



Update

F.O.P. Newsletter, Summer 2014, V. 28, No 2

First Annual Friends of Pisgah 10K /5K Trail Race Run/Walk Pisgah Park May 24, 2014

The Friends of Pisgah (FOP) have just hosted the first FOP Pisgah Park 10/5 kilometer trail race/walk in Pisgah Park. Gary Montgomery, FOP President mapped the course earlier in the month. Pisgah Council members along with the Chesterfield Emergency Response Team and a few other FOP volunteers arrived at a bit after 7:00 a.m. Saturday and got to work setting up registration tables, a food table and tee shirt table. By 8:25 a.m. all was in place for the contestants to arrive, get their race bibs and pick up their tee shirts. Over 80 folks, young and older, were pre-registered and another 40 or so registered on arrival at the Horseshoe Trailhead on a cool, damp and cloudy morning. A total of 125 competitors were ready for the start of the race at the Horseshoe Road Parking Lot. Amazingly, the bugs were not too active by race time though some appeared while participants were running/walking the trails. Around 9:30 a.m. or so, volunteers to man check points in the Park along the course left by ATV to reach their stations. Gary Montgomery marked the start line.

The ERT laid out the parking area with the usual yellow tape and directed participants as well as volunteers where to park. A variety of bagels and Gatorade was available for all before the Race. Canopies protected the tables but really were never needed for rain protection. It was cloudy with some very light misty rain at times but the race started on time at 10:00 a.m. at the junction of Horseshoe Road and the parking lot at the Horseshoe Road Trailhead in Chesterfield. Participants rushed across the Parking Lot and down into the Park through the gate at Horseshoe.

About 15 minutes later, John Hudachek and Gary headed through the gate and down the hill to the Finish Line in a truck with the gear needed for clocking and observing the finish of the Race. A couple of chairs for observers and a cork board on which to post the names and times of finishers were barely in place before the first of the participants arrived. Gary was just carrying the last case of water bottles for participants to the Finish Line when the first finisher, arrived. Suzanne Hoy who was not able to run this race was at the Finish Line with her daughter, Ella. Mom handled the time sheets, while Gary took name/number tear-tags from the bibs of finishers. Ella handed bottles of water to each finisher. The help of these folks was greatly appreciated.

The course was set up so that, despite a downhill run to begin, participants did not need to run up the steep hill but only up a gradual slope to the Finish Line. The youngest runner was Maggie Shepherd, 6 years old. This was her 8th race! At the Parking Lot, prizes were distributed to contestants; food was available with: more water, Gatorade, power drinks, bagels, pizza, cookies, brownies, apples and slices of orange ready for the Race participants. As the last contestant cleared the Finish Line, Gary and John gathered up the chairs, etc. and headed back to the Parking Lot, arriving just about noon. By 12:30 all contestants had left the premises and the volunteers had packed away most of the equipment and remaining food.

Race Winners

5K Men: Guy Pronesti 21:40; Al Bielunis 22:30; Chris Ballou 26:46
5K Women Laura Freyeberger 26:36; Angella Joslyn 28:15; Leah Belanger 28:39
10K Men: Greg Hammett 40:31; Chris Hayhurst 42:31; Benny Hoy 50:06
10K Women: Holly Macy 51:51; Rachel Klaski 52:11; Courtney Marchetti 57:13

FOP is greatly indebted to all the volunteers and supporters who provided financial aid and food for the Race. Organizer and event manager Gary Montgomery said that the enthusiasm of the participants was very rewarding. Photos will be found on pages 3 – 5 and more photos can be found on the FOP website, www.friendsofpisgah.org along with a list of the runners and order of finish.

Matt Donachie

From the President

Greetings friends, The Friends have been very busy this Spring. Quite a lot has been happening in the Park since our last newsletter.

As you can see on our cover page, FOP held our first annual "Run in the Park" on Saturday, May 24th. This "run" consisted of a 10K or 5K trail race on trails designed to show off some less frequented areas in the northwestern portion of Pisgah.

The race was well attended, and highly successful thanks to the hard work of our Council members. Pre-race activities such as clearing trails, soliciting for prizes and food, publicity and race day support kept everyone busy. We appreciate all those who participated in this event, runners and supporters, volunteers, and our sponsors. We plan to make this an annual event and look forward to seeing many old and new faces next year!

You will probably see more of our Park Manager, Ralph (Whip) Newell, since his time in the park has been increased to 5 days. This is good news as there is a need for his presence in the park. A guided Bird Watch at the John Hill Trail was planned for the National Trails Day June 7 just before the Update goes to press. We hope it was well attended.

The Friends also planned activities such as clearing the vistas on Reservoir Trail and re-decking the Kilburn Bridge located on the east side of Kilburn Pond. By the time you read this, the events will be over. We hope that many of our members were able to partake in one or more of these very worthwhile projects and activities.

Summer is nearly upon us and the Friends have several more projects planned. These include taking a Trail Inventory (checking for downed trees, water bars, signage etc.) on all the trails in the park and re-decking a bridge on the South Woods Trail. We are hoping that FOP and other community members will consider volunteering some time as this is a big project to undertake. "Many hands make a small task." If interested please contact "Whip" our park manager at the Park phone number 239-6104.

Until our next newsletter I hope that everyone has a great summer and gets out to enjoy the Park!

Don't forget the bug repellent and sunscreen! Enjoy the outdoors in whatever way works best for you.

Gary Montgomery, President

On the Trails

Some General Comments

Trails in Pisgah got more than their share of blowdowns this past winter. From scrub branches to 4 inch trees to 12 or more inch thick forest giants, there was lumber on the ground of most trails this spring. FOP Trails Crews working on the second Saturday of each month did yeoman work in clearing trails, particularly those to be used in the FOP Pisgah Trail 10K/5K Run Walk.

Pisgah Trail Maintenance - 2014-02-08

Laura Susmann met Friends of Pisgah (FOP) trail chief John Herrick at the Kilburn Trailhead at 10:00. They drove to the Horseshoe Trailhead in Chesterfield and joined Gary Montgomery, Krister Raasoch, Krister's dogs Art and Harry and John Hudachek. It was a cool February morning with lots of bright sun.

Everyone hiked down to the Lily Pond Trail where we split into two groups. Gary and Krister hiked down Old Chesterfield Road to start work at the south end of Lily Pond Trail. John Herrick, Laura and John Hudachek started work on the north end of Lily Pond Trail. We met at Lily Pond for lunch at noon.

All trees and branches across the Lily Pond Trail were cleared. On the way back to the parking lot we met numerous hikers and people on skis, snow shoes and snow mobiles enjoying the beautiful winter afternoon in the park. We arrived back at the Horseshoe parking lot at 1:30.

John Hudachek

Pisgah Trail Maintenance 2014-05-10

Friends of Pisgah (FOP) President Gary Montgomery, Laura Susmann, David Weisel, Doug Favreau, John Hudachek, the Howe family (Abe, Tish, Gabe and Sam) and FOP trail chief John Herrick met Matt Edson and his ATV at the Horseshoe Trailhead at 10:00. The goal for the day was to clear numerous trees down across Lily Pond and North Ponds Trails. Both trails were used by the First Annual 10K/5K FOP Trail Race/Walk Saturday, May 24th.

While Matt hauled the tools and chain saws in his ATV trailer everyone else hiked down to the junction of Lily Pond and North Ponds Trails where we split into two groups. Gary, Laura and Doug cleared the south end of Lily Pond Trail. Matt, David, John, John and the Howe family cleared the North Ponds Trail. We met at the junction of Lily Pond and North Ponds Trails around 3:00.

The black flies had definitely emerged. While hiking (moving) they weren't bad, but stopping to cut and remove limbs, we became their lunch. Most of us ate our lunch while walking back to the trailhead after the work was done.

All trees and branches across the Lily Pond Trail and North Ponds Trail were cleared. We arrived back at the Horseshoe parking lot at 3:45.

John Hudachek

Bear Sighting in Pisgah

The following story from the FOP website may add a little excitement to your next hike in the Park. "Good morning... I didn't know if anyone kept track of bear sightings, but wanted to let you know that I saw a good sized male (I believe) on Sunday Morning [April 27, 2014]. It was about a half mile away heading up West on the North Ponds Trail. I was nearing the top of a hill and he was right at the top. I wasn't looking ahead so I got pretty close, probably 50-60 feet. He stood up to see who this was that was walking right towards him and boy did he look big. Anyway, I nodded to him, avoided eye contact and slowly walked backwards, turned around and continued on my way to another trail. Of course every little twig snap I heard the rest of the hike made me a little jumpy, but it was another great day in the woods. Thanks for all you do!"

Matt Price

Free Training on Proper Methods to Maintain Trails

Patrick Hummel, Volunteer Coordinator for the NH Department of Parks and Recreation, will be conducting a free training this Spring for FOP members on the proper methods used to evaluate and maintain trails and roads.

Please contact the FOP by clicking the *Contact Us* link on the right side of our website home page or email us at FriendsofPisgah@gmail.com to express your interest or to request further information. If this workshop appeals to enough members, Friends of Pisgah will notify Patrick so he can set up a time and date for the workshop.

Pisgah Trail Maintenance

Keep the second Saturday of the month in mind if you would like to help in Trail Maintenance.

John Herrick

Vermont News

West River Trail

An alternate path for the West River Trail has been opened at the Marina Trailhead on Rte 5 in Brattleboro that provides recreational use of the trail near the bridge construction access road. Signage has been installed providing clear direction to recreational users of the trail. There are intersections between construction access and the trail path, and users should exercise extreme caution at these intersections. As an additional safety precaution, users of the West River Trail are reminded to keep pets on a leash in this area. The new detour has the added benefit of giving trail users a bird's eye view of the new bridge construction sites on both sides of the West River. As before, the trail is now fully open to Rice Farm Rd.

The next on-site "trail talk" for the Public has been set for Saturday, June 14, 2014. Update delivery schedule may not enable this notice to reach you in a timely way but we are running late this month. The trail talks will discuss the status of the I-91 Brattleboro Bridge Project and its impact on the West River Trail. The talks will originate at the West River Trail near the marina on Rte 5.

The talk will begin at 8:15 a.m. Participants will walk the trail to the I-91 bridge site, so please wear appropriate clothing and footwear. The project's website (www.i91brattleborobridge.com) features up-to-date information about the project, construction photos, and live traffic cameras.

*Jon Knickerbocker, FOP Council Member
Vermont Representative to FOP*

Run in the Park - Some Images from the First Annual FOP Pisgah Park 10K/5K Run/Walk

You can see more images on our web site (www.friendsofpisgah.org)

(All Photos courtesy of Matt Donachie)



Race Planner and Event Coordinator Gary Montgomery Giving Last Minute Instructions to John Herrick



Pregistrants Waiting to Pick Up Race Bibs



Jim Nikiforakis, Gabe Howe and John Herrick Bound for One of the Work Stations in the Park



Moments After the Start



First Finisher – Guy Pronesti, Entered in the 5K Race



First Female Finisher, Laura Freyeberger, Entered in the 5K Race



A Race Tee Shirt Held by One of the Participants



Standing Around Pre-Race



Gary Montgomery Posting Participant Times at Finish Line



Handing Out Water at the Finish Line



Maeve Sabine, FOP Secretary, Handling Race Day Entries While John Summers and Iva Wood Give Out Shirts



Post Race Pizza in the Parking Lot

You can access our website at www.friendsofpisgah.org.

Photos from the Trail
(All Trail Images Courtesy of John Hudachek or John Herrick)



John Cuts Last Tree across North Ponds Trail



Painted Trillium



John Herrick, Krister Raasoch, Laura Sussman & GaryMontgomery After Eating Lunch at Lily Pond



John Herrick & Matt Edson Removing Brush from Trail



Krister & Gary Moving Logs Off Trail in February



Howe Family Working Trails in May

Outdoors, Especially in Pisgah Park

Amphibians, Reptiles and Other Squirmy Things

Spring, and a young man's fancy turns to frogs? skinks? salamanders? snakes? By the time you read this, the peepers have been out for 7 weeks. Spring has come and summer is about to explode on us. The frogs, harbingers of spring, inhabit the wooded pond we share with our neighbor on Old Chesterfield Rd. in Winchester. The first night is always the sweetest and we heard them in late April this year. The chill was still in the air but the winter had essentially dissipated.

There are lots of ponds and places to catch the sounds of spring in and near the Park. Our old beaver pond is a veritable concave dish of sound just a mile from the Visitor Center. Incredibly exciting is the way to describe standing on the old beaver dam in the middle of what seems to be millions of the wood frogs or, later, the peepers and listening to their serenades late on a spring day or evening. The wood frog is said to do its singing in the late day while the peepers are more active in the twilight and night.

The spring peeper is a frog so small that it could sit on your thumb. Although small, the peeper has stamina. The peepers are found in roadside ditches and city ponds as well as in the countryside. They sing well into June.

The morning chill may keep the frogs at bay though not for long. However, as the day warms down in the hollows and vernal ponds of the Park, the wetlands explode with a cacophony of sound as the wood frogs convey the ageless nature of wilderness habitat. According to an article in CT Audubon some years back (Spring 1988, p. 8), the wood frogs can show up at any time from late February till mid-March but the peepers appear later. They both seemed to be a bit late this year.

For a discussion of frogs, other amphibians and reptiles, try: An Instant Guide to Reptiles and Amphibians, Forey and Fitzsimons, Longmeadow Press (pub); The Audubon Soc. Field Guide to North American Reptiles and Amphibians, Behler and King, Alfred A. Knopf (pub); Peterson First Guides. Reptiles and Amphibians, Conant, Stebbins and Collins; Reptiles and Amphibians. A Guide to Familiar American Species. A Golden Nature Guide, Zim and Smith, Golden Press.

Enjoy the rest of spring, it's almost Summer!!

Wildflowers and Waterfalls

The time of the year for these creations of nature to explode into our consciousness has been well underway for the past month or two. The waterfalls were running full in April and some may still be running well now. The wildflowers have been blooming since late April or early May. The wild columbine are out on our property, a sure sign that June is nigh. Lady Slipper orchids, fringed polygala and many other more common plant varieties may be found in profusion along many trails and natural areas in NH. I am not familiar with any special places in the Park. However, the white and red trillium plants can be found in certain areas of the Park. A photo of a painted trillium taken in the Park by John Hudachek in May is on page 6.

Some flower books of interest might be: Spring Wildflowers of New England, Dwelley, Down East Enterprises; Summer & Fall Wildflowers of New England, Dwelley; The Audubon Society Field Guide to North American Wildflowers. Eastern Region, Niering and Olmstead; The Plant Explorer's Guide to New England, Wiggers, Mountain Press Publishing Co.

As for waterfalls, cascades on Snow Brook in Pisgah where it crosses Old Chesterfield Rd may still be running fairly well. Beaver Brook Falls in Keene is always great. Pachaugh Falls in Northfield, MA and Chesterfield Gorge Off Rte 9 offer nice views. Fall Brook Falls and Black Mountain Falls in West Dummerston, VT are interesting places to visit.

There are some useful books available, including: New England Waterfalls: A Guide to More Than 400 Cascades and Waterfalls, Parsons and Watson, Countryman Press. For additional waterfalls, check out the following links on the web: <http://www.nhstateparks.com/waterfalls.htm> and <http://www.scout.me/waterfalls--near--ashuelot-nh>.

It's time to get out and on the trail, especially in Pisgah Park.

Matt Donachie

Time to Renew Your Membership in FOP

The Year 2014 is well upon us. If you have not yet renewed your FOP membership for 2014, it is time to do that. See back page for the membership form. We truly appreciate your financial and other support.

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: _____ Name(s): _____ Address: _____ _____ Phone: _____ (Home) Phone: _____ (Work) E-mail: _____ Questions? Call Gary Montgomery (603-363-4482) 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 _____ _____ <input type="checkbox"/> Check here to receive a newsletter by email – no hard copy	<u>Willing to Assist On Committee 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 <input type="checkbox"/> Other _____
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