



chepontuc — "Hard place to cross", Iroquois reference to Glens Falls

Chepontuc Footnotes

THE NEWSLETTER OF THE GLENS FALLS-SARATOGA CHAPTER OF THE ADIRONDACK MOUNTAIN CLUB

GLENS FALLS-SARATOGA CHAPTER ADIRONDACK MOUNTAIN CLUB

Annual Dinner

Friday, October 24, 2008

The Queensbury Hotel, 88 Ridge St., Glens Falls, NY
Cash Bar 5:30 p.m. • Dinner 7:00 p.m.

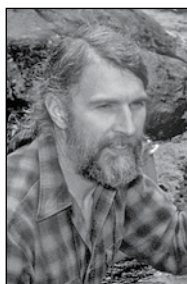
Registrations
must be received by
Friday, October 17

“I Am the Adirondacks”

Carl Heilman II will present his newest multi-media slide show

Please join fellow ADKers for a warm and friendly evening in the finest Adirondack tradition.

Back by popular demand: One of our most popular presenters ever (and a member of our own ADK Chapter) **Carl Heilman II** will present his newest multi-media presentation “**I Am the Adirondacks.**”



In Carl’s own words: “I Am the Adirondacks’ is a program that helps evoke a sense of being part of the natural world. For me, going into the wilderness is about leaving the everyday behind and being absorbed in the flow of the nature — simply ... going into the spectacular and finding wonder in the details ...”

Carl Heilman II is widely recognized as today’s finest Adirondack



photographer. He has photographed the Adirondacks for more than 30 years; working to meld his passion for wilderness into his landscape and panoramic photography. His award-winning work has been published in numerous national and regional publications. Please visit www.carlheilman.com for more information about Carl’s publications

and workshops.

The Queensbury Hotel offers fine food and hospitality and a warm, welcoming place to gather in the camaraderie of the Adirondack spirit. We welcome non-members and invite you to become an ADK member at the Dinner. Please reserve early to guarantee your place at the table!

Glens Falls-Saratoga Chapter ADK Annual Dinner 2008

Hors d'oeuvres: Cocktail Hour

International Cheese and Vegetable Crudités

Soups: Minestrone & Cream of Pumpkin with Cinnamon Croutons (self serve)



Soups (self serve) available until 8:00 p.m.

Salad: Field Greens with Gorgonzola Cheese, Dried Cranberries & Balsamic Vinaigrette

Entrees: Choice of One

Roasted Prime Rib of Beef with Natural Au Jus (\$38)

Grilled Chicken Breast with Cranberry Chutney (\$26)

Pan Seared Grouper Filet served with Mushroom, Tarragon & Tomato Cream Sauce (\$28)

Grilled Vegetable Brochettes with Lemon-Thyme Glaze over Rice Pilaf (Vegetarian) (\$23)

Garlic & Herb Mashed Potatoes

Green Beans Almandine (without nuts — please ask your server)



Chocolate Tuxedo Torte

Coffee, Tea, Decaf

1. All reservations MUST BE PREPAID and RECEIVED BY **FRIDAY, OCTOBER 17 (no exceptions)**
2. Sorry, phone reservations cannot be accepted — use mail in form below.
3. Please make checks payable to: **GLENS FALLS-SARATOGA CHAPTER ADK**
4. Mail reservation form (below) and check to:
JOHN SCHNEIDER, 6 NONCHALANT DR., SARATOGA SPRINGS, NY 12866
5. We do not mail confirmations back to you. Your meal ticket will be waiting for you at the registration table.
6. For more information contact **SUSAN HAMLIN** at adkdinner@gmail.com or go to **www.adk-gfs.org**
7. Please reserve early as space is limited. Sorry, we cannot accommodate telephone reservations or reservations received after October 17. Thank you for participation in the ADK community.
Directions to Queensbury Hotel: 792-1121; Online at www.queensburyhotel.com

Reservations/Directions

RESERVATION FORM

Your Contact Phone Number _____

For more information, contact Susan Hamlin at adkdinner@gmail.com or go to www.adk-gfs.org

DINNER SELECTION (PLEASE CHECK ONE)

NAME (please PRINT CLEARLY for your name tag)	Chicken \$26	Beef \$38	Fish \$28	Veggie \$23
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____

Checks payable to: **Glens Falls Saratoga Chapter ADK. Please enclose payment and mail to:
JOHN SCHNEIDER, 6 Nonchalant Dr., Saratoga Springs NY 12866**

Autumn in the Adirondacks

BY JEAN HOLCOMB

Fall is the very best time to hike in upstate New York. First of all the bugs, if not absent, at least are not swarming. Beyond that happy circumstance the air is crisp and clear and the leaves are doing their autumn magic. If you have always wanted to try exploring in the mountains, this is the time to do it. Not only does the chapter provide many interesting hikes, but the ADK Fall Outing is scheduled for September 19-21 at the Whiteface Mt.-Wilmington KOA. This is an excellent way to experience the High Peaks while meeting club members from all over New York and the surrounding states. For further information or to register contact Peter Gillespie at 518-891-2626 or petergil@roadrunner.com

While I cannot urge you enough to enjoy our wonderful State wilderness while it is at its best, I would like to make some suggestions that may help to make your fall hikes happier ones. There are some things to watch out for in fall which are not big factors earlier in the summer. First of all the most dangerous creatures in the forest are not black bears (almost never seen by day hikers), but tiny creatures known diversely as bees, wasps and hornets. A bee pollinating a flower is virtually no threat to a hiker but by late summer many wasps and hornets have made nests along the trail under rocks and logs. Disturbing these nests can result in very painful experiences for at least some members of your group. What usually happens is that someone steps on or too near a nest, passes safely by while the wasps surge out, attacking the next person in line. The best way to avoid this scenario is to be alert. Around a large nest you can usually hear the buzzing several feet away. Detour around the area if you

think there is a nest ahead. Often other victims will leave messages on the trail pointing out nest locations. Heed these messages. If you are unlucky enough to be in the path of angry hornets etc. drop your pack and outrun them. Waving your arms does no good and only makes things worse. Always carry some sort of "sting ease" with you and someone in the group should have the medication Benadryl, or another anti histamine, along to relieve swelling. Those who have sting allergies should be sure the group is aware of the condition and bring their own medication, making others aware of its location and use.

Fall is also the time when weeds are most prolific. Two plants in particular to avoid are poison ivy and stinging nettle, also an alien form of Parsley that lurks around parking lots and gets on skin which then burns when exposed to sunlight. Neither poison ivy nor stinging nettle has made it to the High Peaks but they are at least as far north as Saratoga and Glens Falls and stinging nettle is very prevalent in the Catskills. It is a good idea to stay on the trail at this time of year and if you do get into something unpleasant and a rash appears, contact your doctor as soon as possible after your return home. There are pills that can relieve poison ivy symptoms more quickly than simply applying calamine lotion. Stinging nettle is more of an annoyance than an emergency and usually the sting fades away after a few hours. Once stung you will immediately recognize the plant in the future and know to avoid it. It is a good idea to hike in light weight long pants at any time of the year. It puts an extra layer between you and

Please see **REPORT**, page 8

CHAPTER CHAIR Report

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Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
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Join us for Heart Lake Winter Weekend 2009

By John Schneider

The Chapter will hold its 2009 Winter Weekend at the Wiezel Trails Cabin at Heart Lake from Friday, February 6, to Monday, February 9, 2009.

From the cabin, we will be able to cross-country ski and snowshoe to many area High Peaks. This is a good opportunity for those of you working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await the snowshoe. A ski or snowshoe trip into Avalanche Lake and Lake Colden could also beckon. Indian Pass would be a nice trip. Perhaps sunrise or sunset from Mount Jo might be all you want to do. The Heart Lake property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Breakfasts and dinners are included in the price. The Wiezel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps

16 persons in four four-person bunk-rooms.

The rate for the weekend should be no more than \$110 per person, if we fill all 16 spaces.

If we do not get an appropriate number of attendees, we will need to cancel our reservations 60 days (November 5) before our arrival date. Do not wait until the last minute to make your reservations.

To reserve your spot, send your deposit of \$110 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, New York 12866. Call 518-584-8527 for more details.

Reservations are on a first-come first-served basis. If we fill all 16 spots, we will maintain a short waiting list. The past two years, some persons have dropped out and wait-listed persons have enjoyed their weekend with us.

Enjoy your summer, but think of the Chapter Winter Weekend 2009.

Save the date — Fall 2008 outing

Adirondack Mountain Club-Fall 2008 Outing, September 19-21, Wilmington, NY

Co-hosted by the Hurrican Mountain and North Woods Chapter, the 60th ADK Fall Outing headquarters will be at the Whiteface Mountain-Wilmington KOA Campground. Forty exciting high peaks, low peaks, paddles, climbs and even a fishing trip are scheduled. Also, a presentation on the Northern Forest Canoe Trail and a musical performance by Steve Langdon. Open to ADK members and guests. Registration booklets can be obtained by contacting Peter Gillespie, 518 891-2626 or petergil@roadrunner.com. All information will also be available via www.adktravel.org/fallouting.htm

Start the Fire Tower Challenge

Why not start the Fire Tower Challenge sponsored by your Glens Falls-Saratoga Chapter? This is a perfect time to hike some new trails and get a great view from on high! Visit www.adk-gfs.org for more information on the Fire Tower Challenge.

Conservation News

By Jacki Bave

ADK Files Lawsuit to Ban Floatplanes on Lows Lake — In June, ADK and several other environmental groups sued New York's Department of Environmental Conservation (DEC) to uphold provisions of its 2003 Unit Management Plan for the area that called for eliminating floatplane use by 2008. DEC has neglected to take action to phase out floatplane use as required by the UMP, and instead has recently proposed a permit system to allow continued floatplane use on Lows Lake for up to ten more years. Under this new proposal, floatplane operators would be able to store canoes for use by their clients on wilderness lands, and taxi to the wilderness shore to drop off and pick up clients at these storage sites.

More than three quarters of Lows Lake lies within the Five Ponds Wilderness Area, and the Adirondack State Land Master Plan's primary management goal for this area is to preserve its wild character as a canoe route, without motorboat or airplane use. ADK's lawsuit is intended to compel DEC to adhere to the laws established for the area, and pre-

vent commercial use of lands intended for wilderness pursuits. (For more information on this lawsuit, please see the article in the July/August 2008 issue of Adirondac, or check the Action Alert on the chapter and club websites.)

Master Plan for Saratoga Spa State Park — New York's Office of Parks, Recreation and Historical Preservation (OPRHP) has embarked on a master plan effort for all State Parks, and Saratoga Spa State Park is first on the list. In June, OPRHP held an informational meeting and invited the public to participate in developing the master plan by offering ideas and comments. Suggestions included requests for additional and improved bicycle and walking trails with connections to trails outside the park, restoring the historical Roosevelt and Lincoln bath houses for other uses, such as a visitor or interpretive center, and establishing a botanical garden on the grounds of the park.

When completed, the Master Plan will address natural resource stewardship, education and interpretation, revitalization of existing resources and connections with other local green spaces. A Draft Master Plan/Environmental Impact Statement will be issued in January 2009, and a formal public hearing will be held in February of 2009. It is anticipated that the final Master Plan will be completed in May of 2009. For chapter members with an interest in participating in February's public hearing, please check the chapter website next January for date and time.



Education Corner

It's still July as of this writing and there's not been time to hear back from our camp sponsorships or to report back on a Hike & Learn activity. Hopefully, I can update you in the next issue. We are, however, once again beginning our search for our Summer 2009 sponsorships to DEC's Camp Colby and Pack Forest and ADK's Teen Trails program. This past season we had over twenty candidates and were able to sponsor seven and pass along three more to a sister chapter and the Audubon Society to sponsor. I hope to see this trend continue. As usual, those candidates selected will have the \$250 cost of the program they attend paid for by our chapter. Those who qualify may apply to any of the following:

The Lake Colby Environmental Education Camp, for youth who are 12 to 14 years old, is located on the western shore of Lake Colby, just outside the Village of Saranac Lake. A week at Colby promises fun and adventure. Campers participate in a discovery group while at camp, completing six lessons ranging from group dynamics to field, forest, and pond explorations, to a study of human impact. Group members learn science, solve challenges, play games, keep a

journal, catch salamanders, net butterflies and discover the interconnectedness of life on earth. College-educated counselor staff guides all activities, encouraging participation and respect among group members while interpreting the natural world for campers. Additionally, campers choose from a variety of optional activities throughout the week that introduce them to outdoor pursuits and pastimes. Experiences include fishing, canoeing, archery, exploring a bog and overnight camping trips.

Pack Forest, located in the southern Adirondacks, offers programs in environmental studies. The camp is located in Warren County, about five miles north of Warrensburg, on 2,500 acres of woodlands. The property includes an 85-acre lake and countless miles of trails leading to mountain vistas, marshes and the banks of the Hudson River. Pack Forest offers youth 12 to 14 and 15 to 17 years old a chance to explore forestry, aquatic biology, wildlife management, field ecology and other environmental issues. Workshop attendees learn about professional forestry techniques, such as the use of Biltmore sticks and increment borers. The program emphasizes group dynamics and teamwork as essential to the environmental decision-making process. Staff encourages interaction, communication and cooperation as campers seek solutions to group challenge activities. Students also discover their individual strengths and abilities. As well as advanced outdoor workshops, campers participate in exhilarating out-of-

camp canoeing or backpacking trips in the beautiful Adirondacks. Optional activities during the workshop include fly fishing, hiking, swimming, shooting sports and orienteering.

The Teen Trails program, run by ADK, provides opportunities for high school students (aged 14 to 17) who are excited by the idea of spending up to five days camping and doing quality trail work. ADK will provide food, group camping gear, tools and experienced leadership. The focus of this program is on educating participants on the ways and means of trail maintenance. Participants learn how to properly install water devices such as water bars, how to harvest a tree using tools such as a crosscut saw and axe, and how to use boulders with a steel bar. Team work and shared responsibility are key elements of this program. Specific sites for the Summer 2009 program will be posted on our site as soon as available.

The above descriptions were taken from the DEC website where further information may be obtained.

Application forms for all of these sponsorships may be downloaded from www.adk-gfs.org. Send completed applications by January 7, 2009 to: Linda Ranado, 18 Pine Ridge Road. Hadley, NY 12835

If you have any questions, please call 518-696-7265 or e-mail lrnado@hotmail.com.

— Linda Ranado, Education Chair

New members

GF-S CHAPTER

The Glens Falls/Saratoga Chapter welcomes the following new members:

MAY 2008

- Alane Ball, Matt, Emma & Hope Chinian, Cambridge
- Kate Behrens, Saratoga Springs
- Heather Bickel, Ballston Spa
- Staci Billings, Hudson Falls
- Betsy, Gregg, Madison, Sophie & Duncan Bitner, Clifton Park
- John B. Cunningham, Waterbury, Connecticut
- Alexander & Kathleen Czerpak, Clifton Park
- David Delalla, Charlton
- Justine, Michael, Eric & Lucas Diaz, Oneonta
- Laura & Genna Ellis, Greenfield Center
- David, LaRena & Kolton Fitz-Gerald, Poutney, Vt.
- Owen Flavin, Corinth
- John, Roni, Jake & Giana Gaba, Mechanicville
- Robert & Jane Gomez, Ballston Spa

- Matthew & Rita Hoag, Hudson Falls
- Jake & Suzanne Huwe, Malta
- Jonathan Kilduff, Ballston Spa
- Fred & Doris Ludewig, Saratoga Springs
- Marge Maxwell, Greenwich
- Heidi Merrithew, Queensbury
- Jim Murphy, Gansevoort
- Raymond O'Connor, Saratoga Springs
- Paul Offenbacker, Mechanicville
- Jeffrey, Lisa, Connor & Cory Reale, Gansevoort
- Sue Rosenberg, Saratoga Springs
- Kristen Ross & Joanne Fritz, Clifton Park
- Chris Scioncalepove, Lake George
- Marianne Sinlapkin, Greenfield Center
- Tina Tsamoutales, Burtonville, Maryland
- Sandra VanPelt, Clifton Park

JUNE 2008

- Lori, Michael, Daniel & Grace Barber, Lake George

- Sarah Boggia, Chestertown
- Ann & Bob Bylancik, Clifton Park
- Danny & Nathan Dalton, Fort Edward
- Gregory, Lesley, Aislynn, Parker & Ethan Dixon, Hadley
- Geoffrey, Theresa & Cavan Farrell, Warrensburg
- Jim Finamore, Lake Luzerne
- David Gustafson, Clifton Park
- Daniel & Gloria Lewis, Ballston Spa
- Matthew Littrell, Queensbury
- John & Lorraine Lorenc, Burnt Hills
- Christina McMillan, Queensbury
- Richard, Amy, Rachel, John & Ben Molloy, Queensbury
- Horace & Helena Nevarez, Saratoga Springs
- Norah Oiley, Saratoga Springs
- James O'Keefe, Queensbury
- Nina Paul, Hadley
- Steven Spelter, Lake Luzerne



ADK Board meeting highlights

By John Schneider, Laura Fiske and Maureen Coutant for Barb Bave.

The Fall Outing is scheduled for September 19-21, 2008. Lots of activities are planned and brochures are available. This year's fall outing is being sponsored by the Hurricane and North Woods chapter. To keep up with the most current information visit the ADK website.

Robert Manning was nominated and approved as the new ADK Secretary. In addition to secretary duties Robert is helping build the relationship with EMS corporate leadership. Curt Miller added that ADK is working with the CEO of EMS. This allows ADK to build a relationship with the corporation rather than targeting a specific retail store.

Curt Miller, ADK President, reported that we are seeing solid growth in lodging and parking revenues offset by some weakness in dues and donations. He is optimistic on the budget for this year. The Mercury donation appeal is disappointing so far. He reported that a finalist was chosen for the Controller position and an offer will be extended within the week.

Neil Woodworth, Executive Director, reported on the great effort by the volunteers at the North Country properties. All their effort and hard work is paying off with increased revenues for the North Country. The dedicated volunteers save ADK thousands of dollars in contractor fees. Adirondack tourism is not being impacted by the economic slowdown. The campgrounds in that area are fully booked. Maria Tedesco has resigned and taken a position with the State DEC. She will be missed. Be sure to check out the ADK website. Paul Ertelt is doing a great job keeping it current and fresh. The Forest Preserve project is nearly complete. The Catskill portion is under final review and the Adirondack piece is about one month from completion. Neil gave an update on the Low's Lake Wilderness float plane lawsuit. He encouraged members to continue to write letters.

They can be sent to the Albany office.

John Million, Deputy Executive Director, reported that the Education staff vacancy has been filled and all the summer naturalist intern positions have also been filled. In May, ADK met with a delegation of Chinese land managers and discussed the relationship between ADK and New York State as well as leading them up Mount Jo. ADK also had a visit from a group of international graduate students that were interested in the public/private land model that is in use in the Adirondacks. A trail guide focusing on birding sites is pending. The alpine summit guide and the ADK calendar both won awards. ADK had a table at the ecovillage at the Dave Matthews concert at SPAC on June 20. Members of the Glens Falls/Saratoga Younger Members group staffed the table. In addition to our relationship with EMS and LL Bean, ADK is working with Dick's Sporting Goods.

Deb Zack, Membership and Development Director, reported that the recent direct mail campaign acquisition covered the cost of the mailing plus a little bit extra. She is concerned about retention of new members from direct mail campaigns. HQ assigns them to a chapter based on their geography, but needs help from the local chapters to get the new members involved so they renew their membership the following year. A few multi-year memberships have been purchased. The multi-year membership is available by calling HQ or through the website. It will be available with the next round of brochure printing. Deb reminded the chapters that she has mugs for giveaways/incentives for chapters that want to sponsor an open house or membership drive. Individual donations are most likely lagging due to the weakness in the economy. Planning is underway for the next Wilderness Affair. It is scheduled for November 1 at the Marriott on Wolf Road in Colonie. Contact Deb or Virginia Etu if you are interested in helping out.

Jeff Lacy, Treasurer, reported that financially through May we are slightly better than budget. Revenues are lower than budget, but expenses are also lower than budget. Some of the favorability in expenses is timing. Jeff distributed a letter discussing chapter financial reporting responsibilities and a standardized form to be used by the chapters going forward. Fifteen out of 27 chapters have not submitted their 2007 financial reports to HQ as of June 20. Jeff reiterated the importance of chapters complying with the financial reporting requirements. This was an issue cited by the outside auditors in the 2007 audit.

A discussion on peak re-naming was held in anticipation of a vote by the board in September to support the 46ers in their proposal to rename East Dix as Grace Peak and South Dix as Carson Peak. Chapters are urged to discuss locally so directors can participate in a vote at the September board meeting.

The Board approved a resolution of the ADK Conservation Committee to oppose a constitutional amendment to add 2,100 acres of land at Little Charley Pond to the Forest Preserve. In exchange, the State would relinquish claim to roughly 1,200 acres on the west shore of Raquette Lake. The conservation committee felt that this could result in substantial new vacation home development on Raquette Lake.

The Board reviewed committee reports. Some of the noteworthy items were:

- The Heart Lake Property committee reported that most structural improvements are complete and the focus now is on improving amenities for guests. This is paying off as revenues and reservations are both up. Green materials and energy efficient materials are used as much as possible in renovations. The bridge over Johns Brook has finally been replaced so there is no longer a need to take shortcuts across ADK property. Bob Grimm asked everyone to get the word out.



Chapter Officers announced for '09

Chapter members will be asked to vote at our annual meeting/dinner Friday, October 24, 2007, at the Queensbury Hotel on the following:

Chapter Officers announced for 2009
The chapter nominating committee has presented the slate of officers for 2009:

Chairperson	Heidi Karkoski
1st Vice Chair	Maureen Coutant
2nd Vice Chair	Trisha Lockwood
Secretary	John Caffry
Treasurer	John Schneider

Directors:

Laura Fiske — 2nd term (2009-2010)
Linda Ranado — 1st term (2009-2010)
John Schneider — 3rd term (2009-2010)

Special Thanks go to Maureen Coutant and the chapter Nominating Committee for preparing the slate of officers!

Nominee Biographies:

HEIDI TERIELE KARKOSKI

I am a life-long resident of Ticonderoga where I reside with my husband, Matt. I joined ADK to learn more about the Adirondacks and to participate in the outings offered by the club. I was introduced to winter hiking by trip leaders from our chapter and have enjoyed the adventures of becoming a 46er and a winter 46er. My other interests include running, aerobic dance, gardening, and spending time with my family. As Curator of Landscape at Fort Ticonderoga, I manage the King's Garden, a public garden offering tours and family programs for visitors. I appreciate all facets of ADK's work: sharing information and experiences, and protecting valuable recreational resources.

MAUREEN COUTANT

I have been a member of ADK for more than 15 years. During that time I have been very involved with the Chapter. In the 1990s, I served as the Chapter Chair after first learning the ropes in the Vice Chair positions. I've chaired the Nominating Committee a few times and also served as a Director for our Chapter on ADK's Board of

Directors. My husband and I have led many hikes in the past and more recently I've been leading walks while our daughter is in school. We also try to lead as many paddling trips as we can from spring through the fall. On the Club level, I have been on the committee for ADK's annual fundraiser and am the Chairperson for ADK's Lake George Property "headquarters" at Exit 21. I've stayed involved with ADK to support all the great things that the organization does locally and statewide. We educate the public and young people about preserving the outdoors and respecting nature, we maintain trails and provide hiking opportunities and we advocate for the Adirondacks and locally.

TRISHA LOCKWOOD

A relative newcomer to the ADK scene, I look forward to working with many of the experienced members of the club. I have been an ADK member for 2 years, am in the Young Members Group, and enjoy hiking, snowshoeing, and biking. Originally from Truxton (a small town in central NY), I now live in Kingsbury. I am also involved in the community as a mentor in the Big Brothers/Big Sisters program and serve on the Board of Directors for Washington County Cooperative Extension. I hope to be able to bring some fresh ideas to the club.

JOHN CAFFRY

I have been an ADK member since 1985. Since that time I have served ADK in many capacities, such as: Member of Chapter Executive Committee since 1987; former Chapter Publicity Committee Chair and Second Vice Chair; Chapter Secretary since 2006. Former member of ADK Board of Governors and Executive Committee; former chair of ADK Headquarters Committee; current member (since 1988), and former chair, of ADK Conservation Committee. I have participated in the Adopt a Lean-to program since 2003.

I am a native of Glens Falls, currently living there with my wife, Ellen, and two daughters. I am a member of the Caffry & Flower law firm in Glens Falls. Occasionally I can find time for hiking,

paddling and all varieties of skiing.

LAURA FISKE

I have been a member of ADK for more than 10 years. I started out as a participant and then moved into the Education committee chair for the chapter. After being the Education Committee chair for a few years I was elected to the Board of Directors in 2007. In addition to being a representative for the chapter on the Board of Directors I am a member of the Finance Committee for the main club. In that capacity I am involved in financial statement review and analysis and the preparation of the annual budget. I am an avid hiker and have recently become interested in bicycling.

LINDA RANADO

Several years ago I joined ADK, deciding it was time to "give back" after long reaping the benefits of its guide books, guided hikes, trail work and environmental advocacy. Shortly after, I joined the Education Committee, eventually becoming its chairperson. In this role I have annually recruited youth for chapter sponsorship to attend summer DEC and ADK programs. My committee started a Hike and Learn series where parents and youth share in learning about hiking skills and the environment while enjoying a hike together. I've conducted workshops at area schools to both teachers and students regarding hiking safety and "Leave No Trace" philosophy. I hope to continue to represent ADK and all it stands for.

JOHN SCHNEIDER

For more than twenty years I have served the chapter in many, if not all, capacities including: hike leader, executive committee member (seems like forever), newsletter editor, chapter representative on the ADK Board of Directors (currently representing our chapter). At the club level, I have been active on the Trails Committee and organizer of ADK's Adopt-A-Lean-To program in partnership with New York State Department of Environmental Conservation. I also organize our chapter's annual "winter camp" at Heart Lake.



The Hiker's CORNER

By Jack Whitney

Keep your drinks cold: A tip from GF/S Chapter member Russ Guard. To help guarantee that you have cool water for the entire summer day hike — the night before, freeze the first one-third of the beverage, then fill the remainder of the bottle with beverage just before leaving on the hike. For your second bottle- the night before freeze the first one-half of the liquid, then fill the remainder of the bottle with cold liquid just before leaving for the hike. Do not freeze carbonated beverages though, they could explode in the freezer. Happy Trails!

Get bear-proof storage containers

Have everything packed and ready before you leave home!

Backpackers' Cache

8.8" dia. X 12" long, weight 2.7 lbs.
Designed to slip into your backpack.

These bear-proof canisters are required in the Eastern High Peaks Zone and are important to use on any backcountry overnight adventure to any backpacking or canoe camping destination.

Rental Rates:

1-3 days \$5.00
4-7 days \$10.00

Call Jim Schneider 518-581-9367 to reserve your canister rental. Rentals are available exclusively to ADK Glens Falls-Saratoga Chapter members.

Wanted: New Program Chair!

Contact Jean Holcomb at: jchhiker@verizon.net or phone 583-0658.

Help spruce up ADK headquarters

Saturday, October 18
9:00 a.m. — approximately 2:00 pm

Join fellow ADKers and friends to spruce up ADK headquarters property off Exit 21 of the Northway.

During the fall, volunteers help ADK get ready for the big freeze. The lawn is raked, screens taken down, gutters cleaned, garden cleaned up, and other projects are done to maintain the property. It's fun to meet new people and take part in a community project. You don't have to bring anything other than work gloves — if you have them. Bring a friend along also to make it more fun! Scones, coffee and lunch (including Jim's famous workday cookies) will be provided!

"Many hands makes light work" — please check your calendar and see if you can spare the day or part of it!

Call Maureen Coutant for more information and to sign up at 745-7834 or e-mail: mojom@roadrunner.com (If you can come a different day to do a project, let us know)

Welcome new outings leader

ALISON DARBEE

After years of childhood vacations to the Adirondacks, I finally moved in 2003 from the flatlands of WNY to Lake George. The first few people that I met got me out on the local trails and took me up my first high peak. I was hooked.

My journey with the ADK began in the fall of 2006. Since then I've become an aspiring 46er and overall avid hiking fan. Winters find me doing all forms of skiing, snowshoeing, and shoveling! I'm fulfilling my dream of living inside the "blue line" and working as an elementary art teacher at Lake George Elementary. When indoors, my nose is usually buried in a variety of books or my hands are busy filling blank canvases.

I'm looking forward to a future of exploring more peaks and trails with my fellow outdoor enthusiasts!

REPORT *, From page 3*

thorns and poisonous plants.

Late September is a transition time in the High Peaks. A beautiful day at Heart Lake can be a bitterly cold, windy day on top of Marcy. (Actually this can happen any time of year but fall is when we are most likely to be fooled.) Always carry clothing layers and rain gear so you can enjoy every peak. Being cold makes the experience less enjoyable but the real hazard of late autumn is the thin coating of ice that can form overnight after a rainstorm, when temperatures dip below freezing. Steep ascents in the Giant wilderness and across the Great Range are very dangerous in icy conditions. If you are not prepared: go back! "Turn around, don't fall down."

Fortunately technology is helping us cope with icy situations. The newly developed "stabilizers" (a kind of cleat which is attached to your hiking boot with Velcro) can give good traction on

ice which is too thin for crampons to be effective. If you are not hiking with the mountain club you should have a minimum of three companions once conditions become icy. Don't think help is a cell phone call away. Assuming you can get a signal, which is rare once off the peak, it could be several cold miserable hours before help arrives. That is why 99 percent of the time hikers elect to hobble out with the help of their companions rather than depend on professional rescue. Remember that when choosing your companions!

Now that I have given you a lot to worry about let me finish by saying that I have been hiking in the High Peaks for nearly twenty years on a regular basis with very few problems. The vast majority of hikes are without incident. We swim in the ocean even though there are jelly fish and sharks in it so don't let a few wasps and nettles stop you from one of life's great experiences. Good hiking, I'll see you out there!



Outings and programs schedule

DIRECTIONS FOR OUTINGS, PROGRAMS & MEETINGS are on inside rear cover. OUTINGS DETAILS & CONTACT INFORMATION are found in the "Outings" section. Changes or additions made after publication can be seen on our web page: www.adk-gfs.org

Programs held at 7 p.m., on a THURSDAY of each month (except July and August) and alternate between the Glens Falls Presbyterian Church and the Saratoga Library.

Executive Committee Meetings held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Library. Future Meetings: September 3, October 1, November 5

Outings Committee Meetings held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Starbucks (Broadway). Future Meetings: September 24

September		Outing Type	Destination	Leader/Contact	Rating
1	Mon	Hike	Nippletop via Nippletop Slide	McLean	A+
2	Tues	Paddle	Leader's Choice	Coutant	B
3	Wed	Meeting	Executive Committee	Holcomb	
3	Wed	Paddle	Kids Paddle	Coutant	C+
6	Sat	Hike	Severance Hike/Gull Pond	Prouty	C+
7	Sun	Hike	Algonquin/Iroquois/Wright	Carpenter/ Darbee	A+
10	Wed	Walk/Hike	Leader's Choice	Coutant	C+
13	Sat	Hike	Valcour Island	Van Dorsten	B
13	Sat	Hike	Pharaoh Mountain	Morse	B+
13	Sat	Hike	**Full Mooner Hike** — Saratoga Battlefield	Genett/Caldwell	C
14	Sun	Hike	Lost Gorge (Bushwhack)	Bouder	A-
14	Sun	Paddle	Leader's Choice	Whitney	B
16	Tues	Paddle	Leader's Choice	Coutant	B
17	Wed	Walk/Hike	Leader's Choice	Coutant	C+
20-21	Sat-Sun	Camp/Hike	Loon Lake Mountain	Bouder/Crammond	A+
20	Sat	Hike	Pitchoff Mountain	MacKenzie	B+
20	Sat	Hike	*YMG* — Cliffs and Falls	Lane	B+
21	Sun	Hike	Gothics/Armstrong	Carpenter/ Darbee	A+
24	Wed	Walk/Hike	Leader's Choice	Coutant	C+
24	Wed	Meeting	Outing Leaders Meeting — Lake George ADK	Whitney	
27	Sat	Hike	Rock, Cascade and Stephens Ponds	Crammond	B
27	Sat	Sunset Hike	Big Crow	Whitney	C
28	Sun	Hike	Sawteeth	Bouder/Holcomb	A+
30	Tues	Paddle	Leader's Choice	Coutant	B
October					
1	Wed	Walk/Hike	Leader's Choice	Coutant	C+
1	Wed	Meeting	Executive Committee	Holcomb	
4	Sat	Hike	Camel's Hump	Aspholm	A+
5	Sun	Hike	More of Moreau	Schwarz	B+
5	Sun	Hike	Giant and Rocky Peak	Carpenter	A+
8	Wed	Walk/Hike	Leader's Choice	Coutant	C+
11	Sat	Hike	**Full Mooner Hike** — Saratoga Battlefield	Genett/Caldwell	C
11	Sat	Hike	Center, Clear, John Pond & Chimney Mountain	Crammond	B
12	Sun	Hike	MacNaughton Mountain, 47th High Peak	Bouder/Carpenter	A+
12	Sun	Hike	Bear Run and Cathedral Rock	Aspholm	B
14	Tues	Paddle	Leader's Choice	Coutant	B
15	Wed	Walk/Hike	Leader's Choice	Coutant	C+
18	Sat	Hike	Pharaoh Lake from Putnam Pond	Morris	B
18	Sat	Hike	Prospect Mountain	Holcomb	B
19	Sun	Hike	Hoffman Mountain 100 highest	Bouder/ Aspholm	A
19	Sun	Hike	Black Mountain Loop	Darbee	B
22	Wed	Walk/Hike	Leader's Choice	Coutant	C+
25	Sat	Hike	*Fire Tower* — Blue Mountain Lake	Prouty	B
26	Sun	Hike	Innman Pond	Darbee	B
28	Tues	Paddle	Leader's Choice	Coutant	B
29	Wed	Walk/Hike	Leader's Choice	Coutant	C+
November					
1	Sat	Hike	Cliff Mountain	McLean	A+
2	Sun	Hike	Avalanche Mountain 100 highest	Bouder	A
5	Wed	Walk/Hike	Leader's Choice	Coutant	C+
5	Wed	Meeting	Executive Committee	Holcomb	
9	Sun	Hike	Wyman Mountain	Bouder	A
12	Wed	Walk/Hike	Leader's Choice	Coutant	C+
15	Sat	Hike	Pharaoh Mountain	Morse	B+
16	Sun	Hike	Pilot Knob	Aspholm	B
19	Wed	Walk/Hike	Leader's Choice	Coutant	C+
26	Wed	Walk/Hike	Leader's Choice	Coutant	C+
27	Thurs	Thanksgiving	Saratoga Battlefield Turkey Trot #10 (Hike)	Crammond	C+



Outings

PLEASE NOTE: Designated hikes (family, new member, etc.) are geared for a special purpose, but are not exclusive. If you would like to attend any outing, please call the trip leader. Also, please be sure to refer to the outing instructions at the back of the newsletter to be prepared for the outing.

ONGOING

WEDNESDAY OUTINGS

Date: Wednesdays

Time: 9ish – ?

Rating: D to B depending on trip

Please join us for a walk or hike within an hour of Glens Falls.

Meeting time around 9 a.m. with various meeting places. Generally

done by noon. Call Maureen Coutant at 745-7834 or e-mail

mojom@roadrunner.com for specifics a few days before the trip.

September 10, 17, 24

October 1, 8, 15, 22, 29

November 5, 12, 19, 26

TUESDAY PM PADDLES

Leader's choice Tuesday afternoon or evening paddles. Call or e-mail

Maureen for details 745-7834 ormojom@roadrunner.com

September 2, 16, and 30

October 14 and 28

KIDS PADDLE

Wednesday September 3

NIPPLETOP VIA NIPPLETOP SLIDE

Monday, September 1

Time: 7 a.m. at Ausable Club

Rating: A+

Mike McLean 315-262-2564 ormpmclean@twcny.rr.com

We'll hike up the Ausable Road and head into Elk Pass, then go off trail and descend the other side of the pass along a rocky stream to arrive at the base of the slide. Up the extensive slide we go, negotiating a rather steep section at the beginning, and then easy going takes us almost all the way to the top. Will throw in Dail on way out as time and conditions dictate. Approximately 14 miles round trip.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, September 2

Time: 9-?

Rating: B

Maureen 745-7834 ormojom@roadrunner.com

See beginning of "Outings" section.

KIDS PADDLE

Wednesday, September 3

Time: 9-?

Rating: C+

Maureen 745-7834 ormojom@roadrunner.com

See beginning of "Outings" section.

SEVERANCE HILL AND GULL POND WITH OPTIONAL OVERLOOK

Saturday, September 6

Rating: C+

Time: 8:30 a.m.

Reg Prouty 747-9736 orreg46r4734@yahoo.com

We will meet at 8:30 a.m. at Panera Bread in Queensbury.

Severance Hill is a short, 1-mile, moderately easy climb to two overlooks of the Schroon Lake area. Gull Pond is a picturesque little pond on the east side of Schroon Lake with an optional overlook with views of the High Peaks. Total ascent is 700 ft. or 800 ft. with Gull overlook and total distance is 3 miles or 3.5 miles with optional overlook. Pace will be relaxed.

ALGONQUIN-IROQUOIS-WRIGHT

Sunday, September 7

Time: 6:00 a.m.

Rating: A+

Bill Carpenter 793-5506 orpcarp@verizon.net

Join us on this classic Adirondack hike. The views from all three of these summits are some of the best. We will start from the HPIC at Heart Lake. Hike Algonquin first, then over to Iroquois and retrace our steps and finish by climbing Wright. Rain will postpone.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, September 10

Time: 9-?

Rating: C+

Maureen 745-7834 ormojom@roadrunner.com

See beginning of "Outings" section.

VALCOUR ISLAND

Saturday, September 13

Time: 10:00 a.m. (meet at the Peru Boat Launch)

Rating: B

Neal Van Dorsten Nealvan@aol.com or 644-9453

This is truly a diverse and spectacular hike, consisting of unending vistas, cliffs, harbors, and differing terrain. From rocky overlooks to sandy beaches, to large meadows, and beautiful forests this hike has it all. We will go by boat from the Peru Boat Launch one mile to Valcour. Then we will do the Perimeter trail which is about 6 miles. There are many interior trails as an option. Leader will be camping for one or two nights and camping is an option for one or two nights, for all who wish to participate. Boat transport is available for those who do not have a canoe or boat. **Leader may bring dog.**



PHARAOH MOUNTAIN

Saturday, September 13

Time: 9:00 a.m. at the Crane Pond Trailhead

Rating: B+

Bill Morse 518-585-9153 or fishermanpike@yahoo.com

From Crane Pond this is a 5.8-mile hike with 1,470 of elevation gain. The top offers good views of Schroon Lake and the Pharaoh Wilderness area. Bring a lunch. **Leader may bring dog.**

FULL MOONER HIKE — SARATOGA BATTLEFIELD

Saturday, September 13

Time: Contact Leader

Rating: C

Aileen Genett 482-9101 or solice212@yahoo.com

Randy Caldwell 274-5737 or rth960@aol.com (please, no calls or e-mails after 9:00 p.m., Friday, September 12)

This is a multi-group, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 6-8 miles along the Tour Road to the Nielsen Farmhouse and some trails.

Dress appropriately in layers, walking shoes, gloves, w/h20 and flashlight, etc. A \$1 per person to pay for the night permit. For those who are interested, we can have a drink or snack afterward. In the event of rain or inclement weather, we will do an indoor activity like bowling/laser tag, etc. **REMINDER** — limited facilities (port-a-potty) on the tour road/trails since the visitor center is closed.

LOST GORGE ROCKHOP AND BUSHWACK

Sunday, September 14

Time: 7:30 a.m.

Rating: A-

Jayne Boudier 793-3770

Bob Aspholm 798-8599

The gorge is full of user friendly rocks, crystal pools, and waterfalls of all sizes. In the woods afterward is a large, smooth rock with great views. 7 miles (half trailless), 1,100 ft. ascent, at a moderate pace. North Boquet River, Dix Mountain Wilderness.

PADDLE — LEADER'S CHOICE

Sunday, September 14

Time: 6:30 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@roadrunner.com

A couple of possibilities would be Lake Henderson or the Cedar River Flow. Contact leader with any other suggestions you may have.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, September 16

Time: TBD

Rating: B

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, September 17

Time: 9-?

Rating: C+

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

LOON LAKE MOUNTAIN FIRE TOWER HIKE & CAMP

Sat.-Sun., September 20-21

Time: 11:00 a.m.

Rating: A+

Jayne Boudier 793-3770

Why wait for the state to cut a trail to the top, when we can bushwack there. And beat the crowds. We'll camp Saturday night and hike Sunday. 9 miles (3 trailless) and 3600 ft. ascent includes a side trip to Skiff Pond. Great views of the northern Adirondacks — the High Peaks, Lyon, Debar, and Azure Mountains. Camping at Buck Pond Public Campground, northeast of Paul Smiths.

PITCHOFF MOUNTAIN

Saturday September 20

Time: 8:00 a.m.

Rating: B+

Lorraine MacKenzie: 656-3645 or lorraine@safaritelecom.com

We will be traveling NE to SW on this 5.2 mile hike. Pitchoff contains five summits, four of which are bare and provide outstanding views. The fall colors should be emerging on the surrounding mountains. "Kodak moments" will be plentiful. Rain cancels. Call or e-mail leader for details and to sign up.

YMG — CLIFFS AND FALLS

Saturday, September 20

Time: 7:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratogahiker@infogorp.com

Have you been to Fish Hawk Cliffs? How about Indian Head? Or Rainbow Falls? Beaver Meadow Falls anyone? How about we visit all four, each an incredible destination by itself, but together should make for quite a memorable day. Approximately 10 miles round trip, comfortable pace, and just enough elevation gain to get your blood pumping. Rain will cancel.



Outings

GOTHICS/ARMSTRONG

Sunday, September 21

Time: 5:45 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

We will most likely leave from the Ausable Club, walk up the road to Lower Ausable Lake and then up to Gothics, down and up to Armstrong returning via the Beaver Meadow Falls/Gothics trail to the Lake Road. A fairly long day with lots of elevation gain but spectacular views if the weather cooperates. Thunderstorms will cancel.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, September 24

Time: 9-?

Rating: C+

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

ROCK, CASCADE AND STEPHENS POND — MARKED TRAIL HIKE, LAKE DURANT AREA

Saturday, September 27

Time: 8:30 a.m., Grand Union, North Creek Village

Rating: B

Rich Crammond 584-2380

This looks like around 6 miles of hiking. Little elevation change. Two lean-tos for break time. Hope for nice fall colors and a dry day.

BIG CROW (SUNSET HIKE)

Saturday, September 27

Time: 2:00 p.m.

Rating: C

Jack Whitney 793-9210 or jack1758@roadrunner.com

This will be a hike on which we hope to capture the sunset from Big Crow Mountain (around 6:45 p.m.). A variety of views including 28 of the major peaks can be seen from this summit. Round trip distance is 2.8 miles. An easy hike. Be sure to bring a headlamp or flashlight for the walk out, something to eat on the summit and a light jacket or sweater to put on after the sun goes down. Oh yes, don't forget the camera.

SAWTEETH

Sunday, September 28

Time: 6:30 a.m.

Rating: A+

Jean Holcomb 583-0658 or jchhiker@verizon.net

Jayne Boudier 793-3770

Back by popular demand! We will do the loop going up the scenic trail and coming down the Gothics trail. About 3,000 ft elevation gain and 13 miles, half on The Ausable Club road. This was a fantastic hike last three years. The scenic trail is stunning in fall. Just hope for a beautiful day. We will leave from Panera Bread parking lot, exit 19, Glens Falls. Number limited to 15 due to Ausable club and High peak rules.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, September 30

Time: TBD

Rating: B

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, October 1

Time: 9-?

Rating: C+

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

CAMEL'S HUMP (VT)

Saturday October 4

Time: 7:00 a.m.

Rating: A+

Bob Aspholm 798-8599 or pine4422@yahoo.com

A fall classic; Camel's Hump tops out at 4,083' — tied with Mt. Ellen as Vermont's third highest peak. Starting from Huntington Center we'll climb up the Forest City trail to the Long Trail. We'll stop in at Montclair Glen Lodge and then head forth on the Long Trail to the summit. The views on the ascent and from the summit are fantastic; return via the Burrows trail. Round trip: 7 miles, ascent 2,683'. We'll stop in Bristol for supper on the return.

MORE OF MOREAU

Sunday, October 5

Time: 8:00 a.m.

Rating: B+

Bill Schwarz 307-6091 or bschwarz@nycap.rr.com

We'll traverse both ridges of the new western section in Moreau Lake State Park for numerous views of the lake, as well as the Hudson River and Spier Falls Dam. There will be plenty of elevation changes. This is an eight-to-ten-mile hike, so bring lunch, water, and a sense of adventure. We may start at the top of Spier Falls Road, where parking is limited, so trip size is restricted. Expect to carpool. Rain will cancel.

GIANT & ROCKY PEAK RIDGE

Sunday, October 5

Time: 6:00 a.m.

Rating: A+

Contact:

Bill Carpenter 793-5506 or pcarp@verizon.net (Please include phone number)

Allison Darbee 668-4027 or darbear@gmail.com

Giant is #12 and Rocky Peak is #20 of the 46 High Peaks. Giant is a wonderful mountain and a favorite hike. The views, looking at most of the High Peaks, are perhaps second only to Marcy. Thunderstorms will cancel.



WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, October 8

Time: 9-?

Rating: C+

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

FINAL FULL MOONER HIKE — 2008 SARATOGA BATTLEFIELD W/ SPECIAL GUEST HIKER/BIKER, DON BERENS

Saturday, October 11

Time/Rating: Contact Leader

Aileen Genett 482-9101 or solice212@yahoo.com

Randy Caldwell 274-5737 or rth960@aol.com

This is a multi-group outing, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 4 miles along the Tour Road to the Nielsen Farmhouse and back. Dress appropriately in layers, walking shoes, gloves, w/h20 and flashlight, etc.

CENTER, CLEAR, JOHN PONDS & CHIMNEY MOUNTAIN

Saturday, October 11

Time: 9:00 a.m., North Creed Grand Union Parking Lot

Rating: B

Rich Crammond 584-2380

Our goal will be to hike to all these areas in one day — around 9 miles total distance. Some auto driving between trailheads will be necessary. The fall colors will be nice this time of year.

MACNAUGHTON

Sunday, October 12

Time: 6:00 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

Jayne Boudier 793-3770

We'll bushwack up beautiful McNaughton brook, where the blowdown doesn't have 10 years of new growth pushing through it. Approximately 15 miles, 10 of it on an interesting trail, and the rest, not. 2,200 ft. ascent, at as moderate a pace as possible. From the Upper Works.

BEAR RUN/CATHEDRAL ROCKS

Sunday, October 12

Time: 7:00 a.m.

Rating: B

Bob Aspholm 798-8599 or pine4422@yahoo.com

Located in the Ausable Valley, this hike takes in some unique features and is short enough for a slow pace ... to take pictures, maybe a gourmet lunch and generally a great time. Bear Run is the destination and a steep little climb but a great view. Total distance: 5 miles and about 1,000' climb.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, October 14

Time: TBD

Rating: B

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, October 15

Time: 9-?

Rating: C+

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

PHARAOH LAKE FROM PUTNAM POND

Saturday, October 18

Time: 8:00 a.m. at Putnam Pond Trailhead

Rating: B

Bill Morse 518-585-9153 or fishermanpike@yahoo.com

This is a 10-11-mile hike that after Grizzle Ocean is a trail that does not get used very often. It is a 150-foot elevation drop from Putnam Pond to Pharaoh Lake. Bring lunch to eat at Pharaoh Lake. **Leader may bring his dog.**

PROSPECT MOUNTAIN (BACK WAY)

Saturday, October 18

Time: 9:00 a.m., ADK Headquarters off Exit 21.

Rating: B

Jean Holcomb 583-0658 or jchhiker@verizon.net

I am hoping to lead a hike in the newly acquired Berry Pond property but if I don't get that scouted and find a good approach will do the back side of Prospect Mountain instead. About five or six miles round trip with maybe 1,000 ft elevation on an unmarked mostly dirt road with some bushwhacking. If we do the Berry Pond property could be flat to a pond on snowmobile trails with potential for some hill exploration. Pace moderate.

HOFFMAN MOUNTAIN 100 HIGHEST

Sunday, October 19

Time: 5:00 a.m.

Rating: A

Jayne Boudier 793-3770

Bob Aspholm 798-8599

(This is the 3,700 ft. peak NW of Schroon Lake). From Big Pond, we'll start north up a nice hardwooded ridge (with views east) toward Hoffman's thick, spruce, viewless summit. But 5 minutes north of there is a neat peek at Elk Lake, and north. Total of 11 miles (8 trailless), 24,00 ft. ascent, moderate pace, with time to stop.



Outings

BLACK MOUNTAIN LOOP

Sunday, October 19

Time: 7:30 a.m.

Rating: B

Alison Darbee 668-4027 or darbear@gmail.com

We will be following the trail as described in "Day Hikes for all Seasons." The top provides excellent views of Lake George, Lake Champlain and beyond. Note: hunting season is starting about this time so some blaze orange articles of clothing would be a wise thing! Round trip distance 6.7 miles.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, October 22

Time: 9-?

Rating: C+

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

FIRE TOWER — BLUE MOUNTAIN LAKE FIRE TOWER

Saturday, October 25

Time: 8:00 a.m.

Rating: B

Reg Prouty 518-747-9736 or reg46r4734@yahoo.com

The popular mountain's fire tower near Blue Mountain Lake allows a 360-degree view of a vast section of the Adirondacks. The grade is moderate with some steep sections resulting in a total ascent of 1,550 ft. Round trip distance is 4 miles. Pace will be relaxed to moderate.

INNMAN POND

Sunday, October 26

Time: 8:30

Rating: B

Alison Darbee 668-4027 or darbear@gmail.com

Starting from the Buck Mountain trail head on the Pilot Knob side we will follow a gradual uphill climb through deciduous forest, along the way we will cross a few small streams and have lunch near Inman Pond. Hunting season will be in session so it would be a smart idea to wear some articles of blaze orange for this hike! Round trip approximately 8.5 miles at a moderate to relaxed pace.

TUESDAY PM PADDLES — LEADER'S CHOICE

Tuesday, October 28

Time: TBD

Rating: B

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, October 29

Time: 9-?

Rating: C+

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

CLIFF MOUNTAIN

Saturday, November 1

Time: 7a.m. at trail head

Rating: A+

Mike McLean 315-262-2564 or mpmclean@twcny.rr.com

We will leave the Upper Works Parking Lot at 7 a.m. and make our way up to Flowed Lands and then along the Opalescent to the start of the herd path just behind Uphill Brook Lean-to. A well-defined herd path will take us up a few steep sections to the top, where wonderful views can be had. Around 10 miles round trip. A leisurely pace.

AVALANCHE MOUNTAIN BUSHWACK

Sunday, November 2

Time: 7:00 a.m.

Rating: A

Jayne Boudier 793-3770

This is #63 of the Adirondack 100 highest, and is supposed to have some views. Ten miles (3 trailless, thick, and steep); 1,600 ft. ascent, and moderate pace. From Adirondack Loj.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, November 5

Time: 9-?

Rating: C+

Maureen 745-7834 or mojim@roadrunner.com

See beginning of "Outings" section.

Join the Club!

When you join the ADK, you can choose to "affiliate" with the Glens Falls-Saratoga Chapter. The Glens Falls-Saratoga Chapter has a membership of more than 2,800, making it the second largest ADK chapter — and it's growing fast! Most members reside in either Saratoga, Warren or Washington

Counties of New York State. As a chapter member, you will also receive the bi-monthly *Chepontuc Footnotes* newsletter.

The club offers something for everyone. Activities include hiking, canoeing, cross-country skiing, social events, interesting programs, etc. You do not have to be an athlete or drive long distances to enjoy many of our outings. Hikes range from short, easy walks to more challenging climbs in the High Peaks. Many activities are local — not all require a long drive.

To join, go to www.adk-gfs.org and click on "Join the Club."



WYMAN MOUNTAIN BUSHWACK

Sunday, November 9

Time: 6:00 a.m.

Rating: A

Jayne Boudier 793-3770

This unfamiliar 3,300 ft. peak has great views of the Dix Mountain Wilderness. Ten-mile loop (5 trailless) includes waterfalls, the wild Wyman/Bear mountain pass, scenic overlooks, and an interesting boulder-field. 2,500 ft. ascent, at a moderate pace.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, November 12

Time: 9-?

Rating: C+

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

PHARAOH MOUNTAIN FROM BRANT LAKE

Saturday, November 15

Time: 8:00 a.m. at Mill Brook Trailhead

Rating: B+

Bill Morse 518-585-9153 or fishermanpike@yahoo.com

This is a 10-mile hike starting on the Mill Brook trail in Brant Lake (Horicon). At Pharaoh Lake we take the trail to the summit of Pharaoh Mountain. Overall this is a 1,500-foot elevation gain. Pharaoh Mountain offers excellent views of the surrounding wilderness area, Schroon Lake and the High Peaks region. Bring lunch. **Leader may bring dog.** Be prepared for early winter weather on Pharaoh Mountain.

PILOT KNOB/PLANE WRECK

Sunday November 16

Time: 7.00

Rating: B

Bob Aspholm 798-8599 or pine4422@yahoo.com

We'll start this outing from the Buck Mountain trailhead and scramble up the informal route to the ridgeline of Pilot Knob. Pausing for a break and savoring views, we'll follow the ridgeline to the summit and more views; from the summit we'll drop down on the lakeside and find and explore the 1969 plane wreck. Return via the same route. About 5 miles total and about 1,600' climb.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, November 19

Time: 9-?

Rating: C+

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

WEDNESDAY MORNING WALK — LEADER'S CHOICE

Wednesday, November 26

Time: 9-?

Rating: C+

Maureen 745-7834 or mojom@roadrunner.com

See beginning of "Outings" section.

SARATOGA BATTLEFIELD THANKSGIVING DAY TURKEY TROT #10

Thursday, November 27

Time: 8:00 a.m., Visitors Parking Lot, Saratoga Battlefield, off Route 32N

Rating: C+

Rich Crammond 584-2380

Let's work up that old holiday hunger again this year. Wildlife viewing along the way. Distance is around 5 miles. Bring your binoculars. Dress for the weather. I hope for many participants for this special annual 10th year outing. Happy Thanksgiving!

Congratulations!

Outing Leaders Bill Carpenter and Lorraine MacKenzie completed the 46 High Peaks! Bill with Haystack on July 5 and Lorraine MacKenzie on Whiteface on July 27. WAY TO GO!!!

Receive Chepontuc via e-mail

The Opt-out feature is live! If you want to receive *Chepontuc Footnotes* via e-mail rather than postal mail visit our website at www.ADK-GFS.org.



Tuesday evening paddles: Hudson River, May 27, Maureen Coutant, 13 participants

- It was another big turnout on a very blustery day. We rode the waves that the wind blew up from SGF until the river bent. Then we paddled past Haviland's Cove to the beginning of the Feeder Canal. Dreading the trip back against the wind, most of us headed out of the Hudson and into the Feeder Canal to get back across the river from where we started. Thanks to the group that fought the wind and returned to the cars. They then shuttled the drivers from our group back to the cars. Afterward, many from the group warmed up with a bite to eat and something to drink at Jake's. Participants: Joanne Armstrong, Maureen Coutant, Licia & Steve Mackey, Joy Muller McCoola, Jacob McCoola, George Sammons, Alison Saville, Fred & Sandy Songoylo, Marti Tucker, Vicky Warren, Brooke Witham.

Vermont Secret Orchid Photo Hike, June 1, Jean Holcomb and Jack Whitney, 6 participants

- Under rain threatening skies the group headed to Vermont to seek out a secret location for the purpose of viewing and photographing some beautiful flowers, especially orchids. Bird watching and multiple little red efts were an added attraction. Wild turkeys and partridges were seen along the way, and once on the trail, the flowers did not disappoint us — Jack-in-the-pulpits, many ferns, yellow lady's slipper orchids, Canada violets, wild ginger, baneberry, false Solomon's Seal, Herb Robert's and pink alpine azalea were all to be enjoyed on this fine nature walk. Participants: Terry Peek, Pat Desbiens, Ray Bouchard, Ely Fuller, Jean Holcomb, Jack Whitney.

Beaver Meadows Falls/Rainbow Falls, June 8, Pat Desbiens/Jack Whitney, 9 participants

- Mother Nature did not disappoint us! What better way to spend a very hot (high 80's) humid day than taking advantage of Mother Nature's natural air conditioning at two of the most beautiful waterfalls in the Adirondacks — Beaver Meadow Falls and Rainbow Falls. Both falls, probably due to the late runoff of water at the higher elevations, had large amounts of water falling over them creating a mist and cool air — perfect lunch stops and photo opportunities. A nice leisurely walk out via the Lake Road with one quick stop to wiggle our toes in a brook (a refreshing moment) and plenty of opportunity for good conversation and we arrived back at our cars. All decided that pie and ice cream at the Noonmark was a good way to end the day. Participants: Beth Johanson, Kristin Ross, Margie Litwin, Cathy Corrigan, Mary Ann Moran, Elizabeth Craven, Suzanne Doucette (a new member), Jack Whitney, Pat Desbiens.

Wednesday Morning Walk, South Glens Falls walkway, June 11, Maureen Coutant, 7 participants

- This is one of our favorite little walks in the Glens Falls area. It's actually a South Glens Falls gem. A nice walkway along the Hudson. We continued on up to the more wooded section to the gazebo before returning. Most of us then took the short walk to check out the Cooper's Cave observation area. Participants: Fran Balch, Mace Comora, Maureen Coutant, Marsha Fagan, Regina Gallucci, Bill Schwarz.

Evening Paddle — Hudson River to Hadley, June 12, Maureen Coutant, 10 participants

- This was a new section of the Hudson for the group to paddle. We put in at the very nice boat launch just on the other side of West Mountain and paddled up to Hadley. It was a beautiful evening without too much motor boat traffic (before school was out and vacations really began). Participants: Cathy Corrigan, Maureen Coutant, Charlie and Linda Czech, Licia Mackey, Andrew Paolano, Alison Saville, Don Thorn, Amy and John Zanghi.

Marcy, June 15, Pat Desbiens/Jack Whitney, 25 participants

- We had such a large number of hikers who wanted to come on this hike that the leaders decided to have a split hike rather than refuse anyone; we started at different times and stayed separated until the normal turn of events took place where individual paces naturally separated the groups. After a short break and snack at Indian Falls, we once again undertook the long trek to the summit. We all managed to be together on the summit for a bit and to our surprise (since it was a gorgeous day) we were just about the only ones on the summit along with the summit steward. Since this was Father's Day, Alison and Andrew brought along their dads. A great day to be in the woods with the rewards of spectacular views from the summit. The only "downer" was those pesky black flies on the trail. Participants: Charles Czech, Kim Ciraulo, Joe Spain, Melissa Ross, Margie Litwin, David Lucarelli, Ann Mundy, John Whitney, Walter Bassarab, Carolyn Cyr, Scot Jacoby, Tom Amisson, Alison Darbee, Al Darbee, Tricia Lockwood, Kendra Pratt, David Pratt, Linda Veraska, Frank Coppt, Ray Boucher, Gary Rodd, Andrew Rodd, Stephen Hiter, Pat Desbiens, Jack Whitney.

Wednesday Morning Walk, Feeder Canal/Glens Falls, June 18, Maureen Coutant, 7 participants

- We started at the beginning of the trail and walked to the Route 9 bridge. From there we took a little tour through the city of Glens Falls to check on all the renovation projects. Glens Falls is looking good. The buildings' canopies even acted as umbrellas during a short rain. Participants: Mace Comora, Maureen Coutant, Barbara and Randy Glenn, Bob Powell, George and Irene Sammons.

Redfield, June 21, Bill Carpenter, 13 participants

- This hike got off to a slow start due to technical difficulties. We had a few rain showers but the skies finally cleared and had a great finish to the mountain. Congratulations to all participants on gaining another High Peak. Return was via Avalanche Pass for the benefit for those on the trip who had never been through there — what a Kodak moment. Participants: Emil Klymkow, Erick Klymkow, Alison Darbee, George Daranuskes, Jane Stine, Ann Mundy, Charlie Czech, Sandy Yellen, Lorraine MacKenzie, Carolyn Cyr, Shawn Neese, Walter Bassarab, Bill Carpenter.

Moreau Lake State Park-Spier Falls Overlook, June 21, Reg Prouty, 7 participants

- We combined the Cottage Hill Trail, Western Ridge Trail and Mud Pond Cutoff trails to make a clockwise ascent to the Western Ridge Trail with more gradual climbing. The weather was great so we had



good views of the Spier Falls Dam and Spruce and Hadley Mountains to the West and North respectively. A varied group provided a truly enjoyable day. Participants: Reg Prouty, Mark Lamey, Cassandra Cherry, Linda Zila, Bob McDermott, Heidi Merrithew, Pam Fetch.

Evening Paddle, Glen Lake, June 25, Maureen Coutant, 14 participants

- We had another big turnout for another favorite local paddle. This time we paddled around the main lake and saw the osprey nest which was active again this year. We had a nice leisurely pace and received many comments from other boaters about our flotilla or was it an armada? Later many of us had a bite to eat lakeside at the Docksider. Participants: Joanne Armstrong, Cathy Corrigan, Maureen Coutant, Charlie and Linda Czech, Beth and Steve Gurzler, George Sammons, Fred and Sandra Songaylo, Jan Stephens, Bonnie Whitman (later joined by Jim Swart then Charlotte Smith).

Dippikill, June 29, Allen Altman, 9 participants

- Despite the threatening weather which had canceled many other outings that weekend, the very compatible group (two people even shared the same birthday) decided to carry on. It turned out to be a perfect day. Near the summit of Dippikill Mountain we encountered the earliest edible blueberries that anybody could remember in great abundance. Most took a refreshing swim at Dippikill Pond to end the outing. Wild edible strawberries, giant black frogs, fish, a new beaver lodge and lots of water salamanders were seen at the surprisingly clear pond. Great views, newts, toads, chipmunks, one snake and many different mushrooms were seen on the trail. Even the bugs cooperated. In the 35 years the trip leader has been coming to Dippikill, it was the best bug year yet. Participants: Allen Altman, Catherine Altman, Yvonne DeMarino, Licia Mackey, Steve Mackey, Heidi Merithew, Bob Pendergast, Kathy Quoi, and Allen Turula (who was present on the first two Dippikill Hikes and joined us at the meeting place to reminisce).

Skylight, Gray and Marcy, June 29, Bill Carpenter, 8 participants

- Going up the Northway we pulled over at a rest stop due to heavy rain. You never know how the weather is going to be on the High Peaks so decided to go on to the trailhead. The weather cleared, turned out to be a great day and a wonderful hike — only planned to do Skyline and Gray but managed to return via Marcy for a three High Peak day. Participants: Jim Lofthouse, Jim Dickson, Colin Bruckhurst, Jane Stine, Jim Stine, Sandy Yellen, Alison Darbee, Bill Carpenter.

Wednesday Morning Walk, Lake George Rec Trails, July 2, Maureen Coutant, 5 participants

- This was our last walk of the season. We hiked along the Rec trails and started up the trail to Prospect Mountain we think before turning around. We scared up a few garter snakes and toads and of course some mosquitos, but it was a nice walk and we were thankful George had bug spray with him. Afterward, we looked and finally found a geocache hidden in the area. I'm still a beginner using my GPS, but maybe soon I'll have a few "geocache" trips on the schedule. Participants: Mace Comora, Maureen Coutant, Kathy

McMahon, George Sammons, Bill Schwarz.

Haystack, July 5, Bill Carpenter, 10 participants

- Being a hike leader has great rewards. This day was no exception. Congratulations to all those who made a High Peak after a long day. We were rewarded with spectacular views from the summit and good weather to enjoy our lunch. This was a special day for me as this was my final climb for my Adirondack 46 and I thank all the participants on this hike as well as all the others who have helped along the way to make this a special day. A special thanks to Jack Whitney and Pat Desbiens for all their help and inspiration and to my wife, Pat ("Good Old What's Her Name"), for her many long days when I was on the mountains. Participants: Marianne Comfort, Dan Monroe, Mark Janey, Alison Darbee, Jack Whitney, Jim Stine, Jane Stine, Sandy Yellen, Ray Boucher, Bill Carpenter.

Indian Pass/Ice Cave, July 6, Bob Aspholm, 8 participants

- It was a warm but not-too-muggy day; we made it up to the pass in good time. Savoring the views from summit rock we then headed down to the rocky caves area and found one with some remaining ice. Some of us did some rock scrambling and got up on another summit rock with equally great views. Participants: Bob Aspholm, Jayne Boudier, Cathy Corrigan, Ely Fuller, Jean Holcomb, Jackie Keren, Madeline Kowalik-Bova, Kathy Quoi.

Tuesday Evening Kayak, Spier Falls Hudson River, July 8, Maureen Coutant, 6 participants

- Spier Falls area was at the northern edge of a storm that passed through the area about an hour before we met. So this kept most of the group away but the weather cleared and it left a steamy river. It was really beautiful with the sun coming out through the mist. The river level was higher than usual and there were a ton of large snails floating on the surface, plus other debris washed into the river from the shoreline. The water was very calm though and we got to explore into the bays a bit farther than normal due to the high water. We also got out of our kayaks and walked along the path to the dam overlook. Very cool and to think I'd never done this in all the trips we've made on this section of the Hudson! Participants: Jim and Maureen Coutant, Elizabeth and Scott Kraeger, Nancy Rozelle and George Sammons.

Tirrell Pond, July 12, Rich Crammond, 3 participants

- This was a fine day for hiking. Some bugs were out and it was a little hot but okay for us. Tirrell Pond was a nice body of water with views of Tirrell Mountain slides on one side. We met a 70-year-old man hiking in and out of Tirrell Pond. I hope all us ADKers can still be out there in the great Adirondacks like him at age 70! Reg Prouty is just as rugged as ever on the trail, glad to spend some time with him. Another great outing in the Adirondacks. Participants: Reg Prouty, Lucy Crammond, Rich Crammond.



Mount Marshall, July 19, Jack Whitney and Lorraine MacKenzie, 15 participants

- It was hazy, hot and humid on this day. Rain threatened but never materialized. Starting from Upper Works we hiked up the Calamity Brook Trail to Flowed Lands. Taking a very quick break we enjoyed the scenery at Flowed Lands before heading up the Herbert Brook herd path. A slow, steady pace got us to the summit where Jim showed us the views from the back side of Marshall. We then headed down. A special thanks to Theresa who stopped Jack's sliding fall in Herbert Brook. Everyone enjoyed a brief swim or soaking of feet in the refreshing water by the suspension bridge before the final mile to the vehicles. Participants: Theresa Blanchard, Colin Bockhurst, Stephanie Grandons, Jack Best, Aaron Courude, Sandy Yellen, Jane Stine, Jim Stine, Shirley LaPlante, Paul Klippel, Lorraine MacKenzie, Walter Bassarab, Marsha LaPointe, John Bean, Jack Whitney.

Blue Ledge on the Hudson, July 19, Jonathan Lane, 6 participants

- This was a short, easy hike back to a natural sandy beach on the Hudson, which we had all to ourselves for quite a while. We enjoyed some lunch, relaxed, and watched various types of rafts, including a pirate raft, make their way down the river. One of the rafting guides even pointed out the "strange creatures on the shore." Even though we got rained on for a few minutes on the hike out, we had a great day! Participants: Tim Clark, Chris Grossman, Heleen Isen, Madeline Kowalik-Bova, Jonathan Lane, Jason Lasky.

Montcalm Point, July 19, Neal VanDorsten, 10 participants

- This was a one-way hike with swimming and a boat pick-up at the end. After cautioning everyone that there was a strong possibility that a rattlesnake would be spotted at this time of the year in this area, all the skeptics in the group became believers after spotting four "rattlers" along the way. A combination of very warm weather and a little bit of nervousness about the presence of the rattlesnakes, it was a welcome relief to jump in the very refreshing waters of Lake George and enjoy a swim. We jumped some cliffs on the way back and everyone was pleased with this extraordinary and somewhat adventurous trip. Participants: Patti Schwankert, Steve Mackey, Licia Mackey, Karla Guereri, Mark Janey, Yvonne DeMarino, Heidi Mervithew, Kathy Quoi, Cathy Corrigan, Neal VanDorsten.

Thomas Mountain, July 20, Pat Desbiens, 4 participants

- I really tried to get a hike in! This was originally scheduled for Cook Mountain but upon arrival at the Panera parking lot, I was greeted by Bill Carpenter and his group who had started out to do Giant/Rocky Peak Ridge and were turned back by torrential rains and a phone call from Bill Morse in Ticonderoga who was supposed to co-lead this hike with me (since I'm currently supposed to be on the disabled list due to a knee problem) telling me that it had been raining torrentially

in Ticonderoga since 6 a.m. with no sign of it letting up, Bill and I talked it over and decided we would give Thomas Mountain a try since it still appeared to be dry in that area. So, Bill and I and the two new hikers to the chapter that had signed up for the hike, took off for Thomas. We got about 3/4 of a mile up the trail before we started getting wet and decided to turn around — a good decision since it started to rain harder and the day was all downhill from there. A disappointment but assurances given that everyone would try again. Participants: Virginia Carluccio, Corby Crandall, Bill Carpenter, Pat Desbiens.

Lake George Canoe and Camp, June 21-22, Jayne Boudier, 3 participants

- In spite of a nasty forecast, our only thunder-lightning-deluge happened as we put the boats in. Camped at Big Burnt Island, fished a nice rock and island-studded shallows. (And everywhere). Jayne found a boatless prop(eller), Patti caught the biggest fish, and we were surprised and delighted by Sagamore's fireworks as we made a late circuit of our island. On Sunday the place became deserted. We visited Turtle Island, Montcalm Point, Shelving Rock Falls, and picnicked alongside a black racer (snake) at Log Bay! Great group! Participants: Jayne Boudier, Pat Peebles, and David Staszak.

Tuesday Evening Paddle, Hudson River, upstream from Richardson Street, July 22, Maureen Coutant, 6 participants

- Once again we had the chance of a storm, but it looked like the weather would hold off long enough to get in our paddle ... and it did. It turned out to be the best night of the week and we had a great paddle. We left from near the dam at the beginning of the Feeder Canal and headed upstream. We saw herons, kingfishers, and were very surprised to see a loon on the Hudson. We also saw a beaver and Jim and Licia saw and heard him slap his tail. The loon also swam right up to them as they floated by ... too bad none of us had our cameras! Participants: Jim and Maureen Coutant, Licia and Steve Mackey, Steve M, Sandy Powell.

Esther and Whiteface, July 27, Bill Carpenter, 12 participants

- Folks wonder why a person would ever want to be hike leader. Every one of us would have the same, plus different answers I'm sure. Beautiful day, nice mountains, wonderful hikers, moments on top. I was fortunate for all, plus a special congratulations to Lorraine Mackenzie on her 46th, and to all who got both High Peaks. Participants: Lorraine Mackenzie, Jack Whitney, Dick Caiola, Sandy Yellow, Jonathan Lane, Jim Dickinson, Kathy Pacuk, Julie Gibbons, Dan Monroe, Matt Dickinson, Madeline Kowalik-Bova, Bill Carpenter. Met us at the Top: Pat Desbiens met us with nice treats on top of Whiteface, thanks! And John Mackenzie (Lorraine's Husband).



Outing instructions

For more detailed information on Chapter Outings, see the "Glens Falls-Saratoga Chapter Handbook."

SIGN UP

Contact the Outing Leader at least two days (preferably a week), before the activity so he/she can explain the capabilities required and to determine the number attending. Failure to call may result in not knowing about cancellations, rescheduled departures, etc. Guests are always welcome, but must also register! **PLEASE** be considerate when signing up for a trip. Advise the leader if you cannot make a trip so as not to impact others' plans. **Trips WILL BE CANCELLED if minimums are not met**, thereby affecting all parties. For safety, the MINIMUM number for Outings is: 3 people, including the leader (4 in winter) Panera Bread unless otherwise noted in the trip description. Be there and ready to depart at the posted time (directions below).

MEETING PLACE INFORMATION

PANERA BREAD

Northway Plaza, 820 Route 9, Queensbury, NY 761-6957/3

• From NORTHWAY (I-87)

Take Exit 19 and go east on AVIATION/QUAKER Road. Follow .5 mile to ROUTE 9/GLEN STREET. Turn North (LEFT) onto ROUTE 9, then right at the light into the NORTHWAY PLAZA. Then take a left at the four-way stop, and park in front of Panera Bread.

TRAVEL INFORMATION/CAR POOLS

We encourage carpooling to trailheads for both environmental and practical reasons (limited trailhead parking) and may alter meeting locations due to destination or participants. If you are able, it's helpful to the 'regulars' to offer to drive your vehicle. If you are a passenger, consider current fuel prices, travel miles and number of passengers when contributing your fair share to the driver.

PARTICIPATION GUIDELINES

Leaders are responsible to evaluate interested parties' fitness for that outing, review specific guidelines, and lead the trip. They are not paid guides, but volunteers. Participants are asked to cooperate and respect their authority and decisions.

*Is this the right Outing for you? For those not experienced in strenuous trips, it is best to begin with something easier and work your way up. The Leader will assist in evaluating skill level and suggest alternative outings if more appropriate. For the safety and comfort of all, the Leader has the discretion to deny participation if he/she feels someone is not a good match for that trip. Based on the expectations and skills of the entire group, Leaders may have more flexibility for some trips, so definitely talk with them. **DO NOT TRY STRENUOUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (AND RECENTLY) AND ARE IN GOOD SHAPE AS NECESSARY FOR THAT OUTING.**

*ADK Liability Waiver must be provided by Leader and signed by all participants before the trip begins. This is a requirement by ADK HQ. Parents must sign for minors.

*No Pets allowed on outings except where designated in the description.

RATINGS

Hike Rating	Effort Level	Elevation Gain (feet)	Miles	Time (hours)
A+	Very Strenuous	4,000+	10+	10+
A	Strenuous	3,000+	8-12	8-10
B+	Moderately Strenuous	2,000+	5-10	6-8
B	Moderate	1,000+	5-8	5-6
C	Easy	Under 1,000	Under 5	Under 5

*Descriptions are only typical and can vary.

HIKING NEEDS/PREPARATION/EQUIPMENT

Bring Trail Food and plenty of Water on ALL hikes! *Clothing made of Polyester blends, polarguard or wool are recommended as they retain warmth even when wet. — NOT 100% Cotton clothing! It is also wise to bring raingear. Other pack essentials: compass and map, headlamp/flashlight, first aid kit, hat, gloves, and extra socks. Adirondack weather can and does change suddenly. Don't trust the forecast or the sky based on the start of the day. Be prepared!

SPECIAL WINTER NEEDS

In addition to the preparation/equipment mentioned above, winter requires some EXTRA planning. Look for special notes in the Outing description and discuss with the Leader. Depending on conditions, participants will can expect to bring Snow Shoes and Crampons. Bring lots of Water. Dehydration comes easier in the winter and we feel its effects later ... usually AFTER the fact. Be wise with Emergency Clothing. Bring an extra wool/polypro hat, mittens and socks. Vented "Shell" pants, jackets and mittens are commonly used with warm layers beneath.

BECOME AN OUTINGS LEADER

Ask any Chapter Leader for details. Offer to CO-lead to get the 'experience'! We're always looking for new leaders to help share the fun while "filling in the calendar." New faces offer more varied outings while sharing their personal favorite destinations. Contact Outings Chair for more information. (Contact info: Pg. 3 of newsletter)

Program and meeting directions

Chapter Programs and Meetings are held monthly, alternating facilities between Glens Falls and Saratoga Springs. Brief directions are below. More detailed information and maps can be found under "Programs" on the Chapter Web page: www.adk-gfs.org

SARATOGA SPRINGS PUBLIC LIBRARY

Henry St., Saratoga Springs, NY 12866, 584-7860

• From NORTHWAY (I-87)

Take Exit 14 onto Route 9P north (UNION AVE). Proceed 1.5 miles, past three traffic lights to a T-junction. RIGHT onto CIRCULAR ST. to the first traffic light. LEFT onto SPRING ST. for two blocks. RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. There is a two-hour parking limit.

• From ROUTE 9 and ROUTE 50

Route 9 and route 50 converge to become the main street, Broadway, in downtown Saratoga Springs. Follow into downtown, up to the main street (BROADWAY). Turn onto SPRING ST. (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. (Parking as described above)

FIRST PRESBYTERIAN CHURCH OF GLENS FALLS

400 Glen St., Glens Falls, NY 12801, 793-2521

• From NORTHWAY (I-87)

Take Exit 18 and go east on CORINTH RD., MAIN ST., BROAD ST. (Name changes in town) Follow 2.7 miles through town, passing 5-6 lights, CVS, Stewarts on RIGHT... Road turns to SOUTH ST. You come to a "T" and a LIGHT at the monument and library ahead. Make a LEFT on GLEN ST. Pass light (at Stewarts) and make next LEFT onto NOTRE DAME (church is on corner) Park in rear.



Are you moving?

If you are moving, please forward your change of address, including new phone number, to Adirondack Mountain Club, 814 Goggins Road, Lake George, New York 12845. You may call Headquarters at 668-4447. The Chapter receives all its mailing labels and membership lists from the Club. Therefore, any change of address need NOT be sent to the Chapter — one form or one call to the Club is all you need.



A MAP OF ...
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Chepontuc Footnotes

Glens Falls-Saratoga Chapter Adirondack Mountain Club
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