportunity to run one of our country’s great trails. So my revised plan was to run half the Long Trail, and backpack half the trail. I had never before backpacked more than a few days, nor run a trail more than 10 miles in a day in mild mountains in NJ. Could a dude pushing 60 run and backpack the whole Long Trail? I was about to find out.

I trained hard and was in good physical condition, so I decided to start the backpacking part of my Long Trail adventure at the Canadian border and head south. I had heard this northern section of the trail runs through-runs through the rugged northern region. Going from south to north will tune up your body for the more difficult day of exercise of my life was when I ran a 24-mile section of the trail up and down Mt Mansfield (VT’s biggest mountain) and Bolton Mtn, covering 8000’ ascent and 9000’ descent. I was so exhausted in the latter part of the run, I had to lean against trees occasionally to keep from falling down.

One of the great pleasures of my Long Trail adventure was to meet and share shelters with Long Trail and Appalachian Trail through-hikers, some going northbound and some going southbound. The AT coincides with the Long Trail from southern to central Vermont for 100 miles, at which time the AT hangs a right and heads toward New Hampshire while the Long Trail continues north to Canada. The male AT’ers were easy to spot – slim with beards and a long stride. Except for the guy who asked me to pass him as he was walking slowly. Why slowly? He was doing the entire AT barefoot. A bit surprising to me was the number of women AT’ers of all ages hiking alone. So the AT is not only a guy thing.

There were some memorable moments on the trail that I will not soon forget: A climb up the Stratton Mountain fire tower in perfect weather revealing a stunning 4-state (VT, NH, NY, MA) view. A night alone in a lean-to with a coyote howling just outside the entrance of the open shelter. A cold, wet day discovering ice in the trees on Camel’s Hump. This is summer? My wife and best man at my wedding joining me to climb Bromley Mountain. Lunch while sitting on a summit lift chair at the Mad River Glen ski area, only to see the ski lift start moving minutes after I got off the chair. My wife meeting me a few miles from the finish on my last day to hold hands and walk with me as I finished the Long Trail.

For those of you contemplating your own Long Trail adventure, I recommend you begin in early September. The crowds of the summer and the bugs will be gone, and the foliage on the trees will begin turning magnificent shades of red, orange and yellow. Going from south to north will tune up your body for the more rugged northern region.

And finally, I would like to thank my wonderful wife Diane, without whose emotional and logistical support my Long Trail adventure would not have been possible.
Sunset on Stratton Pond

Photo by Allen Grunthal