

Binghamton Outdoors!!!

Newsletter of the Binghamton Chapter
of the Adirondack Mountain Club (ADK)

Volume 9, Number 4 Spring 2019

Congratulations to Erik Gregory on his ADK Presidents award!

Erik is ADK's finance / investment chairperson and a Binghamton chapter member / officer. Erik is the first person from the Binghamton chapter to receive this prestigious ADK award. Erik received this well-deserved award at the ADK 2018 Fall Outing. Thanks for all you do Erik, for ADK and your Binghamton chapter!



*ADK president John Giliwitz (left), Erik Gregory,
ADK Executive director Neil Woodworth*



Erik Gregory, ADK president John Giliwitz

Announcing the Southern Tier Scramble Patch Challenge!

ADK Binghamton chapter is pleased to announce our Southern Tier Scramble patch challenge. The challenge focus aligns with ADK's mission of Conservation, Education, and Recreation.

Patch activities are available in the five NY counties where many of us live: Broome, Chenango, Cortland, Delaware, and Tioga.



Many 2019 and 2020 chapter meetings and outings will offer opportunities to complete patch activities. Please make a commitment to participate in the Southern Tier Scramble!

See pages 2, 3, 4, 5, and 6 for more information, and check out www.binghamtonadk.org for the latest activities schedule!

Upcoming chapter meetings / presentations

Please mark your calendar for these upcoming Chapter meetings. Meetings are the 2nd Tuesday of the month at 7 PM in the Chenango Town Hall Community Room unless otherwise indicated.

Chenango Town Hall Community Room
1529 State Route 12
Binghamton, NY 13901-5504

April 9, Tuesday: Chapter Meeting. 7PM. Program: Southern Tier Scramble Patch Kickoff
Presenter: Bob Strebel

May 14, Tuesday: Chapter Meeting. 7PM. Program: Patch Preservation Education Event - Intro to Hiking and Backpacking. Presenter: Pat Connors

June 11, Tuesday: Chapter summer picnic and patch hike

4PM: Patch hike – Chenango Valley State Park

6PM: Picnic meal - Tween Lakes picnic shelter.

Free admission (after 5PM) to Chenango Valley State Park

No meetings in July and August. Enjoy your summer!

September 10, Tuesday: Chapter Meeting. 7PM Program: Patch Preservation Education Event - Leave No Trace presentation. Presenter: Bob Strebel

October 8, Tuesday. Chapter Meeting 6PM. Program: Patch hike: Evening hike at BU Nature preserve

November 12, Tuesday: Chapter Meeting. 7PM. Program. Movie night. The Adirondacks

December 10, Tuesday, 6PM. Chapter Holiday Party at Washingtonian Hall in Endwell.
Hosts: Ken and Linda Jackson

Upcoming chapter outings and activities

If you would like to organize an outing please contact our outings chair Lindsey Leiser at 607-621-8945 or adk46@stny.rr.com. Consider leading an outing to your favorite place...we need more outings leaders! Final details of outings will be shared on the chapter listserv, and you can contact the outing leader listed below.

April 15, Monday: Patch hike – Suny Broome trails. Leader: Ken Jackson (kenjny@stny.rr.com)

April 20, Saturday: Earth Day / Patch Conservation Project: Finger Lakes Trail work day. From Rt 10 to Rock Rift fire tower to Dryden Brook Rd. Leader: Ken Jackson (kenjny@stny.rr.com)

April 26-27-28, Friday-Sunday: Silver Lake Lean To overnight backpack. Leader: Ken Jackson (kenjny@stny.rr.com)

May 04-05, Saturday-Sunday: Patch Conservation Project: Tirrell Pond Lean To maintenance overnight backpack. Leader: Bob Strebel (bobmail@stny.rr.com)

May 13, Monday: Patch hike – Oakley Corners. Leader: Ken Jackson (kenjny@stny.rr.com)

June 15, Saturday: Patch hike – Shavertown trail. Leader: Lindsey Leiser (adk46@stny.rr.com)

July 13, Saturday: Patch hike – Spanish Mountain loop trail. Leader: Bob Strebel (bobmail@stny.rr.com)

July 27, Saturday: Patch hike – FLT Brooks Bank Rd to Cooper Schoolhouse Rd. Leader: Lindsey Leiser (adk46@stny.rr.com)

July date tba: Patch hike – Virgil Mountain loop trail. Leader: Bob Strebel (bobmail@stny.rr.com)

August 24, Saturday: Patch hike – Plymouth Loop trail. Leader: Bob Strebel (bobmail@stny.rr.com)

August date tba: Patch hike – Bowman Lake State Park. Leader: Erik Gregory (rf8g46er@echoes.net)

September 28, Saturday: Patch hike – Finger Lakes Trail 7 miler. Leader: Pat Connors (pat_connors_ny@yahoo.com)

October 12, Saturday: Patch conservation project: River Bank cleanup. . Leader: Ken Jackson (kenjny@stny.rr.com)

Watch www.binghamtonadk.org and the chapter listserv updates for these yet to be scheduled outings and activities:

Date tba: Patch hike: Mount Utsayanth and Bramley Mountain loop. Leader: Pat Connors (pat_connors_ny@yahoo.com)

Chapter volunteer service projects to support Waterman Center

Monday Morning Hikes. . Leader: Ken Jackson (kenjny@stny.rr.com)

ADK Events and Activities

June 1st, 2019: National Trails Day. This year's projects will be based out of Cranberry Lake

July 15th – 25th, 2019, ADK St. Regis Paddle Outing

July 27th, 2019, Sunday: 14th annual Ididaride Adirondack Bike Tour

Sep 6th – 8th, 2019, ADK Fall outing, Harriman State Park

ADK Master Calendar

ADK has created an online master calendar that consolidates in one place all the outings and activities planned by ADK and ADK Chapters. The calendar is packed with many great activities and shows activities for the next six months. One can browse by day or week or month, search on keywords, and request email and text updates. Check it out at <https://www.adk.org/play/calendar/>

ADK Earn A Patch Program

Love a challenge? ADK and ADK chapters offer the following patches:

- Fire Tower Challenge – Glens Falls-Saratoga Chapter
- Kids on the Trail – Laurentian Chapter
- Wilderness Weekends in Western New York Challenge
- Paddle Tour of Finger Lakes – Genesee Valley Chapter
- Adirondack Paddle Pursuit
- Adirondack Quest – Genesee Valley Chapter
- Northville – Placid Trail – Schenectady Chapter
- **Southern Tier Scramble – Binghamton Chapter**

Visit <https://www.adk.org/play/earn-a-patch/> to learn more about each patch opportunity. Browse the ADK master calendar to see opportunities to join ADK members on hikes and paddles as you complete your challenge.

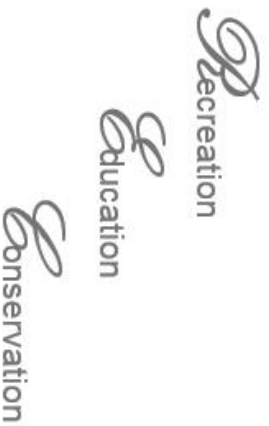
ADK Mission Statement

ADK (Adirondack Mountain Club) is dedicated to the conservation, preservation, and responsible recreational use of the New York State Forest Preserve and other parks, wild lands, and waters vital to our members and chapters.

Southern Tier Scramble Patch Challenge



Discover great hikes in our neck of the woods!



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Earning the Patch

Complete 2 Conservation, 2 Education and 6 Recreation activities to earn a free patch. Conservation and Education will be held in the Binghamton area at designated times. Recreation activities can be done either with the chapter on the scheduled dates or on your own. The schedule for these activities and live links to trail information can be found at:

http://www.binghamtonadk.org/outings_schedule.shtml

You do not have to be a member of the ADK to participate. It is necessary to sign a release form to participate in our conservation and recreation activities.

Contact Information

Send your email address to sts.bingadk@yahoo.com to receive reminders of the chapter sponsored activities and other event updates.

Submission

Upon completion, send an email to sts.bingadk@yahoo.com. Include your name and address or attend the next Binghamton Chapter meeting held at the Chenango Town Hall, 1529 State Route 12, Binghamton, NY. Meetings times listed at www.binghamtonadk.org.

The Trails

Trails are rated by a difficulty score based on mileage and elevation change. Difficulty rating is a range of 0 to 28 where 0 is the easiest. Rating are estimated using the <http://www.nwhiker.com/HikeEval.html> web-based app. Choose hikes that suit your ability or enthusiasm. For reference, Mt Marcy (NYS highest peak) is rated at 24. Each trail description includes the

difficulty rating (D#) followed by the change in elevation (E#).

Outdoor Conservation

Activity (Pick 2)	Date
Riverbank Cleanup	
Finger Lake Trail Work	
Waterman Center Volunteer Work	
Tirrell Pond Lean-to	

Preservation Education

Activity (Pick 2)	Date
Leave No Trace	
Back Woods First Aide	
Intro to Hiking & Backpacking	
The Adirondack & Catskill Parks	

Responsible Recreation

Activity (Pick 6)	Date
Chenango Valley State Park (1)	
Binghamton University Nature Preserve (2)	
SUNY Broome Hiking Trail (3)	
Bowman Lake State Park (4)	
Finger Lakes Trail – Basswood (5)	
Plymouth Loop (6)	
Virgil Mountain Loop (7)	
Spanish Mountain Loop (8)	
Hoxie Gorge-FLT (9)	
Mount Utsayantha (10)	
Bramley Mountain (11)	
Shavertown Trail (12)	
Oakley Corners (13)	
Finger Lakes Trail -Dryden (14)	
Jenksville State Forest (15)	

Broome County

- (1) Chenango Valley State park: complete the two circular trails around both lakes, Chenango Lake and Lilly Lake, 4 mi round trip (D4, E0).
<https://www.cnyhiking.com/NVSP-ChenangoValley.htm>
- (2) Binghamton University Nature preserve: hike the trails and see all the following - Vernal Pool, one anthill, the 3 water towers, and cross the bridge across the pond, possible in 3 mi (D4, E100)
<https://www.binghamton.edu/nature-preserve/about/img/trailmap.pdf>

- (3) SUNY Broome Hiking trails: do all the trails behind the college, approx 4.5 miles. [Complete Perimeter trail ~1.8mi (D13, E500)]
<http://news.sunybroome.edu/buzz/wp-content/uploads/sites/2/2016/10/trail-map.jpg>
- (4) Bowman Lake State Park: hike Trail #1 and #2 loops, 5.2 mi round trip (D6, E100).
<https://www.cnyhiking.com/NVSP-Bowmanlake.htm>
- (5) FLT-Basswood: hike from Brooks Bank Road to Cooper Schoolhouse Road, 6 mi. (D9, E400).
<https://www.cnyhiking.com/FLT-BasswoodStateForestWileyBrooksStateForest.htm>
- (6) Plymouth Loop Trail, on FLT, 5.6 miles. (D6, E100)
<https://www.cnyhiking.com/PlymouthLoop.htm>

Chenango County

- (7) Virgil Mountain Loop trail: approx. 4.7 miles(D12, E800).
<https://www.cnyhiking.com/VirgilMountainLoop.htm>
- (8) Spanish Mountain Loop trail: approx 5.9 miles (D11, E792).
<https://www.cnyhiking.com/SpanishLoop.htm>

Cortland County

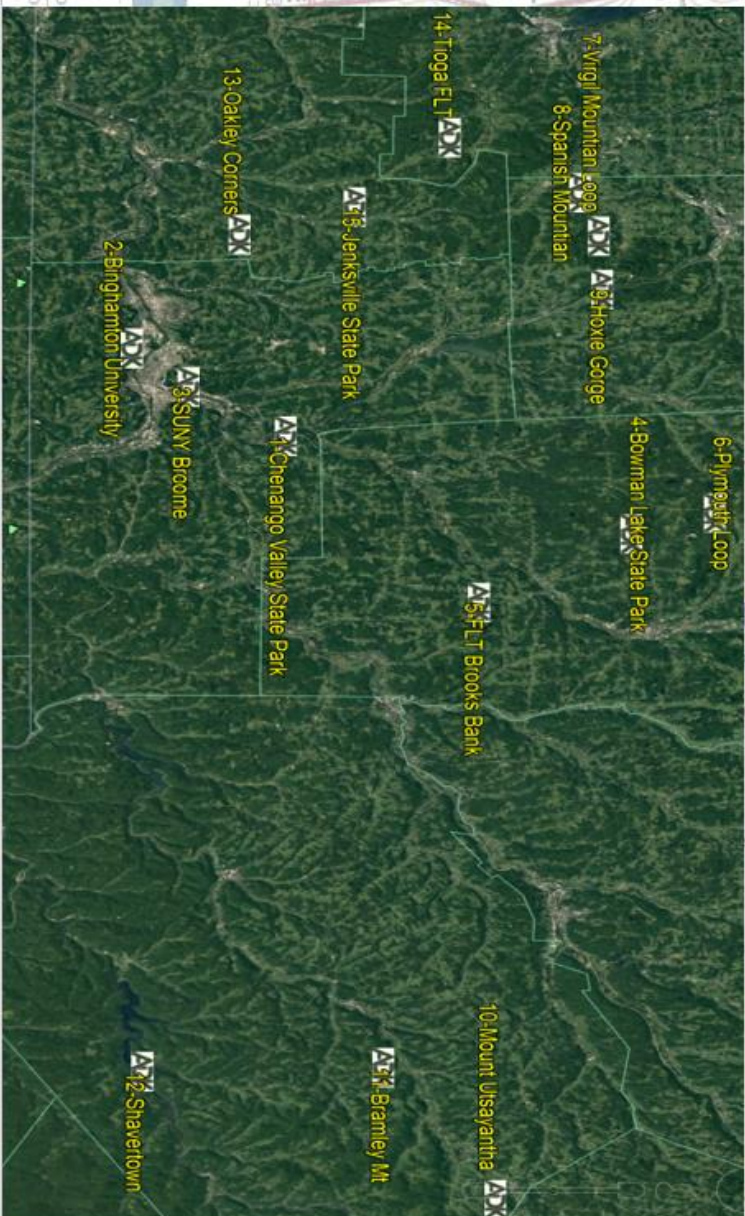
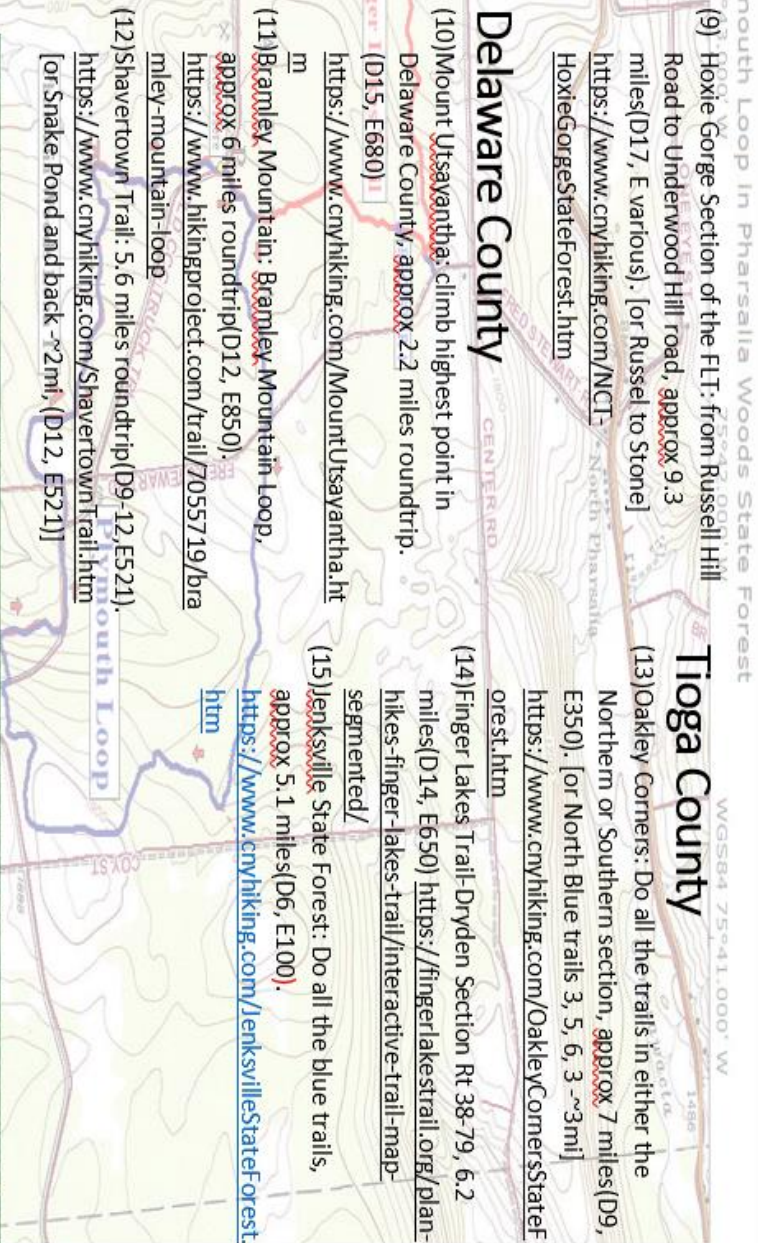
- (9) Hoxie Gorge Section of the FLT: from Russell Hill Road to Underwood Hill road, approx 9.3 miles(D17, E various). [or Russel to Stone]
<https://www.cnyhiking.com/NCT-HoxieGorgeStateForest.htm>

Delaware County

- (10) Mount Utsayantha: climb highest point in Delaware County, approx 2.2 miles roundtrip. (D15, E680)]
<https://www.cnyhiking.com/MountUtsayantha.htm>
- (11) Bramley Mountain: Bramley Mountain Loop, approx 6 miles roundtrip(D12, E850).
<https://www.hikingproject.com/trail/7055719/bramley-mountain-loop>
- (12) Shavertown Trail: 5.6 miles roundtrip (D9-12, E521).
<https://www.cnyhiking.com/ShavertownTrail.htm>

Tioga County

- (13) Oakley Corners: Do all the trails in either the Northern or Southern section, approx 7 miles(D9, E350). [or North Blue trails 3, 5, 6, 3 ~3mi]
<https://www.cnyhiking.com/OakleyCornersStateForest.htm>
- (14) Finger Lakes Trail-Dryden Section Rt 38-79, 6.2 miles(D14, E650) <https://fingerlakestrail.org/plan-hikes-finger-lakes-trail/interactive-trail-map-segmented/>
- (15) Jenksville State Forest: Do all the blue trails, approx 5.1 miles(D6, E100).
<https://www.cnyhiking.com/JenksvilleStateForest.htm>



Chapter Membership Status

Our Chapter now has 223 members! Thank you for your support of ADK!

Welcome to new and rejoined chapter members and affiliates since the last newsletter: James and Ann Carey, Zoe Zerwekh and Jim Lee, John Roebig, Irene and David C Stahl, Robert Wickman, John Kessler, Joe Lacourt, Ulysses and Jennifer Arnold, Claire Horn, Gail Parks, Susan Sullivan, Dino Vitali, Steven and Terri Starner, Michael and Julie Gavin, Jeff Gray, Peter Harris, Andrew Scala, Jackson and Jessica Taylor, Scott Freeman, Brooks and Kandyce Getty, Ben Loughridge, Hans Hass, Karen Koch, Renata Smietana and Mark Peterson, Donald and Laura Ames, Bruce Agte, Brian Murphy, Carol Zdimal, Robert Beehm and Julie Blumberg, Douglas Payne, Robert Vititow and Bee Rossiter Vititow, Steven Cammisa and Lisa Kuhns, Nancy Evans, Karen Koscianski, Anne Nobiling, Michele Stockton.

Chapter Equipment for Rent

The Chapter has 4 pairs of Crampons and 2 pairs of Microspikes available for rent at a rate of \$5 per week.

Crampons are necessary equipment for winter hikes in the Catskills and Adirondacks to traverse ice that is frequently found on trails. Microspikes are increasingly viewed as necessary equipment for late fall/early winter and early spring when snow or ice conditions make snowshoes and crampons poor tools of travel, yet bare booting becomes precarious. The Chapter Equipment / Rental policy is available on the Yahoo Group listserv and the web site. Contact Pat Connors at pat_connors_ny@yahoo.com to rent items or for more information.

Who We Are

ADK is the only nonprofit organization dedicated to protecting and advocating for New York State's wild lands and waters while also teaching people how to enjoy natural places responsibly. Since 1922, the organization has offered people opportunities to stay and play in as well as protect, discover, and explore the outdoors. Today, ADK has 30,000 members in 27 chapters statewide and is served by a professional, year-round staff. The organization is recognized as a vital voice in the commitment to environmental stewardship and ethical outdoor recreation in New York State.

Outings, Activities, Meetings Reports

RIVER BANK CLEANUP Conservation project

On a rainy Saturday October 13th an energetic crew of 8 from your Binghamton ADK chapter participated in the Broome County Environmental Management Council's 2018 River bank cleanup. The chapter team cleaned the Chenango riverbank (and woods near the river) in Otsiningo Park. **225 pounds of trash** was removed from the riverbank and woods area! The most unique trash items: a commode and a 55 gallon drum! Thanks to Erik, Elaine, Bob, Stacey, Dan, Lindsey, Dave, and Ken for your efforts to improve and keep our river banks clean!



CHAPTER HOLIDAY PARTY

On December 11th a group of 32 chapter members enjoyed an evening of holiday cheer and sharing of favorite food, drink and discussion at Washingtonian Hall. A great time was had by all! Mark your calendars for next year's party!



IIDIDARIDE! By Erik Gregory

I'd been reading about ADK's Annual Bike Tour every year, thinking about how cool it would be to pedal around such great scenery. Besides, it's a "tour" not a "race" as the ADK organizers were quick to point out. Well, then – how hard could that be? A ride in the park – literally! 2018 was the 13th Annual version of the 75 mile bike tour (there was also a new option in 2018 to pedal a 23-mile offroad course – the "Gravel Grinder").

I should mention that I'm not your proto-typical 75-mile "bike tour" guy. I have a good bicycle, but it's a hybrid – it's got road tread, but the tires are about twice as wide as a racing bike; and of course, straight handlebars – don't you know there were not more than 6 other bikes at the starting line like that. Since I'm not leaning over and forward in "Tour De France" position there's not much about me that's aerodynamic while riding – and 4" of sculpted plastic on my head didn't do much to change that. Oh, and I'd been riding about 10 miles a year – mostly at Otsiningo Park.

Clearly some training would be in order. I set out to do an 8-mile round trip using the Vestal Rail Trail and roads extending into Castle Gardens – it was a good plan until my rear tire blew at the turnaround point – but at least it was a nice day for the 4 mile walk back to the car. Armed with my new pump, tire and deluxe repair kit I set out for longer rides. Another flat tire had me back at the bicycle shop – apparently my original tires were susceptible to puncture by toothpicks and blades of grass – I'm now the proud owner of a beefier rear tire. (So far, so good).

Chenango Valley State Park was good for some hill work, and so were the roads around Kirkwood. Soon I was riding 20 miles or more at a time – and definitely in need of some padding in the seat! Back to the bicycle shop for some bike-specific speed slacks – at least nothing will get caught in the chain! And, to add some class to the wardrobe, I sent away for a U.S. Navy Jersey. For a change of pace I found some rides with interest: The Lackawanna Rail Trail runs 8.7 miles one way along the Chemung River from the Lowman Crossover in Lowman along NYS Rt 17 into Elmira to Eldridge Park – I made the round trip and added a few miles exploring Elmira (there are only 2 parking spots at the entrance, but just over Rt 17 there's a large commuter



park & ride); The Old Erie Canal State Historic Park runs from Dewitt (East Syracuse) to Rome. I started in Dewitt at Ryder Park and rode to the village of Canastota – the first part is on asphalt, but most of it is on a bed of stone dust. Viaducts (see picture) are still in use along the canal. Near the mid-point of my ride, the Chittenango Landing Canal Boat Museum had a lot of great info and displays about the old canal days.

About a month before the actual event I decided I needed to ride part of the Ididaride! route – with my wife providing support, I rode the 35 miles from North Creek to Speculator, so I got to experience the climb up 11th Mtn and the steady 7 mile hill into Speculator. [I always thought of the 14 miles from 11th Mtn to the Rt 8/Rt 30 Jct as a long downhill run, but there are lots of dips and rises along the way – you find every one of them on the bicycle – lots of gear changes! In mid-July I also entered the Ride for the River, an event that starts and ends at The Hungry Trout in Wilmington. I chose the “Short” route option – 30 miles with 1800 Ft of elevation gain – as a good warmup for Ididaride! The route generally follows the Ausable River, and is very scenic – I stopped multiple times to take pictures. It doesn’t matter which length option you choose, though, since they all finish with “heart attack hill” – the pedal up Springfield Road from Upper Jay back to the elevation of the Hungry Trout. After witnessing one rider crash while failing to get a toe clip disengaged, and hearing another talk about a toe clip mishap involving broken ribs (after flying over the handlebars), I decided I was doing just fine with regular pedals and running shoes.

It rained, seemingly, most of the last part of July, but the day of Ididaride! was sunny, clear and cool! The parking lot at the North Creek snow bowl was a buzz with people airing up tires, pulling on gear and getting game faces on. Not many takers for the chocolate donuts – I ate a couple just to make sure the organizers felt appreciated. The beer tent wasn’t set up yet – I guess it’s not for breakfast anymore!



I started nearer to the front of the group of riders, and with the first part of the ride level to downhill, I rolled right along. Then we started up hill. I got a lot of encouraging “Go Navy” shout outs as people passed – even the Army guy I met in the parking lot as he smoothly pedaled by. (I was in my lowest gear – what were these people using?!) Well, I got to meet a lot of people, anyway. I saw quite a few people as I tooted into the first rest stop, although most of them were gone by the time I saddled up again.

Lots of great volunteers helping at all the rest stops! Plenty of good food & drink: Water & Gatorade, salt potatoes, oranges, watermelon, bagels & peanut butter just to mention some of it – no reason to be out of energy! There were four rest stops along the 75 mile route: the first on the Rt 8 downhill, about 5 miles from the junction with Rt 30; another following several hills out of

Speculator; one in the village of Indian Lake; and the final stop near the end of the last uphill on Rt 28 out of Indian Lake, near the parking area for OK Slip Falls.

Rt 8 uphill to 11th Mtn had been freshly paved earlier in 2018, and even the downhill to Rt 30 was in good shape, although the shoulders on Rt 8 are not nearly as wide as Rt 30 and Rt 28. Good roadway for a bike route, and lots of great scenery. I always enjoy seeing the confluence of



water as both sources of the East Branch of the Sacandaga River meet and flow under the Rt 8 Bridge at Rt 30 (see photo). The riverbed there is strewn with boulders. After a brief stop, it was uphill 7 miles to the village of Speculator (not bad – a nice, even grade – but a long time pedaling in low gear!) There are a lot of wildflowers along the roadway in this section, and it’s tempting to stop and visit Augur Falls again, but today’s not the day. Beautiful day in Speculator! Nice to see the sun shimmering on Lake Pleasant.

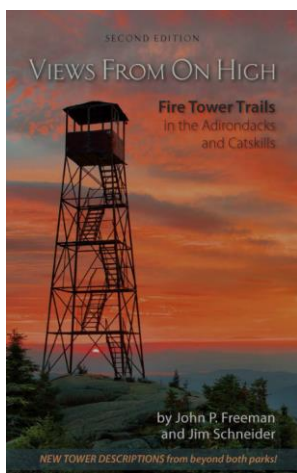
Whoever designed the nice grade into Speculator must have taken sick when the rest of Rt 30 up to Indian Lake was laid out! Or maybe they repossessed the road graders. Wow! Killer hill out of Speculator, followed by a series of roller-coaster hills – at least the downhills were fun! Somewhere North of Mason Lake I began noticing the support van going by more and more frequently, with an occasional shout out (“How’s it going? Need a lift?”) It reminded me of the cartoons where the vultures are starting to circle the crawling figure in the desert. (I also noticed that the vans were invariably full of riders and bikes that were now being whisked back to North Creek.) I didn’t see many other riders on the route. In spite of the ups and downs, the scenery along the length of Indian Lake is fantastic and alluring – it would have been great to stop and swim. About a mile before the village of Indian Lake was the other killer hill – one more gut check before drifting into town and gliding up to the 3rd rest stop. The Speculator to Indian Lake stretch had been exhausting, and it was really warm outside, but after all that elevation gain, no one was depriving me of that long, long wonderful downhill into North River.

So I was off again. There are still hills for about 8 miles after leaving Indian lake, but the grades are reasonable, and it’s always nice to look at the picturesque Lake Abanakee. My wife had been providing support at some intermediate spots – the Rt 8/Rt 30 Jct, and Mason Lake, and met me at the 3rd rest stop. I indicated that I would meet her at rest stop #4, but as I got there I knew I needed to press on – no good for the muscles to get off the bike again. I waved and pushed up the last rise, and then the downhill was on! Wow – what a ride! A little scary in some spots, as I whizzed past (and over) some “shoulder under repair” areas outlined with red paint. I noticed a week later that they had all been filled in. The final ride on relatively level roadway from North River to North Creek includes views of the Hudson river, and knowledge that the end is near!

The accomplishment felt good – and they were still serving beer at the beer tent when I got back – a successful day! Maybe next year I’ll try the “Gravel Grinder”.

New ADK Guidebooks and other books

Purchase these guidebooks and many other publications at ADK shop: <https://www.adk.org/shop/>



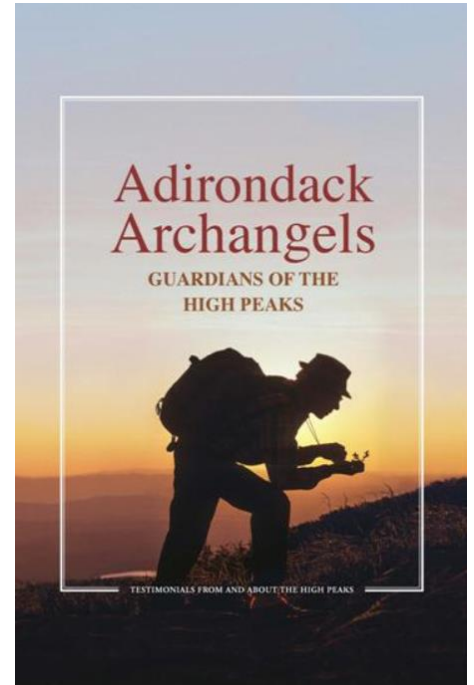
Views from on High (2nd Edition)

Extensively revised and redesigned, this popular hiking guide to fire tower trails enables hikers, history buffs, and others fond of Adirondack and Catskill trails to visit and learn about 30 historic fire towers. Detailed trail descriptions are accompanied by numerous photographs and maps as well as an essay about these structures written by historic preservationist Wesley H. Haynes. A new chapter, Beyond the Blue Line, by tower aficionado Jacob C. (Jake) Wilde, describes 13 additional fire towers, three of them demonstration towers. The book is written by John P. (Jack) Freeman and Jim Schneider. The years since the first edition have seen what Jim Schneider refers to as “fire tower fever,” a sweeping enthusiasm that has helped prompt restoration of numerous towers and their trails. Views from on High is 224 pages, 5 ½” x 8 ½”, and includes numerous color photos and maps. It is available in softcover for \$14.95 (\$11.96 members)

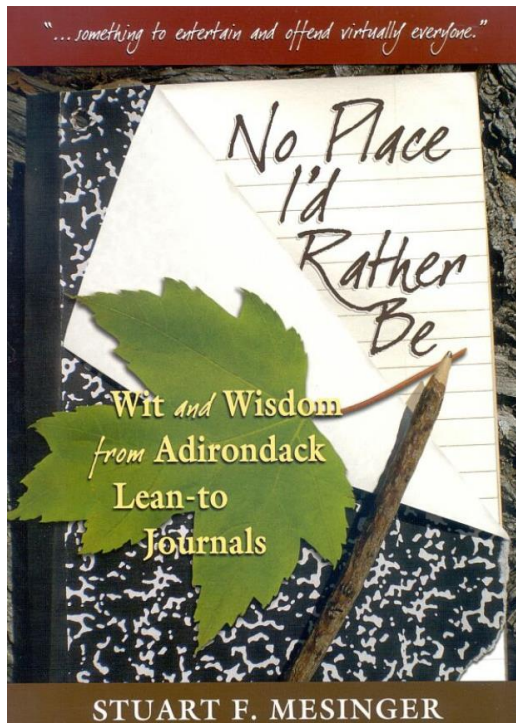
Adirondack Archangels

ADK's recently released *Adirondack Archangels* is a collection of essays by and about individuals who have worked to protect the Adirondack Park and its highest peaks. The writers and subjects are people whose life trajectories and sense of adventure have bound them to the Park, ultimately casting them as guardians of this unique resource.

This book was created to honor the memory of Edwin H. ('Ketch') Ketchledge, Ph. D. (1924-2010), whose dedication, resourcefulness, and passion led him to influence that protection process at a critical time. Ketch prompted creation of one of the most acclaimed environmental programs in the Northeast: the Adirondack High Peaks Summit Stewardship Program, which focuses on educating hikers, protecting the alpine ecosystem, and training the next generation of summit stewards. The writers of the book's essays address these topics and others linked to High Peaks protection and the unique mix of public and private lands that comprise the Adirondack Park. Edited by Christine Bourjade and Alex Radmanovich and released in paperback in April, *Adirondack Archangels* comprises 38 essays and 256 photos, many in color. It is 304 pages, 6' x 9', and sells for \$24.95.



No Place I'd Rather Be



Wit and Wisdom from Adirondack Lean-to Journals. 'If you like hiking in the Adirondacks it won't be long before you come across a lean-to placed in some scenic spot to provide shelter for the passing hiker. If you take a look inside you're likely to find a journal – known locally as a register – stored in a plastic baggie. If you take it out and start to read you probably won't be going anywhere for a while.'

This book is made up of the interesting things people write in lean-to registers. The entries are by turns inspirational, hilarious, pathetic, and downright crazy, to name just a few moods. They provide insight into the minds and motives of people who for diverse reasons have chosen through physical hardship to reach places of solitude, beauty, and sometimes misery and danger... 6' x 9'. 192 pages. Paperback. Member price \$11.96.

Address Label

Subscription to this newsletter is included in membership in the Binghamton Chapter of the Adirondack Mountain Club. It is available to the public and to non-chapter members for \$5 per year. Contact Ken Jackson at (607)341-1584 for more information.

Binghamton Chapter Officers and Committee Chairs 2018

Chair: Pat Connors
625-4078 pat_connors_ny@yahoo.com

Conservation chair: Ken Jackson
341-1584 kenjny@stny.rr.com

Outings chair: Lindsey Leiser
621-8945 adk46@stny.rr.com

Vice-Chair: Open

Treasurer: Stacey Flanagan
stafla12@gmail.com

Membership chair: Ken Jackson
341-1584 kenjny@stny.rr.com

Secretary: Elaine Gregory
775-0952 cricket46@echoes.net

Director, ADK: Bob Strebel
bobmail@stny.rr.com

Hospitality: Stacey Flanagan
stafla12@gmail.com

Program Chair: Open

Webmaster: Erik Gregory
rf8g46er@echoes.net

Communications/ Facebook: Open

Adirondack Mountain Club annual membership dues are \$50 for individuals and \$60 for families (other membership levels are available, including seniors and students). Benefits of membership include:

- discounts on ADK workshops and programs
- discounts on ADK merchandise
- invitations to member only outings and extended trips
- reduced rates at ADK facilities: lodges, leantos, cabins, and campgrounds
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- membership in one of ADK's 27 chapters throughout the Northeast
- Adirondac Magazine six times a year

For more information go to www.adk.org or call 800-395-8080