

PRECIPITATION ON CATSKILL SUMMITS

The average amount of rain plus melted snow varies greatly from place to place and from elevation to elevation. For such a small area, roughly 2000 square miles, with a relief of only 4180 feet from the Hudson to the summit of Slide, there is a twofold increase in mean annual precipitation: from 33 inches to about 70.

United States Weather Bureau stations in the CATSKILL Region are located in the valleys, hence precise values of precipitation, temperature, and other climatological factors on the summits are unknown. By examining the valley data carefully and finding relationships, estimates for the summits can be produced; it must be emphasized that the following values are estimates, and can be verified only by installation of weather stations upon the summits.

The wettest area of the CATSKILLS consists of a belt forming an arc beginning over Mongaup Mountain in northern Sullivan County and traceable eastward over the Beaverkill Range and Frost Valley in Ulster County; from there it curves east-north-eastward over Slide Mountain and then northeastward over Plateau Mountain where it terminates around North Lake. Here, valley stations are receiving over 50 inches of precipitation per year, the maximum being at the Slide Mountain Station at Winnisook Lodge (elevation 2650 feet) with 60 inches, the wettest station in the State. Within this wet belt and to the south and east of it, precipitation increases with elevation at the rate of about 7.5 inches per year per 1000 feet. Thus, Hudson Valley stations such as Kingston receive about 40 inches per year; a station at 1000 feet elevation should ideally receive 47.5 inches, a 2000-foot station 55 inches, a 3000-foot station 62.5 inches, and a 4000-foot station 70 inches.

However, on the north and west side of this wet belt arc, the relationships are not symmetrical with those on the east and south. The patterns are more complex, so that the precipitation for a given location is dependent on not only how high it is, but also on how far it is from the wet belt. The elevation rate falls from 7.5 inches per year per 1000 feet in the wet belt to only about 4 inches in Delaware County. A station at a given elevation in Delaware County will be drier than one at the same elevation in the southeastern CATSKILLS. For example, Arkville and Arena at 1300 feet elevation receive barely 39 inches, while Mohonk Lake, a trifle lower in elevation, averages 47.

Within ten to fifteen miles on the northwest side of the wet belt, mean annual precipitation increases rapidly as one travels closer to the arc while maintaining the same elevation. The rate is nearly one inch per mile per year. For example, High Mount (44 inches) and Frost Valley (53 inches) are both at elevation 1840 feet and 11.5 miles apart, yet the latter is wetter because it is in the

THE CATSKILL CANISTER

Published by the Catskill 3500 Club

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wet belt. New Kingston, also at elevation 1840, is 11 inches drier than Frost Valley, as it is still further from the wet belt than High Mount. Stamford is almost the same elevation as the others but 14 inches drier than Frost Valley. For stations more than 15 miles northwest of the wet belt, distance has considerably less effect.

Following is a list of CATSKILL peaks and their mean annual precipitation estimates. For a thorough account of why certain parts of the CATSKILLS are wetter than others, see Bernard E. Dethier's Pre-
 cipitation in New York State, published in 1967 by the Cornell University Agricultural Experiment Station in Ithaca as Bulletin #1009, 78 pages.

Estimates of Mean Annual Precipitation *

<u>Inches</u>	<u>Elev.</u>	<u>Peak</u>	<u>Inches</u>	<u>Elev.</u>	<u>Peak</u>
71	4180	Slide	60	3600	Balsam
66	4040	Hunter	51	3600	Bearpen
66	3990	Black Dome	67	3573	Indian Head
62	3880	West Kill	59	3524	Windham H. P.
68	3843	Peekamoose	55	3520	Halcott
69	3800	Sugarloaf	66	3508	Rocky
68	3780	Wittenberg	<u>Nearby Villages for Comparison:</u>		
60	3725	Balsam Lake			
64	3700	Big Indian	47	830	Phoenicia
60	3680	Rusk	52	1920	Tannersville
58	3610	North Dome	40	1500	Windham

--Michael Kudish, Paul Smiths, N.Y.

1973 OFFICERS AND CHAIRMEN

Allan R. Wirth, President; Will D. Merritt, Jr., Past President; Franklin B. Clark, 1st Vice President; Norman A. Greist, 2nd Vice President; Kenneth A. Shuker, Secretary; Ann L. Clapper, Treasurer; Elinore G. Leavitt, Membership; James E. Daley and Carolyn Fish, Outings; C. Peter Fish, Trails; Walter L. Gregory, Winter Weekend; Vincent Griska, Canisters; Rev. Ray L. Donahue, Conservation.

Individuals and groups who can sponsor, build, and maintain small sections of the CATSKILL connection of the 650-mile Finger Lakes Trail complex are requested to write to J. C. Lawrence, 244 Garden Lane, Vestal, N. Y. 13850

* Estimates for 37 additional summits and 9 additional hamlets may be obtained by writing to the editor.

CATSKILL 3500 CLUB

-3-

#163	Adele Wagman (9/30/73) Box 36, Ulster Ave., Ulster Park, N.Y. 12487	914-338-7537
#164	Gregg Wagman (9/30/73)	
#165	Johathan Wagman (9/30/73)	
#166	Marcy Wagman (9/30/73)	
#167	Tara Wagman (9/30/73)	
#168	Jerry Sheridan (10/22/73) 45-63 Zion St., Little Neck, N.Y. 11362	212-428-5204
#169	Charles E. Witham, Sr. (11/17/73) 82 Worth Ave., Hudson, N.Y. 12534	518-828-9636
#170	Charles E. Witham, Jr. (11/17/73)	
#171	William A. Riemvis (11/4/73) Oliverea, N.Y. 12462	914-254-4403
#172	Ralph Johns (11/24/73) 18 Riekens Trail, Denville, N.J. 07834	201-625-1648
#173	Bruce P. Palen (11/11/73) Horton Lane, P.O. Box 314, Port Ewen, N.Y. 12466	914-331-4830
#174	Robert Pettie (11/11/73) R. D. 1, Box 102, West Hurley, N.Y. 12491	914-679-6491
#175	Carla Golden (12/29/73) 733 Allen St., Syracuse, N.Y. 13210	315-472-4680
#176	Steven Golden (12/29/73)	
#177	David L. Clapper (1/26/74) 85 Glenwood Blvd., Hudson, N.Y. 12534	518-828-7067

THE PERIPATETIC PORCUPINE

Our New England cousin reports that the One Hundred and Eleven is now organized and is no longer a non-club. The distribution of peaks is 2 in the CATSKILLS, 46 in the Adirondacks, 5 in the Green Mountains, 46 in the White Mountains, and 12 in Maine. Now that the founding father #3, and his consort #4, have finished the 111, the editor of APPALACHIA has raised the question whether all such clubs should be abolished. * * * * #111 completed the Appalachian Trail on Katahdin, where he was greeted by #144 and #153 bearing champagne and cake. * * * * #61 was married to Charles McDonald 16 months ago in Cheyenne, Wyoming. It hardly seems that long since we saw her leading a snowshoe hike on Big Indian and Eagle. When last heard from, they were in the flatlands of North Dakota, 100 miles north of Bismarck. * * * * #99 is chairman of the Outings Committee of the Mid-Hudson Group, Atlantic Chapter, Sierra Club, and will send a schedule to anyone interested in Rhinebeck rambles.

PEEKAMOOSE

The long Path has been relocated over Peekamoose. It now starts at Bear Hole Brook in the Roundout Valley. The Buttermilk Falls route is programmed for deterioration and disappearance. All complaints and compliments about the new trail should be sent to #12.

CATSKILL 3500 CLUB HIKES

Feb. 2 PANTHER Joint hike with New York A.M.C. Bushwhack from Woodland Valley.

Distance: 12 mi. Ascent: 2720' Elev.: 3720' Order: 17
Meeting Place: Village Bakeshop, in Phoenicia, at 9:00 a.m.
Leader: Ray Donahue (#23), St. Mary's Church, Downsville, N.Y.
607-363-2565 13755

Feb. 9 GRAHAM & DOUBLETOP A bushwhack

Distance: 5 mi. Ascent: 2641' Elev.: 3870' Order: 7 & 8
Meeting Place, Village Bakeshop in Phoenicia, at 9:00 a.m.
Leader: Craig Mitchell (#161), 41-75 Little Neck Pkwy., Little Neck, N.Y. 11363
212-225-7311

Feb. 24 HUNTER & RUSK From Spruceton Valley

Distance: 8 mi. Ascent: 1940' Elev.: 4040' Order: 2 & 20
Meeting Place: Village Bakeshop in Phoenicia, at 8:30 a.m.
Leader: David Hoffman (#47), R. D. 2, Box 429, Red Hook, N.Y.
914-758-4651 12571

Mar. 9 SLIDE Up the Neversink to the Slide-Cornell saddle, to Slide, returning to Denning via trail.

Distance: 12 mi. Ascent: 2080' Elev.: 4180' Order: 1
Meeting Place: Denning Parking area for N.Y.S.D.E.C. trail, 9:30 a.m.
Leader: John Burnley (#36), 224-43A 67th Ave., Bayside, N.Y.
212-428-1053 11364

Mar. 16 PEEKAMOOSE & TABLE A hike along the Long Path

Distance: 8 mi. Ascent: 2843' Elev.: 3843' Order: 10 & 11
Meeting Place: Methodist Church in Sundown, N.Y., at 9:00 a.m.
Leader: Peter Fish (#12), Box 249, Wawarsing, N.Y. 12489
914-647-5781

Mar. 30 ANNUAL DINNER AT GOVERNOR CLINTON HOTEL, KINGSTON, N.Y.

Apr. 6 BLACKHEAD AREA A hike up the Red Trail to Thomas Cole, Blackhead, Black Dome, Acra Point, Burnt Knob, and Windham.

Distance: 13 mi. Ascent: 3800' Elev.: 3990' Order: 3, 4, 5, 32
Meeting Place: Sugar Maples, Maple Crest, N.Y., at 8:30 a.m.
Leader: Manfred d'Elia (#91), 144 Spencer Place, Ridgewood, N.J.
201-445-6029 07450

LONG PATH ON PEEKAMOOSE

It is general knowledge that the CATSKILL 3500 CLUB maintains the Long Path from the Roundout Creek to the Denning Leanto at the East Branch of the Neversink. In the summer and fall of 1973 the location was changed on Peekamoose. From the Devil's Rock at the foot of Bangle Hill the Long Path used to follow the Peekamoose Road to a spot about 600 feet east of Buttermilk Falls, where it turned northerly and began its ascent of Peekamoose. The Long Path now leaves the Peekamoose Road about 1000 feet east of Bear Hole Brook.

The relocated Long Path ascends an old road for one-half mile, when it swings left and passes through an old red pine plantation. At about .75 miles from the Peekamoose Road, the Path is in hardwoods and it continues through them for one and a half miles when it meets the vanguard of the spruce-fir zone (never really thick on Peekamoose except on the west side of the summit). At 1.5, the Path crosses a wood road (part of the road system that the Path started on); a little further on it crosses another. At a little past two miles, it passes Balanced Rock on an open outcrop on the left. At about 2.75, the new Long Path rejoins the original at 3,530 feet on the summit ridge. The route of the relocated Long Path is easy to spot on the Peekamoose USGS map, as it stays on the back of the ridge that lies between Bear Hole Brook and Buttermilk Falls Brook.

The Club's portion of the Long Path is about five miles long. It has been totally brushed and repainted in 1973. The Long Path is marked by sky-blue paint either on two by two-inch metal markers, or by two by six-inch painted blazes.

The abandoned section of the Long Path was repainted with a red-orange paint to avoid confusion with the authorized Long Path. It will be allowed to fall into disrepair and eventually disappear as the relocated trail gets discovered.

It is urged that users of the Long Path help clear debris from the Path as they use it. Most of the work can be done without the aid of tools by throwing or pulling branches and blowdown to one side. It would be appreciated if those using the Path would help the litter problem by carrying out the mess left by less considerate persons. As it is our trail, it is up to all of us to take a hand in its maintenance. Hikes will be scheduled for Long Path maintenance; it is hoped that many will assist. Tools will be available for those who do not have a favorite tool that can be brought from home.

If any desire to do some trail work on their own, they are welcome to do so. Cutting wider than one can reach from the trail is prohibited. Cuts should be made at the base of a limb or seedling to avoid the butchered look. Dead or downed stuff should be dragged from the trail when possible; it leaves the trail looking more natural and less hacked. It is further suggested that if any want com-

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pany on such a venture, they can call 914-647-5781. It is the number of the Trail Chairman; if he is not previously committed, he would likely be pleased to go along.

--Peter Fish, Wawarsing, N.Y.

TEMPORARY STATE COMMISSION TO STUDY THE CATSKILLS

A preliminary report has been submitted to the Governor, the Legislature, and interested individuals. Write to Rexmere Park, Stamford, N. Y. 12167 if you wish to obtain a copy of the 44-page document. Deadline for the final recommendations is March 1975. Granted legislative approval, the study may well become the law of the land.

We had a chance to meet Chairman Kirby Peake, his staff, and his consultants, and were impressed by the caliber of all. Gratification is expressed for the research done on the region's resources, embracing soil, water, forest, wildlife, fisheries, unique areas, and people. No intelligent planning is possible without such preliminaries.

The economic importance of agriculture in at least half of the region is stressed. We might add a few thoughts. Everybody is selfishly interested in the food basket in view of the coming shrinkage of supply. The farmer, not being an outright philanthropist, will hardly be able to resist the lure of high prices for his land. If we want viable farming and open land as fringe benefit, we must pay for it in one form or another. Putting teeth into legislation will help, but not completely solve the problem.

Perhaps the stickiest problem in the region is land use. Need for economic growth must be reconciled with the quality of the environment. The preliminary report aptly points to the complexity of the subject, but shies away from specific recommendations which might possibly be offensive to commercial interests. From our point of view, the biggest danger lies in unbridled land speculation and ill-planned developments, spelling death to a beautiful American countryside. The cherished dream of people to do with their property as they may wish must make way to ironclad controls instituted for the best interest of all people. How are the controls to be structured? We have, according to the report, no less than 161 small governmental units (city, town, and village), most of which write their own regulations. Cynics say, however, that smart developers have no trouble overcoming obstacles. We suggest planning at county level, with due consideration given to localities, aided by top planners fully employed or borrowed at state level, and enforcement

bodies at state level, with county representatives present.

The subject of public lands is intimately linked with natural resources and public recreation. In addition, we stress the forever wild clause of the constitution as inviolable, where it pertains. While we do not like the use of snowmobiles, dune buggies, recreational vehicle monsters, etc., we must admit the constitutional rights of their users. It will be the task of the final report to spell out areas in which such motorized vehicles could operate causing minimum overall damage to the environment.

--Fred Lowy, Rhinebeck, N.Y.

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#181	Fred Schroeder 3/17/74 64 Wisconsin Ave., Delmar, N.Y. 12054	518-439-6471
#182	John M. Whritenor 3/2/74	
#183	James Whritenor 3/23/74 4 Garden Court, Saugerties, N.Y. 12477	914-246-5849

MEMBERSHIP REPORT

30 new members this year brings our total to 183. 70 of the total are family members---the Wagman's, #163 to #167, boosting it by 5. Males are still leading females by 151 to 32.

145 attended the annual dinner meeting in Kingston--76 members and 69 guests or aspirants.

E.G.L.

HIKE LEADERS NEEDED

The CATSKILL 3500 CLUB is in need of volunteers to lead hikes. It is felt that each of our members who has enjoyed a scheduled hike has an obligation to lead a hike in turn. It is entirely possible that there are members who have never been asked and did not want to appear pushy by volunteering. We are now asking that any 35r who has a favorite area, share it with others by leading an outing in that area. The field is wide open. An outing can be long or short, trailless or trail, day hike, or overnight.

It is hoped that the information on the form below will be of a general nature in terms of area and time, as it is intended to create a file. This form does not commit you to leading a hike. It does tell the chairman where to start looking for a leader. If a prospective leader indicated a particular area and time (example: Winisook area in January-February), and if the schedule needed a hike in that area at that time, the person would be asked about his or her availability.

We hope that every able member will volunteer.

--Carolyn and Peter Fish

XX

Please send to Carolyn J. Fish, Box 249, Wawarsing, N.Y. 12489

.....
HIKE LEADER INFORMATION SHEET

CATSKILL 3500 CLUB

Name _____ Telephone _____

Address _____

I would be willing to lead an outing in the _____
_____ area,

in the month or months of _____

Activity: Hike _____, Backpack _____, Other _____

Equipment: Hiking _____, Snowshoes _____, Skis _____, Mountaineering
equipment _____, Other (explain) _____

Total mileage: _____. Meeting place: _____

_____ Time: _____

Comments: _____

GROWING DEGREE DAYS

Growing Degree Days (GDDs) are a method of measuring the temperature effect on vegetation over a one-year period. The method is more accurate than frost-free season, as GDDs also take into account how warm it is during the frost-free season. GDDs are calculated by finding the difference between the mean temperature for each day and 40°F , and summing up the 365 differences over the year. When the mean daily temperature is 40°F or below, there are zero GDDs. When the mean daily temperature is 50°F , there are 10 GDDs, and when the daily mean is 76°F , there are 36, and so on. GDDs are almost an inverse of Heating Degree Days. In the latter, the interest is in how much below a certain point (65°F) the temperature falls and for how long during the winter, while in the former, the interest is in how much above a certain point the temperature rises and for how long during the summer.

The number of GDDs at a given locality depends primarily on latitude and elevation. The farther north and the higher up, the colder and shorter the growing season and hence the fewer the number of GDDs. In New York State, values range from about 6000 at New York City and 5000 at Albany to about 4000 at Plattsburgh, all at or near Sea Level. This is a fall of about 500 GDDs per degree latitude (68 miles), or 8.4 GDDs per minute of latitude. For weather stations at the same latitude, for every rise of 1000 feet elevation, GDDs fall about 765; hence Freehold and Athens in the Hudson Valley, only a few hundred feet above tide, receive about 4750 to 5000 GDDs, while Roxbury and Delhi, more than 1000 feet higher, receive from 4000 to 4100.

Slide Mountain Station at Winnisook Lodge, at elevation 2650 feet, is the highest weather station in the CATSKILLS and receives 3200 GDDs; this figure is comparable to Lake Placid in the Adirondacks some 800 feet lower. The values from the 4867-foot summit of Whiteface Mt. in the Adirondacks is about 1420, while the 6288-foot summit of Mount Washington, N.H., gets about 800.

By examining the relationships between weather stations, the number of GDDs for any point in the CATSKILLS can be estimated. Local effects also cause variation from expected values based on latitude and elevation; for example, the presence of a large body of water, position on a hillside, etc., but these effects are relatively minor. For a thorough discussion on GDDs, see Bernard E. Dethier and M. T. Vittum's Growing Degrees in New York State, published in 1967 by the Cornell University Agricultural Experiment Station at Ithaca, as Bulletin 1017, 50 pages.

It must be stressed that the following figures are estimates and not fact, as there are no recording thermometers or other instruments atop CATSKILL peaks.

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Slide.....	2100	Friday.....	2479
Hunter.....	2115	Big Indian.....	2450
Black Dome.....	2114	Rusk.....	2382
Thomas Cole.....	2152	K. High Peak.....	2426
Blackhead.....	2156	Twin.....	2463
West Kill.....	2247	Fir.....	2507
Doubletop.....	2321	Balsam Cap.....	2543
Graham.....	2321	North Dome.....	2453
Cornell.....	2348	Eagle.....	2518
Table.....	2381	Balsam.....	2494
Peekamoose.....	2381	Bearpen.....	2411
Plateau.....	2296	Indian Head.....	2522
Sugarloaf.....	2327	Sherrill.....	2499
Wittenberg.....	2398	Vly.....	2482
Balsam Lake.....	2427	Windham High Peak.....	2453
Lone.....	2469	Halcott.....	2514
Panther.....	2425	Rocky.....	2631

--Michael Kudish, Paul Smith, N.Y.

CATSKILL 3500 CLUB

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- #190 Terence Gilvey 6/8/74
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- #194 James W. Schaller 7/31/74
4 Cary Ave., Albany, N.Y. 12208 518-482-2946
- #195 Robert Dido 8/10/74
R. D. 7, Box 280, Kingston, N.Y. 12401 914-338-0100

LETTERS & CARDS

A June 28 letter from Barney Kinahan advises that he has covered 1200 miles of the Pacific Crest Trail and still going strong heading north. As for myself, I just completed approximately 140 miles of the Bruce Trail in Ontario, Canada, from Owen Sound north up the Bruce Peninsula to Tobermory and in late May and early June I walked the C & O Canal towpath from Cumberland to Georgetown.

--Samuel Steen, Kingston, N.Y.

Henry Young and I were two of the leaders at the first section of August Camp and Werner Bachli is up there now for the second two weeks. We did a lot in the Waterville area and had a grand bunch of AMCers to live with.

--Arthur Beach, Hartsdale, N.Y.

I got to the top of Gannett Peak, Wyoming's highest (13,785') on Friday, July 26. Beautiful views.

--Rudolph Strobel, Pittsfield, Mass.

I'm leaving Pa. today, July 10, heading north on the A.T. The weather has been very hot and humid for hiking. I've lost 20-25 pounds but feeling great. Looking forward to winter.

--Jonathan Clement, Albany, N.Y.



Aspirant Dr. Victor Schwartz, 4 Plainview Court, Congers, N.Y. 10920, offers transportation for anyone in his area who would like a hiking partner in the CATSKILLS. Congers is located at the west end of the Tappan Zee Bridge, 25 minutes from Manhattan and closer to the Bronx.

GEORGIA TO MAINE - I

On September 23, 1974, my wife, Chris Root (#150), and I climbed Katahdin via the Hunt Trail. It was the first day of fall and there were snow flurries. It was exciting to be at the top of that beautiful peak for the first time, but what made the day most special was the fact that I had finished my end-to-end hike of the Appalachian Trail. I left Springer Mountain, Georgia, on April 2 amidst thunderstorms, which with their accompanying tornadoes, were ravaging several southern and eastern states. During those first few wet days, I found myself questioning my sanity in trying to hike the entire 2000 miles to Katahdin. Having successfully finished, I look back on the trip as one of the most memorable experiences I have ever had.

In preparing for the hike I read Colin Fletcher's The Complete Walker and Edward Garvey's Appalachian Hiker. Both provided good advice regarding hiking equipment, and I found few changes I needed to make during the trip. My conditioning consisted of three weekend "shake-down cruises" and a weekly hike in the CATSKILLS--not particularly adequate preparation for hiking day after day with a 40-50 pound pack. Using the ten Trail guides and an Appalachian Trail Conference Mileage Fact Sheet, I set up a mail drop schedule based on an average speed of twelve miles a day. Guide books, food, and other supplies which I thought would not be readily available in the towns along the way, were packaged at home and readied for mailing. With a great deal of anticipation, but with the feeling that I was in for a sink-or-swim venture, I headed north from Springer Mountain.

During the first week on the Trail I passed through Georgia, a section entirely within the Chattahoochie National Forest. The Forest Service trail was well graded and easy going. However, my initial pace of 10 miles a day seemed very strenuous, and although blisters were not a problem, my feet ached badly every evening, something that persisted for the first 400 miles or so. In one place the Trail passed through an Army Ranger training area where hikers were often ambushed, or might step on a simulated land mine. I got through safely, but met a hiker the next day who had been burned on the face and arms when he picked up a live flash device.

On April 9 I reached North Carolina and began hiking through the Nantahala National Forest. The terrain became more rugged as the Trail passed over several 5000-foot peaks. I hiked my first 18-mile day on Easter Sunday in the process of outrunning an intolerable hiker I had camped with the night before. During the next three days, I crossed the Stekoah Mountains, one of the roughest sections of the Trail. My morale hit an all-time low, but was boosted again when I reached Fontana Village, N.C. It is said that anyone who gets that far can make it to Katahdin. About half the hikers I had met during the past two weeks had dropped off the Trail for various reasons: infected blisters, bad knees or ankles, diarrhea, and other

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physical ailments. Others had become homesick. One fellow, who for years had been resisting his girlfriend's pleas to marry her, got so lonely that he went home "to tie the knot." I was fortunate to have escaped serious physical problems, and having already been roped three years before, was raring to hit the trail again. After a night at Fontana Lodge, I headed into the Smokies--1850 miles to go.

The six and a half days I spent passing through the Great Smoky Mountains National Park were unusually clear and dry. The Trail followed the North Carolina-Tennessee border along the spine of the mountain range. Because of heavy use of the Trail, shelter space had to be reserved in advance. Tenting was not allowed. Beautiful views were continual as the Trail passed through carpets of spring beauty and over Clingmans Dome (6643 ft.), the highest point. There were numerous signs of wild pigs and bears. The only bears I saw were on Mt. LeConte, where they made nightly visits to the LeConte Lodge garbage pit. I stayed at the Lodge one night. Built in the 1920's, it reminded me of the AMC huts, only a bit more primitive. On April 24, I left the Park and entered the Pisgah National Forest.

During the next two weeks the Trail took me through beautiful forest land, zig-zagging back and forth across the state line over rugged mountainous terrain. The spring flowers were at their height and I often stopped for picture taking. On May 2, after a stop at Erwin, Tenn., I caught up with several hikers I had met in Georgia and hiked with into the Smokies. One of them had just received a double dose of penicillin at the trail shelter. His buddy had left the Trail at Erwin because of diarrhea and a throat infection. The doctor who had treated him decided that his friend should have preventive treatment, so with the help of a forest ranger, tracked him down at the lean-to. I had never known of a doctor making a lean-to call, and it was free to boot!

On May 9, I reached Damascus, Virginia, 426 miles from Springer. This town is known for its hospitality to hikers, and the fact that the Trail goes down Main St. makes it convenient for picking up mail and supplies, getting a shower, and washing one's clothes. The post office was always my first stop in town, and I often wondered if any had ever been evacuated with the entrance of a reeking hiker. In Damascus I had my first bout with homesickness, but I recovered quickly after a call home, and the making of plans to meet for a June 1 wedding of my sister-in-law. My morale having been raised, I hiked on, passing through the Jefferson National Forest. A recent Trail relocation takes it over Mt. Rogers, the highest peak in Virginia (5729 ft.). This route, like most others along the way, lengthens the Trail, as well as adding to its interest and beauty. Continuing northward, I followed ridges and crossed scenic farmland valleys until the Trail reached the Blue Ridge near Roanoke. Here, the Trail competed with the Blue Ridge Parkway, as it headed toward the Shenandoah National Park. The rhododendron and laurel were in

full bloom. On May 27, soaked by rain-drenched rhododendron bushes, I reached the James River, 687 miles from Springer. I hitched to Lynchburg, Va., and bussed home for a few days of civilization and a new pair of soles for my shoes.

--Jonathan Clement, Albany, N.Y.

CATSKILL 3500 CLUB

- #196 Paul R. Valenzuela 10/12/74 914-876-7905
R. D. 2, Box 279C, Haggerty Hill Rd., Rhinebeck, N.Y. 12572
- #197 Robert S. Franzblau 10/5/74 201-239-6534
69 Linn Dr., Verona, N.J. 07044

1974 OFFICERS AND CHAIRMEN

Allan R. Wirth, President; Will D. Merritt, Jr., Past President; Franklin B. Clark, 1st Vice President; Christine Root, 2nd Vice President; Kenneth A. Shuker, Secretary; Ann L. Clapper, Treasurer; Elinore G. Leavitt, Membership; Carolyn Fish & Jonathan Clement, Outings; C. Peter Fish, Trails; Ray L. Donahue, Conservation; Walter Gregory, Winter Weekend; Kenneth Kleinberg & Paul Lomax, Canisters.

REGISTER REMARKS

VLY

- 6/66 Who put the register here? (#29) *Kle & Clark*
- 11/67 This place is ridiculous! (#30)
Hunter, please send information about this mailbox.
- 2/68 I should be in the Adirondacks but since I am sick in bed
I climbed Vly. (#16)
- 2/70 My reward - The Orange Box! (#77)
- 6/71 Buggy - Fly Mt. (#81 & #82)

BALSAM CAP

- 3/72 Walking off all the food from 3500 Club dinner last
night. (#97)
- 7/72 This is it.....the last one. I hope God gives me enough
time to do them all in winter. (#131)

FRIDAY

- 9/65 #34 for me! Too bad I neglected the champagne so I could
celebrate this great event! (#23)
- 9/66 There ought to be a law against people putting these
boxes where they are. (?)

HALCOTT

- 4/69 Mud! Snow! No snowshoes! Car stuck in mud! Happy
Easter! (#61)
- 3/72 Well, I made it and I ain't tired neither. (#124)
- 7/72 We must be crazy walking up these peaks to sign these
books. (#157)

TABLE

- 11/70 It sure is crowded up here! Glad the season is almost
over! (Smokey the Bear)

CATSKILL 3500 CLUB HIKES

Nov. 18 - Dec. 10 DEER HUNTING SEASON - no scheduled hikes.

Dec. 14 LONE & ROCKY A bushwhack to the more remote peaks from Denning leanto.
Distance: 9 mi. Ascent: 1700' Elev.: 3721', 3508' Order: 16, 34
Meeting Place: General Store in Claryville, at 8:30 a.m.
Leader: Peter Fish (#12), Box 249, Wawarsing, N.Y. 12489
914-647-5781

Dec. 28 BLACK DOME & THOMAS COLE Joint hike with N.J. ADK. May include Blackhead.
Distance: 6 mi. Ascent: 2000' Elev.: 3990', 3945' Order: 3, 4
Meeting Place: Village of Maplecrest, at 8:30 a.m.
Leader: Fred Schmelzer (#140), 116 Summit Ave., Waldwick, N.J.
201-444-4387 07463

Dec. 31 SLIDE DESCENT Celebrate the New Year and the leaders' anniversary with Triple Cities' Hiking Club.
Distance: 3 mi. Descent: 2700' Elev.: 4180' Order: 1
Meeting Place: Summit of Slide Mountain before midnight.
Leaders: Donald & Lee Trow (#'s 151, 152), 39 Moore Ave., Binghamton, N.Y. 13903 607-724-3461

Jan. 4 WITTENBERG, CORNELL, FRIDAY, BALSAM CAP Moonhaw area bushwhack.
Distance: 14 mi. Ascent: 3800' Elev.: 3780', 3865', 3694', 3623'
Meeting Place: Contact leader. Order: 9, 14, 18, 24
Leader: John DeRocco (#188), 46-14 247 St., Douglaston, N.Y. 11362
212-423-2996

Jan. 17-19 WEEKEND AT SUNSHINE VALLEY HOUSE, WEST KILL, N.Y.
See information page, reservations by Jan. 10
Hiking & ski touring in the Spruceton Valley

Jan. 18 OVERLOOK MT. Joint hike with Albany ADK from Plattekill Clove. Fire tower and old hotel.
Distance: 9 mi. Ascent: 1500' Elev.: 3150'
Meeting Place: Post Office, Main St., Tannersville, at 9:30 a.m.
Leader: Jim Schaller (#194), 4 Cary Ave., Albany, N.Y. 12208
518-482-2946

Feb. 1 HUNTERSFIELD Joint hike with Albany ADK - may include Ashland Pinnacle
Distance: 4-7 mi. Ascent: 1400' Elev.: 3423'
Meeting Place: Cairo Diner, Cairo, N.Y., at 9:15 a.m.
Leader: Jim Ackerman (#137), #10B, Circle Dr., Rensselaer, N.Y.
518-463-0054 12144

Feb. 21-23 WEEKEND AT ADIRONDACK LOJ, LAKE PLACID, N.Y.
See information page, reservations by Dec. 31.
Hiking & ski touring in the Adirondacks' high peak area

ADVANCE CONTACT WITH THE LEADER IS DESIREABLE FOR WINTER CLIMBS