

Voice of the Wapack

Published by the Friends of the Wapack, Inc.

Issue #89

From the President

This January, the Board of Directors of the Friends of the Wapack accepted, with much regret, the resignation of Wendy Christensen as Secretary of the organization. Wendy has been a long time member of the Friends, joining in March of 1991, and elected secretary, succeeding Dave Malcolm, at the Annual meeting in October, 1993. Since that time, she took on many other responsibilities, including Newsletter Distribution, Membership Coordinator, and Wapack Merchandise Sales. Her counsel and support will be very sorely missed.

The Directors realized that finding someone to fill her shoes would be very difficult, and that we should relieve the future secretary of many of the responsibilities that Wendy had taken on over the course of her tenure. Other directors have taken on the responsibilities of Mem-

bership Coordinator and Newsletter Distribution, and we have partnered with the Monadnock Workforce to handle the Wapack Merchandise Sales. Monadnock Workforce is a



Binney Pond in April. Photo by Mena Schmid

well known charitable organization headquartered in Peterborough, established over forty years ago and dedicated to provide support and encouragement to adults with developmental disabilities throughout the Greater Monadnock Region, with emphasis on Peterborough, Jaffrey and New Ipswich. This will mean that your purchases of Wapack mer-

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Courtesy on the trail

- Foot travel welcome.
- Leave NO trace.
- Be quiet near houses.
- Stay on blazed trails.
- Respect trailside property.
- Park cars so others can pass.

From the President

(Continued from page 1)

chandise will benefit both the Friends of the Wapack and the Monadnock Workforce.

Now, of course, we need to find a new Secretary, whose duties will entail the usual secretarial responsibilities of meeting minutes, official correspondence, and maintenance of official files. The Director's meet five times a year plus the annual meeting, as noted on the Calendar. If you are interested, please contact me or any of the other directors.

The winter of 2011-2012 has been a strange one. Snow in November and March,



Trail parking area under construction, Wapack National Wildlife Refuge, Greenfield, NH

with very little weather or cold in between. This means that the trail is in great shape, with very minimal winter clean-up, and many of the traditional "mud-holes" reasonably dry, so there no excuse not to get out and about in this great weather. And while you are at it, head up to the north terminus of the trail on Mountain Road, and see the great parking area that the U.S. Fish and Wildlife are constructing just west of the trail head. The Friends will be building a short side trail from the parking area to the existing trail early this year.

Have a great 2012 summer and thank you all for your support of this wonderful pristine hiking venue. - Mitch Call, President

Friends of the Wapack, Inc.

The *Voice of the Wapack* is published twice a year by the Friends of the Wapack. The Friends are nonprofit volunteers dedicated to the maintenance and preservation of the Wapack Trail System. Financial support is provided by member

donations which are tax deductible to the extent allowed by law. The Wapack Trail is a 21-mile skyline footpath from Mt. Watatic in Ashburnham, MA to North Pack in Greenfield, NH. Completed in 1923, it is the oldest interstate hiking trail in the Northeast.

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Friends of the Wapack

P.O. Box 115

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Website: <http://www.wapack.org>



Friends of the Wapack, Inc. Board Members

Officers:

Mitch Call, <i>President</i>	(603) 924-7544
Dwight Horan, <i>Vice President</i>	(603) 878-3779
Open Position, <i>Secretary</i>	
Bruce Myrick, <i>Treasurer</i>	(603) 352-8616

Standing Committee Chairs:

Lee Baker, <i>Trips</i>	(603) 525-5262
Rick Blanchette, <i>Trails</i>	(603) 878-1464
Mitch Call, <i>Ways & Means</i>	(603) 924-7544
Mike Przybyla, <i>Management / Right-of-Way</i>	(603) 878-3350

Directors:

Ollie Mutch	(978) 386-5318
Jennifer Shultis (<i>Newsletter Distribution</i>)	(617) 852-2277
Sherisa Sterling (<i>Trail race clubs liaison</i>)	(978) 827-3272

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Trail Master:	Mike Przybyla	(603) 878-3350
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Web Master/Newsletter:	Rick Blanchette	(603) 878-1464
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Wapack Trail Work Days 2012



Saturday April 28, 2012 – Wapack National Wildlife Refuge Parking lot

The first workday will be constructing a new trail linking the new parking lot at the northern trailhead to the Wapack Trail. We will meet at 8:30 at the trailhead on Mountain Road in Greenfield, NH. This is an exciting opportunity to see how a new trail is constructed.



Mike and Tom installing a rock waterbar (above); and a new waterbar doing it's job –Miller State Park, September 2011 work day

- Mike Przybyla, Trail Master

Saturday September 22, 2012– Binney Pond and Beyond

The second workday will be along the section from Binney Hill Road to Pratt Mtn. and beyond. We'll meet at the NeWest Mall parking lot, Route 123/124 in New Ipswich, at 8:30 AM before heading over to the trailhead. We'll be hauling in supplies for some bog bridges, cleaning up some ice storm damage and doing general trail work on the section between Binney Hill Road and Pratt Mtn.

Saturday October 27, 2012– State Line Trail and Mt. Watatic

The final workday will be drainage work and other maintenance on the State Line Trail which runs from the MA/NH state line to the Blue Dot Trail and on Mt. Watatic which has seen a tremendous increase in use. We'll meet at the Route 119 parking lot in Ashuburnham, MA at 8:30.

A Note about Trail Workdays

All workdays start at 8:30 AM and typically wind down around 3:00 or 4:00 in the afternoon. Bring lunch, water, work clothes, and enthusiasm. We supply the tools and encouragement. These workdays are a good opportunity to contribute in a direct way to the maintenance of the trail, learn some trail maintenance techniques, and have a good time. Hope to see you there! Call Mike Przybyla for details 603-878-3350. - Mike Przybyla, Trail Master

Friends of the Wapack 2012 Calendar

All are welcome to attend the following meetings & events
Check our website for updates and additions www.wapack.org

Board Meetings - First Thursday of alternate months. (**May 3, no meeting in July, September 6, November 1**). All are welcome. Ashby Public Library, Ashby, MA. 7:00 PM. Check with a board member for location as the venue may be different for some board meetings.

Saturday, April 28 - Trail Workday - Wapack National Wildlife Refuge, Greenfield, NH

See the 2012 Trail Work Days article in this issue for details. Check our website for any updates www.wapack.org. Contact Mike Przybyla (603) 878-3350.

Saturday, August 25 - HIKE - Wapack Trail End to End!

Hike the entire trail in one day! Group will meet at 6:00 AM at the trail head in Greenfield. Please call leader Tom Brumaghim to register and for details (603) 878-6167.

Saturday, September 22 - Trail Workday - Binney Pond and Beyond, New Ipswich, NH

See the 2012 Trail Work Days article in this issue for details. Check our website for any updates www.wapack.org. Contact Mike Przybyla (603) 878-3350.

Saturday, October 20 - FRIENDS OF THE WAPACK ANNUAL MEETING, Town Meeting House, Sharon, NH

Details for our annual meeting, including guest speakers and morning hike, are being planned. Watch for a special mailing to all members, or check our website, www.wapack.org, for details.

Saturday, October 27 - State Line Trail and Mt. Watatic, Ashburnham, MA

See the 2012 Trail Work Days article in this issue for details. Check our website for any updates www.wapack.org. Contact Mike Przybyla for more details (603) 878-3350.

Ashburnham Conservation Trust Fundraiser



Wine & Beer Tasting

The Ashburnham Conservation Trust invites you to an informal evening of tasting superb wines and beers with noted wine experts from Wyman's Liquors!

Live Music, Silent Auction, Refreshments.

DATE: June 9, 2012 TIME: 7:00 – 9:00 p.m.

LOCATION: Cushing Academy Dining Hall-School St., Ashburnham, MA

TICKETS: \$30.00 Advance; \$35.00 at the door.

Information and tickets contact: Ashburnhamconservationtrust.org or Diane Wright-603-878-3779 Watatic@wildblue.net

Are you crazy?!?!?! - Racing the Wapack Trail

While most people will find simply hiking any section the Wapack Trail a challenge, many would be amazed to learn that some run it and even more amazed (bewildered?) to learn that on one Saturday of every year, for the past five years, racers travel from up and down the eastern seaboard (and further) to see not just if they can run it, but how fast they can run it!

The Wapack and Back Trail Race is a special event in the growing sport of competitive trail and ultra running. While over 25,000 runners will toe the line in Hopkinton this April, then run through an estimate half-million spectators on their way to the finish line of the Boston Marathon, on May 12th a sold out capped field of 100 runners will humbly line up in Greenfield, NH to hear Race Director, Norm Sheppard remind racers to follow only yellow triangles and be careful. With a wish of good luck the soft-spoken Norm will say the traditional, "On your mark, get set, GO!" With a few hoots and even giggles, the runners will gently merge onto the trail to begin the rooty and rocky ascent to North Pack Monadnock. This will be the second time that day that Norm has sent racers on their way. The first time he will have been surrounded by a small swarm of headlamps as the race offers two distances. While the 21.5 mile end-to-end (or the one-way length of the Wapack for the "merely insane") starts at the civilized time of 9am, 4 hours earlier at the Mt Watatic trailhead a smaller group of "full-blown crazies" will have begun the 50 mile version of the race. Those runners will be challenged not just by a 5am start in darkness, but will have to run to the Greenfield trailhead and back to the start by 5pm if they will be allowed to turn back up Mt. Watatic one more time to visit the Binney Hill Road aid-station, and back, to make it a full 50 miles. And yes, they will need to

climb Mt. Watatic on the way back, too.

Norm took over the race in 2010 when the founder, a local trail runner and low-key race director who goes simply by Bogie, moved to Colorado. That first year in 2007, the race attracted 50 runners between the two races and entries were accepted right up until race day. Now the race sold out when the cap of 100 runners was met mid-January and has a long wait list. There are 65 runners registered for the "short" race with 35 in the 50-miler. When asked what makes the Wapack and Back Trail Race special, Norm Sheppard points to the amazing views throughout the trail and the technical difficulty – "Lots of rocks and roots, some quite steep elevation sections – my estimate of the elevation gain over the 21 miles is 4600', so there's almost a mile of vertical point-to-point run. Not only that but you're running in two states!"



Jen Shultis running the 2011 Wapack and Back Trail Race

When asked what sets trail running part from road running, Norm replied, "Apart from being in the woods and away from traffic and civilization, there's the physical and mental challenge of running down the trail without stumbling over a root or stepping on a loose rock (not to mention the occasional adrenaline rush when this is coupled with the descent of the steeper sections of the trail like Pack Monadnock or Pratt Mt)." And just how fast can the trail be run? Consider that while the Wapack Trail Guide recommends an average end-to-end hiking time of 13 hours and 45 minutes, in 2008 the men's course record was set by David Herr in 3:13 and the women's by Carol O'Hear in 4:29. Since then the trail through Windblown was re-routed adding approximately half a mile and increasing the finish times accordingly. The 50 mile records are 9:57 by Brett Samquist and 11:39 set by Donna Utakis, both also in 2008 (must have been ideal race conditions

Are you crazy?!?!?! - Racing the Wapack Trail (continued)

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that year!)

For anyone who wishes to make their next hike of the Wapack extra special, come hike it on Saturday, May 12, 2012 and cheer on the runners. Kids will find it especially inspiring! The lead 50 mile racers will make the Greenfield turn around shortly after the 21.5 mile racers start, so runners can be seen going both directions at the northern end until late morning. The top of a rocky peak can make a great place to both have lunch and cheer on tired runners who just pushed themselves up that climb! It's not unusual at the top of a long, hard climb for a runner's inside voice to be agreeing that yes, they must be crazy! But after a little recovery, laughter and sharing their experiences with other runners at the finish

line, most will find themselves talking about "next year."

Notes: Since 2007, the Wapack and Back Trail race has donated over \$2,500 in proceeds to the Friends of the Wapack to help maintain, preserve and protect that Trail. For more information on the Wapack (and Back) Trail Race go to their website: <http://wapacktrailrace.com/>. The original Wapack Trail Race, an 18-mile out and back from Watatic to Windblown, held every September, is a generous supporter of the Friends of the Wapack. For information go to their website: <http://www.wapack.freeservers.com/>. Writer Jennifer Shultis, board member of Friends of the Wapack and three-time finisher of the Wapack Trail 21.5 mile trail race, is training to tackle the course again this May. -Jennifer Shultis, FOW Director

A Spring notice for our Section Captains

Spring is here again, and it's time for our Section Captains to check their adopted trail section. Spring is the best time to check for water problems, erosion and wet areas, and winter blow downs. Section Captains, please return your Spring Trail Condition Report form by June 1. The report helps us plan future workdays and shows that you are keeping up your trail section. The snail mail and email versions of the form are available for download from our website www.wapack.org. Click on the "Trail Maintenance" button. You'll also find trail maintenance and Spring trail inventory guidelines there to review.

Thanks to all our Section Captains (aka Trail Adopters) for all their work and dedication! They are: Dave Buren, Glenn Lloyd, Nance Hall, Bob Saari, Neil Faiman and Lynne Pentler, John Hills, Tom Brumaghim, Scout Master Sean McInerney

& the New Ipswich Boy Scouts, Don & Lois Ray, Jen Shultis, Ollie Mutch and Jan Miller, Norm Sheppard, Rick Blanchette, Scout Master John Varney & Ashby Boy Scouts, Mike Przybyla, Dwight Horan, Sherisa Sterling.

- Rick Blanchette, Trails Committee Chairman



Notices

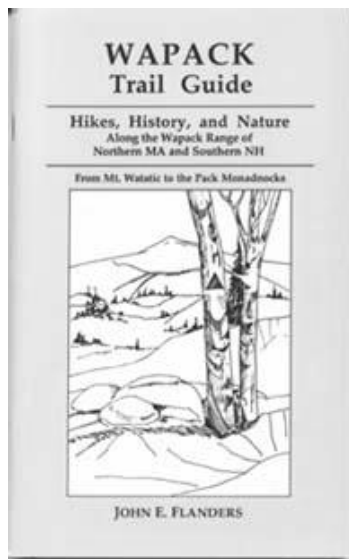
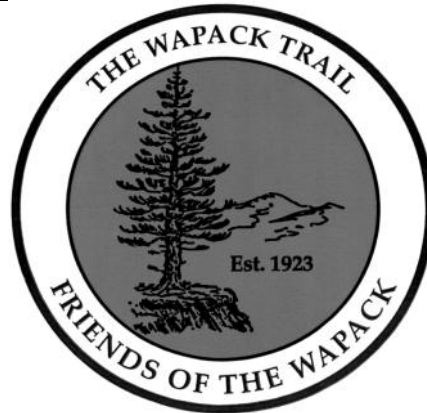
Hiking the Wapack Trail through Windblown XC Ski Area - Hiking through Windblown Cross Country ski area is only allowed on the marked route of the Wapack Trail, and no mountain bikes please. Parking is still along the shoulder of Route 123/124 Turnpike Road, between Wapack Road and the Windblown entrance, not on Windblown property. Thank you!

Board members & trail adopters wanted - Interested in participating on the Friends of the Wapack Board of Directors? If so please contact Mitch Call at (603) 924-7544. For trail adoption please contact Rick Blanchette at (603) 878-1464. Join others like you who love the Wapack Trail by volunteering your time as an FOW board member or trail section adopter. Thank you!

Voice of the Wapack newsletter on line - If you would rather read this newsletter on line, send an email to info@wapack.org and let us know. Rather than receiving the paper newsletter you will get an email notification when newsletters are posted on our website www.wapack.org.

September 1 - EDITORIAL DEADLINE for Voice of the Wapack Issue #90. Send your letter, article, photo or artwork to Rick Blanchette, P.O. Box 90, New Ipswich, NH 03071, or email to rickblanchette@yahoo.com. We reserve the right to edit for content and length.

Friends of the Wapack General Store



You can now order these items on our website with Paypal at www.wapack.org!

- Send me ___ Friends cap(s) @ \$17.50 ea.
- Send me ___ Trail Guide & map pkg.(s) @ \$11.00 ea.
- Send me ___ Friends patch(es) @ \$4.00 ea.
- Send me ___ Friends sticker(s) @ \$1.00 ea.

Prices include postage and handling.

Amount enclosed \$ _____

Name _____

Friends of the Wapack
Patch / Sticker

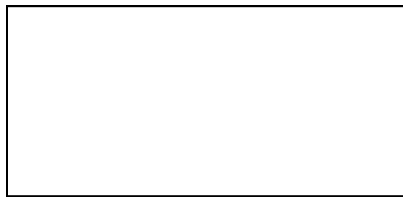


Address _____

Town, State, Zip _____

Phone _____

Make check to: Friends of the Wapack • P.O. Box 115 • W. Peterborough, NH 03468



Once It's Gone,
It's Gone
Forever



We're on the web!
<http://www.wapack.org>

Friends of the Wapack
P.O. Box 115
West Peterborough, NH 03468
Email: info@wapack.org

Welcome New Friends

Ted Zona, Millbury, MA
Noah Saari, Greenfield, NH
Len Yost, Lenox, MA
George Kocur, Arlington, MA
Tony & Georgia Scaringe, Sharon, NH
Cindy and Tim Gabriel, Leominster, MA
MJ Rizella, New Ipswich, NH
Tom DeFelice, Wilton, NH
Ed Gaffey, Willington, CT
Chris Dunn, Keene, NH
Jessica Ellis, Peterborough, NH
Edith Mooers, Cambridge, MA
Kim Burden, Marlow, NH
Jonathan Blake, Ripton, VT
Barb Kaufmann, Jaffrey, NH

MaryJean MacGillivray, Mont Vernon, NH
Susan Bartrett, Antrim, NH
Jesselyn Tobin, Carlisle, MA
Joe Hart, Sharon, NH
Melissa Lombard, Antrim, NH
Chris Demers, Goffstown, NH
Jessamyn Dechert, Antrim, NH
Fred Bernard, Fitchburg, MA
Scott Jaynes, Peterborough, NH



EMS Club Days April 13 & 14!

- As a member of the Friends of the Wapack you are eligible for special discounts at EMS during their Club Days. Simply present your membership card or this newsletter as proof of membership to receive your discount at an EMS store during EMS Club Days! Check with your local EMS store or www.ems.com for details.

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