



Update

F.O.P. Newsletter, Summer 2016, V. 30, No 2

From the President

Once again spring is upon us with all its grandeur. The park is thriving full of new life and splendor. It's a great time of year for hiking, biking, and swimming to come for most. Although one day at the end of April as Kim, John, Whip and myself were out looking at the proposed RTP grant for refurbishing the west side of Kilburn pond loop trail there were Keene State graduates already enjoying the frigid waters of the Kilburn Pond.

We've had a busy winter and spring building, completing, working on many projects. One highlight of this work includes a new bridge on the Kilburn trail. Kim and John moved the materials to the site by snowmobile on the ice earlier in the BUI week to get a head start on the project. This pre-work allowed for a more efficient work day. On the work day the crew completed the bridge.

The next project we did was the second annual run in the park. It was a success because of all the hard work of our Council members. Pre-race work involved trail clearing, solicitation for donations, advertising and race day planning, an amazing amount of work. Thanks to all that contributed including volunteers on race day.

There will be many volunteer opportunities this summer. We will be building the long awaited South Woods Trail bridge and a viewing platform to overlook a heron rookery. Our plan is for this work to begin in June. We will also be replacing bridges on the Reservoir Trail. Another area of focus is the installation of trail markers to make the Park easier to navigate. We can always use help and if you have time would enjoy your companionship on the trail. Check the FOP web site for information. Remember, when possible, we try to accomplish trails work on the second Saturday of the month.

Matt Edson

Bugs Ahead

(Adapted from prior articles by Kathy Thatcher and Matt Donachie)

Every year is the same. We wait for Spring with great anticipation, looking forward to the greening of the landscape as warmth and sunshine usher the season in, only to find ourselves chased inside by swarms of black flies and this year by an overabundance of ticks. I guess we have short memories or we simply choose to erase such unpleasanties from our thoughts. Owing to the mild winter, this year we are favored with more bugs than usual. Ticks seem to be everywhere but the black flies, while a nuisance, may be a problem for a shorter time than usual. This year I decided to do some further research on the little buggers.

There are over 1000 known species of black flies in the world. In N.H. we have just over 40, and only two that drive us to distraction. The white-stocking black fly is the main culprit when it comes to biting us. The adult black fly emerges from the water in late April, early May. It is only the female that bites. They hunt us down until the end of the month. Further north they emerge a few weeks later and, in the mountains, can linger into July. Second and third waves of emerging black flies can keep them active until August. The other species of pesky black fly arrives later in the season and is located primarily along larger rivers in northern N.H. They like to swarm around your head, but tend to refrain from biting us, preferring other blood donors.

Since this seems to be a banner year for ticks, there has been a great deal in print and on the web about the critters. The deer tick or black-legged tick is the species that carries Lyme disease. They are only 1/16th of an inch in size and very dark brown, almost black, in color. The American dog tick is the most common tick found in N.H.. They are 1/8th of an inch long and brown and tan. They can be carriers of Rocky Mountain Spotted Fever, though it is rare in N.H.. If you discover either tick has attached itself to you, use tweezers, not fingers, to remove. An antiseptic applied to the sight is a good precaution to take. If you have any concerns, save the critter in a jar, marked with date, location and bite sight. An indicator of Lyme can be a red zone appearing around the bite sight, three to 30 days after being bitten by an infected deer tick. The red area expands over time, is warm to the touch and often ring-shaped.

Lyme disease is now entrenched in the CT River Valley after its discovery in Lyme, CT some 45+ years ago.

There are tests for Lyme disease but they are not fool proof. According to several news articles in some sources many physicians are reluctant to order tests for Lyme disease and tests frequently do not give a positive indication of the disease. The disease can be caught multiple times. A family with whom we are friendly has had multiple cases, with one adult daughter afflicted 4 times and the mother twice. Another friend was negative on testing but still ill so he arranged for a 30 day supply of antibiotics and got rid of the symptoms.

The greatest bug repellent may be the wind and rain. The woods are a beautiful place to visit on a rainy day, all the colors made richer from the moisture, while the rain falling on the leaves is a lovely, soothing sound. The bugs, [mosquitoes included], do not like to go out in the rain. Some folks find bug-net hats and clothes do the trick. Speaking of clothing, there are certain strategies that work better than others. Light colors are less appealing to the bugs. Various bugs like to climb up sleeves and pant legs so keeping buttoned and tucked is helpful as well as applying repellent around access points. A "designated" hat (light colored is good) and bandana impregnated or sprayed with repellent can be helpful as well as sunglasses to keep the bugs from seeking out your eyes.

The bugs are attracted to the carbon dioxide we breathe out, so focus on exhaling through the nose. Tick-resistant clothing, such as Tick Chaps, is available, or one can apply repellent directly to clothing. DEET is the most effective repellent but should be used with caution.

A recent segment on one of the evening news programs compared the lasting power of various "natural" bug repellents. Repel seemed to last longer. I recall 1 ½ hours. Another (forgot the name) lasted 2 hours but most "natural" repellents effectiveness was short lived. I use a natural repellent and have found it to be satisfactory. However, in extreme bug and weather conditions I use repellents containing a high fraction of DEET.

The most active season for ticks is between the months of April and July and again from September through November. That does seem to leave August as the only "tick free" period! Be aware that ticks like to perch themselves on the tips of tall grasses or brush in order to hitch a ride as you pass by. You might note that The U.S. CDC has an excellent pamphlet on Lyme disease as does the VT Dept of Health.

On the Trail

Friends of Pisgah Second 5K/10K Trail Race/Walk – May 14, 2016

Saturday May 14th marked the day for the second annual Friends of Pisgah 5K/10K trail race/walk in Pisgah State Park. The countless hours of race preparation, trail clearing and marking paid off as the day greeted us with a perfect day for a trail run. Volunteers arrived early to set the stage for welcoming participants. Registration went smoothly with all participants receiving their bibs, race shirt, and Friends of Pisgah annual membership. By race time there were 77 runners checked in and ready to toe the line to see what the trail brought them that day.

Both the 5K and 10K races threaded through a complex of old grassy tote roads and foot trails in the northwestern quadrant of the 13,000-acre park. Each route was wooded and scenic and mostly well marked. Volunteers manned water stations, the start and finish line, and assisted at junctions in the race course. Although the race courses are not difficult, Pisgah Park is quite hilly and a bit of a challenge. Racers mentioned that the courses were a real delight to run on and that the trails were in excellent condition. We would like to acknowledge that there was at least one section that was difficult to navigate and there were a few folks who ventured off the marked course. Once identified FOP dispatched ATV's and volunteers on foot to assist in accounting for lost runners and ensure their wellbeing. We are happy to report although a bit more tired and stressed all runners returned safely. We plan improvements to increase trail experience and ease navigation..

Funds raised by the races sponsored by the Friends of Pisgah go "on the ground," that is the dollars are used to support volunteer work days and to buy lumber and hardware for bridges and puncheon spans, and to buy the occasional specialized tool necessary to maintain the Park. With more than 50 miles of trails to maintain, the all-volunteer group has a considerable task to undertake each year. The races go a long way in underwriting the group's efforts.

Race Winners

5K Men: Arne Johannesson 24:01; Darren Phaneuf 25:22; Bob White 27:10

5K Women: Mary White 27:08; Ada Fox 28:06; Hadiel Mohamed 35:22

10K Men: Greg Hammett 45:19; Joe Sumner 49:13; Daniel Quipp 56:04

10K Women: Taylor MacDonald 55:01; Cyndi Ford 1:03:18; Lisa Ford 1:13:11

FOP is greatly indebted to all the volunteers and supporters who provided financial aid and food for the Race. This event could not be held without this support. *Abe Howe*

Trailhead Maintenance – April 23, 2016

Monadnock Happy Trails Association held a spring work day Saturday, April 23, 2016. Barbara Hager, Mary Page, Beth Phippard, Sharon Thomsen and Laura Susmann worked under the direction of Ranger Whip Newell at the Route 119 trail head parking lot. A variety of trash was picked up including a couple of blasts from the past - a bonnet hair dryer and vacuum cleaner! The brush that had been encroaching along the side of the lot was cleared back and stacked for later chipping. A load of mulch was added under the kiosk. MHTA plans another work day in the fall

Laura Susmann

Pisgah Trail Maintenance - April 16, 2016

John Herrick, Jon Knickerbocker, Sherisa Sterling, Gary Montgomery, Matt Edson and his ATV, Jack Kondos, Abe and Gabe Howe, Tom Haynes and John Hudachek met at the Horseshoe trail head in Chesterfield Saturday, April 16th to work on the trails for the upcoming May 14th Friends of Pisgah Run in the Park.

Branches and trees across Winchester Road and the Reservoir Trail were cleared. Much of the work done involved cleaning culverts and water bars allowing water to flow off of the trails.

Everyone was back at their vehicles before 2:00. Thanks to all for a very productive work day!

John Hudachek

Pisgah Trail Maintenance - February 20, 2016

Our decision to postpone our February trail maintenance from February 13th to the 20th turned out to be a good one. A crew of eleven, David Weisel, Abe, Gabe and Sam Howe, Matt Edson, Iva Wood, Krister Raasoch and dogs Art and Harry, John Hudachek, John Herrick, Jim Schofield and Kim Nilsen met at 10 am at the Kilburn trail head with the goal of building a bridge on the west side of the Kilburn loop. The day started with bright skies in the 30's and finished at 57 F.

Matt Edson and John Herrick picked up the building materials from Hamshaw's the previous Saturday. John Herrick, his snowmobile and Kim Nilsen transported the materials down Kilburn Pond to the bank close to the bridge site the Monday before the workday.

After hiking to the work site with tools the crew worked efficiently and had the bridge completed by 1:00 pm. We even made a step with leftover materials.

We hiked back to the trail head and were leaving by 2:00 pm. Thanks to all for a very productive work day!

John Hudachek

From the Park Manager

We have a busy summer planned with many projects to be completed in the park. I presented proposals to both the DRED Management Team and the State Management Team and received approval for rerouting the South Woods Trail, along with installing a new bridge. I ordered building material, and it was delivered. I cut the deck boards to length and they are ready to be installed. I also ordered bridge material for the first two bridges on the Chestnut Hill Trail. That was delivered, and I've cut the deck boards to length. Forest and Lands and the Parks Division shared costs for the materials. Plans are in the works for rebuilding the first bridge on the Doolittle Trail and installing wear boards on the second (long) bridge on the Doolittle Trail, as well as the second bridge on the Snow Brook Trail. Plans are being made for applying for and acquiring approval to reroute the Parker Trail and install a new bridge. The parking lot at Chestnut Hill is to be doubled in size (paid for by Forests and Lands), and will have a kiosk with iron ranger installed. John Herrick has volunteered to do the clearing. I worked throughout the winter to prepare many trail signs and they are ready for installation throughout the park. In addition, nearly 1000 white diamond trail markers have had individual-letter decals applied and they are also ready to be installed. Routine maintenance will continue throughout the park with placing of culverts, road maintenance, brush cutting, etc. We will continue to plan for the replacement of a number of other bridges.

Whip Newell

Images from the Second Pisgah Park Run/Walk in May



Unloading the 4 Wheeler



Getting Set Up



Race Check –In Station



More Preparations for the Race



At the Finish Line



More Finish Line Action

All above photos courtesy of John Herrick

Update is published occasionally during the year by Friends of Pisgah, Inc. Editor: Matt Donachie (PO Box 11, Winchester, NH 03470) (603/239-6590) (e-mail: mattd1932@myfairpoint.net) Production and Mailing: Martha and Matt Donachie President: Matt Edson (603-336-7796) Copyright 2016 Friends of Pisgah, Inc. No reproduction without written permission.

Photos from Trails Work



President Edson Giving Orders to Crew



Matt Edson Screws Step Together



Deck Being Screwed to Stringers



MHTA Crew Spreading Wood Chips



Trenching to Drain Trail

Photos Courtesy of Laura Susmann and John Herrick

FOP Annual Picnic

Keep the date in mind. Planned for Oct 1, 2016!



Whip Newell Working with MHTA Crew

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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: _____ Name(s): _____ Address: _____ _____ Phone: _____ Phone: _____ E-mail: _____ Questions? Call Matt Edson (603-363-8420) or John Hudachek (603-363-8897) Send form and check to: Friends of Pisgah, Inc. PO Box 134 Chesterfield, NH 03443-0134	<u>Category</u> (Check applicable boxes) <input type="checkbox"/> New <input type="checkbox"/> Renewal <input type="checkbox"/> Gift <input type="checkbox"/> Student (\$10.00) <input type="checkbox"/> Single (\$15.00) <input type="checkbox"/> Family (\$20.00/address) <input type="checkbox"/> Group (\$30.00) <input type="checkbox"/> Donation \$ _____ Name/Address of gift giver _____ _____ _____	<u>Willing to Assist On Committee</u> <u>for:</u> <input type="checkbox"/> Annual Picnic <input type="checkbox"/> Educational Programs <input type="checkbox"/> History/Archaeology <input type="checkbox"/> Membership <input type="checkbox"/> Newsletter Articles <input type="checkbox"/> Planning & Strategy <input type="checkbox"/> Fund Raising <input type="checkbox"/> Public Relations/Park Info <input type="checkbox"/> Rails to Trails Advisory <input type="checkbox"/> Trails/Maintenance <input type="checkbox"/> Wantastiquet-Monadnock Greenway
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