



Update

F.O.P. Newsletter, Winter 2018, V. 33, No 1

From the President

Greetings! Late fall and winter are some of my favorite times to be hiking and enjoying the park. It allows you to access frozen ponds that give you a different viewpoint and areas that are otherwise inaccessible. With the January thaw and heavy rain much of the snow we received was knocked down and set up firm which allowed for easy but at times slippery travel on many of the trails. 2017 was a very productive year thanks to the many volunteers and good cooperation with park manager and State of NH. Of the many accomplishments this year one of the projects that we have been persistently pursuing is the re-marking of trails and new signage. Though not complete, a large majority has been re-marked. We have received many positive comments on the new trail markers. The RTP grant that we were awarded for the work on the west side of Kilburn pond has been completed. This was a project that was viewed as controversial at times by some but we feel the outcome was successful. In the end we have a trail that will weather well and support the high use that this part of the park sees.

The annual meeting was productive and entertaining. It was held at the Chesterfield Town Hall this year and was well attended with over 30 attendees. Highlights of the meeting were the addition of Buck Rogers to the FOP council. Buck is an outdoor enthusiast who spends extensive time in the park. There was also a great presentation by Steve Roberge who is the Cheshire County Forester. Steve highlighted the expansive and diverse woods in the park defined by historic events that changed the forest canopy.

We started 2018 by becoming a new State of NH first day hike site. Being a frigid day we all appreciated the well stoked fire where attendees could roast their marshmallows for s'mores. Even though the day was cold participation was high and we hope to turn this into another FOP annual event. We hope to continue to have high participation and hope to see you all out on the trail for events or workdays.

Matt Edson

Friends of Pisgah Fourth Annual 5K/10K Trail Race/Walk – May 26, 2018

Mark your calendars for the Friends of Pisgah Fourth Annual Run in the Park on May 26, 2018. For 2018 we are pleased to share that we moved to an earlier start time of 9:00 am so you can get in a run and still enjoy the long weekend. As always, this is a great opportunity for trail runners and road runners that want to get a taste of trail running to see the Park in a different light. The trails that will be run or walked are not overly challenging or technical although both have some climbs that can be expected of a trail run. Do remember this is a trail run and trail shoes are recommended as the trails can be slippery.

On race day there will be two water stations on course and pre and post-race food to top off or refuel. The course will be well marked using trail ribbons and signs and we also will have volunteers posted on the course where needed.

Registration is available on active.com and also by mailing in the accessible entry form. As an added incentive to register early T-Shirts will be given to the first 100 registrants. If you're not running or walking this year but would still like to participate let us know and we will find a volunteer opportunity for you. We look forward to seeing you on May 26th in warmer weather.

Abe Howe, Race Director



Friends of Pisgah

Fourth Annual 5K/10K Trail Race/Walk

Saturday, May 26th, 2018 9:00AM



FUN FOR FAMILIES AND ATHLETES

T-Shirts to the first 100 registrants

Friends of Pisgah Membership free to all registrants

Proceeds benefit the Friends of Pisgah in their advocacy of Pisgah State Park.

Course Description: Runners will travel over old jeep roads and single-track trails through a northwest portion of Pisgah State Park. The scenic courses will have water stops, one on the 5K and two on the 10K.

Directions: From **West:** NH Rt. 9 from I91 Exit 3, 7mi to Rt. 63S, 1mi left Old Chesterfield Rd., .2mi past school and field, bear right onto Horseshoe Rd. for 1.5mi to parking lot.

From **East:** NH Rt. 9 from Keene, approx. 13mi to Rt. 63S. Follow directions above.

Registration: Horseshoe Trailhead 7:30-8:45AM

Fee: \$25 individual or \$10 16 years old and under

Payment Options: Register online at Active.com, cash or check on race day or send check with this registration form payable to Friends of Pisgah Inc., P.O. Box 134, Chesterfield, NH 03443-0134. Additional registration forms are available at FriendsofPisgah.org

ALL INFORMATION REQUIRED

Last Name: _____ First Name: _____
 Address: _____ City: _____ State: ____ Zip: _____
 Phone(s): _____ Email Address: _____ Emergency Contact: _____
 _____ Phone: _____

Date of Birth (MM/DD/YYYY): ___/___/____ Age (years): ____

Circle Choices: Male/Female Race: 5K/10K Shirt Size S/M/L/XL

I hereby assume the risk of participation in this race and waive, release, discharge, and agree not to sue, from any and all liability for my death, disability, personal injury, property damage, property theft, or action of any kind as a result of my participation in or travel to or from this event, the following organizations and its members: Friends of Pisgah Inc. et al, the State of New Hampshire and their officers, directors, employees, representatives, agents, and volunteers.

Signature: _____ **Date:** _____

Parent Signature if under 18: _____ **Date:** _____

Invitations

Pisgah Park is open all year round. Come and enjoy the trails any time. Except for the Kilburn parking lot at certain times, there is always ample room for vehicle parking. Think about strolling, hiking, cross country skiing, snow shoeing in the Park seasons. Come and visit us. There is some nice hiking and walking at nearby Chesterfield Gorge State Park.

Matt Donachie

Photos from the Annual Meeting



Enjoying the Refreshments



Jim Schofield & John Herrick



Some Attendees



John Kondos, Bob Miller, Iva Wood, Neil Jenness

Photos from First Day Hike



Making S'Mores



Some of the Hardy Souls

Along the Trails

Face Book and the Park

Our FOP Facebook page contains some photos of our FOP activities. Check it out. Our Facebook page may contain photos or information not reported on the web or in the Update and vice versa.

Kilburn Loop Trail Rebuild Started Oct 27 ,2017

Work started on the rebuilding of the Kilburn Loop Trail near the western shores of Kilburn Pond. When the work is done, the .7 mile access lane into the Kilburn Loop Junction will be smoothed and York raked with equipment, and hand work will get underway until freeze up to touch up the treadway along the trail and road. The trail will see the installation of seven culverts and a substantial rebuild of the surface over the first 900 feet from the junction south. There will be sections where root cover will be laid down, and several other segments will be built up with low spots filled so that water may not pool readily as it does in numerous sections now.

K. R. Nilsen

FOP Trail Clearing – Nov 8-13, 2017

Wednesday – Pisgah Park Manager Whip Newell and John Herrick rode around the park looking for trees down. Starting at Horseshoe trailhead they went up Hubbard Hill and Davis Hill trails. After finding trees down near Kilburn trailhead they returned to Baker Pond Trail. Heading back Reservoir trail to Horseshoe they found before they got to the view three attached oak trees uprooted across the trail. Several days later

Friday – Whip and John returned to the three oaks across the Reservoir Trail. And cut some other dead trees so they would not fall on them while taking out the oaks. Saturday – On a cold, but sunny November morning Whip and John Herrick were joined by Matt Edson, Jim Schofield and John Hudachek at the Horseshoe trailhead. Several large trees were removed over several trails. See our web site for more details.

John Herrick and John Hudachek

Kilburn Loop Work Dec 9, 2017

Kim Nilsen and 6 volunteers spent the day working on the refurbished segment of the 5.5-mile Kilburn Loop Trail on the west side of Kilburn Pond. They hand worked drainage ditches, cleared culverts, hauled material and much more. Cleared a massive blow down at the head of the spur trail to the Kilburn Pond dam. Find more into on the web. Toward the end of the day, the snow began to fall, putting a nice touch on the last work on the trail for the year.

K. Nilsen

First Day Hike Jan 1, 2018

The Friends of Pisgah and the NH Department of Parks and Recreation hosted the first ever First Day Hike held at Pisgah State Park on January 1, 2018, one of the coldest days in the last decade. That did not stop folks from attending. Fully 71 brave souls registered for the event and came out to hike the Doolittle Trail, roast marshmallows and S'mores over a bonfire, and even get a chance to watch several teams of sled dogs chomp at the bit to get running. This First Day Hike is new to FOP and will be an annual feature of the Update

Kilburn Work Jan 20, 2018 The Friends of Pisgah met at the Kilburn trailhead in Hinsdale at 9:00am, Saturday, January 20th. The day was used to transport materials for two new bridges on the new John Summers trail from the parking lot to their final locations. We plan to build the bridges this spring. See the Fall 2017 Update and the Fall Web site for additional information on the John Summers trail

Ice may be a nuisance in winter for those on foot or behind the wheel, but sometimes ice is a distinct ally, particularly when one must move heavy materials fair distances. On Saturday, January 20th, Friends of Pisgah volunteers moved half a ton of building materials on snow and lake ice to two separate locations on the southern and southeastern margins of Kilburn Pond to facilitate the building of two bridges for the new John Summers Trail that will be brushed out when the weather breaks in spring.

Nine Friends of Pisgah souls descended on Kilburn Pond trailhead parking lot at 9 a.m. to try to push and pull materials about 1.5 miles. The gang had the use of John Herrick's large John Deer tractor and a Friends of Pisgah hauling trailer, several ATV machines, one outfitted with a borrowed snowmobile sled and the other with a small towing trailer.

Several days earlier, three near-frozen volunteers had ferried in much of the material to the trailhead, including 29-foot stringers that had once served as high-tension line cross arms. With the best intentions, the nine set out from the parking lot with trailers fully loaded. All went well until the armada reached the steepest and longest hill on Kilburn Road halfway along the way to the pond. That incline was completely coated with hard ice covered with snow. The tractor in the lead, and with chains on the wheels, could not manage the steepest portions of the hill, despite offloading most of the material in the trailer. The trailer was unhitched and pushed aside and parked so the tractor could get back down the hill.

In the meantime, the volunteers hand carried much of the lighter materials up to the top of the hill. Using the ATV machines, the heavy stringer timbers for both bridges were skidded up the hill without undue trouble. Now, most of the way forward was on level ground or downhill to the pond, and a shuttle effort was undertaken.

Materials for the longest bridge, a 24-foot span, had to be brought down to the dam that holds back Kilburn Pond at the south end of that body of water. Materials for the shorter 22-foot span had to be dragged across the lake to the southeastern shore where a small outlet stream originating in a beaver bog reaches the expanse of pond ice. Art Susmann piloted one ATV down the Kilburn Loop Trail to the dam while Matt Edson steered the other ATV the length of the pond on thick and stable ice. Back and forth the volunteers moved until all the lumber was deposited on solid ground where it could rest for the winter awaiting assembly in the spring.

Toward the end of a six-hour day, with the sun sinking toward the horizon, the volunteers stopped their effort to soak in the brilliant sunlight and sun warmed temps before retreating back to the parking lot to load the equipment on trucks. When the weather warms, all the lumber necessary to build the two bridges will be readily accessible so that the projects can be completed within a day or two. Come hiking season, there should be a fine new and safe John Summers Trail open to the public. Once the bridges are in place, the brushout and blazing of the trail can be carried out without too much difficulty. Winter still has a solid grip on Kilburn Pond, of course, and will for weeks to come. But the days are getting longer by three minutes a day and February is a short month. It won't be long before trekkers and trampers will be able to experience a fine loop around the Kilburn Pond, one of Pisgah State Park's liquid gems.

Kim Nilsen

Snow

Fresh snow is with us now and, once again, we may have the thrill of finding animal tracks and signs. Fresh snow can dramatically reveal the story of animal life quickly and obviously. Snow is not the best medium for studying tracks as it settles rapidly, melts easily and loses depth and structure. Also, drifting snow obliterates tracks. Mud or moist sand is best but with winter almost upon us, snow will be the most likely source of the excitement that accompanies the discovery of tracks, in the yard or on the trail. Animal scat and territorial markings are another possible source of education in the natural world. Also, observations of fur caught on a branch, claw marks on a log, etc., coupled with the tracks and scat, help you to identify the animal that has crossed your path. It is not always possible to identify an animal from its tracks alone, so don't be discouraged if you cannot determine what has caused the tracks.

State outdoor agencies may have lists of animals which can be sighted and, perhaps, even a short fact sheet. Several books which may be of value on this subject are: Murie, Animal Tracks, Peterson Field Guides, Houghton-Mifflin Co. and Miller, Track Finder, Nature Study Guild, Berkeley, CA. Limited track information may be found in many nature guides, for example in The Audubon Society Field Guide to North American Mammals. Try your library or favorite bookstore for background information.

Matthew Donachie

Update is published occasionally during the year by Friends of Pisgah, Inc.

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First Class Mail

Please use the form below and send to the address shown if you wish to join FOP, renew membership or give one as a gift. The Friends of Pisgah maintain a nominal dues structure with the intent being to encourage as many individuals and families as possible to join. Over half of the student/single/family dues provides for printing and mailing the Update and the Annual Picnic notice, as well as for the fine food at the picnic. Dues are as follows: student - \$10, single - \$15, family - \$20, group (club) - \$30.

Cut here -----

Date: _____	<u>Category</u> (Check applicable boxes)	<u>Willing to Assist On</u> <u>Committee for:</u>
Name(s): _____	<input type="checkbox"/> New	<input type="checkbox"/> Annual Picnic
Address: _____	<input type="checkbox"/> Renewal	<input type="checkbox"/> Educational Programs
_____	<input type="checkbox"/> Gift	<input type="checkbox"/> History/Archaeology
_____	<input type="checkbox"/> Student (\$10.00)	<input type="checkbox"/> Membership
Phone: _____ (Home)	<input type="checkbox"/> Single (\$15.00)	<input type="checkbox"/> Newsletter Articles
Phone: _____ (Work)	<input type="checkbox"/> Family (\$20.00/address)	<input type="checkbox"/> Planning & Strategy
E-mail: _____	<input type="checkbox"/> Group (\$30.00)	<input type="checkbox"/> Fund Raising
	<input type="checkbox"/> Donation \$ _____	<input type="checkbox"/> Public Relations/Park Info
Questions? Call Matt Edson (603-336-7796) or John Hudachek (603-363-8897)	Name/Address of gift giver	<input type="checkbox"/> Rails to Trails Advisory
	_____	<input type="checkbox"/> Trails/Maintenance
Send form and check to:	_____	<input type="checkbox"/> Wantastiquet-Monadnock
Friends of Pisgah, Inc.	_____	<input type="checkbox"/> Greenway
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