



## NEWSLETTER & SCHEDULE OF ACTIVITIES (248)

July /Aug /Sept 2018

**I understand that I participate in today's outing entirely at my own risk.** The volunteer leader will try to make the event enjoyable, informative and safe, but neither The Urban Trail Conference Inc. nor its officers and leaders can be held responsible for accident or injury. The leader may reject from the outing anyone whose preparation or conduct is inappropriate. I will comply with all applicable laws.

### Announcements

- Membership:** Check your mailing envelopes for expiration dates and send dues as required. First year membership is only \$7. Thereafter, membership dues are \$10 for 1 year, \$18 for 2 years (a great gift idea). See contact information at the end of this schedule
- Extra Hikes via the Internet** In addition to our printed schedule, many leaders give unscheduled "extra-hikes" via the internet. Members whose dues are current can receive them by sending their Email address to [URBANTRAIL2000@YAHOO.COM](mailto:URBANTRAIL2000@YAHOO.COM). If you have been receiving hike messages from us, we already have your Email address, SO DO NOT RESEND. Also, check your "Spam" messages
- New leaders are needed** So please, share a favorite hike, walk or outdoor group activity with us. After you complete your first hike / walk or activity in our printed schedule, we will also Email them to our members at short notice, for your convenience. **Contact us before the last month of each schedule period, to be listed in our next printed schedule.** Leaders get free membership plus an invitation to our annual dinner. Use the [Contact Us](#) information at the end of this newsletter for Email, phone or mail replies.
- Our Club needs Proof-Readers, Editors to produce these Newsletters.** Required tasks can either be minimal or more involved; It's up to you. Editor will work along with me and other volunteers to produce this Newsletter four times per year and must have an email address to receive hike write-ups, and have experience using Word Processing and have computer access. Please contact, President: Victor Scelzo at: [URBANTRAIL2000@YAHOO.COM](mailto:URBANTRAIL2000@YAHOO.COM). Also, let me know your experience.
- Mailing help.** We need helpers with mailing this Newsletter, for a several hours, every three months. See our contact information at the end of this schedule.
- Membership in NY / NJ Trail Conference -Trail Ambassador Program:** More than 2,000 miles of trails throughout New York and New Jersey are maintained by volunteers of the New York-New Jersey Trail Conference. By volunteering for trail maintenance or just becoming a member you play a part in maintaining and creating many of the trails we enjoy. Now, members of the Urban Trail Conference can join the NY/NJ Trail Conference and get a free quality, durable trail map OR 50% off the regular membership rate. Join by visiting [HTTP://WWW.NYNJTC.ORG/TA-JOIN](http://WWW.NYNJTC.ORG/TA-JOIN) and using Redemption Code "TA36935." You can also call Brendan at 201-512-9348 ext. 28; Ask for the Trail Ambassador program. Membership includes a subscription to their quarterly [Trail Walker](#) newsletter containing trail-maintenance, conservation and hiking articles of interest.
- Prepare Before You Go !**
- Use the leader's contact information at the end of each hike listing to check hike status and information.
  - Always bring enough food and water (at least a quart during the hot summer months). Wear sturdy footwear; follow the leader and stay with the group. And don't forget the bug-repellant.
  - Check train & bus schedules and fares. Reference: MTA Website [WWW.MTA.INFO](http://WWW.MTA.INFO); LIRR info= 718-217-LIRR. Call: 511 for all travel information listed here and much more. "The Map" is a printed map of NYC Subway, Metro-North, L.I.R.R. & New Jersey train routes. Also; NYC borough Bus-maps. Get both subway and bus maps free-of- charge, at NYC [subway fare booths](#) in the borough you wish to travel.

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Sun., July 01 - **GREENWOOD CEMETERY, Brooklyn.** Easy pace. We will take a trolley tour of one of America's oldest rural cemeteries seeing the final resting places of some of the rich and famous and infamous. After, we will walk around for a little bit. Meet at 12:00 PM just in front of the cemetery gate. Take the "R" train to 25<sup>th</sup> St. and walk upward on 25<sup>th</sup> St. to the cemetery. NO GO if temperature is forecast to reach 80 or higher. Bring lunch and water. Leaders: Ken King, **631-592-1937** and Bob Ward, **718- 471 -7036** after 8:00 pm but not on day of trip). Joint hike with other clubs. Members only.

Sun., July 01 - **ED KOCH BRIDGE TO STRAND SMOKEHOUSE IN QUEENS.** About 9-10 miles. Moderate steady pace. Walk over to Queens Bridge on the Ed Koch a paved street to Long Island City. LaGuardia Community College, Sunnyside and Sunnyside Gardens, will be our focal point of exploration. Since historical aspect and social movements were the basic corner stone of the housing development in this area. Finally, we will walk about 12 blocks on Broadway in Astoria to reach locally well-known Strand Smokehouse for an optional post-lunch snack. Meet 10:30 AM at 60<sup>th</sup> Street on 1st Avenue in front of Bed Bath & Beyond. Take the #4,5, or 6 train and get off at the 59th street at Lexington Ave. station and walk to 1st Avenue. Bring lunch, water and snacks. Call to confirm until 9:30 PM the day before the walk. Leader: Youn, **917-670-3845**. No slow walkers please. Joint walk with other clubs, but Members Only!

Thurs., July 05 - **VAN CORTLANDT PARK, Bronx.** 6 miles at a moderate pace. Exact trails will depend on the weather. Meet at 10:30AM at the last stop of the No. 1 train (242<sup>nd</sup> St.). Please match your footwear to weather conditions; hiking boots are best. Bring lunch and water. Hike ends where it began. Leader: Pat Belanoff, **212-568-2052**. Call after Tuesday, but not after 9:30pm at night or email [padaulton@gmail.com](mailto:padaulton@gmail.com), but you must check to make sure hike is on. Joint hike with Outdoors Club. Members only.

Sun., July 08 - **BAY RIDGE, BROOKLYN via ferry.** 3 miles at a slow but steady pace. Meet at 11:30 AM at the last stop of the M34 Bus eastbound. Make sure that the bus you are on goes to 34 St. East River. We will take a ferry to Wall St. and transfer to the South Brooklyn Ferry to its last stop and then walk along the waterfront till almost under the Verrazano-Narrows Bridge and return by train. NO GO if temperature is forecast to be 90 degrees. Bring lunch and water. Leaders: Ken King **631-592-1937** and Bob Ward, **718-471-7036**-please call after 8:00pm and not on day of trip. Joint walk with other clubs. Members only.

Fri., July 13 - **JOHN GOLDEN / CROCHERON PARK, CROSS ISLAND WALKING PATH, BAYSIDE.** 5 to 6 miles, moderate paced hike on paved trails. Lots of water views, some stairs, slight hills. Bring lunch and beverage. Directions: If by auto, Northern Blvd, or Cross Island Parkway, to Bell Blvd. turn onto 33rd Ave, drive a few blocks to end of street and gates to park. If using mass transit, #7 train to Flushing (last stop), take Q13 bus, get off at 33rd Ave. Walk down 33rd Ave to 215 PL and gates to park. Meet at field house at 10:30 AM. If questionable weather call/ text to see if it's a go. Leader: Kathy de Vos, **718-423-4221**, cell 646-661-0122. Joint hike. Nonmembers or "Meet Up" \$3.

Sat., July 14 - **BOWLING GREEN, WALL STREET to SOUTH STREET SEAPORT.** Meet 11am, before lunch (Bring or buy your own). 2 to-3 miles, easy pace, good summer walk. Meet in front of Museum of American Indian, (formerly U.S. Custom House), at 11am. There are restrooms in museum, and museum is free. And if weather is inclement, we can visit inside museum with its Native American art and indoor murals. Will also cover Bowling Green area, Trinity Church, Wall St., Broad and Pearl St. up to and including South Street Seaport. We will eat on Broad St.-cafes or bring your lunch-there are places to sit. Transportation: #4 or 5 to Bowling Green, #1 to South Ferry; R to Whitehall St. Leader: Susan B.; **718-275-7654**. Call to confirm. Bring fluids, sunhat. Joint walk; members, friends only. Nonmembers \$3. NO MEETUP groups.

Sun., July 15 – **ASTORIA, QUEENS.** 3 miles at a slow but steady pace. Meet near the foot of the stairs at the end of the "N" train near the South West corner of 31 St. and Ditmars Blvd at 11:30 AM. We will walk through Astoria and then along an upper East River promenade before returning by ferry. NO GO if temperature is forecast to reach 90 or higher. Bring lunch and water. Leaders: Ken King, **631-592-1937** and Bob Ward, **718-471-7036** (please call after 8:00pm but not on day of trip). Joint walk with other clubs. Members only.

Sat., July 21- **BEAR MOUNTAIN.** 8 miles. Moderate steady pace. We will climb up Bear Mountain on the Appalachian Trail on the new section which is on stairs and come down on the other side on an easy road (Perkin's Drive). There is some uphill involved but there are great views! Meet at Grand Central Station in the comfortable Station Master's office across from Zaro's on street level to take the train to Manitou. I'll get the schedule that day, but **Late return; (bring a flashlight)** on the last train around 7:30 pm. Start Emailing me for meeting time, Tuesday night on the week of the hike at [nyhiker50@verizon.net](mailto:nyhiker50@verizon.net), any time up to 1 day before the hike (Emails preferred). Fare \$29. Round trip. Leader: Mike Puder. Club members only.

Sat., July 28 - **MANITOU NATURE PRESERVE, N.Y. / Outward Bound Trails.** 6 miles on forested trail paths and creeks, at a moderate steady pace on flat trails and small hills. See vivid views from high banks overlooking the Hudson River. Newly recontoured pathways and modifications. Bring along a hiking pole or use tree branches for the same purpose. Meet at Grand Central Terminal at 8:15 AM by the big clock at the information booth. Tentative schedule: Hudson line of Metro North R.R. departs at 8:43am, arriving Manitou station at 9:55am. Return from Manitou at 4:46pm, arriving GCT at 5:48pm. Bring lunch and water. Leader: Marvin Malater, **718-376-3608** for hike status and information. Nonmembers \$3.

Thurs., Aug. 02 - **FORT TRYON TO WAVE HILL, Manhattan to Bronx.** 6 miles at a moderate pace. Meet 10 AM, at the entrance to Ft. Tryon Park, at the end of Fort Washington Ave. Take the M4 bus to the entrance to Ft. Tryon Park, or the “A”- train to 190<sup>th</sup> Street and the elevator up to street level. Return via bus to the #1 train in the Bronx. We’ll walk through Ft. Tryon and Inwood Hill Parks, and on to Wave Hill. Wave Hill admission: \$8/\$4 for seniors. We’ll be on paved walks much of the time except for well-maintained woodland trails in Inwood Hill and later in the Bronx in Riverdale Park. Hiking boots are recommended as the trail can be muddy. A few gradual ups and downs. Bring water and lunch or buy late lunch at Wave Hill. Leader: Pat Belanoff, **212-568-2052**. Call after Tuesday, but not after 9:30pm at night, or email [padaulton@gmail.com](mailto:padaulton@gmail.com), but you must check to make sure hike is on. You can also call up to 9am on morning of hike. Joint hike with Outdoors Club. Members only.

Sun., Aug. 05 - **FAR ROCKAWAY.** Easy 5 to 6 miles with drop-out points. Meet 11:30 AM at the “A” subway train stop at Mott Ave (last stop) for a 20-minute walk to the beach. Meet at downstairs meeting room. Then we will have lunch, walk and swim. Some boardwalk walking. Return to same spot. Bring lunch and water *and your bathing suit*. Leader: John Socolick, 516-359-1592, (serious inquiries only, by phone). Emails preferred at [Finch1149@gmail.com](mailto:Finch1149@gmail.com). Rain cancels. Joint with outdoors club. Nonmembers \$3.

Fri., Aug. 10 - **KISSENA PARK AND KISSENA CORRIDOR.** 5 to 6 miles. Moderate paced hike in this lovely Queens park. There is a lake, many paved trails, tall trees and some stairs. Learn about the history of this park as the first nursery in America beginning in 1735. Meet 10:30 AM at 164th St and Oak St. Flushing. Parking on street. Transit: Take the #7 train to Flushing (last stop) then the Q 65 bus to 164th and Oak St. Bring lunch and water. Questionable weather call/text. Leader: Kathy de Vos, **718-423-4221**, cell 646-661-0122. Joint hike with other clubs. Nonmembers or “Meet Up” \$3.

Sat. Aug 11 - **OSBOURNE LOOP (Garrison, New York).** 10 miles at a peppy pace with possible stop at a grocery store to meet other thru hikers. Late return. Meet at Grand Central at the comfortable Station Master’s office across from Zaro’s. Walk along old carriage roads past old ponds and a restored gazebo. Purchase a round trip ticket to Garrison, New York, Bring lunch and drink or buy at store if we stop there for bathrooms or water. Rain does not cancel. Fare: \$29 round trip. Leader: Mike Puder. LATE RETURN. Email me at [nyhiker50@verizon.net](mailto:nyhiker50@verizon.net) for meeting time, at any time up to 1 day before the hike. Joint hike with other clubs but MEMBERS ONLY!

Sat., Aug.18 - **SUNNYSIDE to ASTORIA.** Meet 1pm, after lunch. 2.5 to 3 miles, easy pace, good summer walk. Meet 1pm on sidewalk on north side Queens Blvd., between 45-46 St., near Dunkin Donuts. Take #7 line to 46 St. and Queens Blvd. Learn historic development of Sunnyside Gardens dwellings, pass Astoria movie studios and their lots, and visit lobby of Museum of Moving Image (restrooms there). We go down Broadway towards East River; visit Historical Society (Astoria), pass Noguchi Museum and end up at Socrates Sculpture Garden. Bring liquids, sunhat. Leader: Susan B.; **718-275-7654**. Call to confirm. Joint walk; members, friends only. Nonmembers \$3. NO MEETUP groups.

Fri., Aug 24 - **FORT TOTTEN AND LITTLE BAY PARK.** 5 to 6 miles, Moderately paced hike on the grounds of a former Civil War Fort. Water views, old restored buildings, paved walks. Meet up at 10:30 AM. Bring lunch and water. Leader Kathy de Vos, **718-423-4221**, cell 646-661-0122. If temp very high, might cancel. Call/ text. Driving: Cross Island Parkway exit Bell Blvd, left at light, drive 0.5 mile, left at signs for fort. Parking lot 300 ft on left. Transit: 7 train to Flushing, take Q-13 or Q-16 bus to Fort Totten, last stop. Joint hike. Nonmembers and meetup \$3.

Sat., Aug. 25- **ROCKLAND LAKE SORE PATH / ESTATE ROADS TO NYACK.** 6 miles, at a moderate steady pace on mostly flat trails but one small hill up. Superb vistas at the lake and shore road. Bring lunch and water. Optional dinner in Nyack, the return bus-stop. Meet before 8:45 AM at the PABT, South Wing by the white commuter statutes. Bus departs 9:15am to Rockland Lake: bus 9A gate 220 arriving at Rockland Lake at 10:35am. (same bus at George Washington Bridge Bus Terminal at 9:40am). Leader: Marvin Malater, **718-376 -3608**. Call for hike status or information. Nonmembers \$3.

Sat., Aug 25 - **NASSAU SUFFOLK TRAIL, SMITHTOWN to SUNKEN MEADOW.** 12 miles flat terrain at a moderate steady pace. Bring lunch and drink. Meet in Penn Station at the LIRR waiting room on the lower level. We will see the mighty Nissaquoge River and pass by the Smith House which is over 300 years old. Fare: \$19.50 round trip. LATE RETURN. Leader: Mike Puder, **718-743-0920**. Call beginning Thursday eve (till 9:30 pm) the week of hike for recorded message for meeting time and details or E-mail me at [nyhiker50@verizon.net](mailto:nyhiker50@verizon.net) any time up to 1 day before the hike. Fare: \$27.50 Round Trip, seniors less. Joint hike with other clubs but MEMBERS ONLY.

Sun., Aug. 26- **GREEN-WOOD CEMETERY, BATTLE OF BROOKLYN, COMMEMORATION.** Meet leader Eric W. (at 10.30 a.m. sharp) for this annual event at the Main Gate to Green-Wood Cemetery. The Battle of Brooklyn, fought in 1776 on land that is now a part of Green-Wood, was the first battle of the American Revolution to be waged after the signing of the Declaration of Independence. Green-Wood hosts a day of commemoration to honor all those who served to defend the young republic. See parades, cannon fire, horses, and re-enactments. Take the "R" train to 25th Street in Brooklyn, be sure to check subway service at the MTA website. Pre-Registration at [stnonradio@yahoo.com](mailto:stnonradio@yahoo.com). Bring lunch, water, sunscreen; wear a hat. This is a great event for MEMBERS ONLY.

Sat., Sept. 01- **ASTORIA TO MANHATTAN.** 8 miles, mostly level on pavement, moderate steady pace. We cross the Triboro Bridge to explore Wards and Randall Islands, with side loop into the Bronx. Then cross Wards Island Bridge to Manhattan. End at the "Q" train, 96<sup>th</sup> Street station. Bring lunch and water. Take the "N" or "W" train to Astoria Blvd (signage on station platform reads "Astoria Blvd Hoyt Avenue"). Meet at 10:45 AM at the southwest corner of Hoyt Avenue South and 31<sup>st</sup> St. in front of Dunkin Donuts / Baskin Robbins. Cost: MetroCard applies. Rain, extreme heat cancels. Leader: Joel Pomerantz, **212-691-3844** eves before 10pm. No meetup groups. Non -members \$3.

Fri., Sept. 07- **ALLEY POND PARK.** 5.5 to 6 miles at a moderate pace. Hilly terrain, some trails paved others wood chips. Meet at 10:30AM outside park field office. Bring water and lunch. Trail shoes recommended. Directions: If driving Union Turnpike to Winchester Blvd, large parking lot on left. Transit: E or F train to Kew Gardens / Union Turnpike. Take Q 46 bus to Winchester Blvd, walk short distance to park. Leader: Kathy de Vos, **718-423-4221**, cell 646-661-0122. Joint hike. Nonmembers \$3.

Thurs., Sept. 13 - **EXPLORATIONS OF THE LONG ISLAND GREEN BELT.** Exact route to be determined later. Email me earlier in the week or call. Rain cancels. Leader: Pat Belanoff, **212- 568-2052** or email [padaulton@gmail.com](mailto:padaulton@gmail.com) . Call after Tuesday but no calls after 9:30pm at night. Joint hike with Outdoors Club. Members only.

Sat., Sept. 15- **SUNNYSIDE TO ASTORIA.** 5-7 mi. in Queens, level & moderately paced. We'll tour Sunnyside Gardens (the 1st example of a planned community in the U.S.), then cross the train yard to Northern Blvd., where we'll visit (& have lunch at) a rooftop farm at the edge of Astoria. After lunch, we'll continue walking in Astoria (Kaufman-Astoria studios, Athens Sq. Park & other points of interest enroute). We may explore commercially lively 30th Ave. & loop back to Broadway or continue to Welling Court to see mural art. Bring lunch, water, snacks. Likely early dinner option. Taking #7 train to "46th-Bliss Street," MEET at 11:30 AM in the seating area under the "El." Steady rain cancels. Joint walk with other clubs. Leader: Dev Zetlan, **212-662-8922** or [devz@aol.com](mailto:devz@aol.com). Nonmembers \$3.

Sat., Sept. 15 – **SHORE ROAD, OWL'S HEAD PARK, and Dumplings!** 4.5-mile hike mostly flat at a moderate steady pace along the East River's Shore Road in Brooklyn. Meet 11 A.M. at the Brooklyn 95<sup>th</sup> Street "R" subway station (downstairs at 95<sup>th</sup> and 4<sup>th</sup> Avenue, Northwest corner). Following Shore Road to Owl's Head Park we'll continue to 48<sup>th</sup> Street, in the Sunset Park section for an optional late lunch / early dinner. Here, a course of tasty dumplings comes at reasonable cost. Bring snacks, food and water. Leader: Marvin Malater, **718-376-3608**. Call for status and information. Joint hike with other clubs. Nonmembers \$3.

Sun., Sept. 16 - **Brooklyn Bridge Park and Governor's Island.** 3 miles at a slow but steady pace. We will walk through Brooklyn Bridge Park, take a free ferry to Governor's Island, walk around and then return by ferry. Bring lunch and beverage. Meet at 11:30 AM, outside the turnstiles of the Clark Street Station (Take the #2 or # 3 train). Leaders: Ken King, **631-592 1937** and Bob Ward, **718-471-7036** (after 8:00pm but not on day of trip). Joint with other clubs. Members only.

Sat. Sept. 22 - **GREEN-WOOD CEMETERY.** Meet after lunch. 2 to 3 miles, easy pace, with some hills. Visit this National historic landmark, beautiful brownstone gates, landscaped cemetery with many famous (Leonard Bernstein), and infamous (Johnny Torio), people buried here, as well as Civil War heroes. Take the "R" train to 25<sup>th</sup> St. and 4<sup>th</sup> Ave. where we meet at 1pm after lunch (cemetery is located at 25<sup>th</sup> St. and 5<sup>th</sup> Ave.-one block from meeting place). Bring liquids, sunhat. Restrooms at entrance to cemetery. Leader: Susan B., **718-275-7654**. Call to confirm. Joint walk. Members, friends only; NO MEETUP groups. Nonmembers \$3.

Register during the week before the trip with the leader:

Sun., Sept. 23 - **FOREST PARK and FOREST HILL GARDENS; including proposed Queensway Areas, old Dixie-Dew Horse Stables.** 6 to 7 miles, moderate pace. Paved surfaces, hiking trails, horse paths, through gently, sloping glacial-moraine terminus woodland. Lunch at Carousel /Greenhouse then continue to Strack Pond, High Hills, Golf Course - or Eddie's Ice Cream Parlor, depending on group. Bring water and lunch, and sturdy walking shoes. Rain cancels. Take the E, F, R or M train to 71st Ave-Forest Hills stop. **Meet 11:00 AM**, in front of the jewelry shop on the Southeast corner of 71<sup>st</sup> Ave. and Queens Blvd. Exit at the front of train. (Note: 71<sup>st</sup> Ave is also called Continental Ave. at the meeting location). Leader: Cheryl Heyman, at [cfheyman@twc.com](mailto:cfheyman@twc.com) ; 347-749-1452 cell morning of hike. Non-member \$3.

Sun., Sept. 23 - **SOUNDVIEW, THE BRONX- Via New Ferry Route**. About 2 or 3 miles, at a slow but steady pace. From Manhattan, we will take a ferry to Soundview in The Bronx and explore Pugsley's Creek Park before returning. Meet 11:30 AM, at the last stop of the M34 Bus eastbound, in Manhattan. Be sure that the bus that you are on goes to 34 St. East River. Bring lunch and beverage. Leaders: Ken King, 631-592-1937 and Bob Ward, 718-471-7036 after 8:00pm but not on day of the trip. Joint with other clubs. Members only.

Sat., Sept. 29 - **116th STREET, NEARLY RIVER TO RIVER**. About 4 mi., a few ups and downs, moderately paced. Includes crossings: Columbia campus and Morningside Park, followed by an amazing confluence of cultures (Puerto Rican, African, African-American, Mexican, Italian). Old buildings with stories. Marquetas, mosques, flea markets. As we proceed east, we may loop around a bit looking for vestiges of Italian East Harlem, maybe even find an early dinner option there (but don't count on Rao's). MEET 1.00 PM (after lunch) at the gate to Columbia University, 116th St. & Broadway. Take #1 train to 116th St.- Broadway. Steady rain cancels. Joint walk with other clubs. Leader: Dev Zetlan, 212-662-8922 or [devz@aol.com](mailto:devz@aol.com). Nonmembers \$3.

Sun., Sept 30. **WEST SIDE RIVER WALK**. Around 7 to 10 miles walking on paved streets, starting from Riverside Park to the promenades of the 69th street of the two piers to view the water front of NJ. Viewing various wild flowers, shrubs and sculptures funded and sponsored by the NYC Public Arts Projects, can be one of the highlights. Finally, we'll reach the "High Line" the elevated freight rail station of the 1930's - a wild wonderland of wilderness in NYC. Visiting the flower garden of the St. Luke's Church in West Village can be an additional memorable experience. An optional late post-lunch snacks at the ice cream store or pizza place will be a possibility. Meet 10:00 AM at 72nd & Broadway in Trader Joe's lobby. Take the # 1, 2, 3, train to 72nd street. Bring lunch, water and snacks. Leader: Youn, 917-670-3845. Call to confirm for the walk status until 9:30 PM, the day before the walk. No slow walkers please. Joint Walk with other clubs but Members Only!

**OUR NEXT SCHEDULE INCLUDES Oct-Nov-Dec 2018**

**..... CONTACT US .....**

**Please send your membership renewal of \$10 for one year to:  
The Urban Trail Conference Inc., P.O. Box 264, Bronx, NY 10463-0264  
(New members only: your first-year membership is \$7)  
Make check payable to The Urban Trail Conference Inc.**

- ☞ Your membership renewal date can be found on the mailing label of your envelope. ☞
- ☞ Non-members pay one day dues \$3. Members do not pay fee. ☞

**FOR SCHEDULES AND CLUB INFORMATION:**

- ✉ Email: [urbantrail2000@yahoo.com](mailto:urbantrail2000@yahoo.com) ✉
  - 🌐 Web Site: [www.urbantrail.org](http://www.urbantrail.org) 🌐
  - ☎ 718-652-9075 (before 9 p.m.) ☎
- or write to the above P.O. Box address.

**Watch for Bicyclists and Motorists**

