

Hyde Park Trails Newsletter



Hyde Park, NY

Issue #7

Fall / Winter 2010 - 2011

Join us for Winter Hikes on Hyde Park Trails:

Winnakee Nature Preserve

December 12, 2010 - 1 p.m.

1.3 mile round trip, easy moderate walking on dirt-surfaced woods roads with rolling hills. Meet at parking area behind Pete's Famous Café & Grill on Route 9.

Hackett Hill Park "Winterfest"

January 30, 2011 - 2 p.m.

1 mile round trip. Easy walking. Park out front at Hackett Hill Park. Meet at trailhead near pool.

Norrie Point Blue Trail

February 13, 2011 - 1 p.m.

3.5 miles round trip. Moderate walking with some hills. Park and meet at Norrie Point Environmental Center, Staatsburg.

Roosevelt Farm Lane

March 13, 2011 - 1 p.m.

3.6 miles round trip, easy walking. Park and meet at Route 9 trailhead just north of Hyde Park Steakhouse and Brewing Company.



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Visit Hyde Park Trails online:
www.hydeparkny.us/recreation/trails

Making History - -

All in a day's run

By Rapahel Notin, Winnakee Land Trust



Chris, Raphael and Bill finished their run at Norrie Point

It started as a joke. Bill Ring and I met at a Hyde Park Trails meeting a few years ago. Both amateur runners, we talked about jogging together but never got to it until I jokingly threw the idea of running all the Hyde Park trails in one go!

The Trail Committee has designed an amazing trail system linking many of the parks in the Town. Their genius is evident in the "Hyde Park Walkabout," a program designed to promote trail use, help people discover the significant history of Hyde Park, and stay healthy while walking through a wide diversity of landscapes. Eleven of the trails are included in the Walkabout program, a total of 16.8 miles.

For the last five years, a uniquely designed patch has been awarded to anyone walking least 5 Hyde Park trails during each year. To celebrate the Walkabout's 5th anniversary, this year the committee will award all five patches (2006-2010) for completion of *all eleven* walks. There are only 100 full sets of this "historical" collection of patches. Co-sponsored by the Dutchess County

Health Department, the Walkabout is not just another health scam; it truly works, and it's fun! Here's a testimony.

After some planning, Bill decided to run the first half of the sixteen mile distance. Chris, a friend of mine, was to join me for the second half. I was determined to complete all eleven trails and earn my five patches!

We started at 9:30am from the Eleanor Roosevelt Historic Site, "Val Kill." Bill and I skillfully ran up and down the narrow trail to Top Cottage, and then around Eleanor's Walk, stretching our steps on the downhill portions.

We then ran from Route 9G to Route 9 on the Roosevelt Farm Lane Trail. Bill told me how he had been running many of these paths since the 1970s. I learned that he moved to Hyde Park from Poughkeepsie in 1974, the year I was born and how he used to run after work to relax or leave worries behind. We ran through the FDR National Historic Site, running through tall forests, meandering along wider sections, looping around vernal pools and magnificent rock ledges. Bill told me about the sprints up the steep slopes he would do for practice.

We ran northward to the Vanderbilt Mansion National Historic Site, and found the clayish sandy trails on which Bill used to run barefooted. He mentioned how he had seen the largest trees come down with storms and how the trail users have gotten to know his "secret" trails. Looping down right along the mighty Hudson River and catching glimpses at historic estates, he told me about his involvement as a volunteer for the trail system and passion for nature...

Chris had a cold, but he joined us at the Winnakee Nature Preserve, where we ran through the magnificent forests. We checked our list of trails; that was seven down. We then went to Hackett Hill Park and Pinewoods Park; that was eight and nine. Bill would not stop, my knee started to hurt and Chris' cold became an old thought. We paused and drove north to find the two last trails at Mills-Norrie State Park, dreaming of the day we will be able to run on a continuous trail between Vanderbilt and Norrie Point. (Winnakee

Land Trust is currently working on this connection, acquiring trail easements across private properties.)

From then on, Chris took the lead and pulled us northward on the white trail, flirting with the Hudson River, then back south toward our finish at the Norrie Point Education Center.

The whole escapade took us about four hours, but as Bill later emailed me, "It was a *great day* on the trails. 'Warming up' on Top Cottage, the day continued to get better as we worked down the checklist. It was a tough finish through Norrie/Mills, but that just punctuated the accomplishment."

Beyond discovering half of these trails for the first time that day, I also made a great and humble friend. Bill had been connecting these trails for over 30 years. As a native of France, I learned a lot about American history and the national (and international) significance of the sites and woods we visited. Running along, I contemplated the idea that the Hyde Park Trail system is to Dutchess County what the Freedom Trail is to Boston. Both trail systems link sites that helped create the American spirit. In times of great trouble (and opportunity) for this country, FDR, Eleanor and a host of others found refuge, resource and inspiration in these woods.

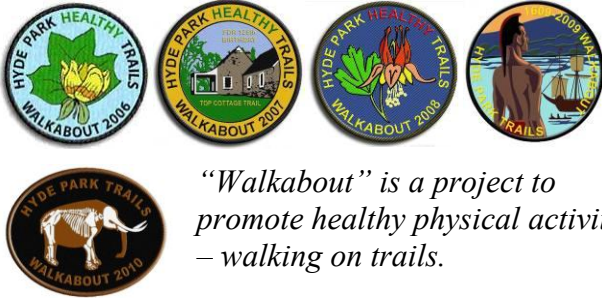
Interestingly, I heard that the day of our run was also the NYC Marathon. However famous that run is, the *healthiest run* in New York that day was on the Hyde Park Trails!



Kathleen Davis presented Bill and Raphael each with a set of five Hyde Park Trail Walkabout patches. They are the first to complete the 11-trail challenge in a single day.

* * *

Earn all 5 Walkabout Patches



“Walkabout” is a project to promote healthy physical activity – walking on trails.

How it works is easy: walk five Hyde Park trails in one year, and you earn a free patch. But this year, you can earn *all five years’* worth of Walkabout patches by walking *all eleven* trails listed on the Walkabout map / scorecard. That plus \$5.00 will get you all five patches from the years 2006-2010. This is a one-time offer.

You have until April 21, 2011 to complete your scorecard and earn all 5 patches. That date (which is both Earth Day and National Park Week), is when we will shift to the *next* year’s patch.

See great places, get great exercise, and sew your collection of patches to your favorite backpack! Think about trying some winter hikes this year. Get started by picking up your Walkabout map / scorecard at a trailhead, park visitor center, or the Hyde Park Recreation office at Hackett Hill Park.

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Smart Dress for Winter Hiking

How to dress yourself is probably one of the most important things to know when hiking in winter. Here’s how to do it, from the inside out.

Step 1: the base layer

This is the layer next to your skin, and its purpose is to wick away sweat and moisture. It is usually some form of long underwear. The best base layer is a quick-drying material such as polypropylene or merino wool. These wick away sweat and feel soft against the skin. Make sure that your socks are made of similar wicking material to keep your feet dry.

Step 2: the mid-layer

This is your insulating layer. It is thicker than the base, and provides insulation by trapping heat to keep you warm. Synthetic fleece is generally

ideal, as it effectively retains heat, even when wet, and it also transfers moisture. Wool and polyester fiber are also good. Down is very lightweight and warm, but it can get wet and lose its insulation qualities. And it dries very slowly.

Step 3: the outer shell

The shell layer keeps out the weather. A waterproof jacket and pants keep external moisture away from your body to keep you dry. Ideally, the shell layer is a material that is breathable as well as waterproof. These can block out snow and rain while allowing evaporated moisture (such as sweat) out from the garment.



Put on some warm boots, and you are ready to hike the trails in comfort. Bring a lightweight backpack with something to drink, a few trail bars and a map. And don’t forget to go with a buddy!

* * *

Seth Lyon Volunteer Day brings 40 to Winnakee Nature Preserve

By Kathleen Davis, Town of Hyde Park Recreation Director and Winnakee board member

Saturday Sept. 25 was a golden, warm, sunny day that felt like Indian Summer. We had looked for a suitable way to commemorate the passing of our friend and trail volunteer Seth Lyon, and finally decided to hold a trail stewardship day in his honor. We listed it officially as a “National Public Lands Day” event, and also as a Hudson Valley Greenway “Ramble” event. We sent out e-mails and put up flyers inviting people to pitch in. This would be the day.

It worked. And so did we. More than forty volunteers showed up Saturday morning at the Winnakee Nature Preserve’s Van Dam Road trailhead, ready for work. They included Marist

students, the Fats in the Cats mountain bike club, Ralph Peak Hiker's Cabin Volunteers Club, NY-NJ Trail Conference and Appalachian Trail volunteers, a Girl Scout with troop leaders, and our own Hyde Park Trail volunteers. Everyone signed in, grabbed nametags, and introduced themselves. Scenic Hudson and NPS provided a complete array of trail tools, so everyone had something to work with.

The day began with a tree planting -- a beautiful native Eastern Redbud tree -- in memory of volunteer Seth Lyon. After a few words of remembrance by Mary Lyon, we observed a few moments of silence in memory of Seth, who was a friend and volunteer for both the Hyde Park Trails and the Appalachian Trail. Mary said that Seth must be looking down and smiling on us, as we were about to begin working on the tasks he had outlined for the Preserve last year. With that in mind, we all set out with team leaders, and by the end of the day, we completed a remarkable amount of work.

Some of the tasks were daunting. At a large washout on the yellow-blazed Creek Trail, the Fats in the Cats heroically hand-dug and replaced a 10-foot-long culvert pipe with a larger-diameter pipe, provided by the Town of Hyde Park Highway Department.



Other tasks included re-excavating rolling drainage dips across the trails, obstructing an illegal ATV access from a neighborhood trail into the Preserve, installing improved directional trail signs, cleaning muck from historic culverts to control drainage around trails, and removing invasive plant species.

Lunch came none too soon. We gathered at the Terwilliger Road trailhead for our bagged lunches

(plus pizza for the Marist students). We had lunch together in the shade, exchanged tall tales about our trail work and compared notes before gathering ourselves up for the afternoon session.



The whole crew of posers at lunch time

Donations of snack foods and refreshments from local businesses and community supporters kept us fortified through the hefty afternoon session. It helped make the work fun and brought many smiles of gratitude.

Others contributed to the day's success. The Town of Hyde Park Highway Dept, on short notice, helped enormously by digging the hole for the Redbud tree with their backhoe the day before the event, and also provided a culvert pipe.

Beginning months in advance, Raphael Notin of Winnakee Land Trust created GPS maps and checklists that made it easy to find our work locations and understand our assignments.

At the end of the day everyone was tired, but happy to have taken part in a great work day for the Winnakee Nature Preserve. It was a great tribute to Seth.

THANKS to our Trail Work Party Sponsors who donated refreshments to fuel the work day: fresh apples from *Cedar Heights Orchard* in Rhinebeck, and from Jan and Dick Czech at *Terhune Orchards* in Salt Point; granola bars from *Stop & Shop of Hyde Park*; and donuts from Winnakee Land Trust.

- Special thanks go to *Pete's Famous Café & Grill* for allowing us to use their parking lot (and for being a great place for a pre- or post-hike meal!)

- Thanks also go to the *Town of Hyde Park Highway Department* for helping with materials and assistance.

We are especially grateful to the volunteers who worked so hard to complete all the tasks on our work list. The Preserve never looked so beautiful!

The work day brought back memories of the day I had first met Seth, at Winnakee, on a work day similar to this day. It was in the fall, a few years ago. Seth popped into the truck and asked if I needed help. Wow.

"Yes!" I said with surprise, and he helped me drive the old pickup through the woods trail, as we and a core group of trail volunteers gathered debris from a number of old dumpsites across the Preserve, and heaped it all into the truck. I thought, "Who is this wonderful person?" I know now who he was to so many people.

- Kathleen Davis

**Seth Lyon
1961-2010**



* * *

Winnakee Nature Preserve has new Management Plan

Raphael Notin, Winnakee Land Trust Stewardship Manager

Winnakee Land Trust recently completed a comprehensive Management Plan for the 105-acre Winnakee Nature Preserve, which has trailhead access points at Van Dam Road and Terwilliger Rd. The preserve is protected by a conservation easement, and the Land Trust's goal is to ensure long-term public enjoyment, safety and use of the Preserve by maintaining its infrastructure and trail system, while conserving its natural habitats and creating links to other protected areas.

The plan includes a detailed catalog of the preserve's natural and built features, and for the first time documents the maintenance practices

that have been undertaken over the years by Winnakee Land Trust and the Hyde Park Trails committee. The heart of the plan is a yearly- and five-year schedule of maintenance, restoration and construction tasks to help make sure the Winnakee Preserve remains the special place it is today.

Some of the work will require help from volunteers; we'll definitely get in touch with you about that, and we hope you'll join us. In the meantime, we hope you'll visit the preserve often.

* * *

It's Trail Tool Time!

By Jill Sprance, Scenic Hudson

The curious-looking implement shown here is called a McLeod (pronounced "Mc CLOUD").



This versatile tool is used for fighting wildfires and building trails. In firefighting, its tined side is used to rake leaves and debris from a fire line, while the blade/hoe side can be used to cut sod, roots and branches.



A volunteer uses a McLeod to build a new section of Hyde Park Trail south of Norrie Point.

In areas like Hyde Park where trails are more prevalent than wildfires, the McLeod is a favorite tool of trail builders who use it to build so-called "bench cut" trail. Bench cut trail is built into the side of a hill. Building this type of trail involves moving earth to create a trail surface that is very gently sloped downhill. Both the blade and tined sides of a McLeod are useful in shaping the tread

and broadcasting excavated material away from the trail. Once the trail is shaped, the flat end of the McLeod can be used to tamp, or compact the soil on the newly built trail. Tamping helps the trail retain its shape, and stand up to trail users and natural sources of erosion such as wind, water and gravity.

Join us for a trail-building day, and we'll make you an expert in handling a McLeod.

* * *

Hyde Park Lions Club 5K Trail Run - *Thanks!*

By Bill Ring, Race Director

The second Hyde Park Lions Club *Journey for Sight* 5k Trail run was held September 12th on the Roosevelt Farm Lane Trail. It is a surprisingly challenging 5k course, as reported by one of the finishers: "it is a tuff 5k with every up and down hill, surrounded by deep woods right in the middle of town."

The event is a benefit. The Lions have purchased vision testers and audiometers for all public and private schools in the Hyde Park School District.

The event sponsors were M&T Bank, Bridgeway FCU, Dr. Valerie Vincellette, Dr. Al D'Auge, Golden & Golden Building Co., Molloy Pharmacy, Rhinebeck Savings Bank, Williams Lumber & Home Centers, Mike Arteaga's, Emergency One and Pete's Famous.

Special thanks to Hyde Park Brewing Co for parking and National Park Service for use of the trail, and to Hyde Park Fire Dept, Roosevelt Fire Dept, Roosevelt Theater and Northern Dutchess Paramedics who were on location.

Thanks to Pete Sanfilippo for race timing, the group of experienced experts who handled race logistics, and the Lions who helped with race registrations and at the turn-around point.

The Lions Race committee was great to work with (you know who you are). Most of all, thanks to all the participating runners for your support.

* * *

Red Hook Youth Completes Eagle Scout Project

Jesse Kassner from Boy Scout Troop 42 in Red Hook, NY recently completed his Eagle Scout project at the Roosevelt Farm Lane area.



Jesse constructed and installed two footbridges to provide dry crossings over wet spots on the Yellow and Red Trails. High fives go to Jesse and his crew!

* * *

PoJo's Ralph Ferrusi offers notes as he completes the 11-trail Walkabout

Ralph Ferrusi knows about trails. He has hiked the entire Appalachian Trail *twice* as a section hiker. And he writes about hikes weekly. Naturally, we were thrilled when he took up the Hyde Park Trails Walkabout challenge, encouraging many others to do it also. He notes that patches are a natural part of the hiking/climbing experience:

- Walk the 2,179-mile Appalachian Trail, and you get the "2000 MILER" rocker for your AT patch.
- Climb all 46 Adirondack peaks over 4000 ft, and get the "ADK 46-R" patch for your backpack.
- Hike the 35 Catskill 3500-footers get the oblong "Catskill 3500 Club" patch, plus the "WINTER 35R" patch for doing them again in winter.
- And now he's after Hyde Park's 5-patch Walkabout series. GO RALPH! and THANKS!
- We hope you'll join Ralph on Hyde Park's trails!

Be sure to watch out for Ralph's Hike of the Week column in the Poughkeepsie Journal's Players section. Or search his earlier articles at www.poughkeepsiejournal.com