



November 2018 Newsletter

October Meeting: There were about 22 people attending the October 6, 2018 General Meeting held at Darbi's in Pinetop. Guest, Lee Alfreds, was introduced.

November Meeting: The next TRACKS General Meeting will be at Darbi's on Saturday November 10 at 8 AM; come earlier if you'd like to order breakfast.

Announcements:

TRACKS won the \$250 first place prize in the Fall Festival Parade on September 29! Board Member, Arlene Nelson, organized TRACKS' participation and did a great job putting it all together. She also wrote the song that was sung by the group as they marched, with help from Rosie Gonzales and Vicki Sandler. TRACKS brochures were passed out and several people expressed an interest in joining. More than 50 TRACKS members participated, including hikers, bikers, and singers. Dave and Jim drove the truck pulling the TRACKS trailer. Vicki Sandler, her sister Jaimi, and Rosie designed & painted the banner. Kevin Vanderwerf, offered his PA system for the music. Glen Bradley helped by providing his Inverter to have power to the PA system. Thanks to all who helped. Aren't they beautiful!



No more trail work 'til next spring, when a new trail crew leader will be needed. This is an important job and a lot of work. Liz Wise did an outstanding job for more than 20 years. Contact Jim to discuss volunteering for this very important position.

The next White Mountain Audubon Meeting will **be at the Nature Center**, 425 S. Woodland Rd., Lakeside – **Wednesday, Nov. 7, 2018, 6:30 pm**. Donovan Hanridge will tell about the birding camp he attended in Mexico. We'll be seeing photos of many kinds of birds. The Hanridge family is very involved with the Nestbox Project at the Nature Center and will give us an update of what kinds of birds have visited since early last spring. Please join us for an interesting evening. Refreshments will be served. All are welcome. For more information, call Mary Ellen Bittorf, (928) 367-2462. Another item of potential interest to TRACKS' birders: **The Migratory Bird Treaty Act** has been changed so companies will no longer be held responsible for bird deaths from their operations unless the deaths were intentional (not incidental).



TRACKS Annual Report: Please notify Nick by November 30 of any Boards, Commissions, significant committees, and other volunteer service you provide, including an estimate of your total volunteer hours for the year. This information will be included in the TRACKS annual report to showcase the volunteerism provided by TRACKS members. You can report this important information to Nick at lundaz@cableone.net or by phone at 928-241-2444. Thanks.

Support TRACKS: When you order from Amazon, if you use **www.smile.amazon.com**, a donation will be made to TRACKS. You can use your regular Amazon user name and password, choose TRACKS as your non-profit and a donation will be made to TRACKS whenever you order from Amazon!

TRACKS highway cleanup sessions: The cleanup scheduled for 10/16 was postponed due to SNOW! It was rescheduled to Tuesday 10/23 at 8:30 AM at the Show Low Social Security Office. The Nature Center also had a highway cleanup session on 10/18 starting at 8 AM at the Lakeside Ranger Station. Ten TRACKS members cleaned Highway 260 between Rainbow Lake and Lake of the Woods.

Ruth Nelson, one of the founding members of TRACKS in the late 80's, has been recently diagnosed with a serious treatable condition. She is at home, and would enjoy visitors. 928-537-5793, 1090 Fawnbrook Dr, Show Low AZ 85901.

Bob Pena, another one of the founding members, is now staying at Angel Wings Assisted Living in Vernon. He worked for decades building and maintaining TRACKS trails. Liz Wise states she was recruited to join TRACKS by Bob many years ago.

At the October General Meeting, Rosie Gonzalez notified members that the **Annual Yoga/Mt. Baldy Hike** was led on October 5 by yoga instructors, Rosie and Kimberly. The 30 participants made a \$180 donation to TRACKS! This event usually takes place on the 2nd Friday in October. You can contact Lauren Barnert-Hosie of Open Spaces Yoga in Lakeside for additional information, 928-367-4636.



TRACKS Board member Arlene joined the **Yoga/Mt. Baldy hike** and had a great time, as she shares here:

Yoga and hiking, hmmm. Hadn't done yoga in 40 years but I do love to hike, and this might be the last opportunity I have to enjoy a Baldy trail this year. So, OK, why not, after all, the donations go to TRACKS, and TRACKS is my favorite thing!

So, I met up with the group at Hon-Dah, found a gal to carpool with, and off we went. Parking at the first west Baldy trail head (the one with a bathroom) we gathered in a grassy area and did some basic stretches and welcomed the perfect day. Next on the agenda was to hike **IN SILENCE** to the crossover trail, about a mile. What an experience! I've hiked with TRACKS for several years, and love it more every time, but silence is not in our vocabulary (ha ha). It was incredibly peaceful. It heightened my senses and refreshed me from the inside → out. I hope to experience that feeling again on future hikes with my hiking comrades, and then we can discuss it afterwards.

We did about 20 minutes of yoga in a perfect grassy meadow, then hiked for 45 minutes, stopped for a snack next to the bubbly Little Colorado River, hiked back to the crossover trail for a little more gentle yoga, and then hiked the mile back to the cars.

What a great day! I know I love hiking but I think I might love yoga too! So much to learn and experience and fall in love with on this earth. Thanks to the Open Spaces Yoga folks for arranging this event. I'll be back! (Thanks Arlene. Sounds inviting!)

TRACKS T-shirts: We have a few L & XL long sleeve t-shirts left! For a \$20 donation to TRACKS you can get one! Contact Peggy Lund (lundaz@cableone.net or call 928-532-0405). The shirts are forest green with the TRACKS logo on front and symbols of hiking, horse back riding, and mountain biking on back.

TOUR OF THE WHITE MOUNTAINS:

This is the way it usually looks – Sunny!



This year was a bit more challenging.



The 23rd annual **Tour of the White Mountains** was very successful, thanks in great part to 80+ TRACKS volunteers, who served at registration, awards table, aid stations, critical turns in the forest, pin-flagging the routes, and sweeping the rides. Other volunteers included: Summit Regional Medical Center, Kachina Amateur Radio Club, White Mountains Open Trails Association, & Navajo County Sheriff's Auxiliary, with medical support provided by Southern Arizona Rescue Association. There were no major injuries. Unused aid station supplies were donated to Love Kitchen. Despite a 70-80% chance of rain starting around 11am, none fell on the course until early evening after all riders were finished. Riders chose routes of 50, 35, or 9 miles on the White Mountains Trail System or a 30 mile forest road route starting from the Pinetop Lakes Equestrian Center. Sixteen year old Zach Fernau placed 1st in the 35 mile trail ride, with a time of 2:26:09; seventeen year old Natalie Fernau placed 44th in the 35, and father Todd Fernau (Cycle Mania) came in 17th in the 50 mile ride. All ride results are posted on www.epicrides.com. Although about 840 registered with Epic Rides for the event, 631 actually rode, most likely because of the weather forecast. There were many "thank yous" from the riders to the volunteers and many comments about what a great trail system the WMTS is. Arizona State Parks agrees, with the WMTS listed among the top 100 of Arizona Premier Trails! As a side note, last year about a month before the TWM, a group of TRACKS mountain bikers rode into the Los Burros campground and saw a couple who were also mountain biking. In talking with them, we found out that the wife was the woman who came in first of all women who rode the 1st Tour of the White Mountains 22 years prior!



Adventures Along the Trail:



Kay Alderton and Jerry Good shared this photo from a hike this summer. They came upon this alligator juniper with a circumference of 39 feet! (Who brought the measuring tape? Kay?)

If you've had an interesting experience while using the White Mountain Trails or have had other interesting outdoor experiences, we would love to share them with our readers. Email your story to timstrand777@gmail.com. Send along a few photos if you have some.

A final item of potential interest to bikers:

The high school mountain bike club from Sierra Vista (55 riders) wants to have a mountain bike course. Possible routes include Mountain Meadows to Woodland Lake Park or a 5 mile inner loop and an 8 mile outer loop NE of Fool Hollow Lake. The City of Show Low has agreed to fund a NEPA for this but additional funding would be needed for trails and a large parking area that would also be used as a trail head for WMOTA.

CALENDAR OF EVENTS

Mondays	Trail Crew: work has been suspended until further notice, probably in the spring	Experience in trail maintenance? Consider volunteering to be the new trail crew boss; talk to Jim.
October 27, Saturday	Trunk or Treat: Arlene and Kay provide a safer place to celebrate Halloween	5-9 pm at Mountain Meadows, 958 S. Woodland Road, Lakeside (across from Public Works Bldg.
November 7, Wednesday	Audubon Monthly Meeting <u>Donovan Hanridge will tell about the birding camp he attended in Mexico.</u>	6:30 PM, Nature Center, 425 S. Woodland Rd, Lakeside
November 8, Thursday	TRACKS Board Meeting	1:00 PM, Nature Center, 425 S Woodland Rd, Lakeside, TRACKS members welcome
November 10, Saturday	TRACKS Monthly Meeting	8:00 AM at Darbi's Restaurant. Arrive early to order breakfast.
Wednesdays in November, see below for details	Up the Hill Gang Hikes Every Wednesday morning, weather permitting / Contact: Heather Steiner, 480-620-1676	9:00 AM , see below for details.
November 7, Wednesday	<u>Walter & Addie Bethoon's house,</u> a real treat! Lots to see plus a walk about and along Show Low Creek. Call 537-2651 for directions.	9:00 AM
November 14, Wednesday	<u>Winema Wildlife Area,</u> optional lunch at Avery's in Springerville	9:00 AM at Show Low Social Security parking lot, \$5 ride
November 21, Wednesday	Kay will lead a walk on sections of 4 trails – Country Club, Iron Horse, Springs, and Blue Ridge.	9:00 AM at KFC in Pinetop
November 28, Wednesday	Ghost of the Coyotes, east part	9:00 AM at Show Low K-Mart parking lot, by Arby's, \$2 ride
November 22, Thursday	HAPPY THANKSGIVING!	ALL DAY!

P.S. Thanks to Sherrill Sigmen and Rick Young for all the hours they spent helping me as the new editor of the TRACKS Newsletter, and thanks to everyone who shared information and contributed stories and pictures. Tim Strand, MD, RD



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