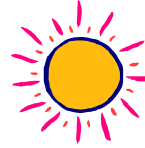




山川會訊

Outing the four seasons with CMCNY



CMCNY Newsletter Volume 56 / Outing Schedule 08/01/2003 — 12/31/2003

Visit us online at: <http://www.cmcny.org>



PCT Through Hike Trail Journal by George Li

Part I Journal

Why do it?

When I was in the High Sierra's in 2000, we were hiking Mt Alta in the Sequoia National Park; I got the first glimpse of the beauty of this trail. Wouldn't it be nice to hike on it some day? Besides, this trail is famous for the distance and difficulties that it throws at you. Summer heat in the desert, snow capped high passes; cold, ice cold creek fords, bugs of all kinds that suck blood, thunderstorms, rain in Washington, and a chance of early snow storm near the Canadian border. So it is a challenge, and it is long.

Preparation before the trip

People that hiked the PCT stated it took them 12 month to plan for the trip, which took average 6 month to finish. I only

have a few weeks so I ordered new packs, new sleeping bag, digital camera titanium and a cook pot, and reuse most of my gear in the AT thru hike. I also borrowed my wife's umbrella and put a piece of Mylar coating (space blanket) underneath it, which turned out to be the most valuable piece of equipment on the part in southern CA. Overall I still carry too much weight, about 40 pounds and I vowed to get rid of the excess as soon as I arrived the Mt Laguna post office.

Flying Out

I have to thank Andy Ng to take me to the airport early in the morning at 6:45 AM. Also thanks to Henry for transcribing the journal and put it on the web. And all the well wishes from all my good friends. Thank you guys and gals!

People always ask, "How

do you go to the trail head? For the hikers in CA, they can just asked for a ride. I have to fly to San Diego, lay over one night at the AYH, took the Orange Line Trolley to a bus station name EL CAJON then took a rural bus #888 to Campo, CA where the trail starts.

Campo is a very small town and at 5:00 PM you did not see any people on the street. It is just rural. I went to the P.O. and sign in the register, then start heading down the dirt road to the US-Mexican border. Passing the Border Patrol station, and was greeted by some of the guards. Later on they drove their Jeep to catch up with me and say Hello again, then they sped off like cowboys on their high horses. Weather had been hot for the past two week and they actually have a heat wave because of that, the utilities had gone into stage 1 alert for power

(Continued on page 6)

What's Inside:

PTC Through Hike Trail Journal by George Li	1, 6, 7
2003 Summer/Fall Outing Schedule	2, 3, 4, 5, 8
The CMCNY Survivors by Chi Chan	9, 10, 11

Participate and sponsor the Breast Cancer Walk on 10/19/2003 (For detail, page 5)

Editor: Yet Chang
Contributing Writers: Chi Chan, George Li
Distribution: Joe Jwo

This newsletter is published 3-4 times annually by Chinese Mountain Club of New York. This is a free publication for CMCNY members only.

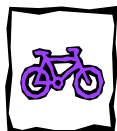
To submit your articles or photos please send mail to: CMCNY Newsletter c/o Yet Chang, 102-15 62nd Drive, Forest Hills, NY 11375, or e-mail to newsletter@cmcny.org

If you are an active CMCNY member and are not receiving this newsletter please send e-mail to newsletter@cmcny.org. Please provide your full name, member information, phone number and mailing address.

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CMCNY 2003 SUMMER/FALL OUTING SCHEDULE

August Schedule



Saturday, 8/2/2003 / 30-50 Miles Biking Trip

Princeton Bike Tour, N.J.

Tour the beautiful countryside around central New Jersey with bicyclists from all over the Eastern US. Relatively flat terrain.

Meeting Time / Place: 8:00 AM at Centre St. and Hester St. in Chinatown, Manhattan

Leaders: Ben Lee / Kenny Lip



Saturday, 8/9/2003 / 8-10 Mile Day Hike / Level D

Breakneck Ridge, NY

The hike begins on the Breakneck Ridge Trail (white blaze), and change to red blazed trail, continue on a blue blazed trail and eventually merges with the White blazed trail back. The first section of the hike involves 1.5 miles of sometimes difficult climbing and rock scrambling until you reach a 1200-foot crest

Meeting Time / Place: 8:30 AM at 39th Street and Broadway, Manhattan

Leaders: Chi Chan / Leo Ngan



Saturday, 8/16/2003 / 10 Mile Day Hike / Level D

Ice Cave, Shawangunks, NY

Moderate hiking and scrambling; not recommended for beginners. Long pants required for hiking along trails with dense scrub; otherwise your legs will be scratched up. Bring plenty of water (2 or more liters per person) and a flash light

Meeting Time / Place: 8:00 AM at 39th Street and Broadway, Manhattan

Leaders: Ben Lee / Shui-Kei Ng



Sunday, 8/17/2003 / 5-6 Mile Day Hike / Level B

Parker Cabin Mountain at Harriman State Park, NY

Start from the red trail to Tom Jones Mountain (1289 ft). Hilly but mostly easy trails to lunch spot. Return path passes Lake Skenonto

Meeting Time / Place: 8:30 AM at 39th Street and Broadway, Manhattan

Leaders: Henry Jiang / Liz OuYang



Sat/Mon, 8/30—9/1 , 2 Night and 3 day Base Camping

North and South Lake State Park at Castskill, NY

Relaxing base camping trip in update New York. Day activities: hiking, biking. Please bring your own camping equipment (tent, sleeping bag, cooking utensil, etc.) Please register before 8/15, Member \$15, Nonmember \$18. (add \$5 after 8/15). Please send check to : Nancy Liang, Address: 4 Birchwood Court, apt 4C, Mineola, NY 11501

Meeting Time / Place: Please contact leaders for details

Leaders: Nancy Liang / Becky Leung / Joe Jwo

CMCNY 2003 SUMMER/FALL OUTING SCHEDULE

September Schedule



Saturday, 9/6/2003 / 15 Mile Day Hike / Level E

Poughquag, NY

This trail climbs Corbin Hill, proceeds through open fields, and then climbs West Mountain to a beautiful viewpoint over the countryside. This is a strenuous hike for experienced member hiker only. Please call between 7:30 PM and 9:00 PM to register. No online or e-mail registration

Meeting Time / Place: 8:30 AM at the trail head

Leaders: Sarah Ip / Shui-Kei Ng



Sunday, 9/7/2003 / 5-6 Mile Day Hike / Level A

Black Rock Mountain at Harriman State Park, NY

Introduction hike to beginners. Members or non-members welcome. Trail starts from Route 106 in Harriman State Park. Trail passes some high points until reach Lemon Squeeze. Mostly flat

terrain

Meeting Time / Place: 8:30 AM at 39th Street and Broadway, Manhattan

Leaders: Michael Tam / Kady Harn



Saturday, 9/13/2003 / 6 Mile Day Hike / Level B

Please contact leader or check CMCNY website for trip update and details

Meeting Time / Place: 8:30 AM at 39th Street and Broadway, Manhattan

Leaders: Joe Jwo



Sunday, 9/14/2003 / 3 Mile Day Hike

Kids Hike with AAYC at Harriman State Park, NY

This 3-mile hiking trip is organized by Asian American Youth Center for the children ages between 9 -13. Any leader who is interested to help lead this hike with AAYC staff please contact

Kelly Ko. Note: this is not a CMCNY official activity

Meeting Time / Place: Contact Kelly Ko for detail

Leaders: Kelly Ko / Michael Tam / Henry Jiang



CMCNY HIKING RATING SYSTEM

"A" very easy, flat, 3-5 miles	"B" easy, some hills, 4-7 miles
"C" moderate, some steep hills, 5-8 miles	"D" challenging, steeper hills, 8-10 miles
"E" tough, strenuous hills, 9-15 miles	"F" very tough, 15 miles plus



Saturday, 9/20/2003 / 40-50 Mile Biking Trip

Sag Harbor Montauk, New York

Join us for a day of biking through some of the most scenic spots; historic sites, wealthy summer colonies and all the wild beauty of natural landscapes

Meeting Time / Place: 8:00 AM at the corner of Queens Blvd and 63rd Drive (in front of Sears)

Leaders: Ben Lee / John Jeng



Sunday, 9/21/2003 / Semi Annual Trail Maintenance / Level B

Shore Path, NJ

Trail maintenance on the path trail along the Hudson River in NJ. Pick up trash, trim protruding braches, etc. Tools to be provided by trip leaders. Light refreshments will be offered at the end of activity. This is a very important event for the club as it's our duty to serve our community

Meeting Time / Place: 8:30 AM at 39th Street & Broadway, Manhattan

Leaders: Shui-Kei Ng / Henry Jiang



Saturday, 9/27/2003 / 10 Mile Day Hike / Level D

Bellvale Mountain, NY

The trail follows the ridge of Bellvale Mountain, with many beautiful views over Greenwood lake and the Ramapo Hills from open ledges. CMCNY members only. Limit to 12 people. Please call

Ray between 7:30 PM and 9:00 PM to register. No online or e-mail registration

Meeting Time / Place: 8:30 AM at trailhead

Leaders: Ray Lin / Leo Ngan

October Schedule



Saturday, 10/4/2003 / 12-15 Mile Day Hike / Level E

Unionville, NJ

This trail passes through Vernon Valley, over Pochuck Mountain and farmland. This is a strenuous hike for experienced member hiker only. Please call between 7:30 PM and

9:00 PM to register. No online or e-mail registration

Meeting Time / Place: 8:30 AM at trailhead

Leaders: Sarah Ip / Ray Lin



Sunday, 10/5/2003 / Semi Annual Trail Maintenance / Level C

Appalachian Trail, NJ

Maintain a section of AT (Appalachian Trail) in NJ. Pick up trash, trim protruding braches, etc. Group will do 4 mile hike on the Allies Trail in the Sterling Forest State Park that connects with the AT corridor. Tools to be provided by trip leaders. Light refreshments will be offered at the end of activity. This is a very important event for the club as it's our duty to serve our community

Meeting Time / Place: 8:30 AM at 39th Street and Broadway, Manhattan

Leaders: Shui-Kei Ng / John Jeng



Saturday, 10/11/2003 / 6-7 Mile Day Hike / Level B / Limit: 35 people

Teatown Lake Reservation, NY

Teatown Lake Reservation is a nature preserve and environmental of Westchester County, it is also home of large variety of songbirds and native wild flowers. Easy hike

Meeting Time / Place: 8:30 AM at 39th Street and Broadway, Manhattan

Leaders: Maria Jen / Yet Chang


Sunday, 10/12/2003 / 20 Mile Day Hike / Level F
Harriman State Park, NY

Follow Blue Disc, pass Daters Mt. and Pound Mt., change to RD Red, climb Black Ash Mt., Parker Cabin Mt., and Tom Jones Mt. Cross Rt 106 continues on RD Red until reaching Time Square. Change to ASB Red to Lemon Squeezer and follow White Bar all the way back to the parking lot. Expecting lots of up and down in the morning, change to gentle pace in the afternoon

Meeting time / place: 7:30 AM at Johnstown Circle. Please contact leaders for more detail

Leaders: Wade Zhang / Chi Chan


Saturday, 10/18/2003 / 12 Mile Day Hike / Level E
Minnewaska, NY

Come to enjoy fall foliage. This is the time to be in a beautiful setting during the annual change of pattern when the leaves of deciduous trees start showing vivid colors

Meeting Time / Place: 8:30 AM at trailhead, contact leader for details

Leaders: Shui-Kei Ng / Ben Lee


Sunday, 10/19/2003 / Making Stride Against Breast Cancer Walk

The American Cancer Society sponsored event that held in 55 cities. This 5-mile non-competitive walk/family fun day is the fastest growing breast cancer fundraising and awareness event in the country.

Meeting Time / Place: 9:00 AM for registration at Queens Borough Hall between Queens Blvd and Union Turnpike

Leaders: ACS—Chinese Unit (718) 886-8890 / Jimmy Poon (917) 881-3150


Saturday, 10/25/2003 / 5-6 Mile Day Hike / Level A / Limit: 35 people
Hook Mountain, NY

Located in the Rockland County. Start walking through Long Path and enjoy the Hudson River view. Please call to register

Meeting Time / Place: 8:30 AM at 39th Street and Broadway, Manhattan

Leaders: Maria Jen / Terri Lou


Saturday, 10/25/2003 / 12-15 Mile Day Hike / Level E
Clarence Fahnestock Memorial State Park, NY

This trail climbs over Canopus Hill and continues over Denning Hill and Little Fort Hill. This is a strenuous hike for experienced member hiker only. Please call between 7:30 PM and 9:00 PM to register. No online or e-mail registration

Meeting Time / Place: 8:30 AM at trailhead

Leaders: Sarah Ip / Shui-Kei Ng

November Schedule


Saturday, 11/1/2003 / 7-8 Mile Day Hike / Level C
Parker Cabin Mountain, Harriman State Park, NY

This trip starts from Route 106 parking area going uphill along the Red Ramapo Dunderberg trail. The trail covers Tom Jones, Parker Cabin and Carr Pond Mountains

Meeting Time / Place: 8:30 AM at 39th Street and Broadway, Manhattan

Leaders: Rwei Su / Leo Ngan

PTC Hike Trail *(Continued from page 1)*

conservation. I was later told by a lady (Susan) that CA had 4 years of drought and that is why most of the big trees are dead now.

I reached the PCT monument and took a picture, then unceremoniously start my hike north. Down the road I went and the first hiker I met was driving his jeep with his wife to the trailhead. Richard asked me "Are you hiking the PCT? I said yes and see you later". When I met Richard again next day. I was surprised by his enormous backpack. I was assuming every guy in CA will feature a light pack like Ray Jardines. Richard said he had very few water and 15 days of food. He asked me if the Hauser Creek, about a few miles away, was still howling? I said I don't know but that is where I will get my water next. So on we both hike on the morning heat. Just before we hit the ridgeline, Richard at behind called and said something, I cannot listen well because of the wind was blowing towards him, but I know he wanted to turn back.

Up the ridge and a big yellow warning sign come up, warns about high heat, rattle snakes and bring lots of water. Down the Hauser Creek Canyon I went and hope for "Water"! Unfortunately there was none. I only had 1 quart left because the last water hole was kind of dirty and not potable, so I took only 1 quart, now I looked up the next one thousand feet of ascend, I went ahead and start climbing. Only about 300 ft up the Canyon and I look at the high noon sun and my one-quart water supply, I know I am in deep trouble! As I pass a huge rock I just dropped into its shady belly for protection. I stayed till 4:00 PM from noon, just hoping to get to the Lake Morena Campground. At 4:00 PM, I pack up myself to take two sips every 15 minutes and start the slowest ascend of my life. In this heat, even going slightly faster will pump the heart to dangerous level and you grasp for air to cool off. So I keep my mouth shut and breath slowly through the nose, step by step, almost dream like or walking in the sleep (I was actually snorting) and will myself up the mountain. Every 15 minute of walk, I took a 5 minutes break and finally pass the saddle southeast of Morena Butte and got the campground in sight. Down the campground I went and was totally exhausted. I only did 17 miles.

Next day I have a 2.7 miles to get to Mt Laguna Post Office. And I planned on to leave camp early. By 10:00 AM the sun was baking everything in the valley. When I got to Boulder Oaks Campground by noon I only did 6 miles. It was the heat and the pack weight plus the water that I had to carry extra, now 5 quarts. I make it to the next camp at Cibbets Flats at 4:00 PM and called the day. It was 10 miles from Mt Laguna Post Office. So I did 12 miles on

the second day. Now I had serious doubts about this hot weather hiking. First, my pack weight was 6-7 pounds over, second, I had to haul 5-6 quarts of water, and I can only travel at 5 to noon, and then may be 5:00 PM to 8 PM. That is not going to get this trip done in any time. At one point while I was laying under a big oak tree and listening to the humming birds, I was seriously thinking about quitting this trail and go home. Next day as dawn breaks and I head back the trail at 5:00 AM, as I turn the corner I saw a big van parked on the dirt road. I was thinking it must be the "Coyotes" the Mexicans trail guides that brought in the illegal, but then another jeep moves up and shined its head beams on me. I raised by hiking pole and waved to the Border Patrol guards. Three big bury??? men come out and checked me out. One said there were twenty illegal on the trail, but do not be afraid because they are more scared when they see you. I said I don't want to see them at all. Then another guy said they are 2 hours ahead of you, so most likely I will not catch up with them. I then asked, where are they traveling on? "the PCT, of course!" So the PCT from the Mexican border is a dual use trail, at daylight hours by hikers, and at night by the illegal. I make good time to arrive Mt. Laguna by 11:00 AM, which was fast. Now I have decided what item to send home, or do I go home or go some other section. I went into the general store and asked the storekeeper for bus schedule to San Diego, and he told me there is no bus service in this town. I will have to hitch to Pine Valley or Julian, either way is 15 to 20 miles away. I told him about the weather situation, and the next section is the famously hot spot of Anza Desert State Park, without water for a 26 miles stretch. Inside the hot canyon, I may never come out, and I doubted whether the water cache at scissors crossing still have any water. The shopkeeper said the people usually stock the water cache was not restocking it because most of the north bounders are gone.

He then said, why don't you hitch a ride north to Warner Springs? It is still hot up there but not as bad as down here. I said ok and got some lunch, a roll of duct tape to repair my Mylar umbrella, and head to the P.O. to send the extra stuff, like GPS, extra batteries, extra clothing, crampons, etc back home. Finally I rearrange my backpack and lighten it up to a point that I am happy about it. And I got my umbrella fixed. Things are going well for a change.

Hitch to Warner

I was on the highway for an hour and still waiting, finally Susan on the other side showed up and made a U turn for me. She did the PCT before with her sister and said she want to take me to Julian and from there I can take a bus

(Continued on page 7)

PTC Hike Trail

(Continued from page 6)

to within 5 miles from Warner Spring, which I did, on the last leg I start hiking towards the exclusive resort of Warner Spring, and a member of the Club Stephen also an avid biker, hiker and oriental Shiatsu pick me up and invited me to stay with him on the campground. We had a nice hot spring bath, dinner of steaks and then headed for the campsite at 8:00 PM.

Warner to Idyllwild



Next morning I started on sunrise at 5:00 AM and hit the trail, did a 26 mile to Tule Spring and got blisters. But I still got up next day to press on to get to Idyllwild. I know a trail town is healing and got a rest day, and see some real PCT hikers will be very helpful for trip planning. I got to Idyllwild at 2:00 PM and there was not a soul in the Hike/Bike campsite.

Finally at dusk I met Virgil, Two leg (Judith) and Ann from Sunnyside, Queens, talking about a small world. Virgil had hiked the trail back in 1996 and he told me lots about the trail ahead to Wrightwood. Also, how to cross the hot section near Plamdale/Snow Creek, which will be 100 degree Fahrenheit by 10:00 AM. Two leg and Ann both are section hiker laying over for a

town day.

I am sitting here healing my blisters and hoping for an early start 6/2/03.

Pictures: Barrel Cactus, a small humming bird, lizards, lots of wild flower, the Warner Spring, (Stephen) Thunder head on Combs Peak Caches of water provided by volunteer Bean, Grizzly and Jack.

What I would do if I know all I had gone through?

- Never haul a heavy pack that is designed to haul 30 lbs.
- Leave stuffs at home
- When hot, bring water. 6 AM-10 PM, you need only one quart, if you know the next water then you are ok. 10 AM to noon you need three quarts. Noon to 2 PM no amount of water is enough. After 5 PM, one quart.

Be flexible on the PCT, they said you would have more success climbing the Everest than doing the PCT straight from Mexican border to Canada in one year.

To be continued....

"To keep track of George's progress and his trip photos on PCT please visit the following website:"

<http://www.activedigits.com/George%20on%20PCT/>



Sunday, 11/2/2003 / 5-6 Mile Day Hike / Level B
Harriman State Park, New York

Contact leaders or check web site for information

Meeting Time / Place: 8:30 AM at 39th Street and Broadway, Manhattan

Leaders: Yet Chang / Bounla Sayarath



Saturday, 11/8/2003 / 7 Mile Day Hike / Level C
Schunemunk Mountain, NY

The trail over Schunemunk mountain offers a series of fine lookout and a varied terrain, will reach the top 1664 feet

Meeting Time / Place: 8:00 AM at 39th Street and Broadway, Manhattan

Leaders: Kelly Ko / Nancy Liang



Saturday, 11/15/2003 / 10 Mile Day Hike / Level D
Pine Meadow Lake at Harriman State Park, New York

Start from Seven Hills trail at Visitor Center, pass HTS Orange to Raccoon Brook Hills; climb up Grandma & Grandpa rocks for lunch than down to Pine Meadow Lake for rest and back on Red mark

Meeting Time / Place: 8:00 AM at 39th Street and Broadway, Manhattan

Leaders: Cathy Huang / Marjorie Leung



Saturday, 11/22/2003 / 6 Mile Day Hike / Level B
Three Reservoirs at Harriman State Park, NY

Climb up Jackie Jones Mountain in the first mile. Enjoy the easy downhill slope and 2 miles of leisure walk visiting 3 reservoirs. Part of the trip will be on unmarked trail, so hikers must follow

leaders

Meeting Time / Place: 8:30 AM at 39th Street and Broadway, Manhattan

Leaders: Michael Tam / Henry Jiang

December Schedule



Saturday, 12/6/2003 / CMCNY Annual Meeting
Confucius Plaza in Chinatown, NY

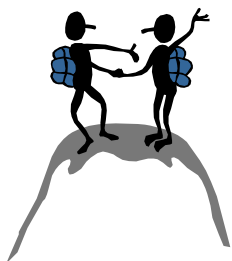
All members, prospective members are welcome to participate this very important event of the Club. Share experiences with fellow members, show-and tell, board member re-election and enjoy the buffet provide at the end of meeting. Please check out website (www.cmcny.org) for any updates.

Meeting Time / Place: 3:00 PM—Leaders

4:00 PM—General Reception in the Community Room of Confucius Plaza

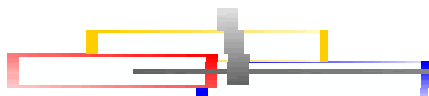
Leaders: Joe Jwo / Nancy Liang





THE CMCNY SURVIVORS

The 26-mile hikers' story by Chi Chan



It was a pale morning; the sky spoke of rain to come. A cool air flowed in; it had a rainy smell. Staring forward into the rising fog up at Black Ash Mountain, eight hikers began their first climb early morning on May 11, 2003. Within minutes, they were soaking wet from the humidity in the air and the perspiration generated from their body heat. Spots of rain began to fall from the overcast sky, it pattered and trickled for a few seconds and stopped. Eight of them were prepared for the worst but hope for the best that the heavy rain would come late afternoon when the major portion of the hike would be behind them.

Casualties

Six miles after the hike, one could not keep up with the team and reluctantly gave up the attempt. The remaining seven members, with rain dripping from their hairs, jackets, pants and backpacks continued on the path which now was heavily covered with mud, fallen leaves, and slippery rocks. But there was a certain beauty about the damp forest; it was an early spring, all the leaves in the wood opened like a whole spring unfolding in a moment. The smoke-like wisps of mist were creeping around these seven hikers. The mist seemed to open willingly before them and close quietly behind them. "SHOOT!" when crossing a small stream, Wade fell and broke his hiking pole, another casualty in the morning.

After 3 hours of long and endless hike on Red Cross Trail, the team switched to the Yellow Trail. By now, they had been hiking for more than 6 hours, most of them were up since 4:00am this morning, but none of them showed any signs of slowing down.

The Training

From Johnstown Circle to Time Square, further up to Arden Valley and retuning back to White Bar, these trails were often used as a training path by Mr. Chen, George, Wade, Joseph and Chi. This section of Harriman Park was chosen by them as an exercise ground mainly due to its tough terrains. In the cold winter day, they would cover less mileage due to the snow, in a good spring time when the trail condition improved, Mr. Chen would try to push for 18 to 20+ miles. Joyce and Chung, the new members of the group also had their shares of training. Joyce woke up 5 o'clock in the morning to run 7 miles a day. Chung eagerly joined the routine training with the group two months before the scheduled 26-mile hike. Seven of

(Continued on page 10)

The CMCNY Survivors *(Continued from page 9)*

them hiked and suffered together. By the end of April, they pretty much understood each other's strength and pace and were quite confident and comfortable hiking as a group. They knew they could finish the hike. It was just a matter of how soon.

Climbing down to the Cliff

After climbing the Pingyp Mountain, Mr. Chen and George warned the group that the most difficult part of the climb was approaching. The notorious vertical cliff was here. Looking down from the top of the cliff, the group realized it would require some "3rd class" scrambling. To free their hands, all the sudden, hiking poles were flying all over the place.

"I WILL HELP THE LADIES, GIVE ME YOUR HAND!" Wade tried to use the opportunity to hold the girls' hand

"LOOK, SHE COULD NOT TURN AROUND, HAHA." Joseph was making fun of Joyce for not being able to climb backward

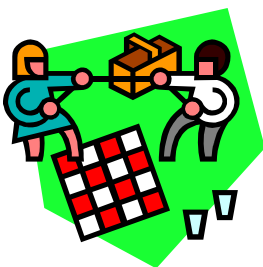
"FOUR POINTS ARE YOUR LEGS AND ARMS, CHI AND MAKE SURE YOU MOVE ONE POINT AT A TIME, GOT IT?" George was trying to use Geometry to explain the climbing technique to Chi

"I AM OK", Chung pretended that he was fine while his face was as pale as his banana and his bottom was all muddy.

"I AM GOING TO EAT", Mr. Chen declared that he had to eat AGAIN! (Only joking)

A good 30 minutes passed, the group finally was at the bottom of the cliff.

Lunch



Passing the fire tower and right before the "Big Hill", Wade called out, "LUNCH BREAK!" Mr. Chen did not care since he had been eating his red bean cake, shrimp cake, candies and other sweet stuffs nonstop since 6 o'clock this morning. Joseph, with a big container of spaghetti and his mouthful, kept lecturing Chi as how important carbohydrate was for the today's hike. Chung, by now, had gulped down 8 bananas (leftovers from his daughter's party) into his throat, still putting another banana to his mouth. Contrary, Joyce quietly enjoyed her Yogurt diet. George, fumbling his backpack, with so many different colors of plastic bags, came up with a "bomb" – a roll of sushi rice (looked like just been stepped on by an elephant) smiled with satisfaction. Meanwhile, Wade was picking on Joseph as how he kept missing the Trail and led us to nowhere. (Joseph missed the trail in the first quarter mile in the morning) Smiling with a missing tooth in his mouth, Joseph pro-

(Continued on page 11)



The CMCNY Survivors *(Continued from page 10)*

tested, “it is OK to get lost so long as you know how to rectify it!”, his philosophy of hiking. It shut Wade up instantly.

After the lunch break, the storm seemed to be near. They stopped by the shelter and put on their rain gears. The temperature dropped and the rain became heavy. The wet cloths they wore since this morning were sticking closely to their skin. Chi’s face became purple, and they all felt the chill. But none of them complained, they had committed to this hike “Rain or Shine” as Wade instructed in his last e-mail to the group. Seven of them hurried down the path. By now, they had already covered 20 miles and the toughest terrain was behind them. The remaining 6 miles was a challenge to their endurance.

“Water boy” – Tim

Two days before the hike, Wade had asked Tim and Joanne to meet the group at the intersection of TMI and Seven Lake Drive if they planned to hike around the neighborhood just in case the team ran out of water. None of them expected that Tim and Joanne would show up due to the bad weather but they did!

Tim called himself a “water boy” and was proud to act as a support for our group. He and Joanne waited for the group by Lake Sebago with water, water mellow and donuts. The group was so happy to see them. They greeted each other like a long lost friend. The box of donuts disappeared in seconds. Definitely, the sugar in the donuts gave them extra energy to push on. “Thank you Tim and Joanne!”, reluctantly, they waved and said goodbye.

History is made

The last 3 miles were the hardest. The path remained up and down until the end. Exactly 12 hours, the group returned back to the parking lot. “This is a strong group with similar pace!” Mr. Chen smiled and made his comment. He was happy to see this group is growing, with younger members and the ability to hike side by side with him. Never once in the CMCNY history that a group could start and finish 26-mile hike together. A new page is added to its history book.

Perhaps, to some members of the CMCNY, seven of them are a group of “lunatic”. They will never understand how and why a person can hike 26 miles in one day. Only those who tried and succeeded will fully appreciate the joy and pride of being a member of 26-mile hikers’ list.

THE END

CMCNY Membership Application Form

Date / : _____

1. Name / : _____ 2. Sex / : _____

3. Date of Birth / : _____

4. Address / : _____
 Street Number Apt. #

City State Zip Code

5. Telephone / : Home / : () _____
 Office / : () _____

6. E-Mail Address: _____

7. Occupation / : _____

8. Interest / :
 m Hiking () m Camping () m Biking ()
 m Canoeing () m Backpacking ()
 m Other () _____

9. Volunteer :
 Trip Leader () Publishing () Bookkeeping ()
 Public Relation () Other: _____

10. Do you have a car for travel ? _____

11. Do you have the following basic outdoor gear?
 Hiking Boots Day pack Backpack
 Wind/Rain Parka Bike Sleeping Bag
 Compass Water Bottle Tent

12. Please check your membership choice:
 r 1 Year Individual \$12.00 Family \$ 20.00
 r 5 Year Individual \$50.00 Family \$ 90.00

Please make check payable to:

Chinese Mountain Club of New York

Please submit this form along with your payment to the trip leaders or follow the mailing instructions posted on our website:

<http://www.cmcny.org> click on "Membership" section.

CMCNY POLICY

Activity Registration

To participate activity you must contact leader in advance by either calling them or use an online registration form on CMCNY website at <http://www.cmcny.org>

Since all the trip leaders are volunteers, please be courteous to call in between 8:00pm-10:00pm unless noted otherwise. Registration for all day trips end on 10:00pm Thursday.

What to Bring or, Not to Bring?

We recommend you to bring the following items for the day hiking trip: Daypack, hiking boots, wind/rain jacket, drinking water, food (lunch), map of the area, compass, watch, sun screen, first-aid kit.

Pets might not allowed on certain trails. Dogs must be leashed all the time. Please check with leader before the trip. Absolutely no alcoholic beverages.

During the trip

Please stay on the trail all the times. Do not litter. Be conscious to protect the environment. Follow leader's pace, neither ahead nor falling too far behind. The leader should be told if you drop out, even temporarily. Courtesy to the leader and your fellow hikers.

Transportation Arrangement

CMCNY can provide carpool arrangements for the most of one day activities. Car-poolers must contact trip leader in advance to reserve the seat. Carpool fees (usually from \$8.00 to \$12.00, depends on the distance) will be paid directly to the drivers.

Where Do We Meet?

In New York City
 West 39th Street & Broadway
 Or
In Queens
 Cunningham Park at Union Turnpike
 near the intersection of Francis Lewis Boulevard

Always check with leaders before the trip to confirm the meeting place. Meeting time is departure time! NOT assembly.

Activity Fee

One-day hiking or biking activities are free to CMCNY members. Non-members please pay \$2.00 per person to leader on the day of the trip.

Legal Disclaimer

The Chinese Mountain Club of New York, Inc. and/or its trip leaders, officers, or representatives, shall not be liable for any injury, loss or damage to persons and/or property, direct or consequential, arising out of any trips and/or activities of the Club. The assumption of risk, which is inherent in this type of rugged outdoor activity, is implied on the part of each person who attends any outing trip and every person participating in any of said trips and/or activities assumes all risk and liability in connection therewith.



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