



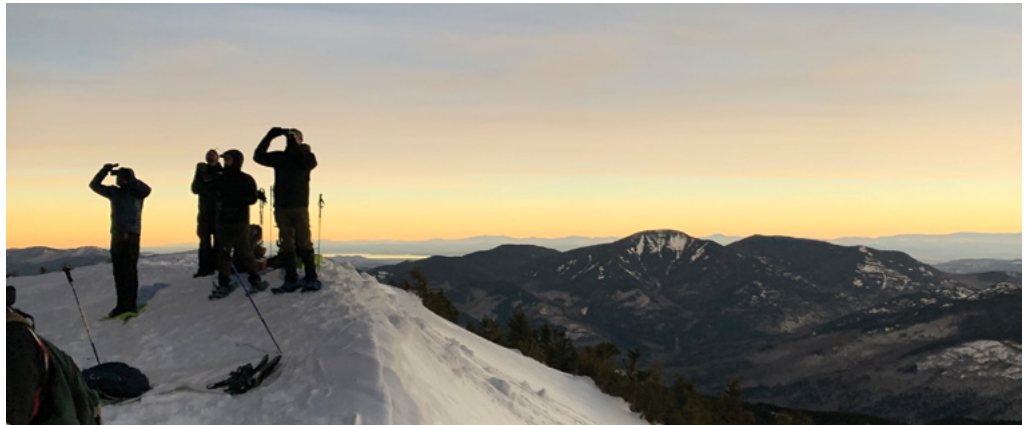
chepontuc — "Hard place to cross," Iroquois reference to Glens Falls

Chepontuc Footnotes

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

NOTHING COULD ECLIPSE THIS

THE TOTAL ECLIPSE OF THE SUN WAS A SPECTACULAR EVENT. TO SEE A FEW IMAGES FROM OUR MEMBERS, PLEASE TURN TO PAGE 11.
PHOTO BY JEFF MANS ATOP GOTHICS.



We need your help!

IMMEDIATE OPENINGS FOR VOLUNTEERS

At the annual October meeting, chapter officers are elected to serve the chapter for the following fiscal year. Please keep in mind that there are no prerequisites required for any of the positions, only the willingness to serve as a leader of the chapter. We have vacancies for the following two positions:

Member-At-Large: The three Members-At-Large serve as Executive Committee members without portfolio, providing their expertise and assistance to the Executive Committee. Members-at-Large are voting members of the Executive Committee. The Members-at-Large are expected to attend Executive Committee meetings and Chapter programs regularly. The Members-at-Large have such additional duties as shall be determined by the Executive Committee. Members-at-Large are encouraged to participate in standing and special committees. This position is a one-year commitment.

Alternate Trustee: (The following job description is for the Trustee position; however, it is the same for the Alternate Trustee except that the Alternate Trustee only is required to perform the duties outlined when the Trustee is unavailable to do so.) A Trustee serves both the Club and the Chapter. A Trustee shall represent the Chapter on the Club Advisory Council (AC), serve as an elected member of the Chapter Executive Committee (EC) and perform all other duties assigned under the Club Bylaws and Chapter Constitution and Bylaws. Become familiar with the Club Advisory Council Charter. Become familiar with the

Chapter Constitution and Bylaws. Attend monthly Chapter EC meetings and Advisory Council meetings (at least four [4] times per year). Both of these meetings are currently being conducted either in person or virtually. Advise Chapter Chair and EC on all Club matters that may affect the Chapter. Report on AC meetings to the EC. Submit Chapter input on Club issues. File written reports on AC and club activities for the Chapter newsletter. If a Trustee cannot attend an AC meeting, the Chapter Chair shall be notified well in advance of the meeting. It is the responsibility of the Trustee to make the pre-meeting package available to the Alternate Trustee who will be expected to attend in place of the Trustee. Trustees are elected for up to two (2) consecutive three (3) year terms unless there is a shorter term to fill a vacancy. Trustees should endeavor to serve on one or more Club committees. The Trustee is a voting member of the Chapter Executive Committee.

Nominations are due by August 1, 2024. Nominations and officer biographies will be published in the September-November newsletter.

Please contact me directly with any questions or nominations. Thank you in advance for considering volunteering for one of the positions listed above.

— Pat Desbiens, Chair,
Glens Falls/Saratoga Chapter Nominating Committee
pdesbien@nycap.rr.com



ADK FIRE TOWER CHALLENGE

Congratulations to the following hikers who have recently completed the Fire Tower Challenge:

Alissa Harse, Saranac Lake
David Frowein, Pottersville
Mark Atchinson, Middleburgh
Todd Wolfanger, Jordan
Robert Tarnow, Massena
Christy Chastenay, Schenectady
Tiffany Fouts, Copenhagen
Harrison Taylor, Ballston Spa
Mark Dechert, East Aurora
Cathleen Dechert, East Aurora
Kelly Rosenthal, Camillus
John DeRosier, Camillus
Nicole Albanese, Oceanside
Seth Wolfeld, Oceanside
Sam Pellino, Halfmoon
Brianna Norton, Halfmoon
Rachael Slofsky, Queensbury
Susan Kenney, Somerset, MA
Brian Kenney, Somerset, MA
Shayna Greene, Syracuse

Congratulations to the following hikers who have completed the Winter Fire Tower Challenge:

Melanie Maruzzella, Pawling
Mike Maruzzella, Pawling
Scott Chastenay, Schenectady
Dale Haas, Red Creek
Delphine Micouveau, Outremont, QC
Azur Micouveau, Outremont, QC
Lightning Micouveau, Outremont, QC
Matthieu Galvin, Outremont, QC

Tick Talk

Recently I had the misfortune of finding myself in a hospital emergency department, but that's a story from another day. What I found interesting based on the symptoms I presented was how the medical providers focused on tick-borne illness during the intake interview and subsequent tests (negative!). Why is that so interesting? That tells me how tick-borne illnesses are pervasive and serious in our area. The Upstate Tick Testing Laboratory of SUNY Upstate Medical University tracks the emergence of ticks and tick-borne agents. According to their TickMap, Warren County, 45% of ticks submitted for testing were positive for at least one pathogen. Saratoga County came in at 38%. Lyme, Anaplasmosis, Babesiosis, and other tick bite illness are vector-borne. That means the lifecycle of the culprit, the blacklegged tick, needs a host — chipmunks, squirrels, rabbits, deer, etc.

Okay, now that you are totally bummed and ready to hide under your bed, here's hope. Anecdotes, data, and research provide solutions as we await medical-industrial complex vaccine efficacy.

Solution #1: Permethrin spray.

Permethrin is a synthetic compound found naturally in chrysanthemums. It acts as a tick repellent and quick kill. EPA considers permethrin safe when used according to directions. Use only on clothing, gear, and never on bare skin. Apply in a well-ventilated area and allow drying. Reapply to clothing after 6-7 washings. Air-drying prevents premature molecular breakdown. Several companies manufacture EPA-registered insect repellent clothing using

permethrin. Note: Keep permethrin away from cats.

Solution #2: 30% deet spray. Use this as a repellent on bare skin. Reapply frequently if swimming or sweating.

The usual precautions apply if you so choose — long pants tucked into your socks, long-sleeved shirt, wearing white. However, a shower and thorough all-body tick check after all outdoor adventures is mandatory. Learn how to remove an embedded tick.

The Appalachian Trail Conservancy, stewards of the famed Appalachian Trail, has a legacy program called "Ridge Runners" similar in mission to our summit steward and trailhead steward programs. As the entire trail is tick territory, tick-borne illness have been a constant health care problem for the folks employed as Ridge Runners. Since they began using permethrin and low-dose deet several years ago, tick-borne illnesses are no longer an issue.

Be smart, be informed, and be safe. Get outside.

Lobby your elected government representatives for tick-borne illness research and prevention funding.

For accurate and authoritative information:

- <https://nyticks.org/>
- <https://www.hopkinslyme.org/>
- https://www.youtube.com/watch?v=wtM8FKb8wjQ&ab_channel=AppalachianTrailConservancy

— Jim Schneider



MOREAU LAKE STATE PARK CONSERVATION DAY, MAY 23, 2024

Jim Schneider teaching Leave No Trace principles to 2-4th grade students of students from Fort Edward and South Glens Falls Schools during a beautiful day at Moreau lake State Park. Our Glens Falls-Saratoga Chapter has been attending this event each spring for more than 15 years teaching Leave No Trace principles and hiking basics.

Capturing Our History

What was it like to stay at the Adirondack Loj in 1958? Millie Gittinger tells the story of her first visit shortly after the Adirondack Mountain Club acquired the Heart Lake property from the Lake Placid Club. How did ADK's Adopt-a-Lean-to Program become the club's most impactful member-volunteer legacy program? John Schneider tells the story of how he developed the program when he took over in 1992. A day in the life of a High Peaks Summit Steward? Listen to Tyra Olstad, geographer, professor, and writer, tell her story how her job influenced her research, teaching and world view. ADK is stories — your stories.

[ADK Voices](#) started as a club-wide member initiative in 2021; launched in 2022. We're approaching 100 stories as we preserve stories from the past and collect stories from today for the future, combating historical erasure of our oral history — primary historical sources told in the first person. The ADK Voices team appreciates member and chapter



support as we invite all chapters to join us. We know you have stories to tell. All stories are welcome! Reach out to us at adkvoices1@gmail.com to tell your story. Looking forward to chatting with you!

— ADK Voices Team

TRAIL WORK

TWO NEW ROCK BRIDGES HAVE BEEN CONSTRUCTED OVER STREAMS AT THE BEGINNING OF THE LAKE GEORGE REC TRAILS. THE ENTIRE TRAIL NOW ALSO HAS TRAIL MARKERS! THANKS TO STEVE MACKEY AND JIM COUTANT FOR THEIR HARD WORK.



THE BUCK MOUNTAIN TRAILHEAD REGISTER WAS REPAIRED AFTER IT SUFFERED STORM DAMAGE. THANK YOU TO STEVE MACKEY, JIM COUTANT, AND BRIAN PACKARD.

ADK Saratoga-Glens Falls Chapter Committee Officers and Chairs

EXECUTIVE COMMITTEE OFFICERS

Chapter Chair	Kim Brown 908-304-8357 chapterchair@adk-gfs.org
First Vice Chair	Laura Fiske vicechair@adk-gfs.org
2nd Vice Chair	Jess Krause vicechair@adk-gfs.org
Secretary	John Caffry 518-798-0624 secretary@adk-gfs.org
Treasurer	Steve Mackey 518-793-6484 treasurer@adk-gfs.org
Past Chapter Chair	Brian Coville 518-350-4117 pastchair@adk-gfs.org
Trustee	Maureen Coutant
Alternate Trustee:	Vacant
Members at Large	Thomas Khairallah Jeff Mans Kathi Noble

COMMITTEE CHAIRS

Conservation	Aimee Viens Rutledge 401-529-5034 conservation@adk-gfs.org
Co-Chair	Paul Dietershagen
Education	Vacant 908-305-8357 education@adk-gfs.org
Hospitality	Gretchen Steen 518-638-6139 hospitality@adk-gfs.org
Membership	Ray Ross membership@adk-gfs.org
Newsletter Editor,	Lisa Lehman newsletter@adk-gfs.org
Outings	Wayne Richter 518-893-7895 outings@adk-gfs.org
Programs	Anne Paolano 518-798-3055 programs@adk-gfs.org
Trails	Tom Ellis 518-638-6139 trails@adk-gfs.org
Co-Chair	Jim Schneider
Website	George Sammons 518-832-7437 webmaster@adk-gfs.org
Young Members	Vacant ymsg@adk-gfs.org
Fire Tower	Tim Noble 518-668-3046 firetower@adk-gfs.org
Annual Dinner	Anne Paolano 518-798-3055 annualdinner@adk-gfs.org
Publicity	Stephanie Graudons publicity@adk-gfs.org
Banff Film Festival	Mo Coutant banff@adk-gfs.org
Get social	Instagram: @adkgfllsaratoga Facebook: facebook.com/adkgfs or facebook.com/SaratogaYMG
Learn more:	adk-gfs.org

ANNUAL DINNER

Fun-guys and -gals welcome at our Annual Meeting!

FRIDAY, OCTOBER 25, 2024, HOLIDAY INN SARATOGA SPRINGS

We hope you'll join us for our annual meeting on Friday, October 25, at Holiday Inn Saratoga Springs. More information about the event and a registration form will be available in the September issue of *Chepontuc Footnotes*.

We're thrilled to announce that our featured speaker is Meg Madden, a Vermont author, photographer, and mycology educator, who will be presenting slides of her favorite photography subject: mushrooms! Her highly detailed photos offer an intimate glimpse into the world of these extraordinary organisms. During her talk, Meg will take you on a journey through the forests of the northeastern United States through the stories of the fascinating fungi she has found during her hiking adventures.

Meg finds great joy in facilitating fun, meaningful connections between humans and nature. She shares her knowledge and contagious passion for the fantastic world of fungi through visually engaging presentations, mushroom walks, and via her Instagram @spore.stories. An advocate for fungal diversity and community science, Meg



MEG MADDEN WILL BE THE EVENING'S PRESENTER.

teaches iNaturalist workshops and is working to compile an "Atlas of Fungi" for the state of Vermont. Meg wrote about some of her favorite mushrooms in her book, "This is a Book for People Who Love Mushrooms" (Running Press, 2023).

PROGRAM

What will the future look like for wildlife?

WED., SEPTEMBER 25, 2024, SARATOGA SPRINGS PUBIC LIBRARY

"Musings from afield. How our wildlife got to where it is today, and where it will be tomorrow."

A presentation by Al Hicks, retired NYS DEC endangered species biologist.

The activities of humans have always influenced wildlife populations.

Advancements in technologies, changes in social mores, and the relentless increase in population have benefitted a small number of species but have harmed vastly more.

Join Alan Hicks, retired endangered species biologist with DEC, as he meanders through his own experiences coupled with a number of examples drawn from history, to draw a picture of what the future for wildlife and humans might hold.



OUTINGS & PROGRAM CALENDAR

Date	Day	Type	Destination	Leader(s)	Rating
JULY 2024					
6	Sat	Bike	Salem/Rupert Loop	Andrew Meunier	B
7	Sun	Hike	Montcalm Point Hike and Swim	Steve Mackey, Neal Van Dorsten	C+
16	Tue	Bike	Evening Ride	Jen Ferriss	B-
17	Wed	Walk/Hike	Workout Wednesday + Paddle	Chandra Geremick	C
20	Sat	Hike	Allen Mountain	Wayne Richter	A+
AUGUST 2024					
7	Wed	Bike	Fort Edward/Schuylerville loop	Steve Mackey	C
7	Wed	Walk/Hike	Workout Wednesday + Paddle with Food Truck Concert	Chandra Geremick	C
19	Mon	Paddle/Camp/Hike	Long Lake Camp and Hike to Cold River and Miller's Falls	Jeff Mans	A+
20	Tue	Bike	Evening Ride	Jen Ferriss	B-
28	Wed	Walk/Hike	Workout Wednesday + Paddle Food Truck Concert	Chandra Geremick	C
SEPTEMBER 2024					
1	Sun	Bike	Gravel Ride on the Champlain Canal	Jen Ferriss	B+
4	Wed	Meeting	Executive Committee	Kim Brown	NR
17	Tue	Bike	Evening ride	Jen Ferriss	B-

All are welcome!

UPCOMING EXECUTIVE COMMITTEE MEETINGS

• Wednesday, Sept. 4, 2024, 7pm
 Kim Brown: 908-305-8357,
 kim137@me.com

This meeting will be virtual, via Zoom. All chapter members are welcome. Please email chapter-chair@adk-gfs.org for the Zoom information if you would like to attend. The Zoom link will also be provided to the Executive Committee in the meeting agenda.

SALEM/RUPERT LOOP Bike

Saturday, July 6, 2024, Time TBD, Rating: B
 Andrew Meunier: 518-376-2470,
 andrew.m.meunier@gmail.com

Let's explore some of the beautiful farmland and small towns near the NY/VT border! We'll start in Salem and pedal west toward Cossayuna Lake. Then we'll angle northeast into Vermont where we'll stop for snacks at Sherman's Store in Rupert, Vt. This ride is for those who don't mind some climbing — about 2,000 feet of it over 29 miles.

The route is all paved. To allow for a more cohesive and safe group, riders will need to be able to maintain a minimum 12-15 mph pace over rolling terrain. A well-maintained bike and helmet are required (e-bikes welcome!). Non-ADK Glens Falls-Saratoga Chapter members can try one bicycle outing but must become a chapter member to join subsequent bicycle outings.

MONTCALM POINT HIKE AND SWIM Hike

Sunday, July 7, 2024, 9:00 am, Rating: C+
 Steve Mackey: 518-793-6484,
 smackey33@verizo.net
 Colead: Neal Van Dorsten: 518-644-7034,
 Nealvan@aol.com

A wonderful, diverse hike along the shores of Lake George to Montcalm Point, where we will take a swim and then be picked up by boat and transported back to Bolton Landing. This 6-mile hike will be done at a leisurely pace to enjoy the scenery and wildlife and spectacular views of the lake. This hike is very limited so sign up early. We will meet in the public parking area at the south end of town, adjacent to the Bolton Brewery. Please be on time and arrive a little before 9 am.



ITCHING TO GET ON THE WATER? THERE ARE SEVERAL UPCOMING OUTINGS THAT FEATURE PADDLING OR SWIMMING. PHOTO OF SCHROON RIVER BY LISA LEHMAN.

EVENING RIDE Bike

Tuesday, July 16, 2024, 5:30 pm, Rating: B-
 Jen Ferriss: ferrissj@gmail.com

Join me for an evening ride somewhere in Saratoga County or southern Warren County. Riders should be able to maintain a 12-15 mph pace and expect some elevation. Email for more information.

WORKOUT WEDNESDAY + PADDLE Walk/Hike

Wed, Jul 17, 2024, 5:00 pm, Rating: C
 Chandra Geremick: cgeremick@gmail.com
 We will walk for an hour. Those who have kayaks can do a lovely paddle at sunset after our walk. If you do not have a kayak, there may be the option to rent. Email me early if you need to rent. Location and all gear to be discussed in the email. Please send me your email by 7/15/24.

ALLEN MOUNTAIN Hike

Sat., July 20, 2024, 5:45 am, Rating: A+
 Wayne Richter: 518-893-7895,
 wrichter@nycap.rr.com

Termed "The Big Nasty" by Mike Fuller, Allen Mountain is a long but rewarding 18-mile round trip hike with close to 3,000 feet of elevation change. Allen is a relatively isolated peak with some nice views. Challenges include crossing the Opalescent River where we may need to take our boots off to cross if the water is high, and the notorious slippery red algae on the final climb. And I'm curious to see the status of the high beaver dam that I encountered along the way on my last climb to Allen. Meet at the park and ride near the north end of Media Drive at Exit 18 of the Northway.

FORT EDWARD/SCHUYLERVILLE LOOP

Bike

Wed., Aug. 7, 2024, 1:30 pm, Rating: C
 Steve Mackey: 518-338-8173,
 smackey33@verizon.net

I'm going to make a couple small changes, since I first wrote this (I recently biked it). I'm going to go the other direction, counterclockwise. We'll take Grange Hall Road into Schuylerville, and visit the Saratoga Monument for a short while. These roads have less traffic and a better shoulder. This is basically following the Hudson River south on the west bank, then entering Schuylerville, and biking north on the east bank. In general there isn't much traffic, though we will be on Route 4 for a while, but it has a really nice wide shoulder. It also is part of the new Empire State (bicycle) Trail. We will meet at the Rogers Island visitor center. There is lots of good parking there. The total distance is about 25 miles. There are a few hills, but nothing too bad. We'll probably stop at Stewart's in Fort Edward or Schuylerville depending on the group's wishes.



WE'VE GOT SEVERAL UPCOMING BIKING OUTINGS. WE HOPE YOU'LL JOIN US FOR ONE. PHOTO OF EMPIRE STATE BIKE TRAIL BY LISA LEHMAN.

WORKOUT WEDNESDAY + PADDLE WITH FOOD TRUCK CONCERT

Walk/Hike

Wed., August 7, 2024, 5:00 pm, Rating: C
 Chandra Geremick: cgeremick@gmail.com

This is my very favorite time of year. Lake Luzerne has a Food Truck and Concert series that is not to be missed! We can walk through the scenic town/trails and see all the sweet landmarks. Rockwell Falls is simply gorgeous. After the walk we can kayak off the beach at the boat launch. For those without kayaks, lollygagging at the beach is strongly encouraged. Bring a blanket or chair. The concert starts at 7pm. Please email me by 8/5/24 if you plan to join this trip. It begins with a walk, so no worries if you opt out of the other activities. Parking can be difficult, so we can discuss options in the email.

LONG LAKE CAMP AND HIKE TO COLD RIVER AND MILLER'S FALLS

Paddle/Camp/Hike

Monday, Aug. 19, 2024, 10 am, Rating: A+
 Jeff Mans: 518-265-4135,
 adkhighlander@aol.com

Long Lake boat trip from NYS Long Lake public boat launch to Plumley Point (8/19) where we'll camp overnight, and hike the next day (8/20) on the Northville-Lake Placid Trail to Cold River/Miller's Falls and the Seward lean-to where we'll camp overnight and swim, and next day (8/21) hike back to Plumley Point to camp overnight, explore Long Lake by boat, and swim, and next day (8/22) return to the Long Lake public boat

launch. Bring a life preserver if you have one — if not we will have one for you. Trip is limited in size due to boat ride, and do not overpack so we don't overload the boat. Must be able to swim. Meet-up location likely to be Schroon Lake Tops at 10:00 am, but exact location and time TBD depending on participants. Rain cancels.

EVENING RIDE Bike

Tuesday, Aug. 20, 2024, 5:30 pm, Rating: B-
 Jen Ferriss: ferrissj@gmail.com

Join me for an evening ride somewhere in Saratoga County or southern Warren County. Riders should be able to maintain a 12-15 mph pace and expect some elevation. Email for more information.

WORKOUT WEDNESDAY + PADDLE FOOD TRUCK CONCERT Walk/Hike

Wed., Aug. 28, 2024, 5:00 pm, Rating: C
 Chandra Geremick: cgeremick@gmail.com

Let's take advantage of the Lake Luzerne Food Truck and Concert series. We can walk through the scenic town/trails and see all the sweet landmarks. Rockwell Falls is simply gorgeous. After the walk, we can kayak off the beach at the boat launch. For those without kayaks, lollygagging at the beach is strongly encouraged. Bring a blanket or chair. Bring or buy dinner there! The concert starts at 7pm. Please email me by 8/26/24 if you plan to join this trip. It begins with a walk, so no worries if you opt out of the other activities. Parking can be difficult, so we can discuss options in the email.

GRAVEL RIDE ON THE CHAMPLAIN CANAL Bike

Sunday, Sept. 1, 2024, time TBD, Rating: B+
 Jen Ferriss: ferrissj@gmail.com

I have been trying to get all the way from Fort Edward to Fort Ann and back again for the past 2 years. You can't get much flatter than this ride. It is approximately 25 miles round trip on multiple surfaces — mainly hard packed dirt/gravel. Email for meet up location and start time. Inclement weather will cancel.

EVENING RIDE Bike

Tue, Sept. 17, 2024, 5:30 pm, Rating: B-
 Jen Ferriss: ferrissj@gmail.com

Join me for an evening ride somewhere in Saratoga County or southern Warren County. Riders should be able to maintain a 12-15 mph pace and expect some elevation. Email for more information.



VIEW FROM
SPOTTED
MOUNTAIN.
PHOTO BY
JEFF MANS.

What's Up Saturday? Southern Adirondacks

Saturday, April 6, 2024, Kim Brown

Our hike was to Noosa's Bluff. There was still some snow in places, but we were able to bare boot or use microspikes. We left the Lake George Recreation Center and made our way on the ski trail toward the cutoff to Berry Pond. Up we went and then made our way to the south-facing lookout for lunch. Although cloudy, the sun came out during lunch to warm us up (mid-30's). After a leisurely lunch, we made our way to the lake overlook for group pictures. Like good stewards, we did some trail cleanup along the way. We had several folks new to the overlooks and new to hiking with our outings. A little work was involved since it was 5.5 miles/1,300 elevation gain. A nice day for all.

Participants: Kim Brown (hike leader), Judy and Tom G., Anne and Jim W., Sue A., Linda F., Jeff L. and Gabi M.

Gothics Total Solar Eclipse *See photos, page 11*

Monday, April 8, 2024, Jeff Mans

As the Grail Knight said, "you must choose, but choose wisely, for while the true Grail will bring you life, the false Grail will take it from you." I chose Gothics of all places where I wanted to be to see the eclipse. I chose wisely. Against the odds, we had to ignore all the dread warnings to stay away. Instead, the warnings worked in our favor. We found ample parking available at AMR, and the Almighty parted and cleared the skies to provide a glimpse into the celestial heavens above and majestic mountains below our feet spread out in a dazzling spectral display that touched my mind and heart, and lingers in my soul. Witnessing the solar eclipse from Gothics is difficult to describe. Words fall short, but it was beyond anything I could have imagined. I think a lot of people we met were just so taken with it and the shared experience we had all witnessed. The

extra 1.25 hours it took to drive back to Schroon and camp was but a badge of honor and small price to pay for freedom. As odd as it may seem, it reminded me of JFK's inaugural address when he said "we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and success of liberty." Public access to public lands reign over us forever.

What's Up Saturday? Southern Adirondacks

Saturday, April 13, 2024, Kim Brown

A short hike for this Saturday, so we went up Stewart's Ledge starting at the Buck Mountain/Pilot Knob Trailhead. Many of the group had not been up to this great lookout, perfect for this time of year since lake views could be had on the way up due to trees that had not yet leafed out. On the way we also enjoyed looking at all the mossy boulders on the ridge and we saw our first wildflowers of the season. This was an in/out for 2 miles with about 300 feet of elevation gain. We made our way mostly back to the parking area where the official hike ended. Several folks went all the way up to Buck on their own (Paula, Justine, and Charlene). **Participants:** Kim B. (hike leader), Charlene S., Anne and Jim W., Don B., Justina D., Paula T., Cathy F. and Don H.

Cycle to Rathbun's

Sunday, April 14, 2024, Steve Mackey

I was thinking of limiting the ride to 10, so we wouldn't overwhelm the restaurant. The night before I had a count of 11, but a few were maybes, so I was comfortable with the count. The morning of the ride, it was beautiful out, but a bit on the cold side, I think 42 degrees. There also was predicted rain around noon. It was hard to believe because at 7:30, as I was loading the bikes, it was clear blue skies. Anyway I got a few emails with can-



THIS GROUP — LED BY KIM BROWN — EXPLORED THE INMAN POND AREA ON APRIL 20.

cellations, for a variety of reasons. When we got to the start, we had one other participant, Meagan Brown, show up. It was a little surprising, because I consider this almost the perfect ride. We also had some old friends Don Butler and Gwenne Rippon meet us at Rathbun's, so everything turned out great. Nice ride, great company, and good friends, both old and new. The rain ended up coming as predicted, but it was around the last mile, and it didn't rain hard, until we were driving home.

Wilton Wildlife Park

Saturday, April 20, 2024, Rich Crammond

This was a day to be thankful for: thankful for not too many bugs, no rain, and good hiking buds. I learned some wildflower names from Jack and some Vermont memories from Pat. Peter and Ann Marie had their own hiking tales to tell, also. We stopped at the fire tower, the oldest one in the state, I think. We didn't see any wildlife, but it was still a good outing to share with good people. Thank you, hiking buds, and thank you, Pat, for helping with my Stillwater memories write-up. Just didn't get any better.

Participants: Ann Marie Heilman, Pet Bishop, Pat Desbiens, Rich Crammond.

What's Up Saturday? Southern Adirondacks

Saturday, April 20, 2024, Kim Brown

Another short hike this week, so we went to Inman Pond from Buttermilk Falls Road (approximately 3.5 miles round trip with 370 feet of elevation gain). We had cloudy skies and a wet, muddy trail to start. Shortly after turning onto the Inman Pond trail it was a much drier trail. We then took another right so that we could traverse to the right of the pond (northeast). Going completely around the pond is not an option since there is a small section of private, posted land at the northernmost tip. We enjoyed the view of the large boulder overlook that we would go to

for lunch. After a quick snack, we made our way back to then go to the left or southwestern side of the pond. We saw a few fisherman on our way, but not a lot of hikers. We made our way up to the overlook boulder and the sun came out as we had requested. We then enjoyed snacks/lunch and took our group picture. Most of the group had not been to Inman and we had several folks new to our group, which was great.

Participants: Kim B. (hike leader), Susan J., Linda F., Dan H. and pup Nana, Sherry V., Cathy F., Don H., Jessica M., Marcia C., Eileen H., Scott A., Laura F., Cindy P.

Lake George 12ster Thomas Mountain

Sunday, April 21, 2024, Chandra Geremick

This trip changed to the Cat Mountain Red Trail from the Edgcomb Pond trailhead. We had a pleasant but chilly day for our hike. The trail was not terribly wet, and it was so nice to hike without spikes, finally! There were some very sweet yellow wildflowers growing with the ferns. The summit was clear. However, we did see a very few snowflakes.

Participants: Chandra G., Charlene S., Christina S., Laura F., Madeline G., Meagan B., Mitch H., Greg C., and Jesse C.

Clean up — Sullivan Preserve

Sunday, April 21, 2024, Steve Mackey

Thanks, everyone, for the help cleaning up the Sullivan Preserve. We had a great turnout and got a tremendous amount of junk out of the woods. As I had surmised, it was mostly metal junk. We had a gentleman (a friend of Chatlotte Potvin) that collects metal to sell and recycle. He got a big truckload, and I think was coming back for another one. The beauty of this is that the metal will be melted and recycled instead of just ending up in a landfill somewhere. Everything else will be picked up by the Town of Queensbury Highway Department, tomorrow morning (many



VIEW FROM BOREAS MOUNTAIN. PHOTO BY JEFF MANS.

thanks to them, too). Special shoutout to Joe Paterson: He started several days early, and had almost all of the junk near the roadside from the eastern most dump. There were lots of big heavy things that had to come up a steep embankment. I think almost everyone was either associated with Glen Lake or the Queensbury Land Conservancy. Thanks again. The preserve looks great.

Work out Wednesday on a Monday: Earth Day Edition

Monday, April 22, 2024, Chandra Geremick

This was an interesting hike to Stonewall Trail in Lake Luzerne. It is part of Moreau State Park trails. We came to a point where you overlook the Spier Falls area that has a boat launch, popular for kayaking. It was cool to see the water from the other side. True to its name, we followed a stone wall and saw some neat old ruins and one old well. There were many felled trees and a pristine bog.

Participants: Chandra, Joe B., and Greg C.

Spring Fever Evening Cycle

Tuesday, April 23, 2024, Jennifer Ferriss

It was too windy to ride.

Grace Peak (East Dix) via Spotted Mountain

Saturday, April 27, 2024, Jeff Mans

This was one of the finest hikes/bushwhacks I've been on in a while. The South Fork of the Boquet River near the end of the herd path and start of the bushwhack is crystal clear and flows over a field of boulders originating in the Dix Range as it rushes on its inevitable path to Lake Champlain, and the steepest river in New York descending more than 2,700 feet in 47 miles. First gaining elevation on the climb up to Elizabethtown #4, the views open along a predominant ridgeline that follows up to Spotted Mountain and eventually to Grace Peak. This is arguably one of

the grandest views in the entire region. We were forced to halt the outing at the summit of Spotted as the soles separated from the leader's boots, but were tied and wired to sustain the hike out. This is just a spectacular route that must be seen to appreciate. A return trip in the making.

Saratoga National Historical Park

Sunday, April 28, 2024, Steve Mackey

The last time I did this trip, I was disappointed with the National Park Service app. It has all kinds of info on parks all over the country, including a self-guided tour for Saratoga that you can play on your phone. Luckily, they have upgraded it, and in general it was very good. I brought along a blue tooth speaker, so we all could hear it, and it worked great. We went to all eleven stops and played it at each one. There also is a lot of new signage, and they were even installing some at one of the last stops. Between the beautiful spring day, all the interesting history, and the great biking, it was a great trip.

Participants: Cathy Corbo, Elizabeth Seme, Ann Marie Heilmann, Don Butler, Gwenne Rippon, Steve & Licia Mackey.

Tongue Range — Trail Work

Saturday, May 4, 2024, Steve Mackey

The turnout was a little thin, but we got a lot done, and except for one really big blowdown up near the top, everything is clear for another hiking season. There were three of us, Scott Anderson, Jim Maher, and me. It's hard to keep count, but I would guess we cleared 20 to 25 trees. The worst section was at the end (for us; we were hiking south) near the Clay Meadows Trailhead. We cleared a good 8 in there that were really in the way. We took a wide variety of tools, and pretty much used everything. I took a ten-inch bar, and a battery powered chainsaw that worked surprisingly well. We

only used it when we needed to, but near the end I just kept it out, because every 30 feet we had something else to cut. Next year, if we get more people, I'd like to do some more waterbars. There are several downhill that are eroding from running water. They will keep getting worse until we get the water off. Jim and Mo Coutant, and Licia and I cleared the trail out to Deer Leap a few weeks ago. That part of the trail is in good shape, and we had the time and tools to make water bars in several spots out there.

Lost Pond 5 Beaver Dam Hike

Saturday, May 11, 2024, Rich Crammond

Well, this outing was nice, but no hiking buds showed up. Just me and Lucy. The black flies showed up uninvited, but not too many, thankfully. The trilliums were out and the beaver had some not very old tree chewings to view along the way. The dams in this area are some of, if not the, best I have ever seen in all my hiking days in the 'Dacks. Good to be out there, and thankful for still being a part of it all.

Participants: Rich Crammond, Lucy Crammond.

What's Up Saturday? Southern Adirondacks

Saturday, May 11, 2024, Kim Brown

We did a through hike on Moreau for most of the Western Ridge. Starting at the Spring Trailhead, we worked our way up to the first overlook of the Hudson River. It was a cooler, mostly cloudy day. We had a few snacks overlooking the Hudson and then went over the rest of the ridge with ups and downs until we got to the ledges with the best views of the Hudson and the dam for a quick lunch. Finally, we worked our way down by way of the Cottage Park Trail to where we parked at the Sherman Boat Launch. It was a wonderful spring day hike and lots of fun since a few folks had not been on that part of Moreau! It was 5.8 miles with 1,315 feet of elevation gain.

Participants: Kim Brown (hike leader), Anne W., Jim W., Jessica M., Alan C., Anthony B., Scott A., Linda F., and Margie L.

Schroon River Ride

Saturday, May 25, 2024, Andrew Meunier

Since all those that signed up for this outing were based farther south, we picked a different river to ride along! We started at the Moreau Recreation Park and rode south toward Schuylerville on mostly quiet, country roads. It was a sunny and cool spring morning with abundant songbirds and new, verdant foliage. For the trip back, we traced the shores of the mighty Hudson back toward Fort Edward to complete the loop — a great way to start the holiday weekend.

Participants: Olivia Meunier, Kate Miechkowski, Ben St. Andrews, Laura Fiske, and Andrew Meunier.

Texas Ridge Peak in the Hoffman Notch Wilderness

Saturday, May 18, 2024, Jeff Mans

Since the only person who expressed any interest bailed out, I shifted gears and hiked to Boreas Mountain instead with a fellow member of the Essex County Bar Association who had heard about fables of the reconstruction. Taking Branch Road from the parking area on Blue Ridge Road, we hiked north along the Branch River to the Elk Lake gate and start of the existing Boreas Trail public recreational easement granted in 2012, and from there continued along the road until it met with the old jeep road to the former fire tower observer's cabin and final mile to the summit ridge of Boreas Mountain at over 3,700 feet. Flowers were in bloom at the former fire tower observer's cabin and makeshift shrine. The view from Boreas opened up to the north and the Great Range, Nippetop and the Dix Range with Elk Lake seated below. A short exploration toward the west and decent views of Boreas Ponds and Seward Range are spied. A quick 12 miles and some of the best views of the High Peaks and Dix Range.

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ECLIPSE PHOTOS



THE TOTAL ECLIPSE FROM THE SUMMIT OF GOTHICS. PLEASE SEE PAGE 7 FOR TRIP REVIEW. JEFF MANS PHOTO.



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THE APRIL 8 TOTAL SOLAR ECLIPSE WAS A SPECTACULAR EVENT. WHETHER YOU WATCHED FROM YOUR BACKYARD OR TRAVELED TO POINTS FARTHER AFIELD, WE HOPE YOU GOT A CHANCE TO SEE IT SAFELY. PHOTO BY MO COUTANT.



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