



**Finger Lakes Trail Conference – 2018 Annual Meeting**  
**June 08 to June 10, 2018 – Hosted by the Cayuga Trails Club**  
**Lions Camp Badger, 725 LaRue Road, Spencer, NY 14883**



**Schedule of Events-Registrations accepted up to May 26<sup>th</sup>!**

**Friday, June 8**

**12:00 – 5:00 PM**  
**12:00 – 2:00 PM**  
**4:00 – 5:30 PM**  
**5:30 – 6:15 PM**  
**7:00 PM**

***Lions Camp Badger–Collins Conroy Lodge***

Registration  
 Gather for Scheduled Hikes  
 Social Hour  
 Buffet Dinner  
 Special Presentation-Professor Phillip Terrie -*Contested Terrain: Conservation, Policy and Conflict in the Adirondack Park*

**Saturday, June 9**

**7:00 – 7:45 AM**  
**7:45 AM**  
**8:15 – 9:00 AM**  
**8:00 AM**  
**9:00 – 9:30 AM**  
**4:00 – 4:45 PM**  
**4:00 – 5:30 PM**  
**5:30 – 6:15 PM**  
**7:00 PM**  
**7:30 PM**

***Lions Camp Badger***

Buffet Breakfast  
 Yoga with Daniel Kaiya  
 Registration  
 Pick up Trail Lunches  
 Gather for Scheduled Hikes  
 FLTC Annual Membership Meeting, election of Board Members  
 Social Hour  
 Buffet Dinner  
 Awards and Presentations  
 Special Presentation - Brittney Rogers - *Mapping Invasive Species in New York with iMap Invasives*

**Sunday, June 10**

**7:00 – 7:45 AM**  
**7:45 AM**  
**8:00 AM**  
**8:00 AM**  
**8:15 – 8:45 AM**  
**10:00 – 11:30 AM**

***Lions Camp Badger***

Buffet Breakfast  
 Yoga with Daniel Kaiya  
 All Guests at the camp must be checked OUT at this time  
 Pick up Trail Lunches  
 Gather for Scheduled Hikes  
 FLTC Board of Managers Meeting

**Directions – [www.lionscb.org/directions-to-camp.html](http://www.lionscb.org/directions-to-camp.html)** NOTE: If you must use a GPS, enter "29 Fisher Settlement Rd, Spencer, NY 14883" (Hollybrook Golf Club) as your destination. Once there, enter "725 La Rue Rd, Spencer." This will help you avoid several seasonal roads!

**From the North (Ithaca/Syracuse)**, From Ithaca, travel south on Rte 13/34/96. Follow the signs for Rte 34/96 South to Spencer. Travel approximately 17 miles. Shortly after the "Welcome to Spencer" sign, take next left (sharp) onto Fisher Settlement Road. The camp is located 4 miles on the right.

**From the South/East (Binghamton)**, From the Binghamton, NY area and points east/southeast: follow Rte 17/Interstate 86 to Exit 64 "Rte 96/Owego/Ithaca", and follow signs for Rte 96 North towards Ithaca. In Candor, NY, follow Rte 96 North (NOT 96B!) to Spencer, NY. At the traffic light in Spencer, make a right onto Routes 34/96 North. Travel one mile and make a right onto Fisher Settlement Rd. The camp is located 4 miles on the right.

**From the West/Northwest (Buffalo/Rochester)**, From Rochester/Buffalo, travel east on Interstate 90/NYS Thruway to Exit 42 Geneva/Rte 14. Follow Rte 14 South for about 40 miles through Watkins Glen. Turn left onto Rte 224 South (in town of Montour Falls). Follow Rte 224 South about 20 miles. In the town of VanEtten, Rte 224 will turn into Rte 34N. Follow Rte 34N to Spencer. At the traffic light in Spencer, turn left onto Rte 34/96 North. Travel one mile and make a right onto Fisher Settlement Rd. The camp is located 4 miles on the right.

**From the West/Southwest (Elmira/Corning)** From the Elmira, NY area and points west: from Interstate 86/Rte 17, take Exit 54 "Rte 13N Ithaca". In Alpine Junction, turn right on Rte 224. In the town of VanEtten, Rte 224 will turn into Rte 34N. Follow Rte 34N to Spencer. At the traffic light in Spencer, turn left onto Rte 34/96 North. Travel one mile and make a right onto Fisher Settlement Rd. The camp is located 4 miles on the right.

**Parking: Follow signs to the registration area. You may park at your assigned cabin/camping area.**

**Questions? Robin Carlisle Peck, 607-227-7413, email [rjcp019@aol.com](mailto:rjcp019@aol.com)**

## FLTC Spring 2018 Annual Meeting – Hike Schedule

All hikes meet and return to Lions Camp Badger. Look for hike leader holding a numbered sign.

### Friday, June 8<sup>th</sup> Trips A1 – A7

**A1. Danby State Forest (NY 96B) to Shindagin Hollow State Forest.** NCT/FLT M17/M18, strenuous, 7.6 miles, **John Andersson:** Starting from Durfee Hill Road and after having mastered a steep uphill on Heisey Road you will hike on a new trail section built by CTC volunteers in 2017 and made possible by joint efforts of the FLTC, FLLT, DEC and CTC. Continuous with hike B1 and C1 to cover the eastern section of Tompkins County to complete M18. 25-minute drive. **12:00 pm.**

**A2. From Watkins Glen (Clute Park) to Logan Rd. (Schuyler County).** NCT/FLT M15, strenuous, 8.1 miles, **Kenny Fellers.** This hike features the beautiful excelsior Glen and many spectacular views across Seneca Lake and the surrounding hills. Continuous with hike B2 & C2 to complete M15 and the Western part of M16. 45-minute drive. **12:00 pm.**

**A3. Rieman Woods, Bock Harvey Preserve and Upper Treman State Park (From Porter Hill).** NCT/FLT M 16, moderate, 5.3 miles, **Gary Mallow.** This hike starts in two Forest Preserves owned by the FLTC and includes a loop in the Bock Harvey Preserve. Continuous with hike B3 and C3. 30-minute drive. **1 pm.**

**A4. Abbott Loop (with Pinnacles) Western Part.** FLT M 17 or Special Abbott Loop FLTC map, strenuous, 4.8 miles, **Larry and Susan Blumberg.** We will start at Diane's Crossing, just off Michigan Hollow Rd., hiking a steep 400-foot incline on our way to The Pinnacles, which features a beautiful panoramic view to the north and west. Then it's downhill through a pine plantation, mixed hardwoods, and back to Michigan Creek and another pine plantation. This hike is not a loop. We will park cars where the Abbott Loop crosses Michigan Hollow Rd. (south crossing) and shuttle to Diane's Crossing. 12-minute drive. **1:15 pm.**

**A5. Tanglewood Nature Center, Elmira,** moderate, about 6 miles, **Gary Brouse and Sigi Schwinge.** The Tanglewood Nature Center in Elmira offers 9 miles in this trail system that passes over the Chemung valley. We will start from the parking lot of the Nature Center at 443 Coleman Avenue and hike on a trail with vertical drop offs and partially rocky terrain over old logging roads. The trails offer spectacular view high over the winding Chemung River. You can test your knowledge about trees on the tree identification trail. 50-minute drive. **12:30 pm.**

**A6. Treman Park Loop Hike** FLTC Map M 16 and park trails, steep terrain, 3.5 miles, **Carol Mallison.** This hike illustrates why locals say "Ithaca is gorgeous" and newcomers to the Upper Treman gorge have described its dramatic geography as spectacular and breathtaking. Similar in geology to Watkins Glen, one impressive feature is Lucifer Falls, which cascades for 115 feet through a sandstone and shale gorge carved out by Enfield Creek. Treman Park has its own charm, enhanced by original stonework completed by the Civilian Conservation Corps in the 1930's and 1940's. Following severe storm damage, it has been repaired and supplemented many times by masons of the park staff. This relatively short hike includes several steep pitches and steep stone stairways. 25-minute drive. **12:30 pm**

**A7. Logan Hill Nature Preserve in Candor.** easy to moderate, 3 miles, **Roger Hopkins and Jason Gorman.** Come enjoy a beautiful hiking trail at the Logan Hill Nature Preserve just outside of the village of Candor, Tioga County. Opened to the public in 2016, Logan Hill is one of over 30 nature preserves owned and protected by the Finger Lakes Land Trust forever. This hike will take us through several different habitats including young and old forests, meadows, and wetlands. Gradual 450 feet of elevation change. 20-minute drive. **1 pm.**

### Saturday, June 9<sup>th</sup> Trips B1 – B9

**B1. Shindagin Hollow and Potato Hill State Forests.** NCT/FLT M18, moderate, 9.2 miles, **Larry and Susan Blumberg.** This hike will be from Shindagin Hollow Road to Rt. 79 passing the Shindagin Hollow Lean-To and a recently reopened trail section on privately owned land and in Potato Hill State Forest. Continuous with hikes A1 & C1 to complete M18 and the eastern part of Tompkins County during the weekend. 30-minute drive. **9:00 am.**

**B2. Finger Lakes National Forest and Texas Hollow State Forest.** NCT/FLT M15, very strenuous, 12.5 miles, **Marsha Zgola and Richard Frio.** This hike starts from Logan Road, passes the Dunham Lean-To and the Rogers Hill Lean-To and brings us to Gulf Rd. It has plenty of scenic views from Rogers Hill. Continuous with A2 (covers entire map M15) and C2. 40-minute drive. **9:00 am.**

**B3. Treman State Park and Sweedler Nature Preserve** NCT/FLT M 16 & M 17 moderate, 6.8 miles, **Gary Mallow and Sigi Schwinge.** Thousands of tourists visit Treman Park every year, but few take the time to get away from the crowd to see the old growth oaks and hemlocks high above the falls on the FLT. We'll start from Woodard Road and spend most of our time on the FLT but will take a short diversion off trail to see dramatic Lucifer Falls, the highlight of the park. The hike will end at Layen Road and includes about a mile of road walk on a paved town road that is regularly used by residents before we'll be rewarded with beautiful views to the west of Cayuga Inlet Valley at the end of the hike. Continuous with A3 & C3. 20-minute drive. **9:15 am.**

**B4. Abbott Loop in Danby State Forest.** NCT/FLT M17 or Special Abbott Loop FLTC map, strenuous, 8.8 miles, **Anna Keeton and Kenny Fellers.** Built and maintained by the Cayuga Trails Club the Abbott Loop encompasses some of the most beautiful scenery in Danby State Forest. Hike will start at the north crossing of the Finger Lakes Trail on Michigan Hollow Road close to Diane's crossing. Expect some rugged climbs, steep descents and brook crossings. Thatcher's Pinnacles provide a scenic overlook of West Danby, the Lindsay-Parsons Biodiversity Preserve and the forested hills beyond. 12-minute drive, **9:30 a.m.**

**B5. Cayuga Trail Loop Hike.** CTC Cayuga Trail Map, 4.4 miles. Moderate in rugged steep terrain. **Sigrid and Jim Connors.** The hike begins at the Community Gardens off Freese Road and will take hikers along the high banks of and water's edge of Fall Creek, through hardwood forests and pine plantations. Breathtaking vistas, interesting geological features and the beauty of wild sections of Fall Creek and Cornell's off-campus natural areas will greet you on this hike. This hike includes a relatively new section built by the Cayuga Trails Club in 2016. 30-minute drive. **9:45 am.**

**B6. Three Preserve Hike in Connecticut Hill.** NCT/FLT M16, 3 or 6 miles, easy/moderate, **Wendy Stevenson and Dave Bock.** We will hike on three nature preserves in the Town of Enfield, Tompkins County. The three preserves carry parts of the Finger Lakes Trail/North Country National Scenic Trail and are protected by the Finger Lakes Trail Conference in partnership with the Cayuga Trails Club and the Finger Lakes Land Trust. Dave Bock was instrumental in protecting and establishing the Bock-Harvey Preserve a couple of years ago. The 3-mile hike will start at the Rockwell Rd. trailhead and hike the Bock-Harvey Preserve Loop, the FLT in the preserve including a visit to the Locust Lean-to and Rieman Woods. It will return to the start point on a short road walk on Rockwell Rd. The 6-mile hike will be the same but will proceed upon exiting Rieman Woods on a half mile road walk to the Stevenson Preserve including the spur to the Stevenson Vista. Dave and Wendy will share some Harvey-Stevenson family stories about the histories of these preserves. 40-minute drive. **9:15 am.**

**B7. Roy H. Park Nature Preserve,** easy, 4 miles, **Tom Reimers and Roger Hopkins.** This is a short easy meander for nature-appreciative hikers. The Finger Lakes Land Trust protects almost 19,000 acres including more than 30 nature preserves. This is one of the best! We will first stop at the north entrance to see the handicapped accessible boardwalk overlooking a huge complex of beaver dams and ponds and take a short walk in the adjacent Hammond Hill State Forest. We will then drive to the south entrance where a two-mile system of hiking trails will take us to the lean-to shelter at Six-Mile Creek and the beautiful confluence of Six Mile and Dusenberry Creeks. The preserve is a hot spot for spring birding. Tom and Roger know this preserve very well and will have some interesting things to share. 45-minute drive. **9:45 am.**

**B8. Taughannock Falls State Park, Rim Trails and Gorge Trails.** 4.2 miles, easy with stair climbs, **Judy Austic.** On this hike you will explore Taughannock Falls State Park which boasts spectacular overlooks. The upper falls has a drop of 215 feet and is one of the highest east of Rocky Mountains. Hike will start at the Falls Overlook parking area on Taughannock Park Road. After enjoying the view of the falls, you will head west on the North Rim trail to where it intersects the South Rim trail. From there you will hike east to the Gorge and hike into the falls basin and back. A short walk north on NYS Route 89 will take you to the North Rim trail head and back up to the Falls Overlook parking area. 40-minute drive. **10 a.m.**

**B9: Bicycle Tour - Loop Tour from Spencer to Brooktondale.** 42 miles, 1892.0 ft. elevation gain.  
**Kristin Schafer and Jack Cheney: 9:30 am.**

## **Sunday, June 10<sup>th</sup> Trips C1 – C8**

**C1. Robinson Hollow and Hammond Hill State Forests.** NCT/FLT M18, moderate, 7.7 miles, **Larry and Susan Blumberg.** This hike will be from Rt. 79 to Rt. 38/Purvis Road. Continuous with hikes A1 & B1 to complete M18 and the eastern part of Tompkins County and a small section of Tioga County during the weekend. 35-minute drive. **8:15 am.**

**C2. Connecticut Hill Wildlife Management Area.** NCT/FLT M 16, strenuous, 8.9 miles,  
**June Meyer and Lincoln Brown.** We'll hike from Gulf Road to Tower Road through a remote section of Connecticut Hill Wildlife Area. Continuous with hike A2 & B2. 40-minute drive. **8:15 am.**

**C3. From Layen Road to Comfort Road.** NCT/FLT M17, moderate, 4.1 miles, **Gary Mallow.** On this short, moderate hike, we'll stay on high ground east of the West Danby Valley. Good views of the rural landscape looking west are a bonus of this hike are the several dramatic ravines we'll cross. Continuous with A3 & B3. 15- Minute drive. **8:15 am.**

**C4. Arnot Forest Hike.** easy, 4.5 miles, **Sigrid Connors.** "The Arnot" in Townships of Newfield & VanEtten is a research and teaching forest located in the hilly forested Southern Tier that is owned by Cornell University and managed by their Department of Natural Resources in the College of Agriculture and Life Sciences. Mature forests, grasslands, softwood plantations, 400 species of vascular plants, 135 species of birds, numerous amphibians, reptiles, mammals, and other wildlife inhabit "The Arnot". Hike will start at the north gate and end at the south gate. 20-minute drive. **8:30 am.**

**C5. O.D. Von Engeln Preserve in Malloryville.** easy, 1- 2.5 miles, **Bob Beck and Sigi Schwinge.** Naturalist Bob Beck will lead a tour of the amazing O.D. von Engeln Preserve. This wetland preserve includes several post-glacial features such as eskers (river beds that ran through glaciers), wooded swamps, bogs, fens, marshes, and springs. These unusual features provide habitats for a variety of uncommon plants such as northern pitcher plants, highbush blueberries, water arum, and sundew. Songbirds are also abundant this time of year. The preserve is owned by The Nature Conservancy; Bob Beck was instrumental in protecting and establishing this preserve in the 1980s and 1990s. He will tell captivating stories about the natural and human history of the preserve as we hike easy trails including the Bog Loop Trail, the Esker Trail, and an eco-friendly boardwalk built with recycled plastic composite lumber. For those wanting a longer hike, Bob will take us to see additional interesting glacial features and Fall Creek in the northeastern part of the preserve, not normally seen by visitors. Please, no pets. 40-minute drive. **8:30 am.**

**C6. Cayuga Waterfront Trail.** Easy, 4 - 5.5 miles. **Carol Mallison.** Walk on the Cayuga Waterfront Trail from the Ithaca/Tompkins Visitor's Center to Ithaca's Farmers Market. This loop hike is on a paved trail and is a great place to walk while providing views of Cayuga Lake. It passes through Stewart Park and part of the Fuentes Bird Sanctuary on its way to the Farmers Market. 30-minute drive. **8:30 a.m.**

**C7. Cornell Botanic Gardens, Cascadilla Gorge Trail, Beebe Lake and the Western Part of the Cayuga Trail,** easy/moderate, about 5 miles, **Barbara Nussbaum.** This hike will bring us through Cornell Botanic Gardens including parts of the Arboretum, the Wild Flower Garden, Herb Garden and Rhododendron Garden, through parts of Cornell Campus and up the short but beautiful Cascadilla Gorge Trail with many waterfalls, around Beebe Lake and includes an ice-cream option on Cornell Campus. 30-minute drive, **8:45 am.**

**C8. Bicycle Tour from Spencer to Dean Creek Road,** 23 miles, total ascent is 1418.8 ft.  
**Kristin Schafer and Jack Cheney: 8:15 am.**

**Meals – Catering onsite provided by Stacey Weeks from “Pure Mind Food and Body”.** Stacey is also a Wellness Coach and specializes in healthy, nutritious foods for all. She has been alerted to some of our unique dietary needs and allergies. All meals will be served buffet style in the Conroy Collins Lodge. All meals will include vegetarian options. Iced water, coffee, and tea will be provided at all meals. *Don't miss a meal, buffet service starts and ends on time!*

**Friday Buffet dinner** – Soups – Vegan, Vegetarian, Meat options, mixed greens salad, crusty bread with butter and earth balance, assorted cookies for dessert.

**Breakfast** – Egg Bakes with meat or veggies, fresh fruit, yogurt and homemade granola, cold cereal and milk, bagels and cream cheese, orange juice.

**Saturday Trail bag lunches** – Ham-Swiss, lettuce, apple, red onion; Turkey-cheddar, lettuce, cucumber, shredded carrots; Veggie-hummus, spinach, shredded carrots, cucumber; fresh fruit – apples, bananas, oranges; homemade granola bars (gf available), \*collard leaf available for gluten-free option

**Saturday dinner** – Roasted rosemary chicken thighs, Tofu Khan Brown rice pilaf, roasted root vegetables, mixed greens salad, fruit crisp for dessert.

**Sunday Breakfast** – Overnight French-toast bake, Sausage – pork or turkey, Overnight oats in a Jar with dried fruit and yogurt, bagels and cream cheese, fresh fruit, orange juice

**Sunday Trail Bag lunches** – Turkey Banh Mi Wrap, Tofu Banh Mi Wrap, Ham, Swiss, lettuce, tomato; Fresh Fruit – apples, bananas, oranges; Homemade Granola Bars (gf available), \*collard leaf available for gluten-free option

**Social Hour** – All are welcome to bring wine, beer, etc., consumption to be limited to the lodge/pavilion and recreation hall areas. Local brewers and wineries will be onsite to provide tasting/purchases. Light snacks will be provided.

**Yoga** – Daniel Kaiya will be returning to run Yoga sessions for stretching each morning, fee is \$5/session.

**Lodging - Check out at the camp IS 8 AM for all cabins, tent/RV sites.**

**The cabins-** all guests need to bring bedding and towels/washcloths.

- Single beds in women's rooms, with nearby bathroom/shower facilities
- Single beds in men's dorm rooms, with nearby bathroom/shower facilities
- There are limited amounts of double suites with shared bathroom for couples
- Tent and 6 RV sites with electric, there are no water or sewer hookups.
- **All accommodations are reserved first-come, first-serve.**

**Miscellaneous information regarding Lions Camp Badger**

- There is a pond located at the camp for kayaking.
- The camp has trails that we are welcome to explore.
- The campfire pit is ours to use.
- There is little to no cell phone or Wi-Fi coverage in this area.

**Other Local Accommodations:**

**Spencer, NY** – within 15 minutes of camp

- **A Slice of Home Bed & Breakfast**, [www.sliceofhome.com](http://www.sliceofhome.com), 178 N. Main St, Spencer, NY 607-589-6073
- **Humble Hill Farm & Lodge**, [www.humblehill.com](http://www.humblehill.com), 467 Tallow Hill Rd, Spencer, NY
- **Aspen Family Campground**, [www.aspenfamilycampground.com](http://www.aspenfamilycampground.com), 217 Tuttle Hill Road, Candor, NY 607-659-7865

**Newfield and Ithaca** – within 30 minutes of camp

- **Pine Creek Campground**, [www.pinecreekcampground.com](http://www.pinecreekcampground.com), 28 Rockwell Road, Ithaca, NY 607-273-1974
- **Buttermilk Falls State Park**, [www.reserveamerica.com](http://www.reserveamerica.com), NYS Route 13, Ithaca, NY
- **Robert F. Treman State Park**, [www.reserveamerica.com](http://www.reserveamerica.com), NYS Route 327, Ithaca, NY

**For alternative options please visit [www.tompkinschamber.org](http://www.tompkinschamber.org) for Tompkins County, or [www.tiogachamber.com](http://www.tiogachamber.com) for Tioga County.**

**FLTC 2018 Annual Meeting – Registration Form  
June 8, 9, and 10 – Spencer, New York-**

Registration form also available at [www.cayugatrailclub.org](http://www.cayugatrailclub.org) or [www.fingerlakestrail.org](http://www.fingerlakestrail.org)

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_ County \_\_\_\_\_ ZipCode \_\_\_\_\_

Phone(s) \_\_\_\_\_

Email(s) \_\_\_\_\_

In case of emergency notify: Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone(s) \_\_\_\_\_

Local Hiking Club/Affiliation \_\_\_\_\_ End to End Badge # \_\_\_\_\_

Any special needs we should be aware of? \_\_\_\_\_

**REGISTRATION FEE** - non-refundable and required for any part of the weekend.

FLTC member \_\_\_\_\_ x \$30.00 = \$ \_\_\_\_\_  
Non-member \_\_\_\_\_ x \$40.00 = \$ \_\_\_\_\_

**MEALS & LODGING - non-refundable after May 26th**

Meals & Lodging all-inclusive: 2 nights and 6 meals.

**Choose RESIDENTIAL or COMMUTER**

**COMMUTER** – Meals only (6 meals) for Friday thru Sunday \_\_\_\_\_ x \$95.00 = \$ \_\_\_\_\_

**RESIDENTIAL**

RESIDENTIAL – Dorm room single beds with nearby facilities and 6 meals for Friday thru Sunday

Names you would like to room with: \_\_\_\_\_ x \$145.00 = \$ \_\_\_\_\_

CAMPING –RV \_\_\_\_\_ or Tent Site \_\_\_\_\_ x \$145.00 = \$ \_\_\_\_\_

**YOGA** Daniel Kaiya session 7:45 AM each morning Sat. \_\_\_\_\_ Sun. \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

**Total (Check enclosed) \$ \_\_\_\_\_**

**INDICATE ANY FOOD ALLERGIES, CONCERNS HERE** \_\_\_\_\_

**FRIDAY – PLEASE CIRCLE ONE CHOICE FOR DINNER**

Soup - Meat **OR** Vegetarian **OR** Vegan

Please CIRCLE your hike choice A1 A2 A3 A4 A5 A6 A7

**SATURDAY – PLEASE CIRCLE ONE CHOICE FOR DINNER AND TRAIL LUNCH**

Trail Lunch Veggie **OR** Ham **OR** Turkey

Buffet Dinner - Meat **OR** Vegetarian

Please CIRCLE your hike choice B1 B2 B3 B4 B5 B6 B7 B8 B9

**SUNDAY – PLEASE CIRCLE ONE CHOICE FOR TRAIL LUNCH**

Trail Lunch Veggie **OR** Ham **OR** Turkey

Please CIRCLE your hike choice C1 C2 C3 C4 C5 C6 C7 C8

**Mail form & check payable to Cayuga Trails Club, c/o R Carlisle Peck, PO Box 244, Interlaken, NY 14847**

**Please read and Sign the following:**

Those persons enjoying the Finger Lakes Trail (FLT) and/or activities sponsored by the Finger Lakes Trail Conference (FLTC) or any clubs conducting activities on behalf of, or in support of the FLTC, accept full personal responsibility for their own well- being, or, for the well- being of a minor when acting in the capacity of parent or guardian. Further, users of the FLT accept and understand that hiking is a rigorous activity often conducted in rugged outdoor conditions subject to variations in weather and terrain conditions which may involve the risk of injury or death, and, that we are fully responsible for our own safety and selecting activities that are consistent with our physical capabilities. I have read the ALCOHOL use guidelines and agree to abide by them.

**Print Name** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Name** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_