



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

## **FAMILY ADVENTURES IN THE WILDERNESS: BUILDING A FRAMEWORK FOR LIFE**

**Wednesday March 20, 2024  
7 PM, Saratoga Springs Public Library**



In the winter of 2009 Kris Walker was on the path to living out his dreams in the mountains. But, that year, just before the birth of his first son, he also lost a friend in a fire fighting accident. Simultaneously becoming a father and reckoning with the precarious nature of life brought a quick end to his budding dreams as an alpinist. Fourteen years later, after he had hung up his crampons, seemingly forever, he was back on Rainier. This time with his 14 year old son.

There will be some hard skills to take home for winter mountaineering, as well as mindset insights, tips, tricks, and lessons learned adventuring with a young family in the mountains.

## **A TREK TO THE K-2 BASECAMP**

**Wednesday April 17, 2024  
7 PM, Saratoga Springs Public Library**

### **A TREK TO THE K-2 BASECAMP WITH TOM ROSECRANS**



K-2 is the second highest peak in the world and is known by many names—Mt. Godwin-Austin, Chogori, "the Savage Mountain". It is located in northeast Pakistan in the Karakoram Range. The mountains here are wider, more rugged and less inhabited than the corresponding ranges of the Hindu Kush or the Himalayas. The trek up the Baltoro glacier to K-2 basecamp is a journey of unsurpassed beauty and unforeseen surprises.

Tom Rosencrans, owner of Rocksport Indoor Climbing Gym, traveled to the region in August 2023 with his daughters to see for himself if it truly is, as Galen Rowell called it "The Throne Room of the Mountain Gods".

## Chair Report ~ Kim Brown

I am writing this after our first snowfall and a beautiful cross-country ski session! I hope some of you were able to get out and enjoy the snow in some fashion. These days, you have to seize the opportunity while it lasts. This storm hit more southerly, so I'm keeping an eye out for a more northerly one, so I can ski at our Adirondack Mountain Club Cascade Welcome Center located between Keene and Lake Placid. Cross-country skiing is still free for ADK members, and equipment rentals are available. Did you know they offer a consignment program for gently used gear and clothing?

The Banff Mountain Film Festival World Tour was held from Feb 2nd to the 4th. I would like to extend my gratitude to our committee members and volunteers whose hard work and dedication make this event possible. As a member, your continued participation and attendance are what make this a successful event year after year. Thank you. This event and raffle benefit the ADK Summit Steward Program and the ADK GFS Chapter Buck Mountain trailhead stewardship.

Thanks to our Program Chair, Anne Paolano, we have interesting monthly speakers planned for 2024. Anne does a fantastic job bringing us a wide range of topics such as geology in the Adirondacks, Antarctica and penguins, hiking with llamas, and paddling down the Hudson while observing flowers and native plants. The programs are generally in person now, providing a great opportunity to meet other people, reconnect with old friends, and have a fun night out.

We all benefit from our volunteers who contribute their time and experience to various tasks, whether it's Banff, Monthly Programs, Outings, or Stewarding. It's our members and volunteers who shape the club into what it is today. Thank you to all of you. We are fortunate that, thanks to the work of our nominating committee, we have filled several openings, but we still need some help. One opportunity is the Education Committee - if you're seeking something that doesn't require a lot of time but offers a rewarding experience and benefits to kids and families, this is for you! Another opportunity is for the Buck Mountain Trailhead steward program. If you're interested in giving back and only have one or two days available during the summer, this program could be a perfect fit for you! Please feel free to email me if you want more information.

### A huge thank you to our 2024 Sponsors:



### Raffle items and door prizes:

ADK-GF-S Chapter, Adirondack Extreme, Adirondack Mountain Club, Adirondack Theatre Festival, Sue Beadle, Common Roots Brewing Company, Jim Coutant, The Crossroads, Death Wish Coffee, Fountain Square Outfitters, Hudson Hats, Hudson Head-waters Health Network, Joy Woolworks, Morris Kopels, Liz Mulshine, Steve Myhrberg, The Queensbury Hotel, Shady Business, The Sports Page, Summit Yoga, Rocksport Indoor Climbing Gym, Rustic Birdhouses.

**Save the date: December 15, 2024**

**Tickets for Jan 31– Feb 2, 2025 Banff World Tour in Glens Falls will go on sale!**

## Membership Report—Ray Ross



Currently, the Membership committee is preparing for the Saratoga Summer Outdoor Expo at City Center on Saturday, March 16 and Sunday March 17. We will be sponsoring an information booth with another chapter and could use volunteers to provide general ADK Club information to members of the public on Saturday from 12PM to 2 PM and 2 PM to 5 PM. Also on Sunday from 12 PM-2PM. Contact Ray ([athikeray@gmail.com](mailto:athikeray@gmail.com)) if you are available to help out. Our chapter has four volunteers already as does the Albany Chapter. But a few more to fill in the identified time slots would be helpful.

### ADK Saratoga - Glens Falls Chapter Committee Officers and Chairs

Executive Committee Officers		Committee Chairs	Committee Chairs
<b>Chapter Chair</b> 908-304-8357 <a href="mailto:chapterchair@adk-gfs.org">chapterchair@adk-gfs.org</a>	Kim Brown	<b>Conservation</b> Aimee Viens Rutledge 401-529-5034 <a href="mailto:conservation@adk-gfs.org">conservation@adk-gfs.org</a> Co-Chair Paul Dietershagen	<b>Trails</b> Tom Ellis 518-638-6139 <a href="mailto:trails@adk-gfs.org">trails@adk-gfs.org</a> Co-Chair Jim Schneider
<b>First Vice Chair</b> <a href="mailto:vicechair@adk-gfs.org">vicechair@adk-gfs.org</a>	Laura Fiske	<b>Education</b> Vacant 908-305-8357 <a href="mailto:education@adk-gfs.org">education@adk-gfs.org</a>	<b>Web site</b> George Sammons 518-832-7437 <a href="mailto:webmaster@adk-gfs.org">webmaster@adk-gfs.org</a>
<b>2nd Vice Chair</b> <a href="mailto:vicechair@adk-gfs.org">vicechair@adk-gfs.org</a>	Jess Krause	<b>Hospitality</b> Gretchen Steen 518-638-6139 <a href="mailto:hospitality@adk-gfs.org">hospitality@adk-gfs.org</a>	<b>Young Members</b> Vacant <a href="mailto:ymg@adk-gfs.org">ymg@adk-gfs.org</a>
<b>Secretary</b> 518-798-0624 <a href="mailto:secretary@adk-gfs.org">secretary@adk-gfs.org</a>	John Caffry	<b>Membership</b> Ray Ross <a href="mailto:membership@adk-gfs.org">membership@adk-gfs.org</a>	<b>Fire Tower</b> Tim Noble 518-668-3046 <a href="mailto:firetower@adk-gfs.org">firetower@adk-gfs.org</a>
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<b>Past Chapter Chair</b> 518-350-4117 <a href="mailto:pastchair@adk-gfs.org">pastchair@adk-gfs.org</a>	Brian Coville	<b>Outings</b> Wayne Richter 518-893-7895 <a href="mailto:outings@adk-gfs.org">outings@adk-gfs.org</a>	<b>Publicity</b> Stephanie Graudons <a href="mailto:publicity@adk-gfs.org">publicity@adk-gfs.org</a>
<b>Trustee</b> Maureen Coutant  Alternate Trustee: Vacant		<b>Programs</b> Anne Paolano 518-798-3055 <a href="mailto:programs@adk-gfs.org">programs@adk-gfs.org</a>	<b>Banff Film Festival</b> Mo Coutant <a href="mailto:banff@adk-gfs.org">banff@adk-gfs.org</a>
<b>Members at Large</b> Thomas Khairallah Jeff Mans Kathi Noble		<b>Learn More:</b> <a href="http://adk-gfs.org">adk-gfs.org</a>	<b>Get social</b> <b>Instagram:</b> @adkglensfallssaratoga <b>Facebook:</b> facebook.com/adkgfs or facebook.com/SaratogaYMG



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<https://www.adkvoices.org/>

# Outings and Programs Calendar

Date	Day	Type	Destination	Leader(s)	Rating
* March 2024					
2	Sat	Hike/Snowshoe	What's Up Saturday? Southern Adirondacks	Kim Brown	B
3	Sun	Hike	Lake George 12STER Series: Black Mountain	Chandra Geremick	B
3	Sun	Ski	Brookhaven XC Ski	Jen Ferriss	C+
6	Wed	Meeting	Executive Committee	Kim Brown	NR
10	Sun	Hike	Lake George 12STER Series: Sleeping Beauty	Chandra Geremick	B
15	Fri	Hike/Snowshoe	Wright Peak Ides of March	Jeff Mans	A
20	Wed	Program	Dutcher Room Saratoga Springs Public Library	Anne Paolano	NR
20	Wed	Walk/Hike	Workout Wednesday	Chandra Geremick	C
* April 2024					
3	Wed	Meeting	Executive Committee	Kim Brown	NR
7	Sun	Hike	Lake George 12STER Cat Mountain	Chandra Geremick	B
8	Mon	Hike/Snowshoe	Gothics Total Solar Eclipse	Jeff Mans	A+
13	Sat	Hike	What's Up Saturday? Southern Adirondacks	Kim Brown	B
14	Sun	Bike	Cycle to Rathbun's	Steve Mackey	B
17	Wed	Walk/Hike	Workout Wednesday	Chandra Geremick	C-
20	Sat	Hike	Wilton Wildlife Park	Rich Crammond	C+
21	Sun	Hike	Lake George 12STER Thomas Mountain	Chandra Geremick	C+
22	Mon	Walk/Hike	Work out Wednesday on a Monday: Earth Day Edition	Chandra Geremick	C-
23	Tue	Bike	Spring Fever Evening Cycle	Jennifer Ferriss	C+
27	Sat	Hike	Bear slides to Gay pond	Anthony Szmul	C+
28	Sun	Bike	Saratoga National Historical Park	Steve Mackey	C
* May 2024					
1	Wed	Meeting	Executive Committee	Kim Brown	NR
11	Sat	Hike	Lost Pond 5 Beaver Dam Hike	Rich Crammond	C+
11	Sat	Hike	What's Up Saturday? Southern Adirondacks	Kim Brown	B
15	Wed	Walk/Hike	Workout Wednesday	Chandra Geremick	C
22	Wed	Walk/Hike	Workout Wednesday	Chandra Geremick	C
25	Sat	Bike	Schroon River Ride	Andrew Meunier	B-

## ADK Fire Tower Challenge by Kathi Noble

### Congratulations to the latest completers of the Adirondack Mountain Club Fire Tower Challenge:



Joycelyn Baker, Carthage  
Patti Gabello, Camillus  
Jason Ouderkirk, Syracuse  
Christopher Perry, Glens Falls  
Celestina Perry, Glens Falls  
Adam Sleezer, Menands  
Audra Prentice, New Berlin  
Jane Khondker, Potsdam  
Danielle Coffey, Burnt Hills  
Jonathan Whitcomb, Clifton Park  
Katie Jones, Queensbury  
Erin Hayner, Saratoga Springs  
Richard Nagel, Fairport

Carin Zwahlen, Waterville  
Mary and Jeff Eberhardt, Saylorsburg, PA  
Amy Hardin, Cortland  
Heather Abbott, Northville  
Katryn Williams, Ballston Lake  
Jolei Petrashune, Plattsburgh

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

John Krzeminski, Utica  
Jeffery Oliveri, Binghamton  
Luanne Vallese, Binghamton  
Marta Quilliam, Morrisonville



Goodnow Fire Tower



## **WHAT'S UP SATURDAY? SOUTHERN ADIRONDACKS** - [ Hike ]

Sat, Mar 2, 2024, time TBD, Rating: B

Kim Brown - 908-305-8357, [kim137@me.com](mailto:kim137@me.com)

- Geared to those coming back or new to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/ Southern Adirondack region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet the Monday or Tuesday of that week.

## **LAKE GEORGE 12STER SERIES: BLACK MOUNTAIN** - [ Hike ]

Sun, Mar 3, 2024, 11:00 am, Rating: B

Chandra Geremick - [cgeremick@gmail.com](mailto:cgeremick@gmail.com)

- Earn your Lake George 12STER patch! #1 is Black Mountain, which is 7.7 miles and 1,361 feet of elevation gain. This will be a moderate pace. Enjoy a lazy morning and still tackle a mountain on a Sunday. I will send out an email a few days before the trip with suggested gear to wear per the weather conditions, and to discuss driving/parking. Think spring :)

## **LAKE GEORGE 12STER SERIES: SLEEPING BEAUTY** - [ Hike ]

Sun, Mar 10, 2024, 11:00 am, Rating: B

Chandra Geremick - [cgeremick@gmail.com](mailto:cgeremick@gmail.com)

- Keep earning that 12STER patch! There's no excuse not to enjoy this hike. You get to sleep in and hit a gorgeous mountain on a Sunday. 7.7 miles and 1,437 feet of elevation gain at a moderate pace. I will send out an email a few days before the hike with gear suggestions per weather conditions.

## **WRIGHT PEAK IDES OF MARCH** - [ Hike/Snowshoe ]

Fri, Mar 15, 2024, 9:00 am, Rating: A

Jeff Mans - 518-265-4135, [adkhighlander@aol.com](mailto:adkhighlander@aol.com)

- Beware Wright Peak on the Ides of March. The eastern ridge is strewn with the wreckage from a B-47 that crashed in 1962. A bronze memorial plaque is placed near the summit in memory of the crew members who lost their lives there. Wright is the 16th highest Adirondack Peak at 4,580' and about 7 miles round trip with an elevation gain of 2,400' from Adirondack Loj/HPIC. Meet-up at the Schroon Lake Tops at 9 AM, or the HPIC/Loj at 10 AM.

## **WORKOUT WEDNESDAY** - [ Walk/Hike ]

Wed, Mar 20, 2024, 5:00 pm, Rating: C

Chandra Geremick - [cgeremick@gmail.com](mailto:cgeremick@gmail.com)

- Please email me by 3/18/24 if you would like to join this trip. We will discuss location and gear needed in the email. They are typically around an hour or so walk/hike. A nice way to keep weekend feels during the week.

## **LAKE GEORGE 12STER CAT MOUNTAIN** - [ Hike ]

Sun, Apr 7, 2024, 11:00 am, Rating: B

Chandra Geremick - [cgeremick@gmail.com](mailto:cgeremick@gmail.com)

- The lazy hiker strikes again at 11:00am on a Sunday. Sounds like a cat to me! Grab your 3rd mountain for this series and you are that much closer to earning the 12STER patch. 6.8 miles of a moderate pace with 1,341 feet of elevation gain. I will send out an email a few days before the trip with gear suggestions according to weather conditions.

## **GOTHICS TOTAL SOLAR ECLIPSE** - [ Hike/Snowshoe ]

Mon, Apr 8, 2024, 9:15 am, Rating: A+

Jeff Mans - 518-265-4135, [adkhighlander@aol.com](mailto:adkhighlander@aol.com)

- To celebrate the total solar eclipse we'll climb Gothics to hog some views. At 4,736 feet, Gothics is the 10th highest peak in the Adirondacks. Starting at the AMR parking lot to Lake Road, we'll head up to the trail to Beaver Meadow Falls, cross the Ausable River and take the Gothic Trail to the Range Trail. The eclipse process will begin shortly after 2 PM and end at about 4:30 PM. Approximately 12 miles round trip with an elevation gain of about 3600 feet. Snowshoes and spikes may still be needed at this time but check trail conditions as we get into April. Appropriate seasonal gear and headlamps required. A word of caution. To safely enjoy this once in a lifetime event in the Adirondacks and avoid severe eye injury, please be aware that looking directly at the Sun is unsafe except during the brief total phase of a solar eclipse (totality - about 2 minutes 57 seconds on Gothics), when the Moon entirely blocks the Sun's bright face, which will happen only within the narrow path of totality. Before and after totality, the only safe way to look directly at the uneclipsed or partially eclipsed Sun is through special-purpose solar filters, such as "eclipse glasses" or hand-held solar viewers. Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the Sun (helpful information from NASA regarding eye safety during a solar eclipse can be viewed at: <https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/safety/>).

## **WHAT'S UP SATURDAY? SOUTHERN ADIRONDACKS** - [ Hike ]

Sat, Apr 13, 2024, time TBD, Rating: B

Kim Brown - 908-305-8357, [kim137@me.com](mailto:kim137@me.com)

- Geared for those new to hiking/snowshoeing and those coming back to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/ Southern Adirondack region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet the Monday or Tuesday of that week.

## **CYCLE TO RATHBUN'S** - [ Bike ]

Sun, Apr 14, 2024, 8:30 am, Rating: B

Steve Mackey - 518-793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)

- I've done this trip probably at least 10 times. We bicycle from the Champlain Canal park in Fort Ann to Rathbun's Maple Sugar House and then, after a hearty breakfast, bicycle back. It's about 12 miles each way, on fairly lightly traveled rural roads. There are some pretty big hills, and there is a pretty big one immediately. This is a nice ride, and the breakfast is awesome. You won't need any lunch.



**WORKOUT WEDNESDAY** - [ Walk/Hike ]

Wed, Apr 17, 2024, 5:00 pm, Rating: C-  
Chandra Geremick - [cgeremick@gmail.com](mailto:cgeremick@gmail.com)  
- Please email me by 4/15/24 if you would like to join this trip. We can discuss gear and location in the email.

**WILTON WILDLIFE PARK** - [ Hike ]

Sat, Apr 20, 2024, 9:00 am, Rating: C+  
Rich Crammond - 518-584-2380  
- We had such a good time on this outing in December that we are going to hike it again in April. Around three miles of hiking with little elevation change. Meet at the main parking lot across the road from the flag pole, off Scout Road, Wilton. Bring microspikes and dress for cold or cool weather. See you there, hiker buds. Happy Spring!

**LAKE GEORGE 12STER THOMAS MOUNTAIN** - [ Hike ]

Sun, Apr 21, 2024, 11:00 am, Rating: C+  
Chandra Geremick - [cgeremick@gmail.com](mailto:cgeremick@gmail.com)  
- Mountain #4 if you are joining this series to earn your 12STER patch. Or jump in and add the others later. This is the easiest one yet! It does have the remains of an old cabin, which is interesting. An easy 3 miles at a moderate pace with 767 feet of elevation gain. I'll send out an email a few days before the trip with gear recommendations according to weather conditions.

**WORK OUT WEDNESDAY ON A MONDAY:EARTH DAY EDITION** - [ Walk/Hike ]

Mon, Apr 22, 2024, 5:00 pm, Rating: C-  
Chandra Geremick - [cgeremick@gmail.com](mailto:cgeremick@gmail.com)  
- Let's celebrate this important day. Please email me by Friday 4/15/24 if you would like to join this trip. It will be a special one!

**SPRING FEVER EVENING CYCLE** - [ Bike ]

Tue, Apr 23, 2024, time TBD, Rating: C+  
Jennifer Ferriss - [ferrissj@gmail.com](mailto:ferrissj@gmail.com)  
- Dust your bike off, pump up your tires and locate all of your gear. Let's spin our legs at the Saratoga National Battlefield Tour Road - if the snow has melted. Please email for meet up time, requirements and other sundry.

**BEAR SLIDES TO GAY POND** - [ Hike ]

Sat, Apr 27, 2024, 8:00 am, Rating: C+  
Anthony Szmul - 518-796-7921, [aszmul@roadrunner.com](mailto:aszmul@roadrunner.com)  
- Let's go on an amazing waterfall hike in the spring, when everything is thawing out! We will hike approximately a half mile on the left side of the Bear Slides to our first destination of the waterfall! It'll be a great opportunity for photos, and depending on the crossing at the beaver dam up top, we might head over to Gay Pond. If we make it to Gay Pond, the trip is approximately 7 miles round trip, but otherwise it'll be an easy walk in the park with other cool stuff to see and only around 2.5 miles. You may need to pack snowshoes, but otherwise you'll definitely need to pack microspikes! We will meet at the Exit 18 park and ride next to the EMS building at 8:00am.

**SARATOGA NATIONAL HISTORICAL PARK** - [ Bike ]

Sun, Apr 28, 2024, 10:00 am, Rating: C  
Steve Mackey - 518-793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)  
- I led this last year, or the year before. We will meet at the visitor center in the Park. We will ride our bikes to all the historical stops and read or listen to the history on the NPS

app. I'll bring a little speaker so it's loud enough to hear. We'll ride approximately 10 miles or less and make lots of stops. It's a really nice way to get a little exercise, and learn about all the history that happened in our back yard.

**EXECUTIVE COMMITTEE** - [ Meeting ]

Wed, May 1, 2024, 7:00 pm, Rating: NR  
Kim Brown - 908-305-8357, [kim137@me.com](mailto:kim137@me.com)  
- The meeting will be a virtual meeting via Zoom. All chapter members are welcome at the meeting. Please email [chapter-chair@adk-gfs.org](mailto: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.

**LOST POND 5 BEAVER DAM HIKE**

Sat, May 11, 2024, 9:00 am, Rating: C+  
Rich Crammond - 518-584-2380  
- Just a nice spot where we can count 5 dams in all from the snowmobile bridge. A neat little Adirondack bog to view, also. Marked trail, little elevation change, and dress for cool spring weather and rain. Bring head nets, too, if the black flies are out. Eeks! Meet at Stony Pond trailhead off Route 28N, Minerva area. Approximately 2 miles round trip hike. See you there, hiking buds. Happy Spring!

**WHAT'S UP SATURDAY? SOUTHERN ADIRONDACKS** - [ Hike ]

Sat, May 11, 2024, time TBD, Rating: B  
Kim Brown - 908-305-8357, [kim137@me.com](mailto:kim137@me.com)  
- Geared for those new to hiking/snowsheading and those coming back to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/ Southern Adirondack region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet the Monday or Tuesday of that week.

**WORKOUT WEDNESDAY** - [ Walk/Hike ]

Wed, May 15, 2024, 5:00 pm, Rating: C  
Chandra Geremick - [cgeremick@gmail.com](mailto:cgeremick@gmail.com)  
- Please email me by 5/13/24 if you would like to join this trip. We will discuss location and gear needed in the email.

**WORKOUT WEDNESDAY** - [ Walk/Hike ]

Wed, May 22, 2024, 5:00 pm, Rating: C  
Chandra Geremick - [cgeremick@gmail.com](mailto:cgeremick@gmail.com)  
- Please email me by 5/20/24 if you would like to join this trip. We will discuss location and gear needed in the email.

**SCHROON RIVER RIDE** - [ Bike ]

Sat, May 25, 2024, 8:00 am, Rating: B-  
Andrew Meunier - 518-376-2470, [andrew.m.meunier@gmail.com](mailto:andrew.m.meunier@gmail.com)  
- This 21-mile ride will start in Veteran's Park in Warrensburg. We'll spend almost all of the ride pedaling alongside the beautiful Schroon River. The entire ride is on paved surfaces and there are some minor climbs sprinkled throughout (885 feet of total elevation gain). All bike types are welcome including e-bikes! 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.

## **Wilton Wildlife Park**

**Sat, Dec 9, 2023, Rich Crammond**

- What a good day for a hike in the park! It was nice to share this outing with three seasoned ADK hike leaders. This was a day to once again enjoy the tall pines and the fire tower that was part of my past in Luther Forest. We didn't see any deer - I think they headed north until after the 25th. We did enjoy mild temperatures and fresh air; good company, also. Good luck to Anthony with the Fire Tower challenge. Didn't get no better for an end of the year outing. Participants: Jack Whitney, Pat Desbiens, Anthony Szmul, Rich Crammond.

## **What's Up Saturday? Southern Adirondacks**

**Sat, Dec 9, 2023, Kim Brown**

- We hiked Buck Mountain in Lake George from the Shelving Rock Trailhead - approximately 5 miles with 1,400 feet of elevation gain. At least half the group had not done the hike from this side. Weather cooperated and was mild from high 30s to low 40s and cloudy. We had introductions and a quick reminder of how to leave no trace when pooping in the woods in the winter. Off we went after putting on microspikes. On the way, Chandra and Rich noticed a black cat in the woods that was curled up under a tree. He/She seemed in good condition, a bit stressed, and very friendly (no collar or identification). The cat was left at that point, but discussion ensued about what to do. Back to the hike ... we found the trail dry initially and then hit small patches of ice and lots of mini stream crossing. A few hundred feet below summit, we had 4-6 inches of snow, but the trail had been broken out. Finally to the summit, which was a bit windy with the only view being each other! Totally socked in with fog. Everyone still seemed to enjoy the outing. During the return hike a plan was hatched by Chandra and Rich. It seemed like the cat needed rescuing ... so that they did! After easily getting the cat in the car, they brought the feline to an area home. The owner had spoken to a few people who had seen the cat and thought someone had dropped the cat off. Area shelters were called to let them know about the cat and the Saratoga Animal Shelter took the cat in. The cat has been named "Buckley"! 14 Participants included: Alan C, Debbie V, Linda F, Marcia H, Paula T, Laura F, Beth P, Jeff L, Ann and Jim W, Chandra G, Rich B, Anthony B, and hike leader Kim Brown.

## **Workout Wednesday**

**Wed, Jan 3, 2024, Chandra Geremick**

- We met at the YWCA parking lot in Glens Falls to enjoy a brisk walk through Coles Woods. Although there was no snow, there was still some good sandy ups and downs. We are so fortunate to have these wonderful trails that surround neighborhoods and businesses. It gives you a place to mentally reset and exercise, with little to no drive time. Attendees were Chandra G., Joseph B., and Kaia A.

## **What's Up Saturday? Southern Adirondacks**

**Sat, Jan 6, 2024, Kim Brown**

- Our hike was Cook Mountain Preserve in Ticonderoga. The weather was dry and cool (low 20s) with almost no wind. The ground was completely clear of snow and almost totally ice free, even at the top. We kept a nice moderate pace until we made it up to the top. We took in the northern view towards Rogers Rock and Anthony's Nose across the lake while we had a snack. Going in the colder months, we found the views less obscured by the foliage. I had promised to

make hot chocolate for everyone and had brought my stove and fixen's. I've found part of leading is sometimes showing people what not to do! I spilled the water off the stove, used the microfiber cloth to unscrew the stove device from propane, which then promptly melted the microfiber across the stove and made it unusable! Luckily Anne and husband Jim saved the day and shared their big thermos of hot chocolate. We then made it over to the northern view towards Vermont and Lake Champlain. Back down (much easier!). 12 people in all - hike leader Kim Brown with Alan C, Paula T, Matt G, Beth P, Jeff L, Dave C, Anthony B, Anne and Jim W, Kaia A, and Gabi M. Thanks to all for fun day.

## **Workout Wednesday**

**Wed, Jan 10, 2024, Chandra Geremick**

- The rain greeted us in the parking lot but tapered off for our fun little scamp. We had to keep to the paved areas since it was unseasonably warm, which created mashed potato snow and puddles. We walked for about an hour. Always great for a mid week stretch! Participants as follows: Chandra G, Joseph B, Kaia A.

## **First Day of Winter Hike: Seward**

**Sat, Jan 27, 2024, Jen Ferriss and Jeff Mans**

- My pursuit of hiking the winter 46 has finally gained momentum. Our initial plan to commence on opening day, 12/21/23, was thwarted by floods, a broken serpentine belt, and the disappointment of no snow in the lowlands. However, as they say, patience brings rewards - we were treated to a beautiful winter day featuring warmer temperatures, no frozen fingers, hats off, and the luxury of shedding some bulky layers, making it an overall enjoyable experience. This year, the gate was open, and we arrived around 7:30 to find a nearly full parking lot. The crowd was diverse, with many seeking three peaks and others ambitious enough to tackle all four. Fortunately, our goal for the day was just one summit. Despite wearing our snowshoes, the herd path had seen little use since the snowfall, leaving it less compacted than we had hoped. The constant struggle of hoisting ourselves up from holes we inadvertently created, attempting to strategically place our feet, quickly became a tiresome game. At least, in our endeavor, we left clues for the next group ascending the trail. I extend my gratitude to Jeff M, Dan S, Wayne R, and Miriam M for accompanying me on this adventure. and reigniting my determination to schedule my final three summits this winter season.

## **Winterfest Lake Lauderdale Sat, Feb 3, 2024,**

**Chandra Geremick**

- Well there wasn't much snow, but we had fun on the scavenger hunt. There was a drone demonstration of the different ways drones can be used, which was interesting, especially if there was a lost hiker. The warming hut was crammed full of folks enjoying hot cocoa and goodies. Part 2 included one steep 5.1 mile trek up Peaked Rock in the Batten Kill State Forest. This has been an interesting year, weather wise. We changed gear several times (A T-Shirt in February!) to accommodate the work uphill, then getting hit with the windchill once we arrived the top. It was a great way to round off the day. Participants: Chandra G, Doug F, Jonathan H.



## Chepontuc Footnotes

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