

Chapter 1 : First Hikes In The High Peaks Of NY

Previously with I did not see the "edit" button on the DMS. Scraping capability is definitely getting better. The one issue remaining is that the Web Manager shows a spinning circle for the 3 corrected movies I updated locally on the DMS.

North is at bottom. Its encircling mountains contain several narrow glacial and stream carved canyons. The burgeoning population of Salt Lake City and the surrounding metropolitan area, combined with its geographical situation, has led to air quality becoming a top concern for the populace. The Wasatch Front is subject to strong temperature inversions during the winter, which trap pollutants and lower air quality. The metabolic activities of bacteria in the lake result in a phenomenon known as "lake stink", a scent reminiscent of foul poultry eggs, two to three times per year for a few hours. The Wasatch Fault is found along the western base of the Wasatch and is considered at high risk of producing an earthquake as large as 7. Catastrophic damage is predicted in the event of an earthquake with major damage resulting from the liquefaction of the clay- and sand-based soil and the possible permanent flooding of portions of the city by the Great Salt Lake. The mountains near Salt Lake City are easily visible from the city and have sharp vertical relief caused by ancient earthquakes, with a maximum difference of 7, feet m being achieved with the rise of Twin Peaks from the Salt Lake Valley floor. Several Lake Bonneville shorelines can be distinctly seen on the foothills or benches of nearby mountains. Addresses are coordinates within the system similarly to latitude and longitude. Odd and even address numbering depends on the quadrant of the grid in which an address is located. When traveling away from the grid center Temple Square or its axes Main Street, South Temple Street, odd numbers will be on the left side of the street. The streets are relatively wide due to the direction of Brigham Young, who wanted them wide enough a wagon team could turn around without "resorting to profanity". Though the nomenclature may initially confuse new arrivals and visitors, most consider the grid system an aid to navigation. Other streets have honorary names, such as the western portion of South, named "Adam Galvez Street" in honor of a local Marine corporal killed in action or others honoring Rosa Parks, Martin Luther King, Jr. These honorary names appear only on street signs and cannot be used in postal addresses. The Salt Palace In the Avenues neighborhood, north-south streets are given letters of the alphabet, and east-west streets are numbered in 2. Joseph Smith, founder of the Latter-day Saint movement, planned the layout in the "Plat of the City of Zion" intended as a template for Mormon towns wherever they might be built. In his plan the city was to be developed into acre 4. However, the blocks in Salt Lake City became irregular during the late 19th century when the LDS Church lost authority over growth and before the adoption of zoning ordinances in the s. The original acre 4. The original water supply was from City Creek. Subsequent development of water resources was from successively more southern streams flowing from the mountains to the east of the city. Some of the old irrigation ditches are still visible in the eastern suburbs, or are still marked on maps, years after they were gone. There are still some canals that deliver water as required by water rights. Many lots, in Salt Lake City and surrounding areas, have irrigation water rights attached to them. Local water systems, in particular Salt Lake City Public Utilities, have a tendency to acquire or trade for these water rights. These can then be traded for culinary water rights to water imported into the valley. At its peak, irrigation in the valley comprised over one hundred distinct canal systems, many originating at the Jordan Narrows at the south end of the valley. Water and water rights were very important in the 19th and early 20th centuries. As heavy agricultural usage changed into a more urban and suburban pattern, canal water companies were gradually replaced by culinary water systems. The eastern portion of the city is less affordable than its western counterpart. This is a result of the railroad being built in the western half as well as panoramic views from inclined ground in the eastern portion. Housing is more economically diverse on the west side, which results in demographic differences. Interstate 15 was also built in a north-south line, further dividing east and west sides of the city. The west side of the city has historically been more culturally diverse. People of many faiths, races, and backgrounds live in the neighborhoods of Rose Park, Westpointe, Poplar Grove, and Glendale. It has always been considered a classic and diverse area, although recently its affordability has attracted many professionals and the more youthful generation. Sugar House Sugar House, in southeastern Salt Lake City,

has a reputation as an older neighborhood with lots of small shops in the center. In late there were approximately apartment units either recently built or under construction in the Sugar House area, with an additional units proposed. The area from South Temple North to 6th Avenue is a Historical District that is nearly entirely residential, and contains many historical Victorian era homes. Recently the Avenues is becoming known for restaurants and shops opening in old retail space mixed within the community. The Avenues are situated on the upward-sloping bench in the foothills of the Wasatch Range, with the earlier built homes in the lower elevation. The Avenues, along with Federal Heights , just to the east and north of the University of Utah , and the Foothill area, south of the university, contain gated communities, large, multimillion-dollar houses, and panoramic views of the valley. Many consider this some of the most desirable real estate in the valley. These areas are home to foot-traffic friendly, amenities-based businesses such as art galleries, clothing retail, salons, restaurants and coffee shops. During the summer of , 9th and 9th saw sidewalk and street improvements as well as an art installation by Troy Pillow of Seattle, Washington inspired by the 9 Muses of Greek myth, thanks in part to a monetary grant from Salt Lake City. Many of the homes in the valley date from pre-World War II times, and only a select few areas, such as Federal Heights and the East Bench, as well as the far west side, including parts of Rose Park and Glendale, have seen new home construction since the s. In mid-to-late summer, when the jet stream retreats far to the north, precipitation mainly comes from afternoon thunderstorms caused by monsoon moisture moving up from the Gulf of California. Although rainfall can be heavy, these storms are usually scattered in coverage and rarely severe. The remnants of tropical cyclones from the East Pacific can rarely reach the city during Fall. The remnants of Hurricane Olivia helped bring the record monthly precipitation of 7.

Chapter 2 : Maine High Peaks Hiking Map

Adirondack High Peaks Hikes. These are hikes that the authors feel are rewarding. The write-ups are not intended to be complete descriptions of the trails, nor are directions included on how to navigate out and back.

Wet tantalum capacitors[edit] Cross section of a non-solid all tantalum electrolytic capacitor, hermetic sealed

The main feature of modern non-solid wet tantalum electrolytic capacitors are their energy density compared with that of solid tantalum and wet aluminum electrolytic capacitors within the same temperature range. Due to their self-healing properties the non-solid electrolyte can deliver oxygen to form new oxide layer in weak areas of the dielectric , the dielectric thickness can be formed with much lower safety margins and consequently with much thinner dielectric than for solid types, resulting in a higher CV value per volume unit. The original wet tantalum capacitors developed in the s were axial capacitors, having a wound cell consisting of a tantalum anode and foil cathode separated by a paper stripe soaked with an electrolyte, mounted in a silver case and non-hermetic elastomer sealed. Because in the past, silver casings had problems with silver migration and whiskers which led to increasing leakage currents and short circuits, new styles of wet tantalum capacitors use a sintered tantalum pellet cell and a gelled sulfuric acid electrolyte mounted in a pure tantalum case. Due to their relatively high price, wet tantalum electrolytic capacitors have few consumer applications. They are used in ruggedized industrial applications, such as in probes for oil exploration. Types with military approvals can provide the extended capacitance and voltage ratings, along with the high quality levels required for avionics, military, and space applications. In Karol Pollak patented a capacitor using aluminum electrodes and a liquid electrolyte. Aluminum electrolytic capacitors were commercially manufactured in the s. The first tantalum electrolytic capacitors with wound tantalum foils and non-solid electrolyte were developed in by Tansitor Electronic Inc. US , and were used for military purposes. Haring from the Bell labs found for the new miniaturized capacitor found in early was based on experience with ceramics. In Bell Labs researchers discovered the use manganese dioxide as a solid electrolyte for a sintered tantalum capacitor. This dramatically reduced the leakage current of the finished capacitors. This first solid electrolyte manganese dioxide had 10 times better conductivity than all other types of non-solid electrolyte capacitors. In the style of tantalum pearls, they soon found wide use in radio and new television devices. Conductivity of non-solid and solid used electrolytes In , Intel launched its first microcomputer the MCS 4 and Hewlett Packard launched one of the first pocket calculators the HP The equivalent series resistance ESR for bypass and decoupling capacitors of standard electrolytic capacitors needed to be decreased. The development of conducting polymers by Alan J. A new conductive polymer for tantalum polymer capacitors was presented by Kemet at the " Carts" conference. The characteristics of niobium electrolytic capacitors and tantalum electrolytic capacitors are roughly comparable. All properties can be defined and specified by a series equivalent circuit composed of an idealized capacitance and additional electrical components which model all losses and inductive parameters of a capacitor. In this series-equivalent circuit the electrical characteristics are defined by: C, the capacitance of the capacitor R_{leak}, the resistance representing the leakage current of the capacitor RESR, the equivalent series resistance which summarizes all ohmic losses of the capacitor, usually abbreviated as "ESR" LESL, the equivalent series inductance which is the effective self-inductance of the capacitor, usually abbreviated as "ESL".

Capacitance standard values and tolerances[edit] The electrical characteristics of tantalum electrolytic capacitors depend on the structure of the anode and the electrolyte used. This influences the capacitance value of tantalum capacitors, which depend on operating frequency and temperature. The capacitance value specified in the data sheets of the manufacturers is called rated capacitance CR or nominal capacitance CN and is the value for which the capacitor has been designed. For tantalum capacitors a DC bias voltage of 1. The percentage of allowed deviation of the measured capacitance from the rated value is called capacitance tolerance. Electrolytic capacitors are available in different tolerance series classifications, whose values are specified in the E series specified in IEC For abbreviated marking in tight spaces, a letter code for each tolerance is specified in IEC The voltage rating of electrolytic capacitors decreases with increasing temperature. For some applications it is important to use a higher temperature range.

Lowering the voltage applied at a higher temperature maintains safety margins. For some capacitor types therefore the IEC standard specify a "temperature derated voltage" for a higher temperature, the "category voltage UC". The category voltage is the maximum DC voltage or peak pulse voltage that may be applied continuously to a capacitor at any temperature within the category temperature range TC. The relation between both voltages and temperatures is given in the picture right. Lower voltage applied may have positive influences for tantalum electrolytic capacitors. Lowering the voltage applied increases the reliability and reduces the expected failure rate. Surge voltage[edit] The surge voltage indicates the maximum peak voltage value that may be applied to electrolytic capacitors during their application for a limited number of cycles. For tantalum electrolytic capacitors the surge voltage shall be 1. The surge voltage applied to tantalum capacitors may influence the capacitors failure rate. With a reverse voltage applied, a reverse leakage current flows in very small areas of microcracks or other defects across the dielectric layer to the anode of the electrolytic capacitor. Although the current may only be a few microamps, it represents a very high localized current density which can cause a tiny hot-spot. This can cause some conversion of amorphous tantalum pentoxide to the more conductive crystalline form. When a high current is available, this effect can avalanche and the capacitor may become a total short. Nevertheless, tantalum electrolytic capacitors can withstand for short instants a reverse voltage for a limited number of cycles. The most common guidelines for tantalum reverse voltage are: These guidelines apply for short excursion and should never be used to determine the maximum reverse voltage under which a capacitor can be used permanently. For timers or similar applications, capacitors are seen as a storage component to store electrical energy. But for smoothing, bypassing, or decoupling applications like in power supplies , the capacitors work additionally as AC resistors to filter undesired AC components from voltage rails. For this biased AC function the frequency dependent AC resistance impedance "Z" is as important as the capacitance value. Typical impedance curves for different capacitance values over frequency. As higher the capacitance as lower the resonance frequency. The impedance is the complex ratio of the voltage to the current with both magnitude and phase at a particular frequency in an AC circuit. In this sense impedance is a measure of the ability of the capacitor to attenuate alternating currents and can be used like Ohms law Z.

Chapter 3 : Climbing in RMNP - Rock, Alpine Rock

Maine's High Peaks Map. printed version of our Maine's High Peaks Hiking Map. Maine High Peaks Hiking Map The Valley Below Guide.

It was officially announced on 8 November at BlizzCon Warlords of Draenor is the first expansion pack to exist primarily before the main timeline, and depicts a timeline that branches from the original. Warlords of Draenor comes in three versions: On 3 April , Blizzard announced that the Warlords of Draenor closed alpha test had begun. A union of great orc clans, the Iron Horde, tramples the planet Draenor beneath terrifying war machines. Worlds uncounted will follow. You must mount a desperate charge on Draenor – savage home of orcs and adopted bastion of stoic draenei – at this pivotal moment. Your allies are legends from across time; your fortress a foothold in an alien land. Lead the armies of one world against another – before the future itself is unmade. Before the trial can conclude, aided by an ally who can manipulate the timelines, Garrosh escapes to Draenor of the past, and prevents the orcs from ever drinking the blood of Mannoroth , creating an untainted Iron Horde under the leadership of Grommash Hellscream. All level players will begin in the Tanaan Jungle pre-Hellfire Peninsula , and for newly boosted level characters, the quest line will be edited to help you get up to speed and ready for taking on the challenges to come. Once the threat at the Dark Portal has been temporarily dealt with, Alliance and Horde players will go their divergent paths. Each will answer the call of their new allies to engage the native threats of the world and mount a long-term defense against the Iron Horde. Once there, you and other travelers will work together to save the draenei holy temple and turn it into a capital city for your faction. Once there, you will battle the ogres of Bladespire Fortress to secure a new base of operations in this harsh land. Altering the past "We will never be slaves Grommash accepts the drinking horn from the warlock, but at the last moment refuses to drink from it, pouring the glowing blood onto the floor and incurring the wrath of Mannoroth. The orcs prepare to launch an iron star to destroy Mannoroth, but the mighty demon quickly overcomes their attempts to trap him and begins to lay waste to the orc army. Grommash, seeing his chance to defeat the pit lord, seizes the now unmanned iron star and single-handedly launches it at the demon, but the projectile falls short, its explosion serving only to rebuff and anger the pit lord. Features Warlords of Draenor box packaging. Level cap raised to , new level talents New world: Draenor of a parallel past, homeworld of the orcs and the last refuge of the draenei. Quest rewards have a chance of being upgraded to rare or epic quality. Raid loot, heroic dungeon loot and epic crafted gear has chance to randomly gain tertiary stats, a bonus socket or an item level upgrade similar to Warforged. The new tool for finding groups for all types of group events, including dungeons, raids, scenarios, battlegrounds and arena, the Group Finder brings together the Dungeon Finder , Raid Finder , Player vs. Player interface and scenario interfaces, and adds new options for forming custom premade groups. A level 90 character upgrade. Players will be able to instantly boost one character to level 90, which may be a pre-existing or newly created character. New permanent ability bonuses Refined quest log and system with hundreds of new quests 8 new dungeons, 3 for leveling and 3 for max-level, as well as a revamped Upper Blackrock Spire Restructured raid difficulty structure, with expanded use of 5. Heroic players, roughly equivalent to 5. Mythic 20 players, roughly equivalent to 5. Draenor alternate universe The expansion sends players to Draenor , home world of the Orc and Draenei races, as it existed before it shattered into the realm World of Warcraft players know as Outland. Although patterned somewhat similarly to the earlier expansion, each of the zones has been built from scratch. Across snow-covered wastes and beneath towering volcanoes, heroes of the Frostwolf clan and the Horde unite to repel invaders from their homeland. Contains the Bloodmaul Slag Mines dungeon. Horde garrison in Draenor, with the adventurer as its commander. Amid rolling moonlit hills, the draenei at the holy temple of Karabor unite with the Alliance in a desperate fight for survival against the Iron Horde and Shadowmoon clan. Also contains the Shadowmoon Burial Grounds dungeon. Alliance garrison in Draenor, with the adventurer as its commander. Deep within the desert canyons of Gorggrond, an arsenal of massive siege weapons built by the Blackrock clan is about to be unleashed upon the whole of Draenor. In the shadow of a besieged Shattrath City, the Auchenai Soulpriests actively seek to safeguard the countless draenei souls

inside Auchindoun from a terrible demonic threat. The zone that will in future times become Terokkar Forest, the Auchindoun dungeon is located here. Spires of Arak At the height of their power, the regal arakkoa plot atop their high peaks, well out of the reach of the brutal Shattered Hand orcs and the wingless outcasts below. The Skyreach dungeon is set here. Among the fertile hills and outcroppings of Nagrand, the bloodied wolf-riders of the Warsong clan remain a threat not to be trifled with. The introductory raid in the expansion, Highmaul is located in the far western portion of the zone. Within the overgrown jungle home of the Bleeding Hollow clan, a Dark Portal is under construction. Ashran PvP and sanctuary: The faction capitals are located at the north and south ends, and are not part of the PvP flagged area. Also, four dungeons were updated with new lore, and one of them Blackrock Spire was split and the upper section retuned for level players. Auchindoun is the holy mausoleum of the draenei, a sanctum of the Light in which the spirits of the dead find respite. The crystalline structure also serves to protect and shield draenei souls from their eternal enemies: Bloodmaul Slag Mines On the northern outskirts of Frostfire Ridge, the Bloodmaul ogres run a brutal mining operation amidst the sweltering heat of active volcanic caverns. Slaves from across Draenor are transported to the mines, never to leave alive. The Slag Mines produce abundant yields of gemstones and ore, but it is rumored that the true purpose of these mines is to dig for an ancient relic of immense power. After the disruption of the Dark Portal, the Kirin Tor realized that to fight the Iron Horde on their own soil, they would need a supply line for reinforcements. Thus, they created outposts across Draenor with magical links back to Azeroth. Unfortunately, what seemed like a prime strategic location near the Blackrock Foundry was known to the botani as The Everbloom, a sacred place within the Gorggrond woodlands. The outpost was quickly overgrown, but it still contains a link to the outskirts of Stormwind The Grimrail Depot is a vital hub in the Iron Horde war machine, allowing for the transport of troops and materiel produced in the Blackrock Foundry to the front lines of the war being waged across Draenor. On this day, the Grimrail has been fitted with a massive railgun powerful enough to shatter the shield protecting Shattrath, and is about to depart Huge warships and artillery, forged and assembled within the Blackrock Foundry, are readied for war within this massive port. The greatest beasts of Draenor are broken and trained alongside elite infantry units, comprising the ground troops that will surge ashore to break the will of any who would dare oppose the Iron Horde. Shadowmoon Burial Grounds The traditional burial grounds of the Shadowmoon clan are the final resting place for countless generations of ancestors. Now the ancestral spirits are restless, tormented and used to fuel dark rituals that will pull all of Draenor into the void if allowed to run their course. Atop the crowning pinnacle of the Spires of Arak, amidst the clouds, Skyreach stands as the seat of power of the Adherents of Rukhmar. The arakkoa have gathered and harnessed the Apexis technology of their forebears, and now they are ready to unleash the focused power of the sun upon their enemies. Upper Blackrock Spire 90 and as noted: The history of this imposing fortress is long and complex. Carved into the fiery core of Blackrock Mountain by the Dark Iron clan centuries ago, and eventually taken by the black dragon Nefarian and his brood, the upper reaches of Blackrock Spire are now home to the Ironmarch vanguard. As preparations to use the Spire as the staging ground for a full-scale invasion of Azeroth continue, the Iron Horde has set up a terrifying contingency plan: This is a complete redress of the original leveling dungeon, and will be featured in both the 6. In addition to the level content as noted above, dungeons will also feature level heroic versions as endgame content. Several existing dungeons including Blackfathom Deeps , Razorfen Downs and Razorfen Kraul were updated in various ways as leveling content. Lower Blackrock Spire was separated from its upper part. Raids Highmaul , the introductory raid for the expansion. Highmaul is the seat of power for the Gorian Empire, the ogre civilization that ruled Draenor for generations, until the arrival of the draenei. A massive city that belies the ogre reputation for brutish stupidity, Highmaul is full of bustling markets, wealthy nobles, and the roar of the Coliseum crowd echoing through the streets of the slums. Now, massive giants captured and broken by the Thunderlord heat the great forges, flamebenders of the Burning Blade imbue the ore with an inner fire, and engineers shape the slag according to otherworldly schematics. There will also be several world bosses introduced in the expansion: Iron Horde Incursion Introduced with Patch 6. The event featured orcs coming through the Dark Portal and taking over Blackrock Mountain. Hundreds of strange-looking orcs are violently pouring into Azeroth, killing everything that stands in their path. The Iron Horde invasion has begun. For the full quest line, see Warlords

of Draenor intro experience. There can be only one response: Ability bonuses and changes See also: Warlords of Draenor class changes Warlords of Draenor introduces a new bonus system called Draenor Perks that rewards players with powerful perks as they level up to the new cap. At even-numbered levels from 92 to 98, characters will earn a major permanent boost to one of their their key spells and abilities e. Stat changes and squish See also: Additionally, an item squish will take place, scaling back the stats of all players and creatures, so players go from having , health doing , damage in their main nukes, down to something more reasonable like 50, health and 10, damage. The relative power level between players and creatures will not change, so if players can kill a mob in five seconds before the squish, they can kill the same mob in five seconds after the squish. The squish will also not compromise the ability of players to solo old content. The squish will affect damage and healing ability output more than player health, in order to reduce the importance of burst in combat. This is intended to make combat less concerned with burst and quick reflexes. Reduced latency Warlords of Draenor will see changes to how the game servers work, allowing for improved responsiveness during play.

Chapter 4 : High Peaks Day Hikes Adirondacks | Adirondack Mountain Club

By Olivia Reynolds. In , Keith Kubarek developed version of "ADK46erNow," an app designed to help hikers with all aspects of their climbs of the forty-six High Peaks.

Body temperature Decrease in body temperature Using a combination of autorhythmicity and innervation, the cardiovascular center is able to provide relatively precise control over the heart rate, but other factors can impact on this. These include hormones, notably epinephrine, norepinephrine, and thyroid hormones; levels of various ions including calcium, potassium, and sodium; body temperature; hypoxia; and pH balance. The other component is sympathetic stimulation. Epinephrine and norepinephrine have similar effects: The rate of depolarization is increased by this additional influx of positively charged ions, so the threshold is reached more quickly and the period of repolarization is shortened. However, massive releases of these hormones coupled with sympathetic stimulation may actually lead to arrhythmias. There is no parasympathetic stimulation to the adrenal medulla. The impact of thyroid hormones is typically of a much longer duration than that of the catecholamines. The physiologically active form of triiodothyronine, has been shown to directly enter cardiomyocytes and alter activity at the level of the genome. High levels of calcium ions result in hypercalcemia and excessive levels can induce cardiac arrest. Drugs known as calcium channel blockers slow HR by binding to these channels and blocking or slowing the inward movement of calcium ions. February Caffeine and nicotine are both stimulants of the nervous system and of the cardiac centres causing an increased heart rate. Caffeine works by increasing the rates of depolarization at the SA node, whereas nicotine stimulates the activity of the sympathetic neurons that deliver impulses to the heart. In the data collected, there was a noticeable trend between the location of actors onstage and offstage and their elevation in heart rate in response to stress; the actors present offstage reacted to the stressor immediately, demonstrated by their immediate elevation in heart the minute the unexpected event occurred, but the actors present onstage at the time of the stressor reacted in the following 5 minute period demonstrated by their increasingly elevated heart rate. Factors decreasing heart rate[edit] The heart rate can be slowed by altered sodium and potassium levels, hypoxia , acidosis , alkalosis , and hypothermia. The relationship between electrolytes and HR is complex, but maintaining electrolyte balance is critical to the normal wave of depolarization. Of the two ions, potassium has the greater clinical significance. Initially, both hyponatremia low sodium levels and hypernatremia high sodium levels may lead to tachycardia. Severely high hypernatremia may lead to fibrillation, which may cause CO to cease. Severe hyponatremia leads to both bradycardia and other arrhythmias. Hypokalemia low potassium levels also leads to arrhythmias, whereas hyperkalemia high potassium levels causes the heart to become weak and flaccid, and ultimately to fail. Hypoxia an insufficient supply of oxygen leads to decreasing HRs, since metabolic reactions fueling heart contraction are restricted. Normal blood pH falls in the range of 7. Enzymes, being the regulators or catalysts of virtually all biochemical reactions - are sensitive to pH and will change shape slightly with values outside their normal range. These variations in pH and accompanying slight physical changes to the active site on the enzyme decrease the rate of formation of the enzyme-substrate complex, subsequently decreasing the rate of many enzymatic reactions, which can have complex effects on HR. Severe changes in pH will lead to denaturation of the enzyme. Elevated body temperature is called hyperthermia , and suppressed body temperature is called hypothermia. Slight hyperthermia results in increasing HR and strength of contraction. Hypothermia slows the rate and strength of heart contractions. This distinct slowing of the heart is one component of the larger diving reflex that diverts blood to essential organs while submerged. If sufficiently chilled, the heart will stop beating, a technique that may be employed during open heart surgery. Excessive hyperthermia and hypothermia will both result in death, as enzymes drive the body systems to cease normal function, beginning with the central nervous system. The normal SA node firing rate is affected by autonomic nervous system activity: Resting heart rate[edit] The basal or resting heart rate HR_{rest} is defined as the heart rate when a person is awake, in a neutrally temperate environment, and has not been subject to any recent exertion or stimulation, such as stress or surprise. A large body of evidence indicates that the normal range is beats per minute. For example, all-cause mortality is increased by 1. In this

test, a person is subjected to controlled physiologic stress generally by treadmill while being monitored by an ECG. The intensity of exercise is periodically increased until certain changes in heart function are detected on the ECG monitor, at which point the subject is directed to stop. Typical duration of the test ranges ten to twenty minutes. Adults who are beginning a new exercise regimen are often advised to perform this test only in the presence of medical staff due to risks associated with high heart rates. It is well-established that there is a "poor relationship between maximal heart rate and age" and large standard deviations relative to predicted heart rates. The various formulae provide slightly different numbers for the maximum heart rates by age. A number of formulas are used to estimate HRmax Nes, et al. However, a standard error of the estimate of The results showed HRmax to be independent of gender and independent of wide variations in habitual physical activity levels. Also a third nonlinear equation was produced: William Haskell and Dr.

Chapter 5 : 46 Adirondack High Peaks | Lake Placid, Adirondacks

High Peaks Day Hikes Registration: Whether you are working on your Winter 46, uncomfortable approaching the high peaks on your own, or just looking for a great hike in the mountains, these one-day guided trips are for you.

Posts For information regarding hiking in the High Peaks, [www. TFR](http://www.TFR.com) and Mike P. The trail-head at "Adirondack Loj", owned by the Adirondack Mountain Club, is probably the most popular of the bunch. The one-mile boundary is very close to a T-junction formed by the Loj road and the South Meadow road. South Meadow road dirt road; closed in winter leads east for two miles and ends at another parking lot free. You can primitive-camp along this road at several pull-offs. The very end of the road has the most pull-offs, plus camping spots within walking distance of the lot, and even an outhouse or two. Needless to say, camping along South Meadow road is first-come first-served and is not a well-kept secret. Walking distance to Marcy Dam is longer than if you start from the Loj. Another major trail-head is the "Garden". It is located slightly west of Keene Valley. There is no place to primitive-camp along this road or in town. There are no campgrounds near Keene Valley or Keene five miles north. The town created an overflow lot, miles away, where you can leave your car and pay to take a shuttle bus to the Garden. The shuttle runs seasonally and not before 7: Another major trail-head is Upper Works. Eight miles of that is along twisty Tahawus road. There are no official pull-offs along Tahawus road for overnight parking let alone camping. If this lot is full, bummer, because you have to backtrack 1. In winter, the road-gate is closed at Clear Pond and everyone is obliged to walk the road. In fairness, there is a private campground along Blue Ridge Road a highway, really just a few miles west of I The only two tent sites are not located in the woods but about 30 feet above and 50 feet beside the highway. It has eight marked pull-offs for camping free. The trail is long-ish 6. Go mid-week or get an early start, otherwise plan on sharing the summit with many other Marcy-seekers. Boundary has insufficient prominence to count as a 46er peak think Guyot so one rarely hears it mentioned when discussing the Macs. FWIW, "herd-path" is a misnomer for the High Peaks because although unmarked most are "lightly maintained" by trail-adopters and frequently appear on official maps especially on new maps. Having said that, a tour of Haystack, Skylight, Gray , and Marcy would be an awesome and challenging day. Haystack and Marcy from the Loj is a big day in itself. Ascend the Orebed trail turn left in the col and go up the "Cable Route" to Gothics. Return to the cold and head up Saddleback. South side of Saddleback has a "cliff" steep but far from vertical wall of bare rock that seems to cause some folks anxiety. Obviously dry weather makes for an easier and safer descent. Last edited by Trail Boss; at

Chapter 6 : New 46er app helps hikers identify Adirondack peaks

All High Peaks patterns are also available in 27 mil for an additional charge. Any floor pattern may be used as an overall print for an additional charge. All patterns are available with our optional textured tread step material except Mount Blackburn, High Point, and Sinclair Pass.

Chapter 7 : The Happiest Hour in Telluride

The health reports you will receive (or have received) from 23andMe differ depending on what chip version you were tested on, when you were tested, and what country you were tested in. For individuals newly purchasing the 23andMe "Health + Ancestry" test in any country, you will now receive the new (FDA approved, abbreviated/new-form) health.

Chapter 8 : TGO Magazine pour Android - TÃ©lÃ©chargez l'APK

TÃ©lÃ©chargez l'APK de TGO Magazine pour Android. TGO - your essential guide to hillwalking and backpacking in the UK and overseas.

Chapter 9 : Adirondack Hikes You Might Like | Adirondack Mountain Club

Mount Marcy, the highest of the famous Adirondack High Peaks, looms large to the west, and there is a great view of the ski jumps and Lake Placid to the north. When the trail leaves the trees for good, it's a steep climb to the expansive bald summit, where you'll find many perches for a private picnic even on a busy day.