

Interstate Hiking Club

Organized 1931

Affiliate of NY-NJ Trail Conference



Schedule of Hikes

November 1998 through April 1999

<http://www.mindspring.com/~interstatehiking/> interstatehiking@mindspring.com

Interstate Hiking Club
c/o Mike Selender
159 Jewett Avenue
Jersey City, NJ 07304-2003

First Class Mail

Who we are?

The Interstate Hiking Club (IHC) is a medium-sized hiking club, organized in 1931, affiliated with the NY/NJ Trail Conference. IHC members are of various ages and diverse backgrounds.

Where do we go?

Most of our activities are centered in the NY/NJ area. Some hikes are further away. The club occasionally sponsors trips in the Catskills and Pennsylvania. We have had camp-outs in the Adirondacks and Maine.

What do we do?

Hikes generally are scheduled for every Sunday, and some Saturdays, as day-long outings. They are graded by difficulty of terrain, distance and pace.

Strenuous	Some climbing, usually rugged, generally 9 miles or more.
Moderate	Some climbing and rugged walking, but less than 9 miles.
Easy	Generally easy, fairly level trails, slower pace, 6 to 8 miles.

Is that all we do?

No. Occasionally the club will host other outdoor activities. In the past we have done trail clearing, orienteering, bushwhacking, snowshoeing, cross-country skiing, camping, backpacking, swimming, canoeing and rafting.

What to bring:

Footwear is very important. We strongly recommend hiking boots with non-slip soles. New footwear should be broken-in before being used on a hike.

Bring water, a trail lunch, but please no food that requires cooking.

Bring a pack to carry your gear in, including rain gear, sweater, etc., leaving your hands free for climbing.

Things to be aware of:

All outdoor activities involve **inherent risks**.

Your participation in these activities is at your own personal discretion and **you are solely responsible for your safety**.

Be prompt. Late arrival may cause you to miss the scheduled event.

No pets please.

The leader is in charge of the event. Allow the leader to set the pace. Do not rush ahead or fall behind the group. If you must leave early, tell the leader at the start of the event.

Guests are welcome. An adult must accompany anyone under 18.

What we ask of you:

Application for membership may be given to any club officer or mailed to the treasurer upon completion of one hike. Guests attending three hikes in three successive months are expected to apply for membership.

A membership form and list of club officers appears on the last page of this schedule.

Interstate Hiking Club



November 1998 — April 1999 Hikes

<p>Sunday November 1 8:30 AM</p>	<p>Trail Clearing – Schunemunk</p> <p>Moderately strenuous. The 6 miles of trails that IHC maintains on Schunemunk are due for some clipping again. Bring your gloves and favorite clipper or take your pick of the tools that the club has for your use. Your participation is needed!</p> <p>Charlie and Anita Kientzler (973) 835-1060</p> <p>Red Apple Rest, Rt 17, Southfields, NY</p> <p>The restaurant is on the northbound side of Rt 17, 10 miles north of Sloatsburg, NY. Park in the back.</p>
<p>Sunday November 8 8:30 AM</p>	<p>Raccoon Brook Hills Trail End-to-End (and more)</p> <p>Moderately strenuous. This hike has its ups and downs, views, cave and a beautiful lake.</p> <p>Ilse Dunham (973) 838-8031</p> <p>Reeves Meadow Visitors Center, Seven Lakes Drive, Sloatsburg, NY</p> <p>Take Rt 17 north to Sloatsburg, NY. Immediately north of Sloatsburg is a traffic light for Seven Lakes Drive. Proceed east on Seven Lakes Drive 1.5 miles to Reeves Meadow Visitors Center.</p>
<p>Friday November 13 7:00 PM</p>	<p>Social Get-Together</p> <p>Members and family only. We hope you enjoyed the summer. Vacation slide presentation of Western parks, etc. Refreshments and cake will be served. \$1.00 at the door to defray costs.</p> <p>Charlie and Anita Kientzler (973) 835-1060</p> <p>@Kientzler's, 711 Terhune Dr. (Rt 202), Wayne, NJ</p> <p><i>From I-287:</i> Exit 58 "Oakland". Take Rt 202 south through Oakland to Wayne border, continue for 500 feet and look for first driveway on right. Turn in and continue to end of drive down hill. <i>From 202 North:</i> continue to Oakland border, make U-turn at Restaurant & Motel and proceed as above.</p>
<p>Saturday November 14 8:00 am</p>	<p>Paulins Kill Trail End-to-End</p> <p>Moderate terrain. Very strenuous duration. Distance: 30 miles. We'll hike this converted rail bed from Sparta to Columbia. Joint with Paulins Kill Valley Trail Committee.</p> <p>Bruce Rhinesmith</p> <p>Eastern Propane, Limecrest Rd, Lafayette, NJ</p> <p><i>From Rt 15 West:</i> Continue past Sparta.15 will narrow to two lanes. Approx. 1.5 miles further turn left at blinking light onto Rt 623/Limecrest Rd. Eastern Propane is approx. 1 mile further. Shuttle required.</p>

<p>Sunday November 15 9:00 AM</p>	<p>Bearfort Ridge/Surprise Lake</p> <p>Moderately strenuous. A favorite hike any time of year. We'll Scramble up rock ridges as the mountain spills away toward Greenwood Lake below. Surprise Lake waits nestled in the top.</p> <p>Howard Gillis</p> <p>Hewitt Post Office / Five Star Shopping Center, Warwick Tpk, Hewitt, NJ</p> <p><i>From Rt 23:</i> North to New Foundland, NJ; turn right onto Union Valley Rd (Rt 513), go 9.3 miles (bear left at ShopRite) to intersection of Warwick Tpk; turn right one block into shopping center. <i>From I-287:</i> Exit 55 (Rt 511, Ringwood Ave); go north about 13+ miles to Warwick Tpk at <i>south end</i> of Greenwood Lake (Jct of Rt 511 & Rt 513 & Lakeside Ave); continue straight ahead on Warwick Tpk for half a block.</p>
<p>Sunday November 22 9:00 AM</p>	<p>Appalachian Trail #9 – NJ Rt 94 to Long House Rd.</p> <p>Strenuous. Distance 7.4 miles. Very strenuous up Waywayanda escarpment to view, then varied terrain through park.</p> <p>Steve Rikon (973) 962-4149</p> <p>Appalachian Trail Parking Lot on Rt 94 (northbound side), Vernon, NJ</p> <p>Take Rt 23 north to Stockholm, pick-up Rt 515 north to Rt 94. Look for AT parking lot on right. Shuttle required.</p>
<p>Sunday November 29 8:30 AM</p>	<p>Appalachian Trail #8 – Walkkill River to Rt 94</p> <p>Moderately strenuous. Distance: 8.0 miles. This section will take us from the sod farms of the Walkkill wetlands up over the Pochuck Mountains and past the shelter.</p> <p>Brian Mazur (973) 478-5285 mazurb@injersey.com</p> <p>Burger King, Butler, NJ</p> <p><i>From I-287:</i> Exit 52 Take Rt 23 north 3 miles to Kinnelon Ave. Continue thru traffic light to first entrance into Grand Union/Burger King parking lot. Park near this entrance. Shuttle required.</p>
<p>Sunday December 6 9:00 AM</p>	<p>Bockberg Flume, Stalter's Spring and Escalator</p> <p>Strenuous. Visit Stalter's Spring, climb the Escalator, ascend the steep log chute of the vanished Bockberg Trail. Icy and steep. Some bushwhacks. No beginners! Rain cancels.</p> <p>Dave and Naomi Sutter (973) 778-0992 dsuttr@aol.com</p> <p>Jones Point parking lot on Rt 9W, Jones Point, NY</p> <p>Take Rt 9W north approx 9.5 miles past intersection with Rt 303 to small street sign on right, "Jones Point". Bear right at "Y" to parking lot at river front railroad tracks.</p>

<p>Sunday December 13 8:30 AM</p>	<p>The Badlands (Shawangunks)</p> <p>Moderate. 8-9 miles of carriage roads and recently reopened trails in the Sam's Point Dwarf Pine Barrens Preserve, a unique natural area owned by the Open Space Institute and managed by The Nature Conservancy, in Ellenville, NY. We'll visit Sam's Point, Lake Maratanza, Indian Rock, High Point, Sunrise Rock, Verkeerder Kill Falls and an off-trail point of interest. Parking fee.</p> <p>Mike Selender (201) 451-5411 mike_selender@mindspring.com</p> <p>Harriman RR Station, Rt 17, Harriman, NY</p> <p><i>From Rt 17 north:</i> Continue past Southfields (Red Apple Rest) and Arden (AT-Elk Pen parking). The entrance to the commuter parking lot is approx. 2 miles further on the northbound (right-hand) side. <i>From NYS Thruway Exit 16:</i> Proceed south on Rt 17 approx 2 miles. Commuter lot will be on your left.</p>
<p>Saturday December 19</p>	<p>Hunter Mountain (Catskills)</p> <p>Strenuous. A 7 mile through hike from Becker Hollow to Devil's Tombstone. Excellent views in clear weather. Ascent: 2300 feet.</p> <p>Snowshoes and crampons required. Advanced registration required by Thursday night. Shuttle required.</p> <p>Mike Selender (201) 451-5411 mike_selender@mindspring.com</p>
<p>Sunday December 20 9:00 am</p>	<p>Black Rock Forest</p> <p>Moderately strenuous. Route will include Mount Misery, Black Rock Mountain, Rattlesnake Hill and Hill of Pines. There are several good views as well as lakes. 8 miles.</p> <p>Bob Maloney (201) 391-6591 rgmalo2@juno.com</p> <p>Anthony Wayne Recreation Area (north parking area), Harriman Park, NY</p> <p>Exit 17 on Palisades Interstate Parkway (15 miles north of NYS Thruway, just beyond Visitors Center in middle island). From the north, the parking area is 0.5 miles south of the Rt 6 and Seven Lakes Drive intersection.</p>
<p>Sunday December 27 9:00 AM</p>	<p>Jockey Hollow – Morristown N.H.P.</p> <p>Moderate. Enjoy a winter hike in this National Historic Park. The Patriot's Path and the Grand Loop will take us to the points of interest at this Continental Army encampment.</p> <p>Charlie and Anita Kientzler (973) 835-1060</p> <p>Jockey Hollow Visitors Center, Morristown, NJ</p> <p>Take Rt 287 to exit 30. Go north on Rt 202 for 1.8 miles to traffic light at Tempe Wick Rd. Go left (west) 1.4 miles to park entrance and continue to the Visitors Center. Admission fee or Golden Eagle Pass required for this Federal Park.</p>

<p>Sunday January 3 9:00 AM</p>	<p>Tuxedo Circular</p> <p>Moderately strenuous. The Tuxedo, NY trailhead offers a variety of destinations that include Smith's Den, Cascade of Slid, Halfway and Diamond Mountains. Our leaders will select a route based on trail conditions.</p> <p>Elsie and Joel McKenzie (973) 694-3056</p> <p>Tuxedo Railroad Station, Tuxedo, NY</p> <p>Railroad station is on northbound side of Rt 17 in the village of Tuxedo approx. 2.5 miles north of NYS Thruway exit 15A.</p>
<p>Sunday January 10</p>	<p>Central Park – New York City</p> <p>Moderate. Central Park is only 0.5 by 2.5 miles in size, but the maps list and name over 90 statues, fountains, monuments, gates, arches and bridges. We may not find them all, but we will try.</p> <p>Charlie and Anita Kientzler (973) 835-1060</p> <p>Call leaders for details.</p>
<p>Sunday January 17 9:00 AM</p>	<p>West Mountain</p> <p>Moderately strenuous. Some bushwhacking on this circular hike, Bring your crampons/creepers for the ice on Cat's Elbow.</p> <p>Pete Rigotti (718) 769-3814</p> <p>Anthony Wayne Recreation Area (north parking area), Harriman Park, NY.</p> <p>Exit 17 on Palisades Interstate Parkway (15 miles north of NYS Thruway, just beyond Visitor Center in middle island). From the north, the parking area is 0.5 miles south of the Rt 6 and Seven Lakes Drive intersection.</p>
<p>Sunday January 24 9:00 AM</p>	<p>Snowshoe Circular at High Point, NJ</p> <p>Strenuous. Ideally, a spectacular crisp and clear winter day for snowshoeing at the top of New Jersey. If snow isn't there we'll have a vigorous hike. Dress warmly and put a hot drink in your pack.</p> <p>Crampons required. Snowshoes if sufficient snow. Call if in doubt.</p> <p>Brian Mazur (973) 478-5285 mazurb@injersey.com</p> <p>Burger King, Butler, NJ</p> <p><i>From I-287: Exit 52 Take Rt 23 north 3 miles to Kinnelon Ave. Continue thru traffic light to first entrance into Grand Union/Burger King parking lot. Park near this entrance.</i></p> <p><i>Second meeting point: 9:30 AM at the At parking lot on Rt 23 just south of the High Point Park office.</i></p>

<p>Sunday January 31 9:00 AM</p>	<p>Waywayanda</p> <p>Moderately strenuous. We'll follow a variety of trails through frozen Rhododendron and cedar swamps.</p> <p>Snowshoes required if sufficient snow. Call if in doubt.</p> <p>Mike Selender (201) 451-5411 mike_selender@mindspring.com</p> <p>Hewitt Post Office / Five Star Shopping Center, Warwick Tpk, Hewitt, NJ.</p> <p><i>From Rt 23:</i> North to New Foundland, NJ; turn right onto Union Valley Rd (Rt 513), go 9.3 miles (bear left at ShopRite) to intersection of Warwick Tpk; turn right one block into shopping center. <i>From I-287:</i> Exit 55 (Rt 511, Ringwood Ave); go north about 13+ miles to Warwick Tpk at <i>south end</i> of Greenwood Lake (Jct of Rt 511 & Rt 513 & Lakeside Ave); continue straight ahead on Warwick Tpk for half a block.</p>
	<p>It's time to work on the Schedule of Hikes for May 1999 through October 1999. Submit hikes you'd like to lead to the club president or volunteer to lead hikes selected by the schedule committee. We'll have several AT segments on this schedule. The variety of hikes and flavor of the schedule depends mainly on the participation of volunteer leaders.</p>
<p>Sunday February 7 9:00 AM</p>	<p>Old Red/Russian Bear</p> <p>Moderately strenuous. We'll take Old Red to the start of the Hillburn-Torne-Sebago (HTS) trail where we will search for the Russian Bear (named by past IHC member, Dr. Myrtle Lothrop Massey, in 1929).</p> <p>Pete Rigotti (718) 769-3814</p> <p>Reeves Meadow Visitors Center, Seven Lakes Drive, Sloatsburg, NY</p> <p>Take Rt 17 north to Sloatsburg, NY. Immediately north of Sloatsburg is a traffic light for Seven Lakes Drive. Proceed east on Seven Lakes Drive 1.5 miles to Reeves Meadow Visitors Center.</p>
<p>Sunday February 14 9:00 AM</p>	<p>Tiorati Mine Tour</p> <p>Moderately strenuous. Pine Swamp, Surebridge, Greenwood and Bradley are some mines on the tour.</p> <p>Brian Mazur (973) 478-5285 mazurb@injersey.com</p> <p>Lake Tiorati Parking Area, Harriman State Park, NY</p> <p>Take Rt 17 north to Sloatsburg, NY. Immediately north of Sloatsburg is a traffic light for Seven Lakes Drive. Proceed east on Seven Lakes Drive 10.4 miles to parking area on north side of Tiorati traffic circle.</p>
<p>Saturday February 20</p>	<p>Westkill Mountain Traverse (Catskills)</p> <p>Strenuous. An 8 mile through hike on The Devil's Path. In clear weather, excellent views from Buck Ridge Lookout. Ascent: 2300 feet.</p> <p>Snowshoes and crampons required. Advanced registration required by Thursday night. Shuttle required.</p> <p>Mike Selender (201) 451-5411 mike_selender@mindspring.com</p>

<p>Sunday February 21 9:00 AM</p>	<p>Mahlon Dickerson Reservation</p> <p>Moderate. Tucked in the northern tip of Morris County is the charming natural area of Mahlon Dickerson Reservation. Saffin Pond, Weldon Mine and Headly Point Overlook of Lake Hopatcong will be featured on this circular hike.</p> <p>Connie Addeo (973) 628-9083</p> <p>Burger King, Butler, NJ</p> <p><i>From I-287: Exit 52 Take Rt 23 north 3 miles to Kinnelon Ave. Continue thru traffic light to first entrance into Grand Union/Burger King parking lot. Park near this entrance.</i></p>
<p>Sunday February 28 8:30 am</p>	<p>Gertrude's Nose Über-Montaine (Shawangunks)</p> <p>Moderately strenuous. A Circular hike along the top of his triangular extension of the southern Shawangunk escarpment. We won't have time to view these magnificent cliffs from the talus below so we'll save the Ünter or Sub-Montaine route for longer days. Up to 7 miles.</p> <p>Crampons required. Snowshoes if sufficient snow. Call if in doubt.</p> <p>Mike Selender (201) 451-5411 mike_selender@mindspring.com</p> <p>Harriman RR Station, Rt 17, Harriman, NY</p> <p><i>From Rt 17 north: Continue past Southfields (Red Apple Rest) and Arden (AT-Elk Pen parking). The entrance to the commuter parking lot is approx. 2 miles further on the northbound (right-hand) side. From NYS Thruway Exit 16: Proceed south on Rt 17 approx. 2 miles. Commuter lot will be on your left.</i></p>
<p>Sunday March 7 8:30 AM</p>	<p>Rockefeller Preserve</p> <p>Moderate. A walk along carriage roads and trails through woods and pasture that were once the rolling hills of the Rockefeller Estate.</p> <p>Bob Maloney (201) 391-6591 rgmalo2@juno.com</p> <p>McDonald's, Rt 59, Nyack, NY</p> <p><i>From NYS Thruway East: Take exit 11 to traffic light on Rt 59. Go straight ahead 200 feet to McDonald's rear entrance. From Rt 9W: Go west on Rt 59 1/8 mile to McDonald's. Contact leader for alternate Westchester meeting point.</i></p>
<p>Sunday March 14 9:00 AM</p>	<p>Kakiat Circular</p> <p>Strenuous. We'll hike the Kakiat trail to Pine Meadow Lake and vicinity. Steady rain cancels.</p> <p>Frank Bauer (201) 845-3066</p> <p>Kakiat County Park, Suffern, NY</p> <p>Take Rt 202 3 miles east from Suffern municipal parking lot (intersection with Rt 59). Look for yellow blinking sign depicting children crossing. Park entrance is on left, sign for Viola School is on right.</p>

<p>Sunday March 21 9:00 AM</p>	<p>Blauvelt Mountain</p> <p>Moderately strenuous. A trip to Blauvelt Mountain for the view of the week. We may also visit Fox Mountain. Some bushwacking.</p> <p>Pete Rigotti (718) 769-3814</p> <p>Tuxedo Railroad Station, Tuxedo, NY</p> <p>Railroad station is on northbound side of Rt 17 in the village of Tuxedo approx. 2.5 miles north of NYS Thruway exit 15A.</p>
<p>Sunday March 28 9:00 AM</p>	<p>Wyanokies/Norvin Green State Forest</p> <p>Moderately strenuous. Norvin Green State Forest offers pine woods, rock outcroppings, distant hills and sparkling reservoir. Our leader will select a tour from a variety of trails.</p> <p>Howard Gillis</p> <p>Weiss Ecology Center, Ringwood, NJ</p> <p><i>From I-287:</i> Exit 55. Take Ringwood Ave (Rt 511) north 4 miles and turn west onto Westbrook Rd. Make a left at the "Y" intersection followed by a second left onto Snake Den Rd. Follow road to Weiss Ecology Center parking lot on right. Parking fee.</p>
<p>Saturday April 3 8:00 AM</p>	<p>Search for Hidden Pond (Shawangunks)</p> <p>Strenuous. Many have sought. Some have found. Be a seeker. Scout the old paths and cairns marking the route to this beautiful, but seldom visited, spot in the Gunks. 9+ miles. Some bushwacking and scrambling. Rain cancels.</p> <p>June Slade (914) 358-5215</p> <p>Harriman RR Station, Rt 17, Harriman, NY</p> <p><i>From Rt 17 north:</i> Continue past Southfields (Red Apple Rest) and Arden (AT-Elk Pen parking). The entrance to the commuter parking lot is approx. 2 miles further on the northbound (right-hand) side. <i>From NYS Thruway Exit 16:</i> Proceed south on Rt 17 approx. 2 miles. Comuter lot will be on your left.</p>
	<p>Eastern Daylight Time Resumes – Spring Ahead One Hour</p>
<p>Sunday April 4 9:00 AM</p>	<p>Caves O' Hoeflerlin</p> <p>Strenuous. Rock scrambles up Bear and Popolopen. Old trails, forgotten trails, bushwhacks and highway crossings. Squeeze through the "Meat Grinder" at the Caves O' Hoeflerlin. Not for the vertically or horizontally challenged. 9 miles.</p> <p>Mike selender (201) 451-5411 mike_selender@mindspring.com</p> <p>1777 Trail Parking, Bear Mountain, NY</p> <p><i>From Palisades Interstate Parkway (PIP):</i> Exit 19 "Seven Lakes Drive/Perkins Memorial Drive". East approximately 0.5 miles. At the crest of a hill turn right onto a narrow driveway marked by a "Hikers Parking" sign. Parking area is at end. <i>Note:</i> This section of Seven Lakes Drive is east of the PIP and is <i>not contiguous</i> with Seven Lakes Drive west of the PIP.</p>

<p>Sunday April 11 8:00 AM</p>	<p>Appalachian Trail #4 – Flatbrookville Rd. to Culvers Gap</p> <p>Strenuous. Distance 11 miles. Perhaps the most scenic section of the AT in the Kittatinny's lies between Crater Lake and Culvers Lake. Wide sweeping views of the Delaware and Paulins Kill valleys are afforded from Rattlesnake Mountain and Blue Mountain. Additional views from the ledges south of Culvers Gap are superb.</p> <p>Brian Mazur (973) 478-5285 mazurb@injersey.com</p> <p>Burger King, Butler, NJ</p> <p><i>From I-287: Exit 52 Take Rt 23 north 3 miles to Kinnelon Ave. Continue thru traffic light to first entrance into Grand Union/Burger King parking lot. Park near this entrance.</i> <i>Second meeting place: 8:45 am at the AT parking lot at Culvers Gap just north of Rt 206 on Sunrise Mountain Rd. Shuttle required.</i></p>
<p>Sunday April 18 9:00 AM</p>	<p>Trail Clearing – Sterling Ridge</p> <p>Moderately strenuous. The northern end of the Sterling Ridge Trail requires a spring cleanup. Bring your gloves and favorite clipper or take your pick of the tools that the club has for your use. Your participation is needed!</p> <p>Charlie and Anita Kientzler (973) 835-1060</p> <p>South end of the Sterling Ridge Trail, Hewitt, NJ</p> <p>From I-287: Exit 55, take Rt 511 (Ringwood Ave) north approx. 10+ miles to junction with Greenwood Lake Tpk (Rt 511) and East Shore Drive.</p>
<p>Saturday April 24 8:00 AM</p>	<p>Awosting-Minnewaska Shawangunks</p> <p>Moderately strenuous. Let's enjoy this unique area of white vertical walls, overhangs, boulders, carriage roads and gnarled pines along ridgetops.</p> <p>Ilse Dunham (973) 838-8031</p> <p>Suffern, NY, Municipal Parking Lot, next to RR tracks, junction of Rts 202 & 59. Parking fee.</p>
<p>Sunday April 25 10:00 AM</p>	<p>Ramapo Lake</p> <p>Easy. We'll take a short trail up to Ramapo Lake and walk around this lovely lake (about 3 miles). Given good weather and a gung-ho group, we will climb up to Castle Point to lunch under a pine tree overlooking the skyline of New York City. Then an easy road down to the lake and back to the cars.</p> <p>Phellis Swan (973) 839-5600</p> <p>Lower Parking Lot, Ramapo Mountain State forest, Oakland, NJ</p> <p><i>From I-287: Exit 57. Take Skyline Drive north toward Ringwood. Look for lower parking lot on left shortly after you start up hill.</i></p>

Winter Hiking Advisory

If you plan on hiking in the winter months, you should seriously consider investing in a pair of crampons or “creepers”. Recent mild winters in our region have actually resulted in an increased number of outings where ice has been a serious factor. This is due to a greater frequency of ice storms as well as run-off freezing on trails. Crampons can also be useful for traction in snow.

You do not need mountaineering crampons (10-12 point). A simple 4 - 6 point crampon is sufficient. Make sure it will fit on your boot before purchasing. The points should be distributed so that you can walk comfortably on hard surfaces.

Our leaders reserve the right to turn away participants without the proper gear in situations where ice mandates the use of crampons/creepers or where deep snow mandates the use of snowshoes. Call if in doubt.

Also keep in mind that despite the cooler winter temperatures, maintaining a safe level of hydration is important when participating in activities such as hiking, snowshoeing and skiing. A minimum of two quarts of water is suggested.

It is best to avoid cotton clothing. Wools and synthetics insulate when damp. Cotton does not. Synthetics in particular afford more efficient wicking of moisture away from the body. A series of breathable layers is preferred when you are active. A heavier layer should be carried in your pack for times when you are less active such as breaks and lunch stops.

You will probably consume more food on a winter hike than you do in other seasons.

Officers/Contacts

President	Mike Selender	159 Jewett Avenue, Jersey City, NJ 07304-2003 mike_selender@mindspring.com	(201) 451-5411
Secretary	Brian Mazur	11 Maple Place, Clifton, NJ 07011 mazurb@injersey.com	(973) 478-5285
Treasurer	Bob Maloney	6 Rock Court, Park Ridge, NJ 07656-1420 rgmalo2@juno.com	(201) 391-6591
Trails Chair	Charles Kientzler	711 Terhune Drive, Wayne, NJ 07470-7111	(973) 835-1060
Entertainment Chair	Anita Kientzler	711 Terhune Drive, Wayne, NJ 07470-7111	(973) 835-1060
Publicity	Muriel Morrison		
interstatehiking@mindspring.com		http://www.mindspring.com/~interstatehiking/	

Membership Application:

Having **completed at least one club hike**, I wish to apply for membership in the Interstate Hiking Club. Enclosed are dues and initiation fee as listed below:

Dues are \$5.00 plus a \$1.00 initiation fee for a total of \$6.00. If joining after December 1st, dues are \$2.50 plus a \$1.00 initiation fee for a total of \$3.50. Junior (under 18) dues are \$1.00.

Name:				
Street:				
City, State, Zip:				
Phone:		E-Mail:		
Date:		Amount:	<input type="checkbox"/> \$6.00	<input type="checkbox"/> \$3.50 (after 12/1)
			<input type="checkbox"/> \$1.00 (junior)	

This form may be given to any club officer or mailed to the treasurer.