

# SKI CHATTER

5/1/2011 ALL THE NEWS THAT FITS  
SWC, PO 228, Schenectady, NY 12301  
Clubhouse Phone (802) 244-8918

Clubhouse Reservations Call 518-573-6431

A SCHENECTADY WINTERSPORTS CLUB PUBLICATION

Phone numbers in the Ski Chatter are in the 518 area code unless otherwise noted. WEB Site: [www.swcweb.org](http://www.swcweb.org)

## No More Meetings

The April 21<sup>st</sup> meeting was the last official meeting of the ski season. For the rest of the summer, you will need to meet your SWC friends at the Paddling Mondays and Wednesdays, the Thursday night bike rides and the MVHC hikes. Have a good summer and be safe but not too safe.

## Spring Clean/Fix-up Weekend May 6-8

We have lots of carpentry, plumbing, electrical, cleaning, painting and fixing to do at the Clubhouse this year so plan on coming up and helping. Inside, we will be doing more cleaning, painting and finishing work like baseboards. Outside, we will work on the fire escape, back lot clean up and make trips to the recycle center to get rid of a massive amount of excess stuff in the basements. Call Bill Kornrumpf (370-4017) to sign up.

Yes, we know that this is Mothers Day weekend. Feel free to bring your mother along. After all, what could make her feel right at home than helping clean up after you and your friends.

## ECOS Canoe & Kayak Swap May 7

**Saturday May 7** 10am-2pm Niskayuna Recreation Center, 2682 Aqueduct Road, Niskayuna  
**Clean-out your garage**, Check the shed, Bring those un-wanted, no longer used canoes, kayaks and related equipment to the swap. Items must be priced and can be dropped off beginning at 9 am  
All items must be picked up by 3pm  
25% of sale price will be donated to ECOS  
Questions? Contact ECOS at 370-4125 or [info@ecosny.org](mailto:info@ecosny.org)

## SCHEDULE OF EVENTS

May 2 First of the Monday night Canoeing  
May 4 First of the Wed night canoe time trials  
May 5 First Thursday bike ride of the season at Holly Hawkes  
May 6-8 Work Party at the Clubhouse  
May 7 ECOS Canoe & Kayak Swap  
May 7&8 Hudson River White Water Derby  
May 12 Bike ride at Kiwanis Park Rotterdam  
May 19 Bike ride at the Kornrumpfs  
May 29 Peebles Island Park Hike  
June 9 MVHC annual picnic Collins Park  
June 13 First after canoeing Pot Luck dinner  
June 16 Tow Path Regatta on the Mohawk  
July 16 Electric City Regatta  
July 31 Paddle the Battenkill with Lat

## Save Our Volunteers

### Now is the Time to Renew

Our membership season runs from **June 1 to May 31** so **your dues for next year can now be paid**. If you pay now, we can update your membership while you are still a member and it will reduce Craig Lindsey's work as **Volunteer** membership chairman. A number of you waited till late in the ski season this year making extra work for Craig and the Clubhouse volunteers. Please don't do it again this year. **Renew now** and get it over with. There are three ways to get your Chatter notification this year. Mark your choice on the membership form.

Which brings us to the next topic, if you really can't get your dues in by June 1, how would you like to volunteer to be the next membership chairman. There are only 1000 people to keep track of. Get those dues in now and don't put it off till next year just before you go up to the Clubhouse.

## Thursday Night Biking Kickoff 5/5

Our season begins on May 5 with the first ride beginning at Holly Hawkes house. Your bike ride coordinator is also pleased to announce that there is only one slot left for the summer Thursday evening bike rides, and that is not until August 18. Thank you to those who have stepped forward to volunteer. I haven't done too much arm twisting and it is appreciated. I also am very pleased to announce that we have some new folks who have not coordinated a bike ride before and they are doing them in some very interesting new places. Please treat them well so that they'll want to do it again. There are also some acts of courage that are associated with some of this year's volunteers, but more about that in later Chatters.

Join riders of all skill levels every Thursday from May through August to get some exercise, enjoy the outdoors and socialize afterward over pizza.

See page 7 for biking details and directions to the rides. Terry Tamer

## Plan a Vacation in VT this Summer

With the price of gas remaining in the stratosphere, what better time to plan a Vermont vacation? The Clubhouse is the perfect base for a northern VT vacation. There is hiking, biking, paddling, shopping, sight seeing at museums and art galleries not to mention the good food in the local (non-chain) restaurants.

## Clubhouse News by Sandy Leith

### Summer at the Clubhouse

(or, You have not been there in the summer, yet ?)

#### Save \$\$\$, Go to VT

Have summer plans yet ? Did you know that no matter what the price of gas is, VT has the cheapest gas around us ? Save 10 cents per gallon or more while you are there, and discover the best kept secret of SWC. (a quiet Clubhouse with deck !)

#### Walk to VT's best paddling and beach - Waterbury Reservoir

The Waterbury Reservoir, a 90 acre VT State Park, is VT's best water resource and it is in walking distance from the Clubhouse . Parking is great if you choose to drive. For more information about this park visit the link below.

<http://www.vtstateparks.com/htm/waterbury.htm>

#### Volunteer to Host a Weekend

Sandy (Clubhouse chair) Leith would like you to volunteer to host a weekend at the Clubhouse this summer. Stowe and Waterbury have many special weekends (car show, dog show, antiques, VT symphony, bike race & tour, paddling on the reservoir) that you can invite your friends up to share with you. Call Sandy on 727-4768 and tell her you would like to host a weekend this summer or fall.

#### Donations Request from the Decorating Committee

Our Decorating Committee has been hard at work sprucing up the House. To continue the work we are looking for a few things. If you have any of the following you would like to give to the house please phone or email Sandy at 518-727-4768 or [traildiamond@gmail.com](mailto:traildiamond@gmail.com) . **Please do not bring anything up** to the Clubhouse without first checking with Sandy.

Lamps (floor & table)	End tables/night stands
Picture frames	Small shelves
Fabric for covering seat cushions	

#### Ski Ticket Sale Update

As of the Chatter deadline, I am still closing out the ticket sales. At this point we have sold 509 tickets totaling \$28,000. Since most club members used these tickets at peak periods, club members saved about \$20,000. SWC knows how to keep skiing affordable. A new member could pay for one membership (\$20), a Stowe ticket (\$55) and Lodging/meals (\$26) for almost the same as the price of a one weekend ticket ! After that, lodging, meals and a ticket are 20% less than the price of a single ticket at the mountain.

## Word From the President May 2011

There is no word from the president this month as he has been out skiing trying to get the last runs in before all the lifts are closed and Tuckerman melts out (which may be very late this year).

## Names and Numbers to Remember

### Board of Directors:

Pete Weykamp, Pres	H 785-6433
Dave Slezak VP Administration	H 573-6431
Anna Palmer, VP Nordic	H 489-5092
Bob Wright, VP Activities	H-279-1428
Dorie Valenti, VP-Alpine	H 334-0652
Anna Palmer NNYP President	H 489-5092
Lat Schmidt, Secretary,	H 372-2915
Ray Asselin, Treasurer	H 355-1882
Sandy Leith, Clubhouse Director	H 727-4768
Stetson Taner, At Large	H 355-0276
Larry Calahan, At Large	H 357-3826
John Rack, Mohawk Valley Hiking Club	H-399-5081
Bill Schaefer, Past Pres.	H 370-0229

### Others:

Craig Lindsay, Membership	H 356-0557
Dave Slezak, Clubhouse Reservations	H 573-6431
Bill Schaefer, Ticket Vouchers	H 370-0229
Bill Kornrumpf, Chatter Editor &	H 370-4017

Clubhouse Facilities [wkornrumpf@ieee.org](mailto:wkornrumpf@ieee.org)

Allan Foster Blade Editor [adfoss@aol.com](mailto:adfoss@aol.com) H 438-5540

Cecilia MacDonald MVHC Editor [Cecilia@midtel.net](mailto:Cecilia@midtel.net)

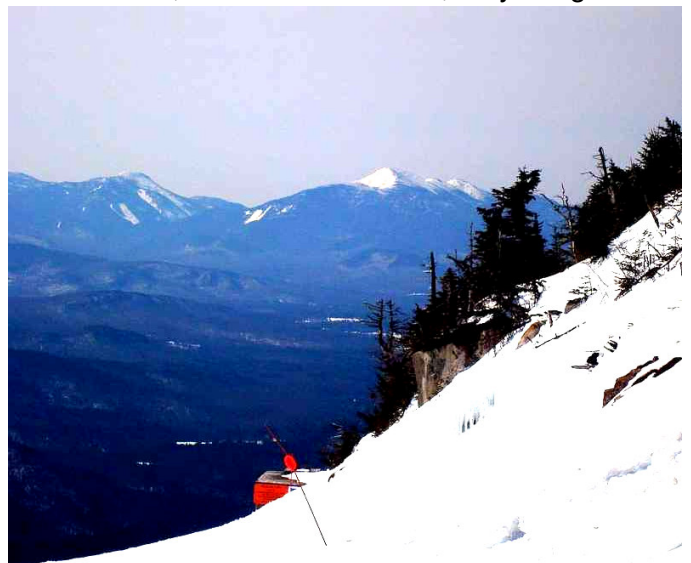
H 872-0823

Dorie Valenti Webmaster [doriev@verizon.net](mailto:doriev@verizon.net)

Clubhouse at Waterbury Center 802-244-8918

## Change Of Address Notices

Change of Address notices should be sent to: Craig Lindsay, 2012 Lisa Lane, Schenectady, NY 12303. 356-0557 [tindsa3@nycap.rr.com](mailto:tindsa3@nycap.rr.com) Do not send to the editors, or the Club PO Box, they will get lost.



View from the top of Whiteface this March with the 80's Olympic downhill start shack, Algonquin and Colden Mts in the background. Photo by C. Jones



# THE BLADE

box 228, Schenectady, New York 12301

PUBLISHED MONTHLY FOR MEMBERS OF

NORTHERN NEW YORK PADDLERS May 1, 2011

## Monday Night Canoeing

Starts May 2

Monday Night Paddling begins Monday May 2, and continues every Monday evening after that through October 31. The group will get together at Kiwanis Park (Rotterdam Junction at Route 5S) at 6pm. Experienced and non-experienced paddlers are welcome – there generally is someone in the group that is willing to give some paddling advice. On “potluck” nights (see below), you might want to start paddling around 5pm. Canoes, paddles and wet suits are available (see later) but if you have a life vest (PFD) you should bring it along.

## Potluck Suppers (Second Monday)

The Potluck Suppers will be held the SECOND Monday of each month, starting on June 13, at Kiwanis Park and will continue 7/11, 8/8, and 9/12 (food starting around 6:30pm). These are popular get-togethers, so come and join in. Bring a hot or cold dish for the group (remember to put food in it) and your own beverage. Heidi Walsh has again graciously agreed to spearhead these events, and I hope other people will volunteer to help as well.

*Weather permitting, there will also be an “unofficial” potluck on May 9. Ruth Hasler will organize this supper, so call her at 374-9900 to see if it’s a go and what to bring.*

## Paddle The Battenkill

Sunday July 31

This day trip starts at the County Route 64 bridge about a mile south (upstream) from Shoshan. This rural clear-flowing trout stream makes a scenic & fun trip especially with sunny summer weather (we hope).

Paddlers with canoes or kayaks need enough skills to negotiate the class I stream and be able to back-paddle and land quickly in case of snags or downed trees. We plan to leave at 10 AM at the bridge above Shoshan. Pack a lunch since we will stop to eat and swim. Take-out is at the Meadow Camp on Skelley Road where a watermelon will be eaten. Sign up with Lat Schmidt (372-2915) or glschmidt17@yahoo.com.

## Join in the NNYP Canoe Races

These are the dates for the Club-sponsored paddling events. This includes the NNYP races as well as the long-standing weekly time trials.

The 4.5 mile **Towpath Regatta** will take place on Thursday June 16<sup>th</sup>, beginning at Jumpin’ Jacks in Scotia and ending at Aqueduct Park in Niskayuna. Registration starts at 5:30pm and the race starts at 6:30pm. Race Director “I’ll Look The Other Way” Geoff Moore has agreed to pay the entry fee for everyone. That’s cool, Geoff. Contact: gmoore03@nycap.rr.com or 518-435-1704

The **Electric City Regatta** will be a one-day affair on Saturday July 16<sup>th</sup>. It has again been selected as a NYMCRA point’s race. We will have the usual 12-mile races for amateur and stock canoes and touring and unlimited kayaks, plus a 1-mile fun race. If there is sufficient interest, we will also include a 3-mile recreational race. As of this writing, there are no plans for a pro-race or potluck picnic.

Start/finish will be at Lock 9 Park in Rotterdam Junction. Registration will begin at 8:30am, and the first race is at 10am. Entry fee is \$18, \$15 for NYMCRA and NNYP members. The Fun Race is free.

Please help us get the word out. For more info, contact Kim or Ed Greiner 518-875-6497, eleccityrace@yahoo.com.

The final regatta is the **Barge Chaser**, being run by Anna Palmer, 489-5092 or adugan@nycap.rr.com: It will be held on Sunday, September 25, at Grafton State Park, just outside of Troy. Registration at 9:30 am; with races beginning at 10:30 am. The 1st race is 7 miles w/portage. The 2nd race is for people who don’t want to paddle 7 miles, and is a 2.5 mile “sprint” (I normally do it, so the term “sprint” is used advisedly)! There is a \$10 fee for racers, and \$5 for youths – and no other fees.

Potluck lunch will be in the Grafton Beach Tent after the races for participants (bring a salad or dessert or such to add to the burgers, veggie burgers, & dogs)

Kayak demos will begin at noon and continue throughout the afternoon. Just sign in at the entrance hut; race held at the center of the Beach.

## Changes to NNYP Wed. Time Trials

Wed Night time trials start May 4, and continue until Sept 21! The start is promptly at 6:30 PM on the Mohawk River at the Aqueduct Park and Dock on the south side of the Rte 146 - Rexford Bridge. There's a class for any boat and paddler, so you're guaranteed to be a winner and you'll paddle faster making the Towpath Regatta go by quicker.

There's a new short course option this year for beginning paddlers, takes about 16 minutes and you won't be bothered by racers boat wakes (the standard course is 3.6 miles and takes the faster paddlers about 27 minutes). No reservations required, just show up ready to start at 6:30 PM!

Any self-powered craft is welcome - usually paddling are canoes and kayaks, sometimes war canoes, outrigger canoes, rowing shells, and sculls. There are age and gender classes for any imaginable paddler, Registration starts at 6, is free for club members, but is \$10 for the season for non-members (the first night is free for non-members). Times are recorded for comparison during the season or against prior recent seasons. Coaching for racing or paddling technique usually is conducted following the time trial for all interested. Cancellation is only in cases of lightning or river over the bank.

Further information is available from Alec Davis, 518 399-1435 or [alecdavis@earthlink.net](mailto:alecdavis@earthlink.net)

## Scuttlebutts

This is a stick-your-chest-out announcement by your Blade Editor. My daughter-in-law, Mina Samuels, has just had her third book published – this one is quite inspirational on the positive effect that sports can have on the moral strength of girls and women (they don't have to be competitive). The title is aptly "Run Like A Girl – How Strong Women Make Happy Lives", is published by Seal Press, and is available through Amazon (\$11). It is basically a compilation of interviews she did with many women who have been actively involved in sports such as skiing, kayaking, running, biking and swimming – either by choice or for health reasons. The book is directed at girls and women, but Mina didn't start an active life style herself until she was over 20, so age is not really a barrier.

One thing that is different about this book is the interest. So far: seven of seven 5-star reviews, a forthcoming appearance on the Today show, and a forthcoming review by Oprah! ..... Allan Foster

## Hudson River White Water Races

Make plans to see the 54th anniversary of the Hudson River race. The schedule for this year is:

Sat, May 7th White Water Derby Slalom 9 Register 11 Race  
Sunday, May 8<sup>th</sup>, White Water Downriver 9 Register 11 Race

For details, contact the following:

Hudson River Whitewater Derby Inc  
PO Box 84, North Creek, NY 12853 518-251-2612  
[info@whitewaterderby.com](mailto:info@whitewaterderby.com)

## For Sale

I'd hoped to never see this list, in that it is of Shields Bishop's equipment.

1. THE single peddle boat, original, handcrafted, shield's model, with inspected trailer. \$200
2. 17.5 ft kevlar Burnt Bills canoe, tracks great \$300
3. 2 new pfd's, red/green, mens large, zipper front, \$50 each
4. 3 rocket boxes, car top ski carriers with hardware; two are near-new, \$200 each; one used small, \$35
5. Gas snow thrower, fairly new, used only a few times, \$450
6. Men's black Leedom ski helmet, new, men's large, \$65 (paid \$90)
7. Men's large dark green bell bike helmet; \$10
8. More than a dozen men's medium and large ski jackets and black bibs. All are either new, or dry cleaned after a few wearings; \$20-30 apiece. Green Descent suit \$35
9. 2007 Chevy Cobalt LTZ: loaded 4-door, plus hatch; includes Onstar and trailer hitch, beautiful royal blue, 24000 miles, \$8600
10. Assorted filled hand too kits: complete boxes: \$50; other tools: price negotiable

Call Cyd Geiger at 518-377-4098. View items at 246 Donald Ave, Schenectady, NY, 12304

## Keep The News Coming

You see that smile on my face – it's when someone sends in some write-up, photo, joke, story, etc. or activities that might interest the group (like hiking, theater, unruly neighbors, etc). Send to Allan Foster: [adfos@aol.com](mailto:adfos@aol.com), 379 McCormack Rd, Albany, NY 12208, by the 10<sup>th</sup> of the month. Put NNYP, SWC or Blade in the email subject title line so I don't Spam you out. Pictures should be less than 100Kb.

## YOUR Dues

The NNYP/SWC fiscal year runs from June to May. Feeling guilty at not sending in your dues yet? There are three ways to get your Chatter notification this year. Mark your choice on the membership form. Help the Club save money and choose to get the Blade by e-mail

## New Paddling Rules

Remember the new NYS law that you must WEAR a PFD if you are paddling anywhere in New York State between Nov 1 and May 1. This applies to anyone in any watercraft under 21 feet, which includes most canoes, kayaks, rowboats, motorboats and sailboats. For more info about boating safety and marine recreation in NYS, visit [www.nysparks.com](http://www.nysparks.com).

## Club Canoe Availability

Remember that NNYP has canoes, paddles, PFD's (limited), and one kayak for use by members, along with three adult-size wet suits:

18' 6" Wenonah CC 18' 6" Lincoln CC 18' 6" Sawyer CC  
18' 5" Alumicraft 12" Acadia Kayak

Club members may borrow these boats for a \$5/day, \$25/week donation. They are located at Uncle Donnie Patneau's house at 741 River Road, Lower Rotterdam Junction (about 0.3 mile from the Kiwanis boat launch (518-887-5483).

There are 4 canoes for members at the Clubhouse. Since the availability of life vests (PFDs), is limited, you might want to bring one along if you have one.

## STATEWIDE EVENTS/RACES

There is a full slate of races, mostly held in the Adirondacks, and mostly under the watchful eye of the New York Marathon Canoe Racing Association, see below. Why not take some of them in. In fact, if you race canoes or kayaks in New York State, you should probably join NYMCRA. It is a dynamic group, promoting friendly competition and fitness on the water. More at nymcra.org or macscanoe.com

### May:

**Weds. May 4 thru Sept 21 NNYP Weekly Time Trials**  
Wed. evenings, 6:30 PM, Course is 3.65 miles or a new shorter course, both on the Mohawk River at Rexford, NY (Aqueduct Boat Dock). \$10 for the season, free for NNYP members

Contact: Alec Davis 518-399-1435 or alecdavis@earthlink.net

**Sat May 7 Ed Wessel's Canoe Regatta Oneonta**  
32 miles, C1 and C2 Am and Pro. Contact: Ed Curley 607-433-0333 or 607-563-1524 or ecurley@stny.rr.com.

**Sat & Sun May 7 & 8 54<sup>th</sup> Hudson River White Water Derby**  
North Creek, NY Sat: Slalom; Sun: Downriver (see article above)

**Fri-Sun May 13-15 50th Canton Canoe Weekend**

Canton, NY NYMCRA Canoe Points Race

Fri: 7 mile downriver. Sat: C-1, Pro and Rec; Sun: C-2, Pro, Rec  
Chuck Bolesh PO 284, Canton NY 13617 315-379-9241

bolesh1@gmail.com Web site <http://slvpaddlers.org>

**Sun May 15 Chambly Canal Canoe Race**

St Jean Sur Richelieu, QC, Canada. 10 miles, K1, C1, C2, C4.

Info: Miike Archambault – [inf@mikearchambault.info](mailto:inf@mikearchambault.info) and

[www.mikearchambault.info/canoe/Chambley.html](http://www.mikearchambault.info/canoe/Chambley.html)

**Sat May 21 'Round the Mountain Canoe, Kayak Races**

Lower Saranac Canoe and Kayak Points Race

Brian & Grace McDonnell AWA PO Box 66, Lake Clear, NY 12945

518-891-2744 or macscanoe.com or [brian@macscanoe.com](mailto:brian@macscanoe.com)

**Fri – Mon May 27-30 49th General Clinton Canoe Regatta**

Cooperstown. 5 – 70 miles. [www.canoeregatta.org](http://www.canoeregatta.org)

John & Shirley Girton 607-656-8448

### June:

**Sat June 4 Lachine Canal Race**

9 miles, Downtown Montreal [www.mikearchambault.info](http://www.mikearchambault.info)

**Tues June 7 to Aug 30 Sundowner Series Paddle**

Biweekly Clinics and Time Trials Upper Saranac Lake

[www.macscanoe.com](http://www.macscanoe.com) Adirondack Watershed Alliance PO Box 66,

Lake Clear NY 12945 518-891-2744

**Sat June 11 Wild Goose Chase Pittsfield MA.** ProAm races, 9- and

15 mile. Contact: Patty Spector 413-637-6913 [patty@joshbillings.com](mailto:patty@joshbillings.com)

**Sat & Sun June 11 & 12 SLVP Madrid Flatwater Weekend**

Madrid Canoe and Kayak points race. Sat 3, 9 & 12 mi Sun 6, 13 &

16 miles [bmoulton@twcny.rr.com](mailto:bmoulton@twcny.rr.com) or [www.slvpaddlers.org](http://www.slvpaddlers.org)

**Weds. June 15, July 20, Aug 17 SLVP Duathlon Series**

Start time is 5:30pm. Located by the Little River Boat Launch off Park

Street, Canton. Free, and all welcome. Canoes and kayaks are allowed;

one or two paddlers. Race has 2 mile paddling and two running legs of 1

mile apiece

**Thus, June 16 Towpath Regatta** 4.5 mile rec race. "Jumping

Jack's", Scotia, NY. Free. Geoffrey Moore 518 435-1704,

[gmoore03@nycap.rr.com](mailto:gmoore03@nycap.rr.com). A fun 4.5m race – all types of human

powered craft welcome (See article above).

**Sat June 18 Tiadaghton Elm Canoe & Kayak Classic**

C1-C2-K1 ProAm. 5 miles. Amy & Jeff Rankinen 130 Middle Rd.,

Jersey Shore, PA 17740 570-745-7367 [jrankin@pct.edu](mailto:jrankin@pct.edu)

**Sat, June 18 Tupper Lake 9 Miler** Canoe and Kayak points race

Contact: Brian & Grace McDonnell at AWA, PO Box 66, Lake Clear, NY 12945 518-891-2744; [www.macscanoe.com](http://www.macscanoe.com); [brian@macscanoe.com](mailto:brian@macscanoe.com)

**Sat June 25 Old Forge Paddle Classic**

Town of Webb. Points race, 6 and 12 mile. Sheila Brady

315-369-6043, 315-369-2330 fax, [thorshannon@frontiernet.net](mailto:thorshannon@frontiernet.net).

**Sat June 25 Soulanges Canal Race** Les Cedres, Montreal

10 mile K1, C1, C2, C4 [www.mikearchambault.info](http://www.mikearchambault.info)

**Sun June 26 Black River Canoe and Kayak Race**

23 mile - Points race, start at DEC boat launch in Greenfield NY

Jerry Haenlin 315-376-7539, 315-489-0368 cell

### July:

**Mon July 4 Contoocook River Canoe & Kayak Race**

5-mile Points race in Contoocook, NH. Contact Priscilla Reinertsen

at 603-746-6491 or [prtsen1@comcast.net](mailto:prtsen1@comcast.net)

**Sat July 9 Armond Bassett Canoe and Kayak Race**

NYMCRA canoe and kayak points race. 10- and 3-mile rec race.

Kevin Berl (315) 986-8361 [K\\_Berl@msn.com](mailto:K_Berl@msn.com) /

Tim Henning (315) 926-5749 [THenning3@rochester.rr.com](mailto:THenning3@rochester.rr.com)

**Sun July 10 Callicoon Canoe Regatta**

7.5 mile Points race, Callicoon, NY Tom Freda 845-887-5640

[tom@fredarealty.com](mailto:tom@fredarealty.com), [www.callicooncanoeregatta.com](http://www.callicooncanoeregatta.com)

**Sat July 16 Electric City Regatta**

Lock 9, Schenectady All classes, with NYMCRA Canoe and

Kayak points. 12 mile and 1 mile fun race. Ed Greiner 518-875-

6497 or [eleccityrace@yahoo.com](mailto:eleccityrace@yahoo.com) [www.eleccityrace.org](http://www.eleccityrace.org)

**Sun July 17 Wells Bridge Canoe and Kayak Race**

Canoe points race. 10 mile amateur, 11 mile Pro, 5 mile Rec.

Jeff Pedersen PO Box 245 Gilbertsville, NY 13776

[jlped@frontiernet.net](mailto:jlped@frontiernet.net) 607-783-2880

**Sat, July 23 Saranac Flatwater Challenge Points Race 5, 9, 15 mi**

Pickets Corner, Saranac [saranacflatwater@monaghanmed.com](mailto:saranacflatwater@monaghanmed.com)

**Sat – Sun July 30-31 Ausable River Canoe Marathon**

Grayling, Michigan. [www.miracing.com](http://www.miracing.com)

### August:

**Wed Aug 3 Chocolate Bowl Canoe/Kayak Race**

Stockbridge, MA. Gary Miller 298-3411 or [gwmiller01@aol.com](mailto:gwmiller01@aol.com)

**Tue – Sun Aug 9 – 14 USCA Canoe & Kayak Nationals**

Newaygo, MI [www.uscanoe.com](http://www.uscanoe.com)

**Sat, Aug 20 Bear Mountain Challenge** Cold Springs NY

. 5/10/14 miles. Joe Traum, [jtraum@achillesinternational.org](mailto:jtraum@achillesinternational.org)

**Sat Aug 20 Newcomb Northcountry Challenge**

NYMCRA Canoe Points Race. 5m Rec, 10m Marathon Joanna Donk

[joaille@frontiernet.net](mailto:joaille@frontiernet.net) or Lorraine Miga [lrn5768@yahoo.com](mailto:lrn5768@yahoo.com)

**Fri, Aug 26 Cookie Bowl Canoe/Kayak Race** Stockbridge, MA

5 mile Gary Miller 413-298-3411 [gwmiller01@aol.com](mailto:gwmiller01@aol.com)

### September:

**Sat Sept 3**

**Remington II**

Canton, 6 miles. Canoe, kayak, single, double. Kerry Newell

315-344-7283 [ineznewell@yahoo.com](mailto:ineznewell@yahoo.com) [www.slvpaddlers.org](http://www.slvpaddlers.org)

**Fri - Sun Sept 9-11**

**Adirondack Canoe Classic**

Brian & Grace McDonnell at AWA, PO Box 66, Lake Clear, NY

12945 518-891-2744 or [www.macscanoe.com](http://www.macscanoe.com) or

[brian@macscanoe.com](mailto:brian@macscanoe.com). Event is limited to 250 canoes. Entry

deadline is July 25.

**Sat Sept 17 15th Annual Rochester River Challenge**

400 meter sprint for people with or without physical/mental

disabilities. Jan Whitaker [janwhitaker@frontiernet.net](mailto:janwhitaker@frontiernet.net) or 585-

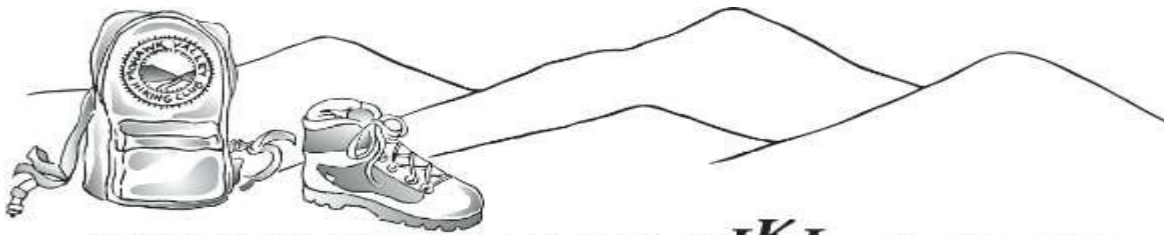
292-6107 [www.adaptivecanoeing.org](http://www.adaptivecanoeing.org)

**Sun, Sept 18 Josh Billings Run Aground Triathlon**

Great Barrington, MA. 27m bike, 5m paddle, 6m run (teams or

ironman). Patty Spector 413-637-6913 [patty@joshbillings.com](mailto:patty@joshbillings.com)

[www.joshbillings.com](http://www.joshbillings.com)



# MOHAWK VALLEY HIKING CLUB

5/1/11

## Conservation Corner

by Ruth Hasler

### Conservation, in True Club Tradition

Here are some ways to conserve and save that I've picked up of late and thought I'd pass along. I found them somewhat intriguing, if not really doable.

Supposedly, you can get more gas for your buck if you pump during the coolest hours and you pump slowly. It seems that gasoline is most dense when it's cool and you'll actually end up with more in your tank. As the day gets warmer and gas starts to expand you'll get less. And when you start to pump, stop applying pressure to the lever when you hear the first click, the slowest speed. By pumping slowly, less gas is lost to vaporization. But how much time goes down the drain?

And/or, you can go the Big Brown way, and drastically cut down on the number of left hand turns you make. Sitting, waiting to make a left turn wastes gas, however much, but if you foot the bill in a multi-car household this could add to your savings if you can make family members comply. You may or may not want to plan everyone's route around town, as does UPS. They claim to reduce their delivery miles by 28.5 million, saving somewhere around three million gallons of gas and reducing CO<sub>2</sub> emissions by over 30,000 metric tons.

According to a Berkeley study, "standby" or leaking electricity loss from home appliances could save up to 25 percent on electric bills. We're talking about little green lights and red lights, and flashing digital clocks, and all the stuff hooked up to your computer and entertainment center. They say it costs between \$50 and \$75 per year to keep them all going. You wouldn't leave a light on all day and night every day, but the study claims that's what these little wastrels amount to. When I first heard this, I couldn't imagine running around unplugging and plugging in appliances several times a day, (it smacks of OCD), but the suggestion is to hook up appliances that go together such as all the gadgets on the kitchen counter, your TV and its vassals, and the computer and its peripherals, to a power strip, which makes for far fewer plugs to unplug. Again, if you're paying for this, and you have a good-sized house and own multiple dwellings, it might be worth it.

And one last conservation/savings measure that I've discovered myself. When you get a message from your printer that you need to buy ink, which may be true enough, you still have ink enough to print thirty to forty more pages. You just might not want to

try this in the middle of your federal tax return, or you could miss the deadline.

Please call leader in advance; weather and other factors may cause changes. Please, no pets on any hike as a courtesy to others. This is a volunteer organization and with any activity there is a presumption of risk. Each participant is responsible for his or her own safety. Bring ample food and water, dress appropriately.

**Hike leaders:** Please send your reports to:

**Cecilia A. MacDonald, 260 Sever Road, Delanson, NY 12053.**

## OUTINGS



### Sunday, May 29 - Peebles Island State Park -

Watch spring water flow around this beautiful undeveloped island at the confluence of the Mohawk and Hudson Rivers. We'll stop by the visitor's center first to see any new displays, then spend a couple of hours walking on trails that traverse the island, about three miles in all with rest stops along the way. If time permits and the water is high, we'll make a stop at the Cohoes Falls, second only to Niagara Falls in New York State. Call for time and directions or to car pool.

**Ruth Hasler 374-9900**

Thursday, **June 9** - Our annual **MVHC club picnic** will take place at **Collins Park** in **Scotia** at the pavilion near the lake. We will begin cooking a little before **6 o'clock** and serving as soon as the dogs are ready. The club will supply hot dogs, buns and condiments. We ask each person to bring something to share, as well as your own drink, plate, cup and utensils. Please call **Cecilia MacDonald** at 872-0823 to sign up. I would like to have an accurate count so I can purchase enough food for every one, and to coordinate main dishes and desserts so we have some of each. Keep your fingers crossed for a cool, sunny day and bring your appetite.

## TRIP TALES

**Saturday, April 9** - Three of us went on a last minute foray at Plotterkill Preserve. The weather was beautiful, the birds were tweeting (then, too), the upper trails were virtually ice free so we kept to the upper trails, finally coming out through the farm left to Rotterdam. It was a short and extremely pleasant trip. We'll list it as a formal hike later in the year. It turned into a HOT day with a stop at Stewart's for hot dogs for the guys and hot fudge sundae for the gal. Good way to end a fun day.

CAM

## Bike Rides Start May 5

Biking is an excellent form of aerobic exercise and it is a great way to keep in shape for next year's snow season. Each Thursday the host plans at least two rides (a short easy ride and a longer more challenging ride) so a ride for everyone. They will provide maps and all you need to bring is your bike and helmet (**helmets are required for all riders with SWC**).

Everyone pitches in \$7 for the after ride pizza and liquid refreshments. **Call the host by Wednesday** so they can order enough food for the night. There is still one lonely host night open. **Please call Terry (435-1704) to volunteer.** Your fellow club members will really appreciate it.

### Bike Ride Schedule

<b>May 5</b>	<b>Holly Hawkes</b>
<b>May 12</b>	<b>Don Patneaude &amp; Terry Tamer</b>
<b>May 19</b>	<b>Gina and Bill Kornrumpf</b>
<b>May 26</b>	<b>Nancy Hauenstein</b>
<b>June 2</b>	<b>Carol Jones</b>
<b>June 9</b>	<b>Kelly de la Rocha &amp; John DeBrita</b>
<b>June 16</b>	<b>Towpath Regatta - no ride</b>
<b>June 23</b>	<b>Lois &amp; Will Seyse</b>
<b>June 30</b>	<b>Jean and Warren Burton</b>
<b>July 7</b>	<b>Mary MacDonald</b>
<b>July 14</b>	<b>Carol Hamlin &amp; Bob Miller</b>
<b>July 21</b>	<b>Al and Lois Foster</b>
<b>July 28</b>	<b>Allen and Barbara Vollmer</b>
<b>August 4</b>	<b>Jan Panek</b>
<b>August 11</b>	<b>Sue Knapik</b>
<b>August 18</b>	<b>O P E N</b>
<b>August 25</b>	<b>Ruth Hasler and Anna Palmer</b>

### Driving Directions to Rides/ Host Homes

**May 5 Holly Hawkes 399-2596**

**14 Davids Lane, Burnt Hills**

Take Rte 50 north from Scotia to Burnt Hills. Turn left at light onto Lake Hill Rd. (there is an ice cream stand on the near left corner called "Mamas"). Turn right onto Goode St. (second right). Turn right onto Davids Lane (second right). Holly's house is # 14, at the end of the street. If you need further directions, call Holly at the number above.

**May 11 Don Patneaude & Terry Tamer  
Kiwanis Park,**

Don and Terry (Judy may also be able to help) will host a ride from the Kiwanis Park & Boat Launch on Route 5S in Rotterdam Junction.

**From Sch'dy**, I-890 West to Exit 1A – West (Route 5S West), for about 1/2 mile and look for the Kiwanis Park sign on the right. Drive across the bike path (watch for bikers!) and enter the lower parking lot.

**From Albany**, take Thruway to Exit 26. Take the I-890 West exit (straight ahead) and then the Exit 1A west to Route 5-S. The Park is just off the exit ramp on the right. The after ride festivities will be held at the park in the picnic pavilion. This location offers biking, roller blading and boating so bring your other recreational equipment and come early.

**May 19 Bill and Gina Kornrumpf 370-4017  
335 Terrace Rd, Rotterdam**

The ride will be uphill on the Tomlinson training ride or down hill to the bike path.

**From Schenectady**, take I-890 West to the Campbell Rd exit (2A). Follow Campbell Rd. to the Rotterdam Mall, turn right at light onto Putnam Rd. Follow Putnam Rd. up hill across railroad tracks, turn right first road past railroad tracks (the sign says West Hill), follow road to the left, their house is the seventh on the left.

**From Albany**, take the Thruway to exit 25 and follow I-890 West past the GE plant to the Campbell Rd. exit. Then follow directions above.

**May 26 Nancy Hauenstein 399-1695  
137 Crane Street, Charlton**

Take Rte 147 (Sacandaga Rd.) north out of Scotia and follow for about 5 miles to the top of the hill. Turn right onto Dawson Rd. and follow for about 1 mile to Crane St. Nancy's house is on the right at the corner of Crane St. and Dawson Rd.

**June 2 Carol Jones 383-1224  
10 E. Haystack Rd. Clifton Park**

**From Schenectady:** Balltown Rd. (Rte 146) cross over the Mohawk River (Rexford Bridge). Turn right onto Riverview Road. Bear left onto Grooms Road. Right onto Moe Road at light. Take 4<sup>th</sup> left onto Mystic (Crescent Estates-Aspenwood). Take first right onto Pico. First left onto East Haystack Road. #10 is on the left.

**From Albany:** Take Northway (I-87) to exit 8. Turn left – west – onto Crescent Road at 4<sup>th</sup> traffic light. Turn right onto Moe Road. Take first right onto Sugarbush Road (Crescent Estates- Aspenwood). First left on Pico. First Right on East Haystack Road # 10.

# Membership Application 2011-2012

Membership is from June 1, 2011 to May 31, 2012

(New applications received after March 1 includes following year)

Schenectady Wintersports Club, Northern New York Paddlers &  
Mohawk Valley Hiking Club

Please check your Newsletter delivery preference:

**Email notice that the newsletter is at the web site:** \_\_\_\_\_

**E-mail Address** \_\_\_\_\_

**Post Card Reminder notice:** \_\_\_\_\_

**for reminder notices:** (that the newsletter has been posted to [www.swcweb.org](http://www.swcweb.org)

This saves trees & club resources).

Receive by postal mail: \_\_\_\_\_ (Slower, higher club cost)

Name \_\_\_\_\_

Age Group (circle One) 18-29 30-39 40-55 56-69 70+

Address \_\_\_\_\_

ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

**New Member( ) Renewal( ) \$20 Individual( ) \$30 Family ( )**

For Family Membership, please indicate

<sup>∞</sup>Name of Spouse \_\_\_\_\_

Age Group (circle One) 18-29 30-39 40-55 56-69 70+

Names and Ages of Junior Members \_\_\_\_\_

*To qualify for family membership, children must be under 18 or 18 and still in High School.*

This is a gift Membership from: \_\_\_\_\_

*Please indicate your Activity interests. Check as many as applicable;*

Alpine Skiing ( ), X-C Skiing ( ), Paddling ( ), Biking ( ) Hiking ( )

Ski Trips Western US, Canada, Europe ( ) Ski Racing ( )

Wilderness/canoe camping ( ) Canoe Racing ( ) Stowe Clubhouse ( )

Other \_\_\_\_\_

*Interested in volunteering?* Clubhouse, SWC Board, Snow Show, NY  
Capital District Ski Council, Activities, other Club help such as outreach.

\_\_\_\_\_  
\_\_\_\_\_

**Make check payable to SWC** and mail with the completed  
application to **SWC, PO Box 228, Schenectady, NY 12301**

Schenectady Wintersports Club  
Northern New York Paddlers  
PO Box 228  
Schenectady, New York 12301