

Finger Lakes Trail NEWS

Summer 2004



www.fingerlakestrail.org

Bill Coffin Awarded
2004 Wallace Wood Distinguished Service Award

First Howard Beye Lifetime
Achievement Award

Goes to Ed Sidote

President's Message

Trail Angels in Many Guises

by Irene Szabo



Longtime members from the central Southern Tier, many of them also members of the Triple Cities Hiking Club, will remember Fessy Washburn, who not only worked on a lot of the original FLT but also served as both Membership Chair and Treasurer of the FLT until the late 1980's. She was awarded the Wally

Wood Award in 1988. There is a picture of that ceremonial moment on our traveling FLT display board, Fessy receiving the award from then-President, Ed Sidote, a young fellow who hadn't even become an end-to-ender yet. Even newer members may recall that Fessy made the *News* after our first annual appeal, because she sent a wonderful \$1000 check, instead of enjoying a tax refund windfall, even though she has lived far from the FLT in North Carolina for more than a decade now.

In April her niece, Louise Moose, emailed the FLT to let us know that Fessy's 90th birthday was to be May 8th, and she thought it would knock her aunt's socks off to receive an extraordinary bunch of birthday cards from old friends along the Finger Lakes Trail. So the appeal went out to our egroup, plus those of Cayuga Trails and Triple Cities Hiking Clubs. Considering the relatively slender portion of our membership which participates in the FLT egroup, less than 20%, the response was wonderful!

Louise wrote: "Thank you so much for getting the word out about the 90th birthday. Fessy was inundated with cards !!! I lost count well beyond 50. She was thrilled to hear from so many old friends, but amazed at cards from people she didn't know at all who said such nice things!"

She still hasn't figured out just how this email thing works and has asked me several times how I knew to get in touch with all these people! I happily told her that I had lots of help, but I don't think she will ever understand websites and broadcast email. Though she has lived in North Carolina for many years, her heart is still in New York and she avidly reads her FLT and TCHC newsletters every time they come. Please pass along my gratitude to your fellow members (especially Ed Sidote), and again, you have my sincerest thanks."

I myself was anointed with trail angel dust this spring, when Dan Wilson called after an ADK-Genesee Valley hike through "my" part of the southern Bristol Hills Branch Trail, to let me know that there was an absolutely impenetrable red pine crash that had obliterated the trail.

(Continued on page 2)

Welcome!

New FLT Members February to April 2004:

Diane E. Bellenger	Rochester, NY
Jeff Castor	Elmira, NY
Debbie Chapin	Norwich, NY
Joanne Church	Ithaca, NY
Jeffrey & Betty Constable	Norwich, NY
Richard M. Corbin	Waterville, NY
Roy & Laurie Dando	Endwell, NY
Vincent DeRycke	Liverpool, NY
Candy & Bob Dietrich	Hammondsport, NY
David & Carol Duffett	Hamburg, NY
Ed & Linda Fetherbay	Ithaca, NY
Donna Frantz	Williamsville, NY
Edson Gardner, Jr.	Peru, NY
Beth Harris	Ithaca, NY
Carolyn Hartman	Jamesville, NY
Dr. David Heisig	Syracuse, NY
Hilton High School Venturing Club	Hilton, NY
Donna Hofsess	Rochester, NY
John Hughes	East Aurora, NY
Joan M. Jedele	Freeville, NY
Lawrence Jordan	Newfield, NY
Lois Judd	Payson, AZ
David Lee & Marjory Rinaldo-Lee	Ithaca, NY
Ralph Loehr	Sayre, PA
Gary Mallow	Newfield, NY
Louise P. McGarry	Trumansburg, NY
Mark & Jan Medyn	Walworth, NY
Walter Meyer	Orchard Park, NY
Patti Meyers	Ithaca, NY
Kevin O'Brien	Pittsford, NY
Chris & Teresa Parsons	Seneca Falls, NY
Bill & Pat Perkins & Joel, Scott, Mark	Williamsville, NY
Jennifer Pivovar	Dundee, NY
Ted Popovich	Elmira, NY
Linda Pullman	Wellsville, NY
Fred Remus	Naples, NY
Steven Singer	Rochester, NY
Jeff & Jeannette Spicer	Truxton, NY
Lisa Treichler & family	Hammondsport, NY
John Webb	Warsaw, NY
Jerry Wright	Arbutus, MD
Daniel Wrightsman	Lafayette, NY
Bill & Bonnie Zechmann	Bloomfield, NY

Did you know?

The FLT has an email group (egroup) for its members. This service can be used to discuss hiking issues, inquire about trail conditions or find hiking partners. If interested in joining, contact Jack VanDerzee at vanderze@ithaca.edu.



FINGER LAKES TRAIL NEWS

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Mission Statement

The mission of the Finger Lakes Trail Conference is to build, protect, and enhance a continuous footpath across New York State. Forever!

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4 Landlubbers Get Wet

by Sue Freeman

9 Awards

First "Howdie" goes to Sidote
Bill Coffin Awarded Wally Wood

13 North Country Trail Sampler:

Northwest Ohio

by Irene Szabo

16 Spring Weekend, or what you missed

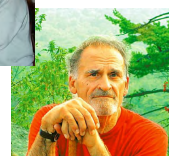
23 Frost Valley Fall Campout: Pre-registration

25 Triple Cities Hiking Club: A Profile

by John Wiley



Page 9



Departments

14 Membership Anniversaries

31 Hiking Calendar

32 FLT Store: New Products

Columns

Inside front cover...

Presidents Message *by Irene Szabo*

5 From the Desk of the Executive Director

by Gene Bavis

11 Trail Medicine

Exercise Associated Hyponatremia
by Pat Riccardi, M.D.

12 Wildflowers along the Trail

by RWW Taylor

18 Trail Topics *by Howard Beye*

22 Walking Through Time #5

by Tim Wilbur

29 End-to-End Update *by Ed Sidote*

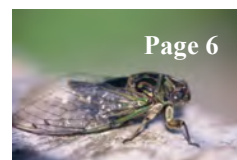
And on the back cover...

Special Places on the Finger Lakes Trail
by Margaret and Ken Reek

Little Rock City



Page 25



Page 6

Cover: Labrador Hollow Unique Area in early May. The photo was taken by Warren Johnsen during the Finger Lakes Trail Conference's 2004 Spring Weekend located in Central New York, not far from Cortland. Participants who chose the Skyline Trail hike were treated to a visit to this natural area. Be sure to read Cheryl Peluso's description of the hike on page 16.

President's Message...

Well, I knew this spot would be even worse than previous years as soon as high winds blasted us several times last fall: ever since the hilltop just upwind of that spot was clear-cut a few years ago, and the trail's own plot of red pines was thinned to encourage native hardwood regrowth, the newly unsupported remaining pines had been toppling at a rate of a half-dozen per year. They are a little too big for my usual mode of attack, a 30" bowsaw (always starts, even when cold), so Connie Dutcher has been my previous hero, helping me with the annual spring cutting of these toppled trees.

Connie has a lot of experience with a chain saw, far more than I, so I've been happy that she has been willing to help. Several of the pines have been so long that the weight of the top branches has allowed sawing from the top of the log, even when the



Jack Wallenhorst at work. Before...

situation looked as if bottom-cutting would be needed to avoid binding the blade. When she has been cutting the trunk about ten or fifteen feet from the root flap, the far-off top of these long ungainly trees pulls down enough that the cut opens upward, nicely away from the downward-moving blade, and then the freed bottom stands up again, plopping the root flap back into its hole. (Yes, I always check to see where the dogs are, because they LOVE to muck about in the cool water often found in the shallow root hole.) So for the last few years, this particular corridor has become lined with several odd tree stumps along the

windward side, with their cut edge ten feet and more in the air. I'm sure many a hiker has wondered if Connie the Sawyer is a Bunyanesque twenty feet tall, but in truth she's a five-foot bit of a stump herself.

So Dan's phone call after the ADK-GV group had to flounder through the woods to refind the trail was no surprise to me, but his offer was. He offered the services of one of the hikers, Jack Wallenhorst, whom I had not seen since the county hike series in the mid-nineties turned him into an end-to-ender. What I didn't know was that Jack is really good with a chain saw, which was a terrific relief since Connie had moved two hours further away. So Jack and I met to attack the mess, and, yes, it was beyond my worst imaginings.

Just between us, if we could have reached them, I was already contemplating bringing down any remaining trees that threatened these two hundred feet of ill-fated trail, even though this would be illegal in a state forest. Fortunately for my continued relations with the DEC foresters and my status as a free citizen, there was NO TREE LEFT that could fall on the trail. Every possible tree that could have fallen on the trail had done so, in a great unholy tangle of criss-crossed pines and a few sorry maples or beech. Nor was there any reasonable way to reroute the trail around the several acre mess of horizontal lumber, since there were downed trees messing up prospects in all directions, and baby Norway spruce are coming up nicely in the clearcut, so the trail can't go there while they are tiny. Nor did I want to add one more weedy field to my tasks, even if the baby trees weren't hiding in there!

So we stubbornly stayed with the original route I'd picked a half-dozen years ago when this logging project started, and Jack did a wonderful job of



... and after. Photos by Irene Szabo.

carving a canyon through the solid wood layers on all sides. He was a “smart” sawyer, thinking through each tangled mess before he started cutting, plus he was well-prepared: two wedges to hold cuts open, two blades for his chain saw in case one got stuck (it did), and two sets of ear protectors. I didn’t even look away when he was working, as I often do when less careful people are whaling away with violently scary machines. Yet some of those logs were so complicated by stresses from above and below that cuts were required from both top and bottom to get a chunk out of them. Jack: thank you for coming to the aid of the trail when you saw a need!

My point with this tale of one very short section of trail is not to bore you with more details about my trail work woes than most of you care to read, but to remind each hiker to appreciate what goes into keeping the way open for your passage. I’ve heard tales and seen pictures of other such spots all across the state this spring, so many trail caretakers are dealing with similar utterly depressing messes. If you stumble upon such a spot, please let our VP for Trails, Howard Beye, know about it, so that he can make sure the trail sponsor knows there is a screaming need. (Howard is at 585/288-7191, fltc@frontiernet.net) And when you pass through a cleaned-up mess like one of these, as was evident during last year’s Cortland County Hike Series when we walked whole hilltops that featured nothing but snapped-off young pines and spruces that had been cleared out of the way, fall down on your knees in gratitude for the hundreds of trail worker “angels” who make and keep the trail enjoyable. It is NOT, as some innocents have thought, something the gubmint does for us! □

Irene Szabo, President of the Board

(oh, yeah, elected yet again: you know, there is a nominating committee always looking for new talent!)

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Your Board of Managers for 2004 - 05

At the annual meeting of the Finger Lakes Trail Conference May 1st, the membership (both those present and those who sent proxy cards) elected the following new board members for service from then until the annual meeting in 2007: Kathleen Eisele, Ellen Gibson, Lynda Rummel, Matt Underwood, and George Zacharek. George graciously agreed to accept a nomination to the board again after Linda Parlato was unable to stand for election due to scheduling conflicts with Board meetings.

At the board meeting following, officers for the next year were elected: Irene Szabo, President, Ron Navik, Membership VP, Howard Beye, Trails VP, David Marsh, Finance VP, Jennifer Wilson, Secretary, and Peter Wybron, Treasurer. Our gratitude and appreciation are extended to outgoing Finance VP, Mark Hittle, and Secretary, John Andersson, for years of service, and to their brave replacements, Dave and Jennifer! Those are big shoes to fill. We thank outgoing Tom Reimers also for his long participation on the board.

Alert readers may also notice two other changes in the board roster listed within these pages: Jay Zitter was appointed to an open seat in the Class of 2006, and Jacqui Wensich will fill out a term expiring in 2005; both of these appointments fill seats vacated by two previous board members who had to resign. □



Above: A beaver pond covers the trail on M-13 west of Watkins Glen. (Notice the pond-side blaze.) Left: Somehow Mina found the way.

Photos by new Board member Jacqui Wensich.

Landlubbers Get Wet

by Sue Freeman

FLTC members Sue and Rich Freeman are the authors and publishers of numerous guides to outdoor recreation in Western and Central New York. They were the featured speakers both Friday and Saturday evenings at our 2003 Fall Campout.

We proved it! Even landlubbers can enjoy paddling on the waterways of Central & Western New York. My husband Rich and I qualify as dyed-in-the-wool landlubbers. We enjoy long distance hiking and feel best with backpacks strapped to our backs. But, for the past two years we traded our backpacks for kayaks (not on our backs, of course) and explored 55 ponds and over 620 miles of flat-water streams as research for two new guidebooks. Along the way we discovered some special places and experienced surprises that left us with a whole new appreciation for Central & Western New York.

One of the first streams we paddled was Oswayo Creek from Shinglehouse, Pennsylvania to Toll Gate Corner, New York. It led us through pristine wild areas with no sight or sound created by man. A pair of eagles acted as our self-appointed guides. They perched on a tree along shore and waited for us to catch up. Then they'd swoop down the creek to find a new perch downstream and patiently wait for us again. It was almost as if they were trying to say "this way to New York State."

Back in Rochester, we launched into Black Creek where it meets the Genesee River and paddled upstream. We expected to find blowdowns and logjams blocking our progress and instead found a clear, winding channel lined with the brilliant red of cardinal flower in full bloom. Then, the southern reaches of the Genesee River, from Wellsville to Portageville, became an unexpected delight. The clear water moves briskly, but bends were lined with cobblestone banks that allowed novice paddlers, such as us, to scout suspect curves for strainers, and to easily walk around ones that made us uncomfortable.

Owasco Outlet from Throopsville to the Erie Canal was another crystal

clear, moving stream. Here, we'd round a bend to startle a group of deer standing in the creek, and watch them bound out of view. In Eighteenmile Creek below Burt Dam it felt like floating on the top of an aquarium. Below our kayaks, fish of various sizes, shapes and colors darted among the waving sea grasses.

Many ponds, such as Labrador Pond, offered peaceful seclusion, nestled in steep hills. Hanging Bog Pond provided solitude and the chance to paddle close to rare bog plants like sphagnum moss and pitcher plants.

For a unique experience, you can't beat the Buffalo River Urban Canoe Trail that takes you past historical remains of an active industrial area. Or for a longer adventure, explore Cassadaga and Conewango Creeks in the southwestern part of the state, that are maintained as cleared channels, with good access points, and lean-tos for camping.

Even landlubbers can find beauty and surprises galore on local waterways. □

Editor's Note: The Freemans' two new guidebooks are "Take a Paddle - Finger Lakes New York Quiet Water for Canoes & Kayaks" and "Take a Paddle - Western New York Quiet Water for Canoes & Kayaks," www.footprintpress.com, 1-800/431-1579. According to Sue, they are packed full of maps and all the details you need to explore area ponds and waterways. They even cover where to rent boats, find shuttle services, and where to find paddling lessons and guided tours. "Landlubbers and veteran paddlers alike can have fun exploring our area's water trails," she says.



Rich Freeman

Sue Freeman on Catatonk Creek

From the Desk of the Executive Director

by Gene Bavis



Thanks to all who PROMPTLY renewed your membership. You have saved us paper and postage as well as staff and volunteer time. Thanks also to those who made extra donations or renewed at a “contributor” level.

I would like to thank those of you who work for the State for designating the FLTC on your

SEFA donor cards. This is the first year we have been listed with SEFA. I’d like to remind those of you who work for companies (such as IBM) that do matching contributions to please provide us with the required paperwork so that we may double your contribution.

We are proud of the fine job that Mary Coffin and her assistants did in hosting our Spring Weekend. Congratulations to Bill Coffin who was presented the Wallace D. Wood Distinguished Service Award, and to Ed Sidote who was given the very first Howard S. Beye Lifetime Achievement Award. All three of these gentlemen have done far more than most of us realize to support our mission, and I want to say “THANK YOU.”

We look forward to our Fall Campout in the Catskills. The event will be held at the Frost Valley YMCA on September 24-26. We have only a limited number of spaces available, so we urge you to “pre-register” if you want to make sure we have room for you. The form is available on page 23 and on our website, or you can contact the service center and we’ll send you one. This is an opportunity to get in some good hiking toward the east end of our trail.

The updated Car Spotter (aka “Trail Angel”) list is done. Thanks to Jacqui Wensich for undertaking this task. Of course, we always can use more “Trail Angels” so if you are inclined to volunteer, please contact Jacqui, (jwensich@rochester.rr.com) or me. Thanks to Ed Sidote who got the ball rolling on this project long ago.

We hope to have a **new B&B (and other civilized accommodations) Guide** done this summer. It will be greatly expanded with more B&B’s as well as a lot more “other” places to stay. Thanks to Linda Cruttenden who has undertaken this **big** project.

Jay Zitter has been working on trying to get us included in the various tourism guides. She has checked County and Tourism websites, and we have developed a link on our website to many of them so that visitors to the FLT can see what else is available in the area. We hope to have reciprocal links with all of the ones she recommended soon. George Zacharek and Ed Sidote have worked on this project to some degree in the past and we thank them, too, for their persistence in publicizing the FLT.

The FLT Store has two new items: We introduced a green Polar Fleece vest (and a few jackets) with a yellow embroidered FLT logo in March, and we now have our “high performance” (wick away moisture) Duofold VariTEC T-shirts available, too. They have a small dark green FLT logo printed on them. See page 32 for more information about these new products. □

Gene Bavis, Executive Director
gbavis@rochester.rr.com,
315/986-1474 (home)

FLTC OFFICE HOURS: We are normally open Mondays and Thursdays, 9:30 to 3:30, but there are frequent exceptions, so call ahead if you want to be sure. 585/658-9320

News from the *Norwich Evening Sun*, 05-21-04, submitted by Ed Sidote:

Seventh Graders help spruce up the Finger Lakes Trail

On a Friday morning in May, students from the Bainbridge-Guilford Central School cleared brush, built animal shelters and constructed walkways over creeks on a section of the Trail near Case Road, just west of Bainbridge in Chenango County. Before beginning their work on the trail, the children received instruction from Fred von Mechow, program director at Roger’s Environmental Education Center in Sherburne. The event was the fifth consecutive year that the school, The Place (the Christian Neighborhood Center in Norwich) and BOCES teamed up to give students an outdoor service project.

Article redacted at the request of the author

Article redacted at the request of the author



Eagle Scout Project

Scout Troop 61 of New Berlin completed construction of a bridge across a stream on the FLT in Otselic (M-23) on April 3rd. Rob Slavicek, the scout working towards his Eagle badge, is pictured 4th from the right.

This is Rob's account of the project:

My name is Rob Slavicek and I built a bridge on the Finger Lakes Trail in the town of Otselic for my eagle scout project. I'm a member of the Boy Scout Troop 61 in New Berlin NY. I found this stream when the troop was hiking the Finger Lakes Trail for a merit badge. I thought it would be a good idea so hikers wouldn't get their feet wet when crossing the stream and it would help prevent erosion. The picture shows all the people who helped with it. We had to carry the logs about a half mile to the location. The bridge took about a hour and a half to do.



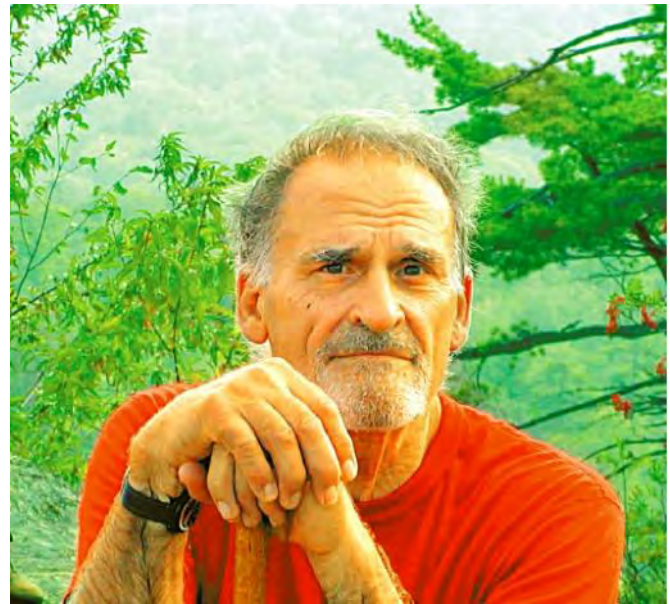
Gene Bavis

Ed Sidote, right, receiving his award from Howard Beye at the Spring Weekend banquet.

A New Award to a Grand Old Honoree

At the January Board of Managers retreat, members of the Awards Committee, while creating a host of new awards for trail workers, wrestled with a perceived need to recognize the sheer longevity of a very few members' service. For instance, while **twenty** deserving souls have received the Wallace Wood Distinguished Service Award since 1984, few of them just kept on giving and giving for years afterwards. Of course, part of the reason for that is that some of the Wally Wood Awards have been given to people who were very old. Nonetheless, it was the example of Howard Beye himself who prompted this urge, good old dependable Howard who essentially ran the Trail Conference from his home basement for seventeen years, continuing long after he and wife Dorothy received their joint Wally Wood in 1989. Now that he is relieved of answering EVERY information inquiry, working with Dorothy to fill every map and T-shirt order, and making sure every other committee or officer keeps up with their meetings, deadlines, etc., since we moved the office out of their home in 2002 and hired our part-time Director and Office Manager, "all" he does is manage the entire trail system, keep the maps up to date, coordinate all trail care activities and volunteers, organize three Alley-Cat work crews per year, and prepare the considerable paper work

(Continued on page 10)



Dick Moores

Bill Coffin

(photo reprinted from the NCTA North Star, April-June, 2004)

Bill Coffin Awarded 2004 Wally Wood

At the annual meeting May 1st, the evening program was preceded by our annual award of the highest FLTC honor, named for our founder, the Wallace Wood Distinguished Service Award. For once, the Wally Wood award was a complete surprise, since we could be fairly certain this one time that the recipient would be present at the banquet, since his wife Mary was the organizer of the whole event. So it was great fun to astound Bill Coffin with this well-deserved honor.

Bill's intense interest in promoting good trails has continued unabated for several decades now, with no end in sight. He has participated on every pertinent trails committee, often as chair, for not only the FLTC, but also for his own ADK Onondaga Chapter, and for the statewide Adirondack (ADK) Mountain Club. He's served on the Board of Managers of the FLTC, was our entire Conservation Committee for years, and has tended his own miles of trail for over twenty years. He has been especially active in recent years in efforts to extend the North Country Trail beyond the current Onondaga Trail toward the Link Trail in Madison County, and has served especially well in fostering landowner enthusiasm for hosting that trail extension.

For Bill Coffin, retirement a few years ago meant only

(Continued on page 11)

Sidote Wins First Beye Award...

(Continued from page 9)

required to bring National Park Service money in for our North Country Trail Projects. Oh, yes, and he is on the NCTA Board and is the North Country Trail State Coordinator.

In other words, even after we got the office out of his hair, the FLTC still could not function without Howard Beye. So the Board approved creating a new award, to be given only when a suitable honoree arises, named the Howard Beye Lifetime Achievement Award, over his shy squirming protest, it should be mentioned. However, there were two potential nominees for this new award, so at the annual meeting on May 1st at Toggenberg Ski Center, we had Howard Beye award the new honor that is named for him to Edward Sidote.

Perhaps if you are a brand-new member, you require a brief introduction to the Energizer Bunny known as Ed: his column within these pages will tell you of one of his passions, helping would-be end-to-enders achieve their goal. In 1993 Ed and his hiking partner Rufus Perkins became #'s 3A and 3B to complete the trail, neither daring to claim #3 over #4, both already well into their seventies. Yes, that recently only four people had walked the whole thing! Ever since then Ed has tried to help the ambitious accomplish the same end, giving rides in his famous blue Suburban, finding hiking partners and car spotters, and whenever possible, meeting each hiker at the end of his or her statewide walk. Many times he has attended the Long Distance Hikers Association annual gathering in order to show our slide show and pitch the FLT as a worthy long-distance trail, accounting for several out-of-state hikers who have come to us.

Ed was President of the Board in 1987-89, was awarded the Wally Wood Award in 1993, and tends trail himself. He is famous for carrying his chain saw into the woods after he has stopped at any random trailhead, whether it's his own section or not, and carving out a path through messes. To this day, he continues to bounce awake pre-dawn brimming with new ideas for enhancing the FLT, spreading the good word, or improving our operations, and peppers the Board officers, Gene Bavis, Howard, and many others with constant letters, and now even emails, too. Obviously, the well-being of the Finger Lakes Trail is never far from his uppermost thoughts. In fact, the whole cross-county hike series idea was one of his best original notions!

So Ed was a perfectly deserving (and utterly surprised) recipient of the first "Howdie." The actual award is customized to the recipient, a trail register for the living room, so to speak: a varnished pine box similar in shape to the fold-down style of register was made from treasured pieces of wood from the basement collections of two long-gone geezers, fathers of two FLTC members (yes, Lois, your father's train table lives on), except that the door is really a window into the interior of the box. Inside Ed's award box is a clock (after all, the award is all about longtime service) in the middle of a blazed slab of tree, stained wooden letters "FLT," an old chain from Steph Spittal's chain saw, and a stained wooden angel, because if Ed isn't the ultimate trail angel to hikers, who is?

Thanks from more than a thousand appreciative people to both Ed and Howard for their inspiring devotion to this trail. □

Letter to the Editor

The picture of the happy faced binoculars is absolutely delightful, as is the article. [**Niagara River and Niagara Falls, Spring 2004**] I would like to clarify some information that could be misleading.

To get to Niagara Falls from the I-290 (Youngman Highway) you will take the I-190 over Grand Island. The 290W ends when you take the ramp labeled "to Niagara Falls". The parking lot described on the Niagara Falls side of the North Grand Island Bridge (just off Buffalo Ave) is free and belongs to the bike path park. The only place to park for free near the Rainbow Bridge is at the Aquarium.

When taking this hike refer to the directions on the back of Conservation Trail map C-12. They tell you that once you go under the I-190 overpass or North Grand Island Bridge there will be no more blazes. The directions tell you what to watch out for. There are orange tape markers on light posts, provided no one has taken them down. (Refer to the directions for mile 18.0). This was the only marking allowed.

The hike does not end at the American Falls. It continues on to the entrance of the Rainbow Bridge. The directions tell you how to get there. The last entry is "19.0 Terminus point, look for triple blaze on concrete wall to your left."

Enjoy the views and have great fun finding the triple blaze.

Mary Domanski, West Seneca

Exercise Associated Hyponatremia

by Pat Riccardi, M.D.

Dr. Riccardi is a rheumatologist in Syracuse NY, who is a veteran marathon runner. He has developed a special interest in exercise associated hyponatremia.

Hyponatremia, often referred to as “water intoxication”, has increasingly become a recognized problem in individuals participating in endurance activity of any kind. The fact that this condition can prove fatal to otherwise healthy athletes is good reason for all of us who participate in prolonged exercise activities to become familiar with this condition and how to prevent it.

Hyponatremia is a disorder of fluid-electrolyte (mineral) balance that occurs when the plasma (blood) sodium concentration falls below normal limits. A prolonged reduction in plasma sodium disrupts the osmotic balance across the blood-brain barrier, resulting in an influx of water into the brain. This causes brain swelling that can produce confusion, disorientation, seizures and even coma. Brain swelling can culminate in death from rupture of the brain stem. Normal serum sodium concentrations are 136-145 mmol (milimoles)/liter. A decrease in sodium to the 125-135 range usually results in nausea, bloating, muscular cramping, and headache. Below 125 mmol/liter the symptoms become more pronounced and include more severe headaches, vomiting, disorientation, confusion, and fatigue. When serum sodium drops below 120, lung swelling with wheezing, shortness of breath, and respiratory arrest can occur, along with seizures and coma. Death can follow.

Hyponatremia is caused by consumption of too much dilute fluid and/or loss of sodium through bodily sweat. Generally it occurs only with prolonged exercise activities lasting more than several hours: the longer the activity, the greater chance of hyponatremia. Triathletes and ultra marathoners are especially at risk, as are slower marathon participants. But any endurance activity (such as prolonged hiking or bicycling, or three day charity walks) can put the individual at risk. Warm weather activities are associated with more salt loss through excessive sweating, and carry a much higher chance of development of hyponatremia. Excess consumption of hypotonic (dilute) fluids, such as water, is a major contributor to this condition. Long distance race directors are now going to great lengths



to try to prevent this serious condition by educating participants on the importance of adequate salt replacement. Although rare, every year there are still reports of marathon fatalities due to hyponatremia in otherwise healthy individuals. These are fatalities that in all likelihood could have been prevented with proper education.

Before any prolonged hike (or any other prolonged exercise)

it is advisable to drink fluids without relying solely on water, so that you will start the hike well hydrated. Carrying one of the electrolyte sports drinks, such as Gatorade, allows you to replace not only fluid, but also sugar and salt as well. This will help prevent dehydration, provide some sugar for energy, and help diminish the chance of lowering your sodium level. When exercising vigorously, you should try to drink 8 ounces of a sports drink every 15 – 20 minutes, depending on how hot it is and your own individual sweat rate. It is important also to know that the typical Gatorade solution is still somewhat dilute, and therefore may not replace all the sodium you are losing via sweat. Munching on pretzels or taking in some other source of salt is now recommended for marathoners and other endurance event participants.

In sum, exercise associated hyponatremia is not just a problem for runners. It has become such a problem with hikers in the Grand Canyon that signs have been posted with information on hyponatremia and how to prevent it. So please carry plenty of sports solutions and salty snacks on your next day hike. □

Bill Coffin Wins Wally Wood Award...

(Continued from page 9)

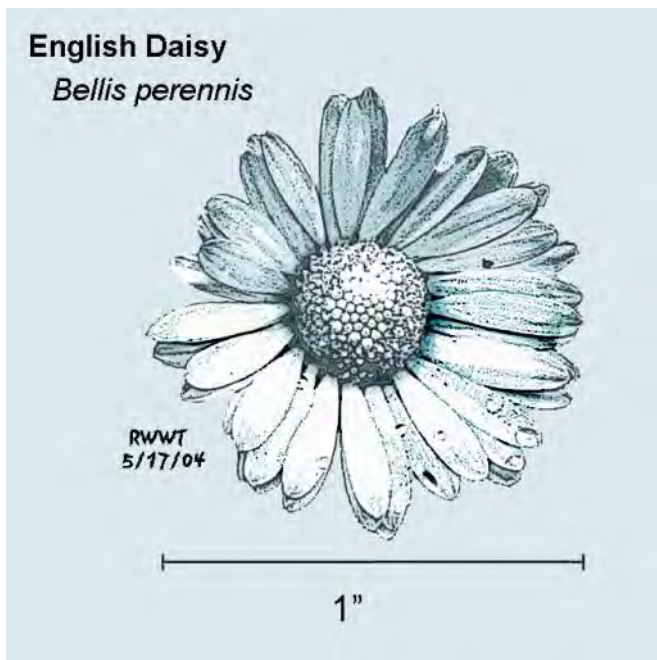
that he could increase his participation in trail projects, to the benefit of all of us. He has too long been an unsung contributor to our mutual efforts, and the Board of the FLTC applauds the Awards Committee's recommendation that he be so honored this year. □

Composites

Wildflowers along the Trail
RWV Taylor

Sometimes getting together in groups can be a good idea. At any rate, this is one of the strategies adopted by flowering plants in their perpetual struggle to produce seed – seed that will germinate and survive to bring a new generation. Some composites (the term for plants developing multiple small flowers within an apparently single bloom) may bear on a single stalk a flower head formed from several hundred individual flowerlets, each flowerlet capable (upon fertilization) of producing its own separate seed.

Familiar examples of a composite flower are the attractive English daisies, *Bellis perennis*, that like to scatter themselves across regularly mowed lawns in our area (but which grow wild across open meadows in their native England).



A close examination of the small blossoms makes it clear that there are actually two kinds of flowers making up the flower head – strap-shaped **ray** flowers around the margins, and short tubular **disk** flowers in the center. Each ray and each disk flower has its own anther and pistil and will deliver one seed to the

overall crop. But some composites (for example, dandelions) feature only ray flowers, while others, such as tansy, display only disk flowers in their distinctive blooms. Many other members of the composite family (Asteraceae) have their quirks, too, in the ways that they have developed to get along in the world.

An obvious advantage of the composite approach is that there is no need to grow a set of showy petals or separate supporting plant structures for each individual flower, or to otherwise lavish precious resources on one-shot hopes. No, it's wholesale rather than retail! And only one out of the hundreds or thousands of potential progeny produced by a particular plant needs to escape predators and the effects of adverse weather and find a suitable rooting spot in order to start the whole cycle over.

This has proved to be a very successful strategy, and the composite family is the second largest plant family overall in terms of number of species. Further, the fifty or so genera in this family represented in our local wildflower community include the great bulk of individual blooms that are likely to be noticed while walking over the hills and through the fields and woods. One of the earliest flowers to be observed in the spring, coltsfoot, is a composite, as are the asters that are likely to be the last blooms that can be spotted along the trail before the snows close in.

Once the wild spring rush of the dandelions is over, however, the season that really belongs to the composites is summer in all its slow ripeness. One by one the major players come out and strut their stuff – the fleabane and the ox-eye daisies in June, and bright blue chicory and black-eyed Susans beginning to show up as July rolls in. Across all the green meadows hawkweeds and thistles call insects to their pollinating chores. August brings the Eupatoriums: flourishes of Joe-Pye weed and boneset in wet places and white snakeroot all through the shady woods. This is the time too for knapweed and ragweed and sow thistles and many another variant on the composite theme to chime in.

Along the way goldenrod has been setting up shop here and there, and its grand annual going-out-of-business sale runs riotously all through September. Not to be outdone, purple and white asters begin to flaunt their wares too as summer cools into autumn and the wildflower business season begins to wind down for the year. One thing you can bet on – the composites will be there in all their fascinating variety again next year! □

North Country Trail Sampler: Northwest Ohio

by Irene Szabo

NCTA Board meetings are held in Lowell, Michigan, (near Grand Rapids) in early December and late April, plus a third during the annual summer meeting in a different trail state each year. Our Perpetual Servant of the Trail, Howard Beye, Al Larmann of the Central NY Chapter of the NCTA, and I attend these meetings, and I, for one, try to squander a little extra time as long as I'm going that far, by taking a petite vacation to sample some more of the trail.

Intrepid Joan Young of Michigan (webmaster for both the FLT and NCTA websites and hiker, so far, of more than HALF of the 4600-mile NCT!) can often be counted upon to squander a few days fooling around on trails, too, so we wandered south and east to try following some snatches of the blue-blazed NCT. (Reminder: the main FLT is the only contrary white-blazed portion of the whole North Country Trail route, just because we were already done up all in white before the NCT was invented in 1980.)

Southeastern Michigan offered gently rolling farms and patches of woods south of Jackson, where we had a very nice walk on a patch of trail on both public and private land that had just enough occasional slope to it that the exercise was good.

However, driving away from there, straight southward toward the Ohio border, the land soon flattened out to a stunning degree, offering miles' worth of views across open farmland, like one has come to expect from the Ohio Turnpike across the northern slice of the state.

We were not to breathe hard again for two days: marbles wouldn't roll without a push. But that's what's fun about such a varied trail, sampling the very different countrysides it travels. The NCT is open in northwest Ohio on portions of other trail systems, but not connected between them, or to Michigan yet. Our series of articles on places where the FLT crosses or travels old railbeds would turn into an encyclopedic work along the NCT, especially here: miles of the route follow the Wabash Cannonball Railtrail (www.wabashcannonballtrail.org), which offers 63 miles of old Wabash RR route now owned by four different organizations.

Transit-straight and laser-level, the Wabash varies only in its trailbed: at the east end Toledo ownership offers wide blacktop with a painted centerline, a real surprise after walking the NCT route through heavily wooded trails in Oak Openings Metropark! Further west, among very small towns and endless distant farms, the path is firm dirt, bordered by random bushes, with an occasional wooden bridge over stream gullies. Long freight trains heading for Toledo and Detroit still pass in the distance, adding their soulful horns to fantasies of the Cannonball chuffing along where now only the crunch of our feet or the tick of bicycle wheels sounds.

The western 40 miles are owned by NORTA (Northwest Ohio Rails-to-Trails Association), an NCTA partner, which is the first trail organization I've ever "met" that has some money, because they sold utility passage rights beneath the railroad route. NORTA has a storage building, a serious tractor for mowing, built a gorgeous post-and-beam covered bridge over a creek gully last summer, and tends all

this well-signed trail with only a handful of volunteers! It's one of those odd little miracle trails that's a joy to find.

The 3800-acre Oak Openings Preserve Metropark is one of several parks administered by Toledo, even though they

stretch southwest of the city for miles. Oak Openings is big enough to offer 27 miles of hiking and 20 miles of horse trails, but has so many loops that we could take a serious look at much of it. The forest is of course full of several kinds of oaks, plus more sassafras trees than I'd ever seen before. The paved Wabash crosses the northern end of the large park, so we walked only a short part of that on our roughly 8-mile circuit through the woods, destined to be future route of the NCT.

The next day we sampled several spots along the Miami & Erie Canal, which was built to render navigable the bumpity and flood-prone Maumee River stretching southwest of Toledo toward Defiance, and then southward to connect with Cincinnati on the Ohio River. Built between 1825 and '45, it totaled 250 miles and used 105 locks to climb 521 feet above the Ohio then drop 395 feet to Lake Erie at Toledo. It lasted

(Continued on page 14)

North Country Sampler...

(Continued from page 13)

longer than most canal dreams: the last part wasn't abandoned until 1929. We who are accustomed to the still-functioning Erie Canal, now almost 180 years old, have our perspectives fogged unless we remember that most results of the canal-building craze of the early 1800's failed quickly due to market and engineering inadequacies, and competition from spreading alternatives like the railroads.

On the north side of the Maumee across from Ohio's Grand Rapids is Providence Metropark, where a working lock has reconstructed wooden gates that show how they once worked. In December the saw and grist mill was closed, so Joan and I had to content ourselves pressing our noses against the window panes to admire all the 19th century machinery arrayed inside. In summer this park includes a mule-drawn canal boat, and in any season offers miles of towpath that is blue-blazed as part of the Buckeye Trail and NCT.

Major portions of the U-shaped route of the North Country Trail that dips way south into Ohio follow the route of the Buckeye Trail, which is a nearly 1300-mile loop around this whole large state, circling from flatlands north down to the hills and rivers of the south. Visit www.buckeyetrail.org to see the vast trail system this group has created. Side note: Anne Snedeker, #12 to complete the FLT and our first woman end-to-ender, followed employment to Ohio, and has since...of course...completed the whole Buckeye circuit.

At Florida (yes, a village in Ohio), we walked another portion of the Miami & Erie towpath through woods, with the water-filled old canal on one side, and the very full river on the other. On the river side were sycamore trees of four to six-foot diameter, and trees of all girths from 4 inches to 24 with striking corky ridges in the bark. Neither of us knew this oddity until we got home to pore over tree books and discover the hackberry, common there, unusual but not impossible here.

The towpath reaches Defiance at the junction of three rivers, where "Mad Anthony" Wayne defended Fort Defiance to defeat Chief Pontiac, back in the late 1700's when this frontier wilderness was still being

fought over by the French, British, Americans-to-be, and the native inhabitants. Apparently Pontiac was well on his way to sending the long knives packing until the defense at Fort Defiance. The park walk along the Maumee across from the fort's location shows clearly how that prominence could command the area, and historic markers fill in the picture for walkers. There is even a monument to a record apple tree, 9 feet in diameter, that died in 1887 at the age of 217! Early French-Indian apple cultivation gains further significance in this neighborhood, since Johnny Appleseed had his first seedling nursery here 1811-28.

Robert Pond's *Follow the Blue Blazes: A Guide to Hiking Ohio's Buckeye Trail* says "Apples provided early settlers with vital nourishment during the winter. They were preserved as applesauce and apple butter and were used to make cider. Hard cider was a great "attitude-adjuster" that lifted the spirits of winter-bound pioneers." Early settlers anywhere on the frontier often converted surplus agricultural production into "spirits," since marketable whiskey or wine was easier to transport than bulky wheat, corn, or barley, and kept better than grapes, apples, or peaches. The first step toward "civilizing" occurred after pioneers grew more than they needed for subsistence, and the transportation of that surplus to sell for cash was the first problem; hence, the importance of early canals and railroads to backwater infant communities. But I digress...

We walked a bridge across the river into town and found a lunch spot within a few blocks, one that had been a restaurant and/or bar since the 1800's. The decorative tin ceiling, fabulous carved mahogany and mirrored bar back, brass rails, and even a dumb waiter for banquet rooms upstairs all told of a long history, and the menu gratified us with tales of Prohibition shenanigans, low-priced lunches on credit during the Depression, and even touted the establishment's favorite lunch dish, a patty of pork brains. Joan, ever the braver of the two of us, ordered it just because. The waitress, when asked, admitted she had no idea what it tasted like, but shared that most had it in a sandwich with lots of mustard. Well, y'all, we're here to testify that it's a colossal waste of brain matter. There is absolutely no flavor beyond a faint oiliness, so mustard sandwiches are what they're eating in Defiance, Ohio.

This summer the annual meeting of the NCTA will be in Marietta in the southeast corner, which I'm told is a different planet from wide open flat northwest Ohio, rather a woodsy hilly land, abutting the Ohio River, where our hosts will be the Buckeye Trail Association. You'll be able to find out more at www.northcountrytrail.org if you don't already subscribe to the *North Star* as a member of the NCTA (check out that cheap deal coupon on this page!). There is already a whole gob of New Yorkers planning to sample the NCT there, August 5th through 8th.

Join us! □

A Special Deal for FLTC Members!

Now you can join the North Country Trail Association for just \$16 per year! You'll get a subscription to *North Star* magazine, and the satisfaction of helping develop the North Country National Scenic Trail. To join, send this coupon to: NCTA, 229 E. Main St., Lowell, MI 49331 or call 888-454-6282

Name(s):
Address:
City, St Zip:
Phone (optional):
E-mail (optional):
<input type="checkbox"/> I'm enclosing a check for \$16 payable to NCTA <input type="checkbox"/> Please charge my credit card (MasterCard, VISA or AmEx only) Card #: _____ Exp Date: _____ Name as it appears on card: _____ Signature: _____

If you are not a member of the FLTC's egroup, you may be wondering how Linda's Kinder, Gentler Long Path hikes are going. Wonder no longer...

For those who are new to this on-going saga, Linda Cruttenden has for a number of years been inviting other hikers to join her on hikes for the unhurried as she completed her End to End quest. With that goal accomplished two years ago, she continued with a Conservation Trail series last year. This year's goal is to hike the Long Path from the New York City area to its junction with the FLT in the Catskills.

If you wish to join her on the remaining hikes, there is contact information in the calendar on the inside back cover.

From: walkin_ed [walshej@aol.com]
Sent: Sunday, May 23, 2004 3:18 PM
To: fingerlakestrail@yahogroups.com
Subject: [fingerlakestrail] Hike Report: Linda's Kinder, Gentler Long Path

Today Linda's Long Path hikers left the Palisades ridge behind and are about to enter Harriman State Park. Despite unseasonably hot and humid weather the four of us hiked through a mixture of town, county and state parks along the Palisades ridge with fantastic views of the Hudson River all along the way.

Starting yesterday in Tackamack Park we passed by the ruins of an old National Guard Camp with its eerie tunnels leading to abandoned firing ranges. From there we headed east to climb Hook Mountain overlooking the Hudson River and the Tappan Zee Bridge. Although the view was a bit hazy from here, the views opened up further north as the sun gradually burned away the haze. We heard, but didn't see, some wild turkeys and passed by a few deer. Saturday's hike ended in Rockland State Park.

Today we hiked south from Mount Ivy. We got an early start which proved to be a wise decision as the temperature was much cooler than yesterday and it wasn't as humid. Today we saw the turkeys but probably not the same ones we heard yesterday. Although most of the hike was over gently rolling hills, there was a steep climb up and then back down High Tor, the highest point on the Palisades. After climbing down we were treated to a sighting of a pair of minks along the trail. Who would have believed they could live so close to NYC. After another lunch stop overlooking the river we continued along the rolling ridge back to Rockland Lake State Park.

The next month's hikes will take us past the intersection with the Appalachian Trail and also past some Revolutionary era iron mines. Overnight camping is available at shelters or campgrounds in Harriman Park. In addition people are welcome to camp overnight in my backyard which is close to the trail or stay in nearby motels. I'm sure Linda and Barry or Jim would welcome someone willing to share the driving to carpool with them. See your spring issue of the FLTN for details.

Spring Weekend, or what you missed....

It was for me a wonderful weekend. I was able to hike the entire Onondaga Branch Trail mostly with the friendly help of some folks I met for the first time. Keitha Farney, the Meachams and Rhonda were willing to help me fill in the road walks left off the scheduled hikes. The sweeping views, the waterfalls, my fellow hikers and the incredible profusion of spring wildflowers would make anyone a happy camper.

— Georgeanne Vyverberg

A walk was offered on the Nelson Swamp portion of the Link Trail/North Country Trail, south of Cazenovia, to show off the new nature trail side loop the DEC has created there. Gravel and wood chips offered a nicely dry-footed way to meander the special white cedar swamp, while the rest of this short segment is on the railbed of the Lehigh Valley Railroad branch that ran from Ithaca through Cortland to Canastota, and includes a wonderful replacement bridge over Chittenango Creek that was provided by National Park Service funding for the North Country Trail.

We all trooped off the railbed to examine the remains of a spring house, where cool water kept milk cans chilled while they waited for the daily milk train. Side note I cannot resist: before trains started picking up milk at hundreds of upstate farms and carrying it to cities in ice-filled cars, the only “fresh” milk available in New York City, for instance, came from cows living in the filthy basements of tenements.

After Nelson Swamp, we visited the Stone Quarry Art Park atop a hill near Cazenovia, where the North Country Trail meanders among the whimsical artistic surprises scattered about the woods. For those of you who think you’ve already seen that place, try it again! Spectacular new surprises are dotted along the trail, including a massive swooping labyrinth of woven branches forming mind-bending curves among the trees.

— Irene Szabo



Gloria Mabie, Friday's guest speaker, showed her slides of hikes through ancient civilizations' remnants in Peru.



Tinker Falls

A group of 14 merry hikers set off on Saturday morning for a hike called “Skyline Trail” led by Dick Lightcap. I honestly never saw so many wildflowers on a hike as we did that day: hillsides were literally covered in Big Flower Trillium (or white trillium), plus we saw in bloom Dutchman's Breeches, Squirrel's Corn, Blue Cohosh, Spring Beauties, Marsh Marigolds, violets, purple trillium, trout lilies and several others that I have since forgotten. In addition to the flowers we saw the Adirondack type growth native to the Labrador Unique Area and toured the nature trail next to Labrador Pond. What a delightful surprise to come around the bend in the boardwalk trail and face the wide open pond looking wild and beautiful with a breeze coming off the water just like a lake in the Adirondacks! Sigh! That was worth the hike in itself. After that we went up to the top of Jones Hill and had a break at the very tip where the legendary hang-gliders take a leap of faith. I have not seen these daredevils in action but it was a breath-taking view and viewing is all I plan to do there! My feet are happily rooted to the ground. All of this hiking was followed by a quick excursion to the base of Tinker Falls, which is a very beautiful place on the FLT's Onondaga Branch Trail, and one I happily visited again the next day.

To sum it up I would like to point out that I never would have had the opportunity to see all of these wonderful places in one day if not for our hiking guide and his knowledge of the area. If I had just driven out to do the FLT on my own, I would have missed a lot. So next time we have an FLT get-together keep that in mind. You do not need always to be coloring in sections you have

completed on THE trail. You can take advantage of having a guided tour by someone who truly knows the area and all the things you would miss just sticking to the FLT!

— Cheryl Peluso

Spring Weekend, 2004



Jo Taylor



Gene Bavis

Lou Berchielli, DEC black bear expert

After the Saturday banquet and awards, the guest speaker was Lou Berchielli from the Albany DEC, a wildlife expert specializing in black bears. He presented a tremendous slide show and talk about bears --- their habitat, eating habits, and life cycle. It's astounding to consider an animal of several hundred pounds who can take a nap for several months, stop eating, give birth during this time, and still get up in spring with all faculties intact. Of particular interest to me were his comments concerning food protection when backpacking. Basically, few hanging techniques work well, and the DEC will be headed in the direction of requiring the use of "bear canisters" in the backcountry, hard plastic cases which bears are unable to crush or break.

— Larry Blumberg



RWW Taylor

Squirrel Corn

Sunday our hike meandered throughout Onondaga County's Highland Forest, which I'd heard of but never seen before, and sampled miles of the looping trails throughout this varied forest hilltop. Part of what we walked was already blue-blazed North Country Trail, extending the Onondaga Branch, bit by bit, north and east toward the Adirondacks, even if it isn't connected yet to the published FLT Map O-1. The lessons learned from a trail-building workshop provided by the North Country Trail Association and National Park Service were evident as we climbed a long steep hill without exhausting effort due to the gentle grade afforded by long switchbacks, and the footing was comfortable, since the slope our trail crossed had level benched foot tread dug into place. A lot of work had gone into making this trail a real pleasure.

— Pat Martin

Many voices echo the same sentiments: it was a well-planned weekend, offering a tempting array of hikes, and the programs were excellent. On Friday night we enjoyed Gloria Mabie's slides of hikes through ancient civilizations' remnants in Peru, and the DEC's Lou Berchielli knew amazing stuff about bears, which many of us are torn about wanting to meet along the trail...or not.

The Adirondack Mountain Club's Onondaga Chapter was the host, and Mary Coffin did an excellent and masterful job of organizing the whole event. Hal Boyce kept all the registration records and led some hikes, while the rest of the hikes were led by Dick Lightcap, Al Obrist, Bill Coffin, Gloria Mabie, Kathy Disque, David deLaubenfels, Sabina & Dennis Weaver, Kim Whitehead, Horst & Sigi Schwinge, Kathy Eisele, and George & Cindy Zacharek. Mary Dineen and Linda Austin also helped with registration, while Dawn Bennett, George Cook, Marcia Mullen, and Cindy Chayka performed support roles, too. There will be no way to thank Tony Rodriguez, ADK-ON trail chair, and all his stewards and special occasion helpers for all the trail work in preparation for this weekend. □

Trail Topics

by Howard S. Beye , Chair
Trail Management Committee

Who are the Trail Maintainers for the Finger Lakes Trail?

With over 875 miles of trail spread across 22 of New York's 62 counties part of the Finger Lakes Trail System, the Conference has a large responsibility to keep the trails cleared, marked and mapped for users. It is obvious we have a formidable task as a volunteer organization to perform these tasks adequately. As an umbrella organization, we secure the help necessary from many groups and individuals interested in maintaining hiking trails.

The FLTC is proud and appreciative of all the hard work and time put in by our clubs, youth and school groups with their own Trail Maintainers, as well as the Individual Trail Sponsors. Assisting these group and individual trail sponsors, located in ten sections across the trail system, are a very busy and dedicated group of Trail Coordinators.

Trail Section Coordinators listed by section are:

Genesee-West	Kenneth & Margaret Reek, Churchville
Genesee-East	Irene Szabo, Mt. Morris
Watkins Glen-West	Lynda Rummel, Keuka Park
Watkins Glen-East	Joe Dabes, Dryden
Chenango-West	<i>Vacant</i>
Chenango-East	Edward Sidote, Norwich
Catskill-West	James DeWan, Kirkwood
Catskill-Center	Jairus Lawrence, Binghamton
Catskill-East	David DeForest, Delhi
Bristol Hills Branch	Thomas & Donna Noteware, Hammondsport

The Trail Sponsor listing on the next page indicates the group or individual sponsor name, year they started as a maintainer, miles maintained, FLTC maps on which they maintain trail and, if a group, the number of workers we have listed in our database. An asterisk indicates the FLTC does not keep a list of trail maintainers from these groups. Statistics are as of December 31, 2003.

As you can see, from the mileage listings



there, many of our clubs have many miles of trail to maintain. To accomplish this task almost all have a Trail Chair or some other similar job title for a key person in their organization who finds members who want to be involved with the work on their section of the Finger Lakes Trail System. In addition, they work with our agency partners, private landowners and the Conference on many items related to the trail.

The following groups have a person designated to fill the Trail Chair position. I hope everyone appreciates the very important tasks that the Trail Chair performs to make your trail experience the best.

ADK Finger Lakes Chapter	Jean Gerow, Newfield
ADK Genesee Valley Chapter	Kenneth and Margaret Reek, Churchville
ADK Mid-Hudson Chapter	Michele VanHoesen, Highland
ADK Niagara Frontier Chapter	Charles Lawrence III, Grand Island
ADK Onondaga Chapter	Anthony Rodriguez, Syracuse
Adventure Recreation Club, Ithaca College	Robert Porter, Ithaca
Boy Scout Troop 18, Hammondsport	Michael Sable, Hammondsport
Boy Scout Troop 34, Prattsburgh	Gaynor Updike, Branchport
Boy Scout Troop 77, Rochester	Andrew Blake, Rochester
Boy Scout Troop 748, Fillmore	Richard Cutting, Fillmore
Catskill Outdoor Education Corps, Delhi	David DeForest, Delhi
Cayuga Trails Club, Ithaca	Thomas Reimers, Ithaca
Environmental Classroom Opportunity, Naples	Malcolm MacKensie, Naples
Finger Lakes National Forest, Hector	Christopher Zimmer, Hector
Foothills Trail Club, Buffalo	Mark Hittle, Lewiston and Mary Domanski, West Seneca
Friends of Queen Catharine Marsh, Watkins Glen	Fred Yahn, Watkins Glen
Genesee Valley Hiking Club, Rochester	Ronald Navik, Penfield
Town & Country Bushwhackers, Rochester	Phyllis Youngmans, Penfield
Tri-Town Hikers, Bainbridge	Lee Morgan-Davie, Bainbridge
Triple Cities Hiking Club, Binghamton	John Wiley, Vestal

I might add, some clubs also have additional members working to assist the trail chair.

If you are out on the trail or otherwise see any trail maintainers, trail chairs or section coordinators please give them a big thank you for all they do to keep the trail in good condition and a pleasure to hike and backpack.

(Continued on page 20)

Trail Topics...**Trail Sponsors**

Data as of December 31, 2003

Name	Year Started	Miles Maintained	Map(s)	Number of Maintainers
ADK Finger Lakes Chapter, Ithaca area	1965	27.7	M13, M14	9
ADK Genesee Valley Chapter, Rochester area	1966	4.6	M10	12
ADK Mid-Hudson Chapter, Poughkeepsie area	1998	5.9	M31A	4
ADK Niagara Frontier Chapter, Buffalo area	1972	30.4	M4-M6	21
ADK Onondaga Chapter, Syracuse area	1962	100.9	M19-M23, 01	86
Catskill Outdoor Education Corps, Delhi	1999	30.3	M30-M32	*
Cayuga Trails Club, Ithaca area	1962	92.8	I1, M15-M18	79
Finger Lakes National Forest, Hector	1965	10.9	I1	*
Foothills Trail Club, Buffalo area	1962	185.0	M1-M4,CT4-CT12	50
Friends of the Queen Catharine Marsh, Watkins Glen	1985	7.8	M15	2
Genesee Valley Hiking Club, Rochester area	1962	77.2	L1,M7/L2-M10	12
Town and Country Bushwhackers, Rochester area	1991	5.6	M13	4
Tri-Town Hikers, Bainbridge area	1988	6.0	M27	7
Triple Cities Hiking Club, Binghamton area	1964	45.9	M23-M26	14
Adventure Recreation Club, Ithaca College	2003	6.7	M18	*
Boy Scout Troop 18, Hammondsport	1986	4.0	M12	*
Boy Scout Troop 34, Prattsburgh	1985	0.4	B3	*
Boy Scout Troop 77, Rochester	1994	3.1	B1	*
Boy Scout Troop 748, Fillmore	1998	3.8	M6	*
Environmental Classroom Opportunity, Marcus Whitman	1998	5.8	B1	*
Cynthia Ballantine, Sidney	2002	2.0	M27	
Thom & Mary Lou Belasky, Savona	1997	2.4	M13	
Shawn & Patrick Brennan, Penn Yan	1997	2.3	B3	
Peter Bushnell, Webster	1984	3.2	B1	
Gary & Cathy Carr, Friendship	2002	6.5	M6	
Stephen & Tammy Catherman, Bath	1994	4.7	M12	
Joe Dabes & Ray Kuzia, Dryden	1989	12.1	M19	
Robert & Carol Dickey, Hornell	1995	3.8	M10, M11	
Robert Emerson, Pittsford	1985	11.4	M6	
Michael Gebhard, Port Crane	2002	2.2	M27	
Alexander & Michele Gonzalez, Dryden	1994	12.3	M19	
Robert & Engelke Heggie, Penn Yan	1991	7.0	B2	
Gary Klee, Walton	1990	15.8	M28-M30	
Bruce Krizan, Binghamton	1996	6.1	M26	
Kerri Kutniewski, Canandaigua	2000	3.2	B1	
Fred Lamb, Binghamton	1997	3.3	M27	
Jairus Lawrence, Binghamton	1973	20.6	M27-M30	
Richard & Janice Liebe, Hammondsport	1998	6.6	B1	
Ed & Mary Loesch, Branchport	2004	4.3	B2	
Pamela McCarrick, Naples	1999	1.5	B1	
Donald McCrimmon Family, Cazenovia	2003	2.4	M18	
Kim & Terry Meacham and Don French, Hornell	2002	2.2	M10	
Tom & Donna Noteware, Hammondsport	1994	5.4	B2, M12	
Peter Nye, Hammondsport	1995	4.2	M11	
John Palmer, Bainbridge	2002	3.8	M26	
Robert Plaskov, Bath	1997	3.1	M12	
Keith & Sally Prather, Penn Yan	1998	4.2	B3	
Frederic Salvante, Downsville	1996	1.2	M30	
Guy Schwartz, Downsville	1993	3.0	M30	
Eric Shatt, Dryden	2004	1.0	M15	
Gary & Penny Shaw, Marion	2002	2.1	M13	
Jim & Diane Sheehe, Arcade	2002	2.2	M4	
Richard Starr, Macedon	1993	3.8	B2	
Irene Szabo, Mt. Morris	1987	20.7	B3, M4, M12	
Michael & LouAnne TenKate, Dryden	2003	6.5	M18	
David Thompson, Deposit	2001	1.5	M27	
James & Judith Willing, Branchport	2000	5.6	M11	
Peter & Dee Wybron, York	1995	5.9	M10	
Ed & Mary Zemanick, Hammondsport	2000	4.8	M11, M12	

Trail Topics...

(Continued from page 18)

New spur trail on Mt Washington

Nathan Sermons, a Boy Scout from Hammondsport Troop 18, has completed his Eagle Scout project which was to build a spur trail from the Glenn Curtiss Museum located on NY Route 54 near Hammondsport, NY to the Finger Lakes /North Country Trail high on Mt. Washington. The Glenn Curtiss Museum honors the memory of that early aviation pioneer from Hammondsport who made many important contributions to aviation and other endeavors between 1901 and 1930.

Nathan, working with other Scouts, adults and leaders from Troop 18, completed the one and a quarter mile trail which starts at the museum and is now ready for hikers. It crosses NY Route 54 and heads up, at a rather gradual climb with several switchbacks, until it reaches the first view of Keuka Lake at 0.45 miles. It continues up the hill until it reaches the second view point at 1.06 miles. With a further climb, a hiker will reach the bivouac area at 1.17 miles and in just a short distance, at 1.24 miles, the Finger Lakes/North Country Trail. A trail register is located at this junction point. Several benches are being constructed and will be located along the new trail.

Tom Noteware was the key contact between the Finger Lakes Trail Conference and Nathan. Tom provided guidance as to design and construction so the trail would meet Conference standards. With thousands of visitors annually coming to the museum, we are sure many will climb the hill to get a very nice view looking north up Keuka Lake and of the surrounding landscape.

More information on the Glenn Curtiss Museum can be found at www.linkny.com/curtissmuseum or at 607/569-2160.

Big trail reroute in Sugar Hill State Forest

In the fall of 2002, the Finger Lakes Trail Conference (FLTC) was told by the Department of Environmental Conservation (DEC) that a "failed larch plantation" was going to be logged on both sides of the trail on old Locust Lane (M-14, Sugar Hill State Forest, west of Watkins Glen). Knowing that the logging would negatively impact the trail and would lead to an increase in the horse traffic that was already damaging the trail, Lynda Rummel, the FLTC's regional coordinator for the area, discussed the possibility of rerouting the trail with the DEC. Lynda had just begun

to scout out rerouting possibilities when Bill Menke, Trail Foreman for the North Country Trail Association (NCTA), identified 13 segments in western/central New York (ranging from 0.3 mile to 2.3 miles in length) that should be recommended for decertification as North Country National Scenic Trail (NCT), because they were coincident with trails (or old roads) on which snowmobiles, handicapped ATV users, or other motorized vehicles were officially allowed.

Since some funding received by the FLTC from the NCTA is tied to certified miles of trail, potential decertification was immediately understood to be a problem. A number (including the longest) of these decertifiable segments were in the Sugar Hill area; several of them were immediately to the north and west of the logging area; and since, as the DEC's Regional Forester put it, "rerouting a 3-foot wide hiking trail is a lot easier than rerouting a 8'-wide horse trail," suddenly a half mile little reroute around a logging area grew into a major 5-mile trail rerouting project.

At the same time, the FLTC's Trail Management Committee assembled a new subcommittee to focus on certification initiatives and decertification problems, and Lynda became its chair. With the help of Tom and Donna Noteware (the other members of the Certification Committee), Forest Ranger Bill Meehan, and students from the Bob Marshall Club at SUNY's College of Environmental Science and Forestry, Lynda spent the next year or so scouting, rescouting and flagging potential routes from just west of the Sugar Hill Fire Tower to just north of Ebenezer's Crossing (at Templar Rd.) on the other side of CR 21. [See Rummel's article on the page 24.] While the scouting was underway, the DEC announced a new logging operation that eliminated several potential routes to the north of old Sickler Rd., so the eventual solution was to reroute the trail to the south of where it currently runs, through entirely new territory. In addition to the DEC, four generous private landowners gave permission for the trail to cross their property.

Rummel, with help from Tom and Donna Noteware and Bill Meehan, began physically clearing the reroute last August. When it reached the point where some serious heavy lifting was needed, the FLTC Trail Management Committee agreed to sponsor a work weekend that would focus on tackling the last major barriers to trail completion.

The FLTC-sponsored trail-work weekend at the Sugar Hill Recreation Area, May 14th -16th met all work

objectives – and then some. In fact, work went so quickly that most of the side-hilling and trail construction along Glen Creek (on the east side CR 21) was finished by early afternoon Saturday -- which was very fortunate, because within minutes the clouds burst and torrents of heavy rain began to fall. As Glen Creek and its tributaries began to rise and run brown, the stability of the construction was put to its first test, and most everything survived remarkably well. As planned, most of the rainwater ran right across and off the new trail. The trail builders were not so fortunate, however, and John Q. Smith, Bob Dickey, Ralph Loehr, Lynda Rummel, Howard Beye, Bill Meehan, and Molly Slothower and her Ithaca-based Venturer crew (Michael Collin, Brady Quirk-Garvan, Sam Slothower, Tyler Hall, Yahn S. Fay, and Roger Slothower) all had very wet boots by the time they got back to their cars. Up on a nearby hill, Tom Noteware, Donna Noteware, Joani Smith and Fiona were clearing and finalizing another section of the reroute when the storm hit; they, too, got drenched, but they completed their task, as well.

No rain the next day, so the Sunday team broke into two groups to finish the rest of the work. Bob Dickey, John Q. Smith, and Howard Beye set in four Carsonite posts at places where the reroute crosses CR 21 and the old trail; and Gil Fix, Jean Gerow, Bill Meehan, and Lynda Rummel worked on the west side of CR 21, sidehilling the reroute on both sides of upper Mead's Creek, putting in water bars, and laying stepping stones across wet areas.

Many things remain to be done, including finishing off a couple of wet hemlock areas with mini bridges, brushing out the new growth from the new trail tread, building dodgeways where the trail crosses into and out of private property, finishing signage, and blazing the new trail and “de-blazing” the old. However, the reroute is a lot closer to completion today than it was before the weekend's efforts, and we still hope to have it open for hiking before the first of summer. Until then, the current trail may still be used. □

Howard Beye



The Crew: FLTC-sponsored trail-work weekend at the Sugar Hill Recreation Area, May 14th –16th



Walking Through Time in New York: #5 in a series

The Shoo Fly Road Walk and Old Puff's Path

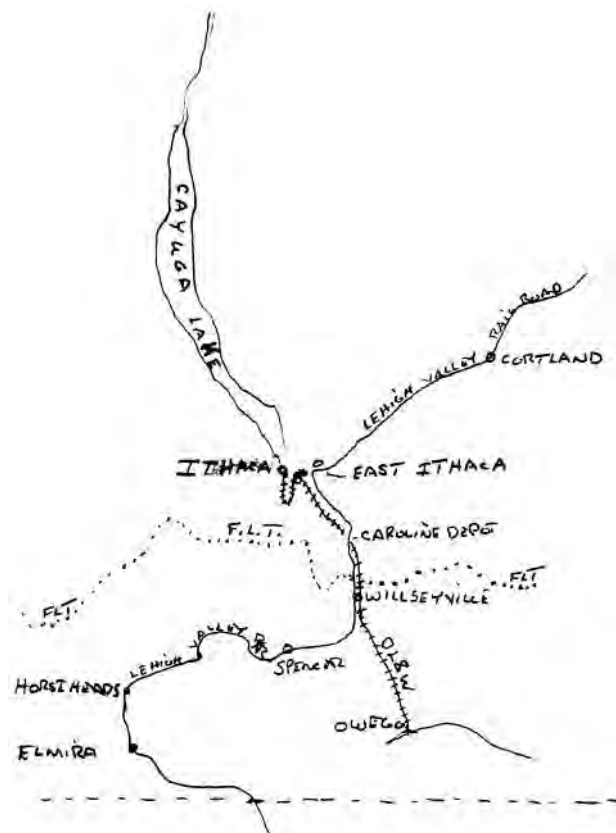
by Tim Wilbur

The Lehigh Valley and the Delaware Lackawanna & Western Railroads each played a contributing role on M-18 of our Finger Lakes Trails System. Steam engines named "Shoo Fly" and "Old Puff" used to bring their cargo through the Willseyville Creek area southeast of Ithaca where we now hike a section of both these abandoned parallel rail beds.

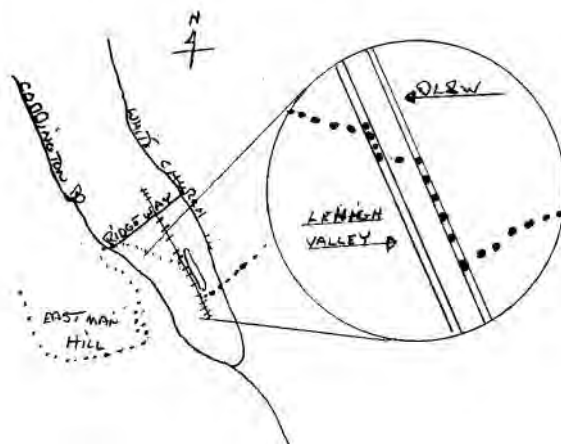
The year was 1875 when the Utica, Ithaca, and Elmira

levels did not live up to expectations with foreclosures taking place in 1878 and again in 1884. The new owner gave the line a new name, the Elmira, Cortland & Northern. One nickname probably brought about by the swampy area of Willseyville Creek was the Shoo Fly Road. Even one of the engines that traversed these rails was named the Shoo Fly. The pundits of the time called the EC&N the "Empty, Crooked and Nasty", a reflection of traffic levels, and the condition of the track.

This route saw one more ownership change in 1896 when the Lehigh Valley took over the line. By 1935 the Lehigh Valley had several other through routes in



Railroad decided to extend its tracks that ended in East Ithaca (coming from Cortland) and build southward through Willseyville Creek eventually ending up in Horseheads. The finished line claimed to have the easiest and fastest coal route from the Pennsylvania coalfields to Utica, NY. However traffic



Tompkins County but the one through Willseyville Creek was the least profitable and the rails and ties were removed.

A stone's throw away (to the east) is another railroad bed of which we use a longer portion. It is that of the original Ithaca and Owego Railroad completed in 1834. Its goal was to be link between the waters of the Susquehanna River and Cayuga Lake whose northern outlet of the Seneca River linked to the Erie Canal system. This rail line was unique, since the final leg of the steep drop into Ithaca used two inclined planes to enable trains to climb 593 feet to South Hill in less than a mile. In the beginning horses pulled rail cars uphill there, on steeply slanted primitive tracks of mere strap iron on wood rails, before the arrival of

(Continued on page 23)

Old Puff in 1840, the line's first small steam engine.

The line fell into receivership in 1843, unable to pay back the loans it took to build the line. New owners brought about a name change, The Cayuga & Susquehanna. The strap iron rails were replaced with the new all iron "T" style rails and the inclined plane was replaced with a switchback off South Hill. A switchback technique was common for temporary logging rail lines but is a rarity as a permanent installation for a northeast railroad.

The Delaware, Lackawanna & Western (DL&W), a coal-hauling railroad, saw great potential when it leased this 34-mile line that ran through the Willseyville Creek, so much so that by 1855 it was officially absorbed into the DL&W system and referred to as the Ithaca Branch.

By the latter 1800's the DL&W had acquired the line through Blodgett Mills (M-20) linking Binghamton to Syracuse and another rail line from Binghamton that

went through Oxford (M-22) heading northeast to Utica diverting much of the coal traffic that once headed for the barges at Ithaca. The seasonal barge traffic itself was in steady decline due to advancements in the rail industry and the many railroads crisscrossing the land. Coal itself would eventually be dethroned as customers were switching over to oil. The "rubber revolution" claimed much of the passenger service as well as the milk industry switching to trucks. Ithaca was served by another rail line and by 1956 the "Lackawanna" was having its own problems both system wide and justifying service to the Ithaca Branch. With only a few customers left, abandonment papers were filed and by 1957 the tracks were torn up. It was the first railroad to come through Willseyville Creek and the last to leave.

For the railroad enthusiast there is not much left to see of either line other than the embankment and the small

(Continued on page 24)

Pre-registration

Celebrate the Catskill Preserve's 100th Anniversary at the Fall 2004 FLT Campout in the Catskills September 24-26 at Frost Valley

The Finger Lakes Trail Conference has reserved 60 spaces for the Fall Campout at the Frost Valley YMCA Camp. Frost Valley is in an idyllic setting, nestled in the Catskills. It is a top-notch facility and will offer both comfort and serve as a gateway to great hiking. Included in the "package" is 2 night's housing (bunk houses) and 5 meals (fee will be \$105-\$131 per person depending on which "bunk house"). Since there are no nearby motels or campgrounds, it would impractical for attendees to stay elsewhere. We may NOT be able to get more slots, and the reservations will be first come, first served. To reserve your spot, please fill out your name(s) and address below, and return to the FLTC with a \$25/person deposit (deposit would be refundable if a replacement can be found). You will be asked to finalize your reservation and pay the balance due by September 3. Full information will be mailed to all members in early August.

If you have questions, please contact the FLTC service center at 585/658-9320, or email Scott Lauffer (slauffer@stny.rr.com).

Name(s) _____

Address _____

City/State _____ Zip _____

Phone _____ Email _____

Amount enclosed \$ _____

SUNY ESF Students Help with Reroute

by Lynda Rummel

On a very cold and rainy April 25th, five undergraduates — Rachel Ruppel, Rebecca Dionne, Brett Kelly, Mike Illig, and Christopher Weikart — from the SUNY College of Environmental Science and Forestry at Syracuse University drove 2-plus hours through lousy weather — and overcame the consequences of an inaccurate gas gauge — to help Region 8 Forest Ranger Bill Meehan and FLTC members Tom Noteware, Donna Noteware, and Lynda Rummel work on rerouting the main trail through the Sugar Hill Recreation Area (M-14). Three of the students helped Rummel and Meehan lay down a 15' stone "walkway" across a soggy area on the east side of Schuyler Co. Rd. 21 while the other two helped the Notewares clear



Trail Builders (l to r) — Mike Illig; Brett Kelly; Rebecca Dionne; Rachel Ruppel; Christopher Weikart; Donna Noteware; Tom Noteware

recently flagged trail on the west side of the road. The students are members of the Bob Marshall Club; club members also helped work on the reroute last year. The total length of the reroute is approximately 5 miles. □

The Shoo Fly Road Walk and Old Puff's Path...

(Continued from page 23)

pebbles of coal cinders on which we walk. You might locate a forgotten tie or see a cement footer that once supported a signal or warning sign. On a hot summer day you can smell the creosote that has permeated the ground. The Lehigh Valley railbed, except for our short section maintained by The Cayuga Trails Club, is mostly overgrown with junk trees and brush. The Cayuga Trails Club also maintains the Lackawanna bed which is used by snowmobiles in the winter. □



Lehigh Valley, foreground, DL&W background. Tim, with wife Nancey's help, was working on this article way back last winter.



Profile of the Triple Cities Hiking Club

Greater Binghamton & Broome County NY

by John Wiley

Editor's Note: This is one of an occasional series of profiles of the clubs that sponsor and maintain the Finger Lakes Trail. In the Fall 2003

issue we profiled the Foothills Trail Club of the Buffalo area. Now we'll jump across the state to the Binghamton area.

A remembrance from somewhere: "...a crooked man who went a crooked mile, and found a crooked sixpence on a crooked stile..." On the spring evening in 1963 when the Triple Cities Hiking Club voted to support the Finger Lakes Trail, most would hardly remember having heard the word "stile" and fewer would know what it was or what long term efforts it would mean in future maintenance of the Finger Lakes Trail. Our 43 miles of trail include innumerable stiles, steep, road routed trudgery, scenic waterfalls, and lots of mud. Also included are some work makers such as the red pine plantations conscientiously installed by the CCC during the 1930's. These have recently achieved an age where their tap roots, thwarted by our shale and hardpan, can no longer support the weight and are providing challenge and amusement for our chain-saw owners. Annual spring maintenance chores attract a group which clears all winter deadfalls and debris. Other work is performed by the five "Trail stewardesses" and seven "Trail Stewards" who maintain blazes, mow grass, and cut brush as required during the summer and fall.

The Sunday Hike is now our most popular activity and takes place faithfully at 1:00 p.m. every Sunday. This was in fact nearly the entire scope of activity when the club was organized in 1947, and regular scheduling was not introduced until thirty years or so later. Hikes were scheduled when someone volunteered to lead or more often when the club officers appointed someone, but no attempt was made to provide a weekly event.

but no attempt was made to provide a weekly event. These outings, sometimes referred to as "moving cocktail parties", are usually three to five miles in length and seldom take more than two hours. The cocktail party appellation is perhaps no longer appropriate as alcohol was banned some years ago due to concerns about hypothermia, but in the 1960's a wineskin was standard equipment on these affairs and the social ambiance remains. Other rules are few, but it was found years ago that one individual in the habit of



Life member Ed Page and Elwyn George build a STILE for the initial FLT construction.

reading a paperback while hiking invariably got lost, and reading while hiking was deemed unacceptable. The custom of ending the Sunday hike in a bar room seems to have been a casualty of demographics rather than of health and safety concerns as the 20-something group has evanesced. Mother nature always provides fine weather, with snow in winter for the skiers, and of course the usual Central New York solid cloud cover to shields us from dangerous ultra-violet radiation.

A staple activity since the 1950's has been weekend trips to the Adirondack and Catskill Mountains. Johns Brook Lodge and Camp Peggy O'Brien are on the

(Continued on page 26)

Triple Cities Hiking Club...

(Continued from page 25)

schedule each year for hiking, backpacking, snowshoeing and cross-country skiing. Several members have achieved “Adirondack 46” and “Catskill 35” status and a number have completed the entire Finger Lakes Trail. Formerly, there were also trips for alpine skiing at Gore Mountain and nearby Haskells Bar at Piseco Lake, but this activity has been abandoned with the advent of the Triple Cities Ski Club. Inception of the Awhaga Canoe Club has eliminated canoeing from our list of activities, although it was once quite active with groups of 20 or more on Racquette Lake and the Delaware River. Reports that canoe trips were eliminated after the club president capsized going over Skinner Falls are unfounded. Catskill backpacks and overnights have also evolved into one-day affairs, leaving at dawn and returning after dark. Catskill backpacking is a casualty of improved transportation, not of a well remembered



The club's second hike in 1947 shows fashionable woodland attire for the times. A fedora is actually a quite practical hat for keeping off the sun and light rain. Should we consider bringing them back?

affairs on two or three Saturdays per month during the season, and is a frequent adjunct to the Sunday Hike. A usually annual feature is the FLT Waterfall & Cookie Hike through a 10-mile scenic section of the trail on a sunny Saturday.



Members enjoy a fine view of the Labrador Valley on the Onondaga Branch of the FLT. This is the 2004 “Cookie Hike”.

porcupine incursion at Plateau Mountain Lean-to as has been suggested. Cross-country skiing, once the province of Europeans and a few eccentric Californians, now receives greater participation than the alpine skiing it supplanted. It involves all-day

Sunday hikes, longer Saturday hikes, and mountain weekends are all scheduled by a 12-member board of directors. This group also plans meetings, maintains financial controls, and establishes policy. Their most important activity is the assemblage of the 3-times yearly hiking schedule. All board members are responsible for one or more Sunday hikes, while the longer Saturday hikes are led by volunteers as are the Adirondack and other weekends. Although nominally elected, this group is actually composed of dedicated members who volunteer or are aggressively recruited. Party planning is a major function of the board of directors, and two annual dinner meetings are scheduled, usually with an outside speaker. Plans for

future changes in direction have been minimal as the club membership has remained fairly stable at about 200 for over a quarter century, despite a decline in the local population. As hiking continues to increase in popularity, expanding our activities is expected. □

Membership Anniversaries

The Finger Lakes Trail Conference thanks the following members for their sustained support over the years. Members are recognized with a “rocker” patch at each of the five year milestones.

40 Years

Gary E. Klee, Walton
William & Caroline Penn, Baldwinsville
Mona J. Rynearson, Newark
Triple Cities Hiking Club, Johnson City

35 Years

Helen D. Brooks, Rochester
Sierra Club - FL Group, Ithaca

30 Years

Eugene H. Staiger, Alfred Station
Sterling & Jean Weaver, Pittsford
Mary L. Years, Wolcott

25 Years

William S. Coffin, Chittenango
Kenneth R. & Monique Dunham,
Rochester
John Fitzmorris, Rochester
Bruce Krizan, Binghamton
Marguerite Lafayette, Guilford
Donald & Lee Trow, Binghamton
Georgianne Vyverberg, Naples
Hilda H. Young, Camillus
David & Barbara Zimmer, Fairport

20 Years

H. Clifford & Doris F. Abbott, Spencer
Peter G. Bushnell, Webster
Hudson A. Close, Elmira
Douglas Deuel, Endicott
Herbert B. Haake, Endwell
Ray Kuzia, Newark Valley
Richard & Gloria Long, Ilion
David & Michelle Maker, Dansville
Donald C. Nelson, Warsaw
Anthony Preus, Binghamton
Mr & Mrs Raymond Sanger, Ontario
Robert H. Suss, Voorheesville
Dr. Ann G. T. Young, Rochester

15 Years

Richard E. Adams, East Syracuse
Michael & Nancy Alspaugh, Buffalo
Roger & Dawn Ashworth, Bainbridge
Sandy & Bill Ballard, Norwich
Larry & June Bates, Bath
Dennis & Linda Bender, Hilton
Walter H. Burgess, Jr, Wolcott
Roberta B. Call, Oakfield
Virginia Dewald, Rochester
Kathleen L. Eisele, Syracuse
Jeff Gage & Sue Robertson, Beaver
Dams
Robert & Engelke Heggie, Penn Yan
Ethyl Hittle, Tonawanda
Mark & Susan Hittle, Lewiston

Guy Johnson, Jr, Spencer
Calvin F. & Ruthie Lane, Burdett
Margaret D. Lincoln Port, Charlotte, FL
Curtis & Cheryl Lindahl, Webster
Lucinda Sangree & Marge Forth,
Rochester
Gary L. & Penny Shaw, Marion
John & Dorothy Sholeen, Newfield
Mrs. Doris T. Stickney, Rochester
Duane Younglove, Red Creek

10 Years

Luise Levine, Geneva
Bruce & Lee MacDuffie, Oxford
Paul D. Mitchell, Rochester
Wilfred D. & Maria E. Oliver, Lakeville
Judith D. Oplinger, Syracuse
Linda Parlato, Collins
Robert H. Plaskov, Esq, Bath
David & Merideth Reddall, Wellfleet, MA
Laurie A. Root, Oxford
Annette Schaff, Penfield
Joan Schumaker, Dalton
David C. Schwaner, Rochester
Phillip Stanton, Seneca Falls
David A. Sundean, Edinboro, PA
Terry Swank, Horseheads
Grant Thomas, Dundee
Robert & Sherry Volks, Alfred Station
Edward & Eudora Walsh, West
Haverstraw
Thomas K. Witt, Rochester
Susan Yee, Rochester

5 Years

Ron Abraham & Family, Belfast
Donald G. Beattie, Commerce, MI
Henry and Louise Beetz, Wayland
Heidi Bellenger, Rochester
Larry & Susan Blumberg, Johnson City
Tom & Michele Bryden, South New
Berlin
John M. Carter, Wellsville
Robert E. Casse, Norwich
Catskill Outdoor Ed. Corps, Delhi
Jim & Sharon Chambers, Williamson
Suzanne Cohen & Philip Davis, Ithaca
Andrew Coleman & Family, Vestal
J. John & Carolyn Dancy, Pittsford
JoAnn Doerr, Buffalo
Keith Ebbecke, Conesus
Gilbert Fix, Rochester
Kathleen M. Foote, West Seneca
John M. Frandsen, Jr, Spencer
Thomas Frey, Rochester
Fred Gee & Family, Norwich
Andy Harrington & Robyne,
Fairbanks, AK

Jerome & Mary Louise Huff, Rochester
Rob Hughes & Family, Cohocton
Theodore L. & Joan Hullar, Ithaca
Warren R. Johnsen, South New Berlin
Brian, Liana, Jacob & Logan Klumpp,
Groton
Jay F. Kunzler, Canandaigua
Kerri L. Kutniewski, Canandaigua
Ed & Mary Loesch, Branchport
Carl & Nancy Luger, Alfred
Ted & Peg Markham, Bath
Charles B. Marquardt, Alpine
Catherine D. McDonald, McGraw
Robert Meiler, Lockport
Kevin J. Millar, Owego
Willis H. & Kathanne Mitchell,
Canandaigua
David, Laurel & Peter Newman,
Honeoye Falls
Donald & Pat O'Brien, Binghamton
John Palocy & Monica Tyne, Rochester
James Peek, Bath
Charles L. Rainwater, Hornell
Mark Ramsden & Family, Jordan
Donald Riplinger, Rochester
Lawrence W & Marcie Robinson, Ithaca
Dr. Lorne A. & Ellen Runge, Syracuse
James P. Russell & Family, Ontario
Betty & Fred Schaeffer, Rochester
Dr. Alan J. Seltzer, Elmira
Diane L. Smith, Corning
David & Amy Vangellow, Naples
Jeanne B. Walsh, Oxford
Barbara T. Walzer, Syracuse
Martha Zettel & William O'Neill, Rush
Janet Ziebur, Binghamton

Little Rock City...

(Continued from the back cover)

The trail eventually takes you to the end of Little Rock City Road where there are several single-picnic table shelters and a porta potty. Once you get to the road, you have two options: follow the road about a half mile north until you see the trail head left into the woods. In a short ways you'll come to the trail junction with the "19" marker, and turn left to complete the hike. The other, more interesting option is to head back into the rocks at the east end of the loop and follow the large passage that parallels the road. Eventually you will bump into the FLT as it crosses your path; head east on the FLT to the "19" marker.

When you get to a trail junction marked "18", you can take a slightly different, shorter route back to your car. At the junction, go left and follow a red-disked trail instead of the white-blazed FLT. The trail will quickly turn to the right; don't miss the turn, as who knows where you will end up. The red trail is well marked and will lead you back to the west end of the Camp Seneca parking area, cutting about 0.3 miles off the return trip. This trail is part of the state forest system but not part of the FLT.

A short, three-quarter mile hike can be made by parking at the end of Little Rock City Road, and taking the pink-painted/red-disked nature trail from the south end of the parking area. The blazing needs a little refreshing here, so look far ahead into the woods for blazes. Follow the pink trail until you hit the "19" sign, turn left and follow the FLT for a short ways, then turn left again up a wide alley in the rocks. Keep heading south until you come out by the parking area, slightly east of where you started. Follow the cautions regarding footgear described in the longer hike.

For those wishing to stay in the area, Camp Seneca is an old CCC Camp that the DEC maintains as a no-fee day use and overnight camping area. Some sites are suitable for a camper, while others are suitable only for tents. Each site has a picnic table and a fire ring or a cooking grill. All sites have at least some shade, and some are right in the woods. There does not appear to be any water on site, so bring your own. There is one porta potty and one covered picnic area with a couple of tables. There are commercial camping areas and motels nearby also, as well as Allegany State Park a few miles to the south. There are many attractions in the area, as well as plenty of hiking on the FLT, so bring the family and enjoy a weekend together exploring. □

The Call of the Woods By Edgar A. Guest

I must get out to the woods again, to the whispering trees and the birds awing,
Away from the haunts of pale-faced men, to the spaces wide where strength is king;
I must get out where the skies are blue and the air is clean and the rest is sweet,
Out where there's never a task to do or a goal to reach or a foe to meet.

I must get out on the trails once more that wind through shadowy haunts and cool,
Away from the presence of wall and door, and see myself in a crystal pool;
I must get out with the silent things, where neither laughter nor hate is heard,
Where malice never the humblest stings and no one is hurt by a spoken word.

Oh, I've heard the call of the tall white pine, and heard the call of the running brook;
I'm tired of the tasks which each day are mine; I'm weary of reading a printed book.
I want to get out of the din and strife, the clang and clamor of turning wheel,
And walk for a day where life is life, and the joys are true and the pictures real.

Submitted by Gary Shaw, "It is one of my favorites and captures the way I suspect others think about the FLT."

End-to-End Update

by Edward J. Sidote
FLT End-to-End Coordinator

End To Enders

The total number of End to Enders remains at 171 as there have been no new additions as yet in 2004. The following are additions to the list of End to End aspirants:

Carl Daiker, Middletown
Ray Ward, Waynesboro, VA
Jacqui Wensich, Pittsford
Robert Richer, Horseheads
David Zanzalari, Bellefonte, PA
Georgeanne Vyverberg, Naples

Ray Ward started backpacking the FLT on Tuesday 05-11-04 from the Claryville end (east end). He is sending emails frequently to the on-line "trail journals.com". Larry Blumberg notified the FLT egroup and TCHC egroup that the articles can be found at: <http://trailjournals.com/entry.cfm?id=59724>. Jim DeWan relayed Ray's first article to me via email and I enjoyed reading it.

I received progress reports from the following hikers on my end-to-end list:

Bill & Kristin Allen, Arkville
Debra Barnell, Yorkville
Loretta Bednarshik, Glenmore, PA
George Cook, Syracuse
Christofer Clark, Binghamton
Douglas Cunningham, Brockport
Carl Daiker, Middletown
Carrie French, Avoca
Edison Gardner, Jr., Peru
Michele Gonzalez, Dryden
Barbara Hackett, Churchville
Chris Hoffpauir, San Antonio, TX
Joan Jedele, Freeville
Deborrah Patterson, Fulton
Michael Whelsky, Fulton
Robert Richer, Horseheads
Kurt Ramig, New York City.
Betty Schaeffer, Rochester
B. T. Trembath, Churchville
Georgeanne Vyverberg, Naples
Carol Watts, Rochester
Jacqui Wensich, Pittsford
David Zanzalari, Bellefonte, PA

If you have decided not to hike the FLT from end to end, please let me know via email, or snail mail so I

can remove your name from my list.

If you are an End to Ender and have not joined the FLTC, please give serious consideration to joining to help us continue to maintain our trail system and information services. In addition, consider a gift membership to a hiking friend as he or she will love our new expanded magazine.

Car Spotters

There have been no additions to the car spotter list by me. However, Gene has a volunteer, Jacqui Wensich, who has just completed revising my current list. You can request a copy from the FLTC's Service Center in Mt. Morris.

Dog Dazer

I read all the recent email comments and suggestions on the egroup concerning unleashed dogs. However, when I was attacked suddenly, and unexpectedly, by a German Shepherd and knocked to the ground and bitten on my abdomen, left hand, and left leg, I did not have time to search for a dog biscuit, or to say, "good doggie, good doggie", or to use any type of spray, or to hit him on the end of his nose with my walking stick. However, if I had been carrying my Dog Dazer around my neck I could have used it to stop him from continuing to attack me. This dog was on a sturdy chain and invisible until he attacked me. The dog owner had a very difficult time getting his dog off me. Email me for the address to purchase a Dog Dazer.

Bears

If you attended the Spring Outing you heard Lou Berchielli's excellent talk and slide show about bears in New York State. He said the bear population is increasing above the NY/PA border as bears are migrating into New York from Pennsylvania. My End to Enders reported more bear sightings and signs to me in 2003 than in previous years. I am keeping a list of sightings and sign.

There is presently a discussion going on in the D.E.C. about making bear canisters mandatory in certain sections of the Adirondacks due to backpackers losing their food. There will be a public hearing on this before canisters become mandatory.

I called EMS in Vestal about bear canisters, but they do not stock them and referred me to EMS in Albany.

(Continued on page 30)

Sidote, End-to-End Update...

(Continued from page 29)

who have them for rent for only \$5 whether it is for a day, a month or more. They cost approximately \$40.

If you are going to backpack the FLT I suggest that you at least consider renting a canister rather than risk losing all your food, possibly having your backpack destroyed, and possibly suffering personal injury. You might even have to abort your hike... It's a long way to a store from Cabot Mountain in the Catskills.

Shinhopple Store

I called Al Carpenter at his Downsville Store, and asked him if his father's store in Shinhopple was still operating. He told me that the store, Al's Wild Trout Sporting Good Store, closed after his father's death. I will miss stopping in there to chat with the older Al.

FLT egroup

If you are looking for hiking partners, I suggest that you join the FLT egroup so you can send out email requests for hiking partners that lack the same maps that you do. Also it is a faster and easier method of locating a car spotter. It can be difficult to reach people on the phone.

Thank you

I want to thank the Recognition Committee and any others involved in selecting me to receive the newly created Howard Beye Lifetime Achievement Award

which was announced by Irene Szabo at the Spring Dinner and awarded to me by Howard Beye.

When I consider there are around 1100 FLTC members, many, many of whom have contributed a great deal to the current status of the FLT, it is really overwhelming to me that I am the first recipient of this special award.

Again, my thanks to all who were involved in selecting me for this award. I will try to continue to be worthy of it.

Excerpt from a trail register notebook

09-16-02, 9:50 am: Today is the first time I've been back on the trail since I finished my thru hike 05-30. Now I know what has been missing again in my life. I believe some of us trail "walkers" are social outcasts and only here do we feel welcome. Thank God for the woods. Long Beard said that!!!

Happy Hiking!

Edward J. Sidote

5 Clinton St., Norwich, NY 13815-1903

607/334-3872

ejsidote@mailstation.com (at my home)

jcaezza@adelphia.net (for attachments and photos)

Sheriffs' Departments along the Trail

A year and a half ago there was a flurry of messages to the FLTC's egroup concerning trailhead parking, occasioned by a message from an indignant father whose son and his friends were left stranded in winter when their car was towed from the trailhead. The e-discussion branched out to other problems associated with trailhead parking, with some members disclosing ingenious "kits" they used to make it look like their car belonged to a tough guy whose car better not be messed with. Lt. Tillmen, an Ontario County Sheriff, advised against the kits, but suggested the local sheriff's department be advised if a car is to be left at a trailhead overnight. The list of sheriffs' phone numbers appears here. Cut these out and save them for future reference.

New York State Sheriffs' Association

518/434-9091

Upon request, they will send you a card with current sheriff phone and fax numbers.

Allegany	585/268-9200	Niagara	746/438-3370
Broome	607/778-1911	Onondaga	315/435-3044
Cattaraugus	716/938-9191	Ontario	585/396-4814
Cayuga	315/253-1222	Schuyler	607/535-8222
Chenango	607/334-2000	Seneca	315/539-9241
Cortland	607/753-3311	Steuben	607/776-7571
Delaware	607/746-2338	Sullivan	845/794-7100
Erie	716/858-7608	Tioga	607/687-1010
Genesee	585/345-3000	Tompkins	607/257-1345
Livingston	585/243-7100	Ulster	845/340-3802
Madison	315/366-2318	Wyoming	585/786-8989

President's Hike

Sunday, July 11

Matt Underwood, 585/458-2095

The Annual FLTC President's Hike will be held on Sunday July 11, 2004. The hike will be on map M-11 (in Steuben County, near Howard between Hornell and Bath). We will hike from access 2 to 5 (3.9 miles) on NCTA certified trail. There will also be the option of adding on a 4.5 mile road walk from access 5 to 7 for aspiring End to Enders, making for a total of 8.4 miles. The hike will meet at 10:00 A.M. at access 2.

Erv Markert Hike

Saturday, August 14, 2004

Mary Domanski 716/675-9642

The annual Erv Markert Hike will take place along the FLT/NCT/Conservation Trail and unmarked trail in the Ellicottville area. Several activities have been planned. The entire hike will be approximately 6.4 miles. A shorter option of 4.4 miles will be possible.

Hikers and guests will participate in a dedication ceremony at 10:30 off Route 240 and Fancy Tract Road. The section of trail from Brennan Road to Rt. 240 is being dedicated to the memory of Evart 'Ev' Hittle. Ev was a member of the FLTC and the Foothills Trails Club for many years. He served as treasurer for Foothills, did trail work, lead hikes and even acted as a guardian angel for out of town hikers. Ev was ever the true gentleman.

The Boy Scouts of Troop 1776 from Orchard Park, NY (also trail stewards on map CT-4) will be color guard for the ceremonies. Hand carved signs designating this section will be unveiled.

Hikers will then head toward Wieder's shelter (a National Trails Day 2000 project) on Roszyk Hill for a taste of chili.

Meet at 8:30 at the trailhead on Roszyk Hill Road, refer to map CT-4.

See you on the trail...

Naples, NY Creek Walks

Saturday, July 31

Mike Widzinski 716/651-0545

In the heart of Finger Lakes wine country are numerous scenic creeks cutting their way down to Canandaigua Lake. We'll hike up 2 of them, passing pretty waterfalls, cliffs, and canyon walls. Definitely bring your camera for the many outstanding photo ops! No technical climbing skills are required, but you must be comfortable scrambling up a couple rocky slopes. We'll leave at 9:30 from the Transit Rd./Thruway Park & Ride (Depew, east of Buffalo). We'll start hiking from the Conklin Gully Trailhead on Rt. 245 at 11:30. Organized by the ADK and Foothills Trail Club. **Please call ahead.**

ADK Fall Outing

September 17-19

Ken Harbison, 585/442-9731

The ADK Fall Outing will be held on September 17-19, centered in the Rochester area. There will be 39 trips, mostly hiking, but including some paddling, bike, and bike-and-hike events. Six will be on sections of the FLT and its branch trails. The various events will be held in the Rochester area, Letchworth, the Finger Lakes, and in Western NY. There will also be workshops, including ones on Lightweight Backpacking and Backcountry Cooking, which may be of interest to FLTC members. **It is not necessary to be an ADK member to participate in the Outing.**

Full information, including a registration form, can be obtained on-line by going to gvc-adk.org and clicking on EVENTS and then ADK FALL OUTING. Alternatively, a brochure can be obtained by contacting Ken Harbison at kharbiso@rochester.rr.com or at 585/442-9731.

The Genesee Valley ADK chapter has long been involved with the FLT, and was responsible for laying out the trails in the Hornell-Bath area. Currently, Margaret and Ken Reek of this chapter maintain a section near Hornell, and led a trail maintenance trip there on April 17. Together the various ADK chapters maintain a whopping total of 169.5 miles of the Finger Lakes Trail system.

New Products from the FLT Store



Polar Fleece Vest in forest green with embroidered FLT Logo, M, L, XL, XXL
\$32.00 (\$28.00 Members)

A few jackets in M, L, or XL available (Regular price \$39, Member Price \$35)



Duofold VariTEC long-sleeve t-shirt in weathered green with green FLT Logo, M-XL \$20.00 (\$18.00 Members)



Duofold VariTEC short-sleeve t-shirt in weathered green with green FLT Logo, S-XL \$18.00 (\$16.00 Members), XXL \$20.00 (\$18.00 Members)



Duofold VariTEC short-sleeve t-shirt in gray with green FLT Logo, S-XL \$18.00 (\$16.00 Members), XXL \$20.00 (\$18.00 Members)

FLT STORE ORDER FORM

Name		Phone
Address		Email
City	State	Zip

Item Description	Size	Qty	Price Each	Total
Merchandise total:				
Add your local sales tax:				
Shipping and handling (\$2.00 per item for this promotion)				
GRAND TOTAL:				

☐ Check enclosed (payable to FLTC)

☐ Please charge my credit card (Visa or Mastercard accepted)

Charge card number

Expiration date

Name on card

Signature

Please mail or phone your order to:

Finger Lakes Trail Conference
6111 Visitor Center Road
Mt. Morris, NY 14510
585/658-9320

Questions?
Call, or email
information@fingerlakestrall.org

FINGER LAKES TRAIL CONFERENCE

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hikinggz@aol.com

Finger Lakes Trail Conference, Inc. Calendar of Events

- July 11 President's Hike. Map M-11, Steuben County.
Matt Underwood, 585/458-2095. See page 31.
- July 31 Naples, NY Creek Walks. Mike Widzinski,
716/651-0545. See page 31. Please call ahead.
- August 5-8 NCTA Annual Conference, Marietta Ohio. For
information: www.northcountrytrail.org/conf04
- August 14 Annual Erv Markert Hike. Dedication ceremony
and hike near Ellicottville. Mary Domanski,
716/675-9642. See page 31.
- August 16-20 Alley Cat Crew #2 based at Shindagin State
Forest.
- September 17-19 ADK Fall Outing. Hiking, paddling, bicycling, and
workshops. Outing headquarters in Rochester
area. Open to the public. Pre-registration
required. Information: www.gvc-adk.org or Ken
Harbison, 585/442-9731. See page 31.
- September 20-24 Alley Cat Crew #3 based at Taylor Valley State
Forest.
- September 24-26 FLTC Fall Campout at Frost Valley YMCA in
the Catskills.** See page 23. Board Meeting,
Saturday, 3 pm.
- November 20 Board Meeting, 10 am. Geneva Chamber of
Commerce Bldg.
- Linda's Kinder, Gentler Long Path Hikes. Contact Linda Cruttenden
(lls_roch@yahoo.com, 585/288-3359) or Jim
Chambers at (315/589-8500,
jamesechambers@hotmail.com)

JOIN THE FINGER LAKES TRAIL CONFERENCE

Name _____

Address _____

City/State/Zip _____ County _____

Phone (____) _____ Email _____

Make your check payable to the Finger Lakes Trail Conference and
mail to 6111 Visitor Center Rd., Mt. Morris, NY 14510 along with this
application.

Annual dues (Membership year runs from April 1 to March 1. Dues paid
after December 31 will be applied to the next membership year.)

Individual \$25 Contributing: receives enamel pin

Family \$30 designating contributing level

Student (full-time; give _____ Pathfinder (emerald) \$45
permanent address) \$15 Trailblazer (ruby) \$75

Youth organization \$15 Guide (diamond) \$100

Adult organization \$35 Life (individual) \$350 (family) \$500

Business/Commercial (includes a listing on the FLTC website) \$75

Special Places on the Finger Lakes Trail

**Little Rock City
Ken and Margaret Reek**

LITTLE ROCK CITY is an intriguing area of conglomerate rock formations featuring house-sized rocks forming a labyrinth of canyons and rooms. This area is on map M-3 near Ellicottville and Salamanca in the Rock City State Forest. We'll describe several hikes of differing lengths – each will give you an opportunity to explore this fascinating area.

The longer hike (5 miles) starts from access point 3 on M-3 at Camp Seneca on Hungry Hollow Rd. This road is paved most of the way from Rt. 242 to the south, but the last ½ mile or so is a “seasonal use road” that is not maintained from December 1 to May 1, making this less viable as a winter hike (at least from access points 2 or 3).

You can pick up a trail heading south from the Camp Seneca parking area that is marked by two large rocks on either side; you will see a bridge about 50 feet into the woods if you've found the right spot. The FLT will join this trail a short distance from the bridge and follow this path. FLT purists can walk to the road and pick up the Trail as it crosses the road just to the south of the entrance to the camp; walk into the woods and meet up with the non-purists. For a while the trail is quite level and wide, then narrows somewhat and follows a long very gradual uphill for a about a mile. The forest canopy provides ample shade, and most of the time you will not hear another human-generated sound, which makes for a very soul-soothing walk.

In about a mile and a half you will start to see some huge rocks randomly scattered near the path. These are just a hint of what is to come in amazing numbers and configurations in another half mile. The trail also changes character at this point, becoming more rock covered, with At two miles from the starting point, you will come to a trail junction marked with a sign with the number “19” on it (we don't know the significance of the number). We'll have you follow the red-disked/pink paint splat-marked nature trail that goes straight. This trail will lead you around the eastern outside edge of Little Rock City. The trail is quite wide and relatively dry, with some bridging over the wetter areas. The beauty of this route is that you can stay on the trail, or go exploring in the



many passageways between the huge rocks. Some lead to interior “rooms”, while others lead to wide passages that run roughly parallel to the nature trail. This would be a great place to play hide-and-seek and the kids would enjoy squirming through some of the narrower passageways and exploring. Give them a whistle so you can find them if you get separated. If you are claustrophobic and/or “amply proportioned” or wearing a large pack, some of these side passages will not be suitable; the main paths should be fine.

Some of the passageway floors are pretty mucky, so be sure to wear sturdy waterproof footgear. Unfortunately we found quite a bit of broken glass in these areas, so sandals are not a good option, and the muck would make it pretty disgusting anyway. Expect it to be wet unless there has been a very long dry spell; in August we found some areas with several inches of really wet, smelly muck.

(Continued on page 28)

**Finger Lakes Trail Conference, Inc.
6111 Visitor Center Road
Mt. Morris, NY 14510**

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