



Welcome to the Finger Lakes Trail Spring Conference 2016. The following are the A B C's you have to know about the weekend.

Alcohol: All are welcome to bring wine, beer, etc., consumption to be limited to the Lounge, Cafeteria and the Auditorium. Alcohol consumption is NOT allowed in the rooms. As of this date we have Hazlitt Winery and Rooster Fish brewery onsite Friday night for tastings. Pending reply from a few others for Saturday night.

PLEASE NOTE: NYS Troopers have a substation on premises, NO ALCOHOL can be carried in open containers within their corridor; this will be strictly enforced.

Annual FLTC Meeting: The meeting will be held Saturday, June 18th, 4:00 to 4:45 PM in the Auditorium.

Awards Presentation: Presentation to be held Saturday, June 18th, 7:00 PM in the Auditorium

Badges: All registrants will be issued a badge with name, club, meal plan, etc. These must be worn at all times. In addition, this is a good ID for you on your hikes. Many of you are from out of town and our hike leaders may need this for an emergency.

Board of Managers Meeting: Meeting will be held Sunday, June 19th, 10:00 to 11:30 AM in the Conference Room.

Breakfast: 7:00 AM TO 7:45 AM. THEY STOP SERVING AT 7:45; **BE ON TIME!**

Served *Saturday and Sunday*-coffee, tea, milk, chocolate milk, juice, fruit medley, yogurt, cold cereals, granola, baked muffins, English muffins, various breads, bagels & cream cheese.

Saturday HOT items - Scrambled eggs, sausage, hash browns, and oatmeal

Sunday HOT items - Quiche, ham, home fries and oatmeal.

Cafeteria: The cafeteria is open 24 hours with snacks and beverages available. Meal times, however, are very specific. They start and serve promptly at times noted.

Don't miss a meal, buffet service starts and ends on time!

Checkout: All registrants must be OUT of the rooms at 8: AM on Sunday, keys should be turned into the registration table by 8:00 AM.

Commuters: If you have registered as a commuter, showers and facilities are located on the 5th floor. Men's showers are on the end of each hall, the Women's showers are in the center, there are 4 showers in each unit. Please look for the signs.

Dinner-SERVED 5:30 TO 6:15 PM. THEY STOP SERVING AT 6:15. BE ON TIME!

Friday Served Buffet style - Macaroni and cheese OR baked fish rice pilaf, veggies, coleslaw and tossed salad. Dessert will be an ice cream bar.

Saturday served to you - the server will ask for your dinner choice, chicken or mushroom. The registration sheet provided will note your choice at registration. These were provided to the academy for proper quantities prepared. Please state your choice from the form.

Guests: The Fire Academy is part of Homeland Security, all attendees must be preregistered and have a name tag. Due to this we CANNOT accept last minute walk-ins or guests.

HELP/Questions: The organizing committee members have YELLOW NAME TAGS, please contact anyone of them for assistance.

Hikes: Hike leaders will meet each group with a sign indicating #/name of hike. EVEN hike numbers will meet in the FRONT of the building, ODD hike numbers will meet in the BACK of the building. Written directions will be provided for the drivers. Please refer to the registration form given to you for hike numbers.

ID: We have registrants from all across the state. Please have ID on you during the hikes in case of emergency. If you have a specific medical condition please alert the hike leader of any special needs. Especially bee allergies, if you have an epi-pen, etc.

Lodging: the Academy provides all linens, blankets, pillows, towels/washcloth. In addition, the cafeteria is open 24 hours for snacks, beverages. There is also 24 hour security on guard. All wings have a common area with a TV.

Massage: If enough interest LMT's will be on hand to provide 15 minute sessions. The charge is \$20 per session, fees/gratuities will be paid directly to each therapist. **Please contact Robin via email at rjcp019@aol.com or call 607-227-7413 to register.** They need counts to provide adequate therapists. Surprise the "Dad" in your life for Father's Day or treat yourself after a long day! They will be on staff Friday and Saturday 4:30pm to 6:30 pm.

Meals: Don't miss a meal, cafeteria service starts and ends on time!

Payment: The FLTC Store is on hand for your purchases, the CTC will have merchandise as well. Please note Credit Cards cannot be processed by us at the event, please bring cash or checks only.

Telephones: There are landline phones in each room. Please do not plug your personal computer or router into the landline jacks. This causes the Academy computers to crash.

Trail bag lunches: Fresh fruit, granola bar, cookie, bottled water and your choice of a vegetarian feta wrap, ham on a roll or turkey on a roll. The lunches need to be picked up at 8:00 AM. Please take what you signed up for on the registration form.

WIFI: There is guest WIFI available at the Academy, the user name is academy and the password is academy (all lower case).

Yoga: A licensed yoga instructor will be onsite for stretching sessions from 7:45 to 8:45 AM Saturday and Sunday. The fee is \$5.00 per person and paid directly to the instructor. **Please contact Robin via email at rjcp019@aol.com or call 607-227-7413 to register.** They need counts to provide adequate space/instructors.

Thank you for attending, see you on June 17.