

# RANDOLPH TRAILS NEWSLETTER MARCH 2022



By this time of year, the depths of winter have been left behind with memories of cross-country skiing and snow shoeing on the trails. In this issue we address topics that are most relevant as the warmer weather approaches – trail etiquette and tick awareness. We also open your eyes to the history of Old Randolph that you will pass on your way through the trails and report on the good works done by local scouts.

## History of Old Randolph on the Cohn Farm trail

Cohn Farm was a 111-acre undeveloped area that played an important part in the American Revolution supplying food for the colonial militia encamped nearby.

Much of the land was part of over 40 farms that covered the area. Remnants of the original farmhouse can be seen on the trail before the brush grows in the summer. Along the trail, you can see open fields that probably were the original planting fields.



Cohn Farm Trailhead on Center Grove Road -  
Red Trail from Freedom Park

## Tick Awareness

According to the CDC, New Jersey has been categorized as a high incidence state for Lyme disease. And Morris County has the second highest rate of Lyme disease in NJ. Because of this, it is important to know the basics of preventing tick bites. Here are some tips from Howie Liebmann, Northwest New Jersey Trail Chair.

## Preventing Tick Bites

- Avoid trails with high grass or encroaching brush.
- Avoid leaf piles, leaf mulch, and sitting on the ground with a heavy leaf cover.
- Wear light-colored clothing to better spot ticks.
- Tuck pants legs into your socks to prevent ticks from attaching to your body
- Spray insect repellent with 25-35% DEET on exposed skin and clothing.
- Spray Permethrin on clothing. Do not spray on exposed skin.
- Pick off all ticks when returning from the woods. Shower immediately upon returning home. Check your entire body including armpits, groin, and scalp for attached ticks.

## Student Projects on the Randolph Trails

The Randolph trail system provided opportunities for community-based projects. For example, CCM nursing students highlighted the importance of tick awareness and Lyme disease to the Trails Advisory Committee. Other examples are:

Local Girl Scout Troop 4965 added safety orange flags on either side of the crosswalk on Carrell Road near the Brundage Preserve to make pedestrians more visible to oncoming traffic.

Members of the RHS Tomorrow's Leaders proposed a project to repair/clean up Ted's Pond, a historic site accessible from the Hidden Valley Trailhead.

An Eagle Scout project has been completed that improves trail navigation at certain intersections with new information kiosks.



Council woman Joanne Veech and Mayor Marie Potter review proposal with Trails Committee chair, Phil Sheehy.

## Etiquette on the Trail

These are some hiking etiquette guidelines that will help you have a safe, fun, and relaxing experience when hiking/biking the Township trail system:

**Be aware of your surroundings.** It will help keep you and any members of your group

safe, and it will help keep wildlife and their habitats safe and healthy.

**Know your right of way. Hikers coming uphill have the right of way.** If you're descending the trail, step aside and give space

to the people climbing up. Be aware that mountain bikers should always yield to hikers.

**Make yourself known.** If you approach another trail user from behind, announce yourself in a friendly, calm tone and let him/her know you want to pass.

**Stay on the trail.** Going off trail can damage or kill certain plant or animal species, and can hurt the ecosystems that surround the trail.

**Always keep your furry friend on a leash.** Be polite and let others know if your dog is friendly or if they are not. Always clean up after your dogs and keep them on the trail.

**Do not disturb wildlife.** Keep your distance from the wildlife you encounter.

**Be mindful of trail conditions.** If a trail is too wet and muddy, turn back and save the hike for another day. Using a muddy trail can be dangerous, damage the trail's condition, and damage the ecosystems that surround the trail.

**Do not try to remove downed trees.** Contact the Parks Department with the location of the trees. Photos help.



If you are interested in getting more involved with trail activities contact the Randolph Trails Advisory Committee at [trails@randolphnj.org](mailto:trails@randolphnj.org). You can also visit Randolph Trails on Facebook.