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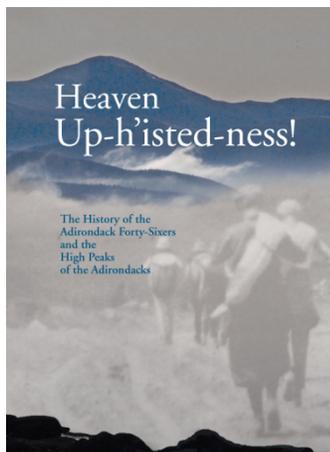
NEWS

For Immediate Release

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Heaven Up-h'isted-ness!

The History of the Adirondack Forty-Sixers and the High Peaks of the Adirondacks



The Adirondack Forty-Sixers, Inc. announces the publication of *Heaven Up-h'isted-ness! The History of the Adirondack Forty-Sixers and the High Peaks of the Adirondacks* (March 2011), a comprehensive history of the hiking club, whose members have climbed the 46 highest peaks in the Adirondack mountains, and in-depth profiles of the peaks themselves. With an introduction by James (Tony) Goodwin, Jr. and chapters written by seventeen club members, the publication is part history book, part trail guide, and part hiking journal. Detailed historical references, compelling stories, and richly textured descriptions of the mountains are complemented by more than 150 photos and illustrations, many from the photo collection of Grace Hudowalski, the ninth person and first woman to climb the 46 high peaks in upstate New York. The book also includes a complete membership roster of recorded 46ers from Herbert Clark and George and Robert Marshall, who were the first to climb all of the 46 high peaks in 1925, through the finishers as of December 31, 2010.

Heaven Up-h'isted-ness! is available online through the 46ers' website: www.adk46r.org for \$29.50 plus tax and shipping.

The club history section describes the origin of the sport of "46ing," its impact on the Adirondack landscape, and the evolution of the organization from a social club founded by members of Grace Methodist Church in Troy, New York, to one that plays a major role in conserving and preserving the High Peaks' environment. More than just facts and dates, the club's history is illuminated through profiles of the individuals who molded the direction, values, and traditions that today's 46ers embrace in the dual role of "hiking partners" and "mountain stewards." Profiles include those

of the first 46ers, guide Herbert Clark #1, and brothers George #2 and Robert “Bob” #3 Marshall; Grace Hudowalski #9 and her husband Ed #6, who were instrumental in the founding of the club as well as its forerunner, the Forty-Sixers of Troy; and Adolph “Ditt” Dittmar #31, James Goodwin #24, Glenn Fish #536, and Edwin Ketchledge #507, all of whom provided insightful leadership for the club’s growth. Their stories elucidate the excitement and satisfaction derived from exploring the Adirondack High Peaks, and what it means to be a Forty-Sixer.

The second part of the book offers in-depth profiles of the 46 High Peaks. Selections from the reports, journals, and diaries of the explorers, scientists, philosophers, and writers, as well as images from the artists, who were among the first visitors to the area in the 1800s, reveal a region of pure, majestic beauty. Often quoted are the romantic descriptions of Verplanck Colvin, Superintendent for the Topographical Survey of the Adirondacks, who worked for 28 years in the late 1800s to produce the first survey of the region. His impassioned narrative and advocacy for the uniqueness of the area are often credited with providing the impetus for the creation of the Adirondack Forest Preserve. Expanding upon the research contained in Russell M. L. Carson’s *Peaks and People of the Adirondacks* (1927), each chapter presents a thorough discussion of first ascents, the origin of mountain names, and descriptions of the geology, flora and fauna, and history of the region, as well as anecdotes of triumphs and tragedies on the trails.

The term “heaven up-h’isted-ness” in the book’s title was coined by legendary nineteenth century Adirondack guide Orson “Old Mountain” Phelps to describe his feelings when standing atop Mt. Marcy, the highest peak in the Adirondacks. Phelps found standard English words inadequate to articulate the sense of joy and inspiration he experienced looking down from Marcy’s lofty summit. So he was moved to invent a phrase of his own.

Whether you read the book cover to cover or use it as a reference tool you will be lead on a journey of discovery through the Adirondack High Peaks and come to know the people who climb them.

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The Adirondack Forty-Sixers, Inc. is a hiking and service club whose members have climbed and descended the summits of the 46 Adirondack peaks with an altitude of 4,000 feet or higher, as measured by the 1897 USGS survey. The organization is dedicated to protecting and preserving the wilderness character of the High Peaks region and sponsors a variety of programs to educate the public on the conservation principles of “If you carry it in, carry it out,” and “leave no trace.” In coordination with the New York State Department of Environmental Conservation, the club supports an active all-volunteer trail maintenance and trail adoption program. The Forty-Sixers maintain a long standing tradition of corresponding with those hikers who are seeking membership. Hikers are assigned a correspondent who serves as a mentor throughout their quest to become a 46er.

Heaven Up-h'isted-ness! is the fourth book published by the Forty-Sixers. Previous volumes include *The Adirondack Forty-Sixers* (1958), *The Adirondack High Peaks and the Forty-Sixers* (1970, revised 1971) and *Of the Summits, Of the Forests* (1991).

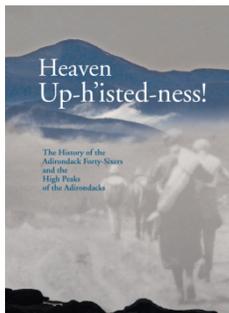
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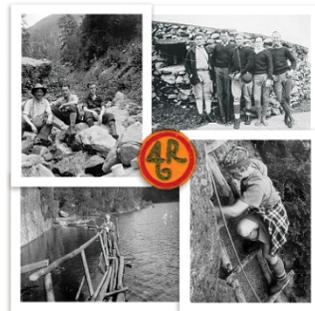
Publication Date: March 4, 2011

Price: \$29.50 hardcover

Page Count: 702



Book jacket cover



The following additional information is available on the 46er website — www.adk46r.org:

Table of Contents

Excerpts from the book

Photos and book jacket image

Book order form

Collage photo identification

Black and white panel:

Top left – Early members of the Forty-Sixers of Troy on Macomb

Top right – Members of Ed Hudowalski’s Sunday school class atop Marcy, July 1932

Bottom left – Avalanche Lake’s “Hitch-up Matilda” as it appeared in the 1930s

Bottom right – Early 46er descending a ladder on Basin

Center – logo of the Forty-Sixers of Troy

Color panel:

Top left – Sawteeth from Upper Ausable Lake

Top right – View of Marcy and Panther Gorge from Haystack

Bottom left – Opalescent Flume

Bottom right – Santanoni from “Times Square” and current logo of the Adirondack Forty-Sixers, Inc.

Center – Pitcher Plant