

Finger Lakes Trail NEWS

Spring 2005



www.fingerlakestrail.org

Featuring beautiful
Schuyler County...

- FLTC Spring Weekend 2005
- Cross-County Hike Series:
Schuyler County in 6 hikes
- Catharine Montour's Land

President's Message

Happy New Year to Us by Irene Szabo

We are extremely fortunate to enjoy the dedication and talents of this current Board of Managers, who spent a long day and a half during our annual January retreat at Letchworth State Park wrestling with all sorts of grown-up topics. The "marketing" group created a host of projects designed to tell more people about the existence of our trail, while another group wrestled with Howard Beye's staggering list of jobs that have gradually stuck to him like burdocks over the years. Not only does Howard deserve to spread some of the work around, we must also prepare ourselves for the day when Howard will no longer be willing to do so much for us, so we must begin to train some "disciples."

Elsewhere in this issue you will find a new HELP WANTED notice listing volunteer opportunities with the Finger Lakes Trail Conference.

Several of the "jobs" listed are those we identified as parts of Howard's domain that could be performed by others, so we hope to hear from prospects. After all, it's clear that it will take quite a few people to do what Howard does alone now! In preparation for this meeting, Howard had outlined his major "job" areas, and by the fourth page, most of us were nearly in tears until we read that ambitious board member Lynda Rummel has already taken over much of the work involved with certifying more of the FLT as official North Country Trail. Then at the retreat she even bravely volunteered to take over the huge job of surveying our many trail stewards each year for vital information such as volunteer hours worked, landowner information, and map corrections.

Our new finance committee, headed by that master of organization Dave Marsh, is committed to dragging our merely 43-year-old organization into adulthood by



Photo by Jay Zitter

Continuing an unbroken tradition at Board retreats, Irene again creates customized omelets for each person present for Saturday breakfast. Portobello mushrooms, sweet red pepper, feta cheese, spinach...

focusing on securing our future as a capable administrator of the FLT. Not only did that group create a new Endowment Fund, also described elsewhere in this issue, but they have been gradually codifying all of our financial policies and practices over this last year, an ambitious but important goal designed to reassure our members and donors that we are handling their money wisely.

Smidgeons of fun in the considerable snow were had by all, squinched between long meetings morning, afternoon, and, yes, even after supper! Board members brought, as usual, more food than could have been eaten even if we stayed another day, so nothing suffered but our weary brains. Nevertheless, all agreed that this was one of the most productive retreats ever. Speaking as only one of our 1100 members, I thank each board and committee member who contributed so much to this good weekend. □

Irene Szabo, President of the Board
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May is hunting season, too...

There are many spots on the FLT that are closed for any or all of the legal hunting seasons, so checking beforehand when you want to hike during the month of May is the only way to ensure that you won't irritate a permitting landowner. New closures since the map was last published are listed on our website under "Trail Conditions."

Spread the good word, **please**, and help us prevent lost permissions due to social clumsiness!

Did you know?

The FLTC has an email group (e-group) open to anyone interested. This service can be used to discuss hiking issues, inquire about trail conditions or find hiking partners. Go to the FLTC website (www.fingerlakestrail.org) to sign up.



FINGER LAKES TRAIL NEWS

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Spring 2005

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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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Jacqui Wensich

Interloken Trail

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Jacqui Wensich

Interloken Trail in the Finger Lakes National Forest. Hike the FLNF at the Spring Weekend. See p. 23.

Cover: The sunset photo was taken last November from a few steps off of the Interloken Branch Trail of the FLT in Schuyler County, on one of the many loop hikes the area offers, by Ken Reek on the Reeks' scouting trip for the Special Places article that appears on the back cover. They camped at the Blueberry Patch Campground. After hiking all day the second day, they decided to go to Watkins Glen for dinner and a movie to solve the typical late-season-camping problem of it getting dark a lot earlier than you want to go to bed.

Ken has a web site where he sells photographs: www.KMRConsulting.com/photography. He will donate half the profit to the FLTC from any prints ordered by people who mention the FLT when they order. The sunset photo is one of the ones on his site—spectacular at 16x22 inches, he says. Photo Copyright © 2004 Kenneth A. Reek

From the Desk of the Executive Director

by Gene Bavis



Our Annual Appeal was a success, as we reached the goal in early January. In this year's budget, we divided contributions into two categories: Annual Appeal and Other Contributions. While we have not quite met our total contributions goal for this year yet, we are very close. We are thankful for your support as

members, and for those of you who can give a little extra to help fund our operations. Of the \$11,000 + raised in the appeal, the Board, officers and employees gave a total of \$2,245. Our philosophy is to lead by example, and I am proud to work with such a dedicated group of individuals. As the fiscal year (4/1-3/31) winds down, it appears that we should end the year in the black. Contributions and member dues account for more than half of our budget. A complete report will be available at our Spring Meeting. We hope that you will be able to attend.

On the topic of finances, I must recognize our Finance Committee headed by our dynamic VP for Finance, David Marsh. David and his committee have done an outstanding job of helping us to get better organized and more clearly define (in writing) our financial operations. Our Treasurer, Peter Wybron, also deserves a lot of credit. In addition to David and Peter, Finance Committee members are Scott Lauffer, Mark Hittle and newly recruited Phil Dankert. Irene Szabo and I are ex-officio members. Probably the most important step taken this year has been the establishment of an Endowment Fund. I won't go into a lot of detail here because there is an article announcing the fund elsewhere in this issue of the *News*, but I simply want to say this is an important step to help assure the last word of our mission statement: "FOREVER!" Contributors now have three options: General Operations, Sidote Stewardship Fund (for trail protection) or Endowment. All three funds are important to our continued success as an organization.

On the topic of Program, I'd like to remind you to check our calendar and add the Annual Meeting and Fall Campout to your home calendars. Also note that we are running another County Hike Series this year thanks to Sigrid Connors and the Cayuga Trails Club.

There will be a limited number of spaces, so be sure to sign up right away. This is a great way to get started on your "End-to-End" goal. Our current list of End-to-Enders is up to 188. Just to clarify, that's not 188 people. "Java Joe" Dabes holds the record of having 5 of the 188 end-to-end hikes, and I hear he's working on #6.

Membership renewal notices should arrive about the same time as this issue of the *News*. PLEASE update your information including address, phone number and email address. We believe that many of our members have email addresses, but we don't know them. We PROMISE not to sell it or "spam" you. Having your email address is helpful when and if we need to contact you. It saves us postage or a telephone call. In the past, some people have forgotten to send in their membership renewal. Rather than spend money on postage, we were able to contact them by email IF we had an email address. A dream of mine is to set up occasional "News Briefs" to email to our members. This could help improve communications between issues of the *FLT News*. We would not send them more than once a month, and initially probably a lot less.

We are currently working on setting up a publicity network. Our goal is to have a person for each County that the trail passes through who would look after our publicity outlets (display racks, bulletin boards, and perhaps local media). In some cases, depending on the geography, a person might be able to handle more than one county, and in other cases, it might take two for one county. This plan came out of a recent brainstorming session at the Board/Officer retreat where a group focused on marketing. Jay Zitter is taking the lead on this project. She has already been in contact with several tourist bureaus and various websites to get us linked.

Lastly, I would like to thank all of the hardworking volunteers who make the Finger Lakes Trail and the FLTC possible. There are many opportunities for you to take an active role in this rewarding work. Let us know if you'd like to help in some way. □

Gene Bavis, Executive Director
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2005 Hike across Schuyler County

Although the first cross-county hiking series was many years ago in the last century, these hikes continue to draw novice and experienced hikers to the unique counties of the Finger Lakes Trail. The Cayuga Trails Club will once again host this year's Schuyler County series in conjunction with the Finger Lakes Trails Conference.

One Saturday a month from May to October, 70 to 140 hikers will progress through Schuyler County's 50 miles of trail. Not only is this series in the geographic center of the FLT, it is also located in a setting sought out by many travelers year in and year out. Hikers will pass by several of the Finger Lakes including Cayuta, Seneca, Lamoka and Waneta Lakes and walk through forests and parks including the Texas Hollow and Goundry Hill State Forests, the Finger Lakes National Forest, and the Clute Memorial and Watkins Glen State Parks. Hikers tackling the roller coaster hills of the Texas, Corbett and Van Zandt Hollows will be greeted by breathtaking views throughout the series.

In the morning hikers gather at the end point of each day's hike, where buses will take them to the starting point. Participants split into a range of hiking speeds

from the nature appreciative to the swift and sure trail "runners," and experienced volunteers lead and "sweep" each group through from beginning to end on each of the 8- to 9-mile hikes. "Sag" wagons strategically placed along the trail offer a cold drink, a salty pretzel, or a ride back to your vehicle if needed. A small registration fee covers the cost of buses, series expenses, and eats and drinks at the dish-to-pass celebratory picnic on the last day. The Schuyler County patch is awarded to all who finish the series, and awards are given to recognize the volunteers who make this a sought-out event each year. Sigrid and Jim Connors, familiar to those on the Tompkins Series, will be your host coordinators again this year.

If this is your cup of tea, save the dates of May 21, June 11, July 9, August 13, September 10 and October 1. Registration will be \$25 for adults and \$20 for youth able to traverse the rigorous hills. You can find additional information and the registration form at www.fingerlakestrail.org or by asking the FLTC office: 585/658-9320. And Sigrid and Jim are happy to answer any questions at sconnors@twcnny.rr.com, jconnors@twcnny.rr.com or 607/898-4163. □

HELP WANTED: Volunteer Opportunities!

Apply to FLTC office at 585/658-9320 or information@fingerlakestrail.org Training provided.

Steward Training Coordinator: provide training workshops, arrange and often conduct several regional steward meetings every year, write quarterly trail stewards' newsletter. Should be an experienced maintainer.

Trail Projects Planner: determine each year's special projects, apply for grants and programs that support costs, and complete follow-up paperwork. Much of the application process and follow-up involves North Country Trail programs. Does NOT include actual conduct of those projects, but will involve canvassing stewardship groups for project needs annually.

Mapping Supervisor: keep our maps and guidebooks current, both text and actual maps, by coordinating information and working with our sources of digital mapping. May have one or more assistants. Will keep "trail conditions" department of website updated to webmaster.

Data Entry Helper: applicant should have good computer skills, be reliable at transcribing information correctly, and be trustworthy with confidential data. Cyclical work with large projects at dues renewal time and after annual appeal, with little work between. Should live within an hour of Mt. Morris office.

Technology Advisor: consultant with knowledge of computers, office machines, networks, and internet to assess and improve our efficiency at the FLTC Service Center. Need not live near Mt. Morris, but a few visits will be necessary.

Phone Caller: information checker who has access to free long distance, to make calls to check data for publications such as our B&B Guide, for instance, or to welcome new members, to remind members who haven't renewed, or to verify membership records. Multiple opportunities.

County Marketing Aides: one or two per county, to locate, arrange, and then keep supplied some good outlets for FLT promotional literature. To apply for this job only, contact Jay Zitter (jmz11@htva.net), 607/835-6268, our marketing coordinator.

Hiking Backwards to Another Time

by Lynda Rummel

Hike the new “Sugar Hill Reroute,” located a few miles west of Watkins Glen, in the traditional FLT direction, from west to east—the terrain is easier—and you’ll be hiking back to another time in history. By the time you get to the bottom of Glen Creek, you will have dropped about 620’ feet in elevation and gone back through 200 years of settlement.

The “Sugar Hill Reroute” starts 1.7 miles east of Maple Lane (M-14). It reconnects with the “old” FLT 4.5 miles later, .3 miles north of Templar Road. Because this reroute is fairly extensive, crosses other trails, and runs through lands new to the FLT, we have provided a map for you to use, as you follow this tour back through time.

As you head east on the reroute, you’ll soon come to an area that was occupied well into the 1930’s. Just east of the DEC’s Mohawk snowmobile/horse trail (see map), there is ample evidence of longtime habitation. The Sugar Hill area was first settled in 1819. Settlers were producing maple syrup here by the 1820’s, when Brigham Young came to preach, visit his brother Phineas, and observe syrup operations. Just east of the Mohawk Trail, moss-covered stones mark a foundation that was probably built about that time. A 1903 topographic map shows only one structure on this particular site. However, nearby glass bottles and other household and farm detritus prove the area was inhabited into the late 1930’s or early ’40’s, when many of the farms, finally wiped out by the poor clay soils and the Depression, were bought by the state for \$4 an acre. Buried in the reroute’s pathway is an iron eyehook, identical to one found held between two narrow parallel

iron tracks that are wedged up against an old oak in a nearby fence line of oaks (see map and photo). Were they not rusted, the eyehooks could slide up to 2’ between the stoppers that kept the rails a consistent distance apart, so that whatever was hung from these hooks—if something was hung—could have varied in size and shape. The old oaks in this fence line show all the signs of being “wolf trees,” or what Tom Wessels calls “pasture trees” in his book, *Reading the Forested Landscape*. With many big lower branches spreading out, it is evident the trees grew big and bushy in the light of an open field or pasture. What animals were raised here? What was hung from the eyehooks suspended from those narrow iron rails?

Further east, and just west of the bog bridges (see map), the new trail follows another evident old fence line. I found several hundred feet of “Crandal’s Champion”



Lynda Rummel

“Crandal’s Champion” (“zig zag”) wire was used extensively in the Midwest and West after 1879, for managing beef cattle. It is a relatively rare wire for western New York and the southern tier area.

barb wire buried along this fence line, under 1½” of forest covering—I literally tripped over a protruding end and so had to remove the wire from the trail. “Zig zag wire,” as it was also called, was so popular in the Midwest and West that collectors will pay only about 50-cents a foot for it now. However, the wire was far less common in the east, and its presence is a very good indicator that tough-hided livestock of some kind were pastured here sometime after its patent date of 1879 – but on which side of the fence? The raised flatland on the south side of the line suggests it was plowed and planted and that the stock were kept north of the line.

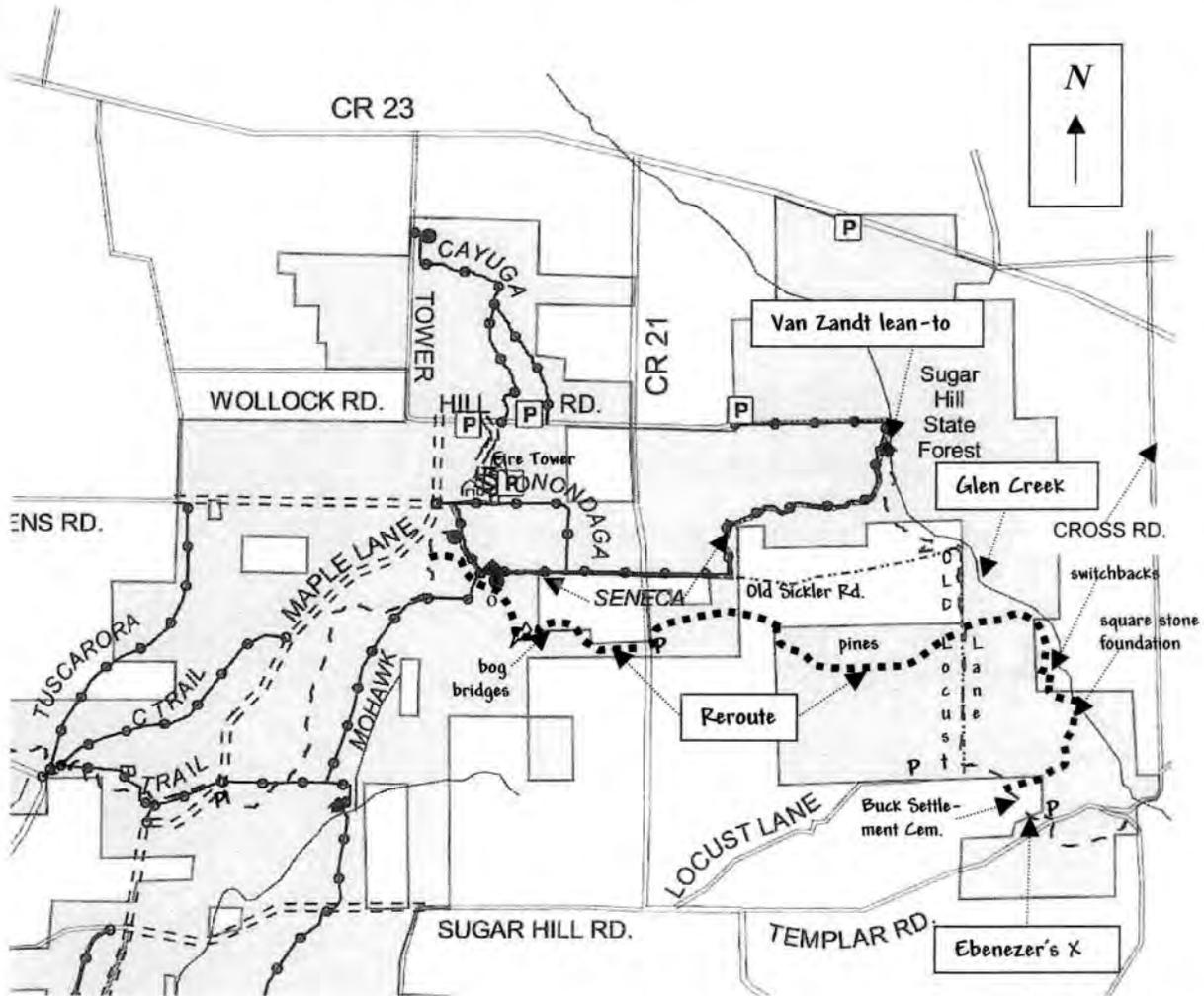
(Continued on page 6)



Lynda Rummel

Fifteen-foot piece of rusted iron parallel rails, with metal stop/spacers about every 2 feet; eyehook could slide between stops. Another identical eyehook was found protruding from the ground, 100 feet away. What is this, and what was it used for?

SUGAR HILL REROUTE
4.5 Miles on FLT Map M-14



Reroute Mileage: Maple Lane east to reroute - 1.7 mi.; reroute start to CR 21 - 1.3 mi.; CR 21 east to cross Old Locust Lane - 1.6 mi.; Old Locust Lane crossing to rejoin "old" FLT - 1.6 mi. (plus .3 mi. to Templar Rd.)

LEGEND

- ==== Seasonal road
- DEC Horse/Snowmobile Trail (e.g., MOHAWK, SENECA, C TRAIL)
- "Old" Finger Lakes Trail (note section coincident with Seneca Horse/Snowmobile Trail)
- "New" rerouted section, Finger Lakes/North Country Trail (4.5 miles)
- ~~~ Creek
- ⚡ Zig Zag wire
- P Seasonal parking
- Pond
- ▭ State land
- Iron eyehooks & track

L. Rummel, November 17, 2004. Base Map: Six Nations Trail System Map and Guide, NYS DEC publication: sixnations trail final2004 (October, 2004). (NYS DEC, 7291 Coon Rd., Bath, NY 14810.)

Walking Backward...

(Continued from page 4)

The land south of where the zig-zag wire was found was logged in 1978/79. In a couple of places, the skid roads created depressions that have become vernal ponds, fed by the spring run-off. Here peepers and tree frogs serenade in the spring.

Just a few hundred yards east of where the zig-zag wire was found, you'll come to a series of bog bridges constructed to cover an area of dense mud that is, at places, at least three feet deep. The bog bridges also span low drainage areas between hemlock mounds. Now you are on private property, with the kind permission of Steve and Kathy Trechter, organic farmers who raise herbs and brew vinegars, soaps, and—keeping the long tradition of Sugar Hill alive—maple syrup. Although new, these bridges were built with old tools and techniques. The hemlock bark was peeled off using a drawknife; the stringers were topped using an adze; and the logs were moved into place using human power and a length of prickly hemp (manila) rope, wrapped around the slick logs to provide carrying “handles” (see photo).



Lynnda Rummel

New Jersey visitors and “volunteers,” Mark Hilton and son Mike lift the last log into place for the last bog bridge off the Trechter property, west of CR 21.

On the east side of CR 21, after crossing the Old (and erroneous) Pre-Emption Line and two huge stone north/south fence lines (note the fence lines align with magnetic cardinal points), you'll come to land that is owned by Edward Beales, another generous landowner whose permission has allowed our long-distance trail to continue without a break. In the spring and early summer, from the southeastern corner of Beales' property where it meets DEC land, you will be able to see a couple of beautiful vernal ponds which have, in the past at least, been home to pairs of wood ducks.

Further east, after the pine plantation and as the trail begins to descend toward Old Locust Lane, you'll see a

huge pile of stones on your left. This pile is so deep that no vegetation whatsoever has found its way through; and it is astonishingly large—large enough, in fact, to be visible in orthographic imagery. The mix of stones in this pile (all sizes, small and large) suggests that nearby fields (probably on the flat top where the pine plantation now is) were plowed and cultivated for crops; and each year, the winter freeze generated a new crop of stones to remove.

Where the trail crosses Old Locust Lane, it passes right through an old homestead site. On your left you'll see a cellar hole; on your right, the old well hole. Although no one lives on Old Locust Lane now, it was dotted with houses and farms at least as early as the 1840's. By the 1940's, most were gone; but Doug Milliken, who has generously allowed the trail to pass through his property on Glen Creek, remembers new settlers (“back-to-the-landers”) living on the lane in the early 1970's.

As the trail descends toward Glen Creek, it follows along another fence line and logging road until it reaches a plateau just above the creek, where it turns south. This creek, now called Glen Creek (at least by Schuyler County), was once called Van Zandt Creek. As the creek approaches Van Zandt Hollow, it washes by several old mill sites and foundations. Sitting in the middle of a drainage on the west side of the creek is a beautiful square, dry stone foundation that neither the local town historians nor the county historian have been able to identify. Was this part of a bridge across the drainage or across the creek? There is no corresponding evidence on the other side, even though an 1857 map of the area shows a road crossing there and a sawmill on the east side of the creek, south of the road. Or was this a structure with some other function or purpose?

The trail then turns southwest, passes by a grassy, open area with several other foundations, and then follows an old road up to the heart of the Buck Settlement area. This road was probably built by at least the 1840's. Large stones on either side of the road mark its footprint; the trail parallels this road as it climbs and then finally uses it as it approaches the junction with the “old” FLT.

The heart of the Buck Settlement was where this old road (and now the new trail) meets up with another old road that descends south to Ebenezer's Crossing. As you approach the junction, note the hill on your right. Atop the hill, on state land, are foundations of an old farm that had an access road on the other side of the hill. As you'll see by the posted signs, the trail itself is now on property owned by two more very generous landowners, Lawrence and Robert Liberty. If you want to see the hilltop, cut west through the cattails before you leave state land and follow the farm's access road.

(Continued on page 21)

Article redacted at the request of the author

Article redacted at the request of the author

Alfred Troop 19 Eagle Scouts Contribute to the FLT

by Ron Navik

Alfred Boy Scout Troop 19 has been turning out a lot of Eagle Scouts lately and three of them have chosen projects to improve the FLT to meet part of their Eagle Scout requirements.

It all started in the summer of 2002 when aspiring Eagle Scout David More approached Howard Bye about building a bridge for the trail east of Gas Springs Rd. on map M-9. After consultations with Ron Navik, GVHC Trails Chairman and the DEC Forester, it was determined it would be better to build stone steps into and out of the gully, as a bridge would be very costly and be subject to spring washouts. Using local materials, the Scouts hauled hundreds of rocks and built up a sidewall and steps which have held up through many spring floods.

In June 2004, Andy Timbrook, another Troop 19 Scout, wanted to give something back for all the enjoyment their troop has had on the Trail (both day hikes and longer backpacking trips). He tackled a swampy area just east of Mike Dixon Rd. on map M-9, putting in over 200 feet of puncheon bridging (boardwalk) which was funded from FLT money left over from several earlier trail projects, and another hundred feet of stone steps.

Owen Hardy wanted to make a contribution to the trail, too, and his project was to build stone steps in and out of a large gully east of Swain on map M-8 in October of 2004.

Each of these projects was supported by the entire troop, involving up to 25 Scouts and leaders. On every project they got muddy and tired and had a great time. Alfred Troop 19 is an active hiking and camping troop who have really enjoyed the Finger Lakes Trail and have made a real contribution to allow others to do the same. □

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

Hiking With Your Canine Companions

by Marcia Ziegler-Alexander, D.V.M.

This is another in the long-running series of articles by medical specialists. The series editor Dr. Bob Michiel obtains contributions for "Trail Medicine" from his medical colleagues. The author of this issue's column, Dr. Ziegler-Alexander, is a veterinarian who is a co-owner of the Stack Hospital for Pets in Fayetteville, NY.

If you want to go explore the great outdoors with your trusty canine companion, make sure that both you and your pet are prepared for the trek.

In preparation for your journey, condition your dog's body in the same manner that you would condition yourself. It would be foolish to think that your twenty-pound overweight, couch-potato dog would be able to keep up with you on a ten-mile hike, or that your fourteen-year-old dog with arthritis would be able to do the same. Make sure that your dog has no pre-existing health conditions that could potentially cause problems during your outing. Work on conditioning your dog to the mileage and slopes that you foresee encountering. A well-conditioned dog is much less at risk of developing heat prostration or orthopedic maladies.

Your dog should be current on all recommended vaccines. Your veterinarian can help you select the appropriate vaccination protocol according to your lifestyle and your travel locations. My hiking patients are all typically vaccinated for Lyme disease, Bordetella (kennel cough), rabies, and the combination vaccine for Distemper, Parvovirus, Hepatitis, and Leptospirosis.

All dogs should be kept on some type of heartworm preventative, as heartworm disease is transmitted by the bite of infected mosquitoes. Also, most of the heartworm preventatives today offer control for gastrointestinal parasites (i.e., roundworms, hookworms, and whipworms). Unfortunately, not all people take excellent care of their pets, so it is important that you take safeguards to protect your pet against potential hazards left by other unhealthy animals.

All dogs should have some type of flea and tick preventative on board as well. My personal opinion regarding flea and tick collars is that they are useless.



They may do a fine job of keeping fleas and ticks off of your dog's head and neck, but the rest of the body is fair game. Also, because these products contain fairly noxious chemicals to be efficacious, I don't like the idea of them being in such close proximity to the eyes, nose, and mouth. There are wonderful, fairly new, topical products available that work by absorbing into the fat layer of the skin and need to be applied only once a month. These products are not

absorbed systemically and they do a wonderful job of protecting your WHOLE pet. Because these products remain in the lipid layer of the skin, swimming does not reduce their efficacy. Examples of these safe products are Advantage, Advantix, and Frontline. These products can be obtained through your veterinary office. They may also be available at pet stores, pet catalogues, or online, BUT...most of the products obtained outside of the veterinary field are outdated and/or less effective. Another word of caution, there are other flea and tick spot-on products that you can find at pet stores other than the aforementioned products, but they get absorbed systemically, and therefore toxicity can be a concern.

Now that our preventive steps are taken care of, let's talk about what to pack for your adventure with your pet.

Always carry an extra leash and collar...you never want to be without them; if you damage or lose one of them, your pet won't have to go without the safety of a leash and collar. Make sure your dog's collar has good legible tags so that if your pet gets lost he or she can be safely returned. Always carry a water dish and a bottle of water, especially if you're planning a hike in areas where "watering holes" are few and far between. The water you carry with you certainly doesn't have to be Evian. You can fill up the bottle in a stream or lake that you pass while you are hiking. Just make sure you have fluids for your pet readily available at all times. Remember to stop frequently to offer your pet water. Keep in mind that dogs do not sweat through their skin. Their only true means of dissipating heat are through panting activity, and to a much lesser degree, sweating on the pads of their feet. Because of this

mechanism for dissipating heat, they lose a lot of fluid through evaporation while panting. Therefore, just because you don't feel the need for a drink, don't assume your canine companion doesn't need a sip.

Dogs certainly are at the same risk for developing "Beaver Fever" (giardiasis) as you and I, but it has been my experience that most flowing waters are safe for water consumption for your pet. (Editor's note: this does not apply to humans in this area: please purify water used for drinking.) Avoid stagnant water if possible.

If you are planning an all-day or overnight trip with your four-legged friend, make sure you pack his or her regular food. Trying new diets on a trip could simply lead to gastrointestinal distress disrupting your plans. Your pooch may require a bit more food than usual due to the increase in physical activity. I prefer frequent small meals versus one larger meal to avoid the risk of gastric torsion (stomach twist).

I highly recommend packing doggie boots or children's socks, as they come in very handy should your pet develop a cut, burn, or abrasion on the feet. The booties or socks give the wounded foot extra protection and increased cushioning for comfort in case of an unfortunate injury.

No backpack is complete without Benadryl. You don't want to find out your canine companion is allergic to bee stings in the middle of your trek. If you see your pet get stung or notice facial swelling (a common allergic-type reaction), administer Benadryl to your pet orally at a dose of 1 mg per pound. (A 50 lb. dog would get 50 mg of Benadryl.) Monitor your pet closely for respiratory distress. If you note any abnormality, stop your adventure and hightail it to the nearest veterinary hospital.

If your dog wears a backpack, make sure that your dog's luggage doesn't weigh more than 20% of his or her weight to avoid injury to joints and muscles.

A few last thoughts about hiking with your pet: often people believe that their dog is in too good condition to be concerned about overheating. As previously mentioned, dogs don't sweat well and consequently don't dissipate heat efficiently. Please remember that overheating is ALWAYS a concern. Your dog will keep going and going to please you without giving you any telltale signs that problems are developing. Dark coated dogs, older dogs, larger breed dogs, and Nordic breeds (husky, elkhounds, etc.) are at particularly high risk of overheating. Hints to prevent heat prostration are: 1) travel at a slow, steady pace, 2) try to seek out sheltered routes during your journey, especially on very sunny days, 3) pick sheltered rest stops, and 4) stop for frequent water breaks. Should your dog get overheated, immediately get him or her into the shade, try to encourage water consumption, and apply water and cold packs to key body parts, which are under the throat/neck, the underarms, and the inguinal-groin regions. Do not attempt continuation of your trip until your dog makes a complete recovery.

Those of you with light-colored dogs with short fur... Your dogs are fair game for sunburn. You should keep sunscreen on your pets, especially on the ears, top of the head, and the bridge of the nose. Use human preparations that have a high SPF.

The first aid kits that you carry for yourself should be adequate for your pets as well.

Remember to be safe and have fun. Ask your veterinarian to help you determine what is best for your pet's safety on your hiking adventure. □

Passages

Members and Friends We Have Lost

Sidney Tuthill, early trail planning volunteer with ADK-ON

John Conklin, end-to-ender #67

Harry Clar, Wally Wood Award 1995

Ann Potter Boyd, life member, joined 1965

Gail Quaintance, landowner who finalized a permanent trail easement just last summer

Mary Years, end-to-ender #61, mother of Penny Shaw #99, mother-in-law of Gary Shaw #138

**Long Path – Part 1:
New York City to the FLT (2004)
by Linda Cruttenden**

First of all, don't believe Ed Walsh. After you hear "gently rolling" and "just a half mile on" a few times, you realize that he's a big fibber about what to expect when you hike the Long Path from New Jersey into the Catskills. After all, the Hudson Valley region of New York has lots of valleys and small mountains which you hike into and onto on a regular basis on the Long Path. But Ed is telling the truth when he says that you're going to be traversing a path that is beautiful, historical and full of delights.

Ed Walsh is the "Ed Sidote" of the Long Path, the hiking trail that begins just across the George Washington Bridge from New York City and wends its way 347 miles to just south of Albany. Ed was our gentle guide, historian, and trail caretaker as my husband Barry, Jim Chambers, and I hiked 168 miles of the Path last summer. "Walking Ed" has routed and re-routed the trail, worked to get it off the road, and contributed to the *Long Path Guide*, the hiker's bible of the Long Path. Our gratitude that we had someone along who had hiked the Long Path a number of times (and, therefore, would keep us on the blazes) became wonderment for everything that Ed knew about the history and geography of the area. Every hike included a short lecture (while we were still moving) about the topography and geography, along with a fascinating story about the historical significance of some part of the trail. If you can't convince Ed to come along on your journey, the *Long Path Guide* covers a lot of the same.

Jim Chambers and I set up last year's series of hikes while we hiked the FLT together over the last couple of years. If you know Jim, you'll know that he's fond of completing goals—the Adirondack 46, the Catskill 3500, the highest peaks in every county in New York State; the list (and number of patches that he wears) goes on. I'd become hiker #154 on the FLT in 2002 and finished the Conservation Trail the next year. Because I'd hiked "from Niagara Falls to Claryville," I thought that it would be kind of cool to say that I'd hiked "from one end of New York State to the other." When "our Ed" told me that there was a path from the Claryville end of the FLT to

New York City, I was ready to hike, and so was Jim. I ordered the guidebook and set up the hikes in the "kinder, gentler" mode of no more than 12 miles a day. Barry, my "FLT groupie husband," agreed to come along, either to hike with us, or spot us, depending on our needs. It turned out that Barry ended up hiking every mile, after I told him that he "couldn't get a patch" if he didn't do the road hikes with us on one weekend!

The best way to do the Path is to start across from New York City. You get to see the skyline of New York from the shadow of the George Washington Bridge. The beginning of the trail in New Jersey is not strenuous (except when you're going up and down the cliffs of the Palisades) and you get to walk through an area that once



Ed Walsh and Linda Cruttenden hiking along the Shawangunk Ridge.

Barry Cruttenden

held the homes of the 19th century millionaires of New York. Some interesting old foundations remain, along with some of the daffodils that stayed when the mansions crumbled. We were blessed with wonderful flora during the entire trip—the mountain laurel in Harriman Park was stunning, as were the acres of purple loosestrife along the road walks in Ulster County. Miles of foot-

numbing hiking on the granite-topped ridges of the Shawangunk Mountains were rewarded with miles of fresh blueberries lining the trail. Ed told us that the Indians regularly burned the tops of the mountains so that the blueberries could grow. In the 1800's, "carriage paths" were created so that the residents and summer visitors could travel up the mountains to pick the berries. Some of those old carriage paths are now part of the Long Path. On one particularly difficult scramble up a cliff, we reached the top to find a large group of people who'd ambled up one of the carriage paths from a town way below, to take in the splendid scenery.

Along the way, we learned of the history of this area. We hiked along the edge of West Point and through old villages that have been there since before the Revolutionary War. One day we stopped deep in the woods to learn about a whole pre-Revolutionary War community that had once thrived there, where the men worked an iron ore mine. All that is left now is a herd of curious deer.

After you've hiked 45 miles through Harriman State Park and the lower Catskills, you can look back from Big Hill Mountain and see the skyline of New York again and

know that you've walked every mile of it! Along the way, the Path crosses the Appalachian Trail in Harriman Park—we stopped there and felt very humble.

There were a few times going up Ed's "gently rolling" cliffs that I vowed that I'd finish up at Denning and go do something else. But now I'm hooked; I want to see what's left to do of the Catskill Park, and work my way through the beautiful mountains, to just south of Albany. Ed's promised to go along with us again, so I know I'll hear some great stories. And I want "the Bear," my hiking groupie husband, to get his first patch.

By the way, I hear that there's a nice hiking trail that goes the length of Long Island... □

Elderhostel Program

Hiking the Finger Lakes Trails: Trees, Gorges and Glacial Geology in Wine Country

May 8-13, 2005

Anyone interested in registering for the program can do so through the Elderhostel website (www.elderhostel.org) or by calling 877/426-8056.

The program's catalogue description is as follows: Explore the Finger Lakes Trail system that runs through wine country. Daily hikes on moderate to hilly terrain of 1 to 4 miles. Spectacular geologic wonders - gorges and waterfalls in Watkins Glen and Ithaca, plus the lake microclimate of wine country around Hammondsport. Special features include glacial geology lectures and guided field trips. Forester/naturalist lectures and guided woods hikes through old growth forest and a newly designated biodiversity preserve. New York State park sites built by the CCC in the '30s plus the new Museum of the Earth - Paleontological Research Institute. Explore the early spring with returning songbirds in white pine, hemlock and maple woods and the educational perspectives of environmentalists.

Elderhostel programs are designed for those 55 and over. Younger adults may also accompany someone who is 55 or over. The cost includes room and board for five nights, 15 meals at Watson Homestead Conference and Retreat Center, located in East Campbell, between Corning and Bath. Also included are all lectures, transportation to sites, snacks, taxes and gratuities. Accommodations are motel style rooms that interconnect with dining room and classroom. Per person cost for the Hiking Elderhostel is \$623 double occupancy; or \$708 for single occupancy. People who live nearby can register as a commuter for \$323 which includes all the above except breakfasts and overnight accommodations.

Jensen Monroe
Elderhostel Coordinator
Watson Homestead Conference & Retreat Center

Editor: FLTC member Kirk House of Bath brought this program to my attention. He will be leading an FLT hike in the beautiful gorge-and-vineyard country between Bath and Hammondsport as part of the program.

Linda's Kinder, Gentler Hikes Go To the Catskills' Long Path! (Part 2)

Linda's kinder, gentler hikes will spend this spring and summer on the Long Path. The Long Path hikes will begin at the northern terminus of the trail, near Albany, and end at the Denning Road intersection with the Finger Lakes Trail. Most hikes are 8-10 miles in length, and at a slightly slower pace. Learn more about the Long Path, and order maps and hiking guides for the Long Path at <http://www.nynjtc.org/trails/longpath/>. Linda and Jim Chambers are co-leaders for this series. We will provide lodging information for each segment of the hike.

Contact Linda at lls_roch@yahoo.com or call 585/288-3359 for more information. Contact Jim at 315/589-8500, or jamesechambers@hotmail.com.

Note: Hikers who wish to join any or all of these hikes should confirm their attendance by the previous Wednesday of the weekend of the hike.

Long Path Hikes 2005

Dates	Map/Area	Miles
Fri, Apr 22	34 /John Boyd Thacher St. Pk.	7.5
Sat, Apr 23	32/East Berne	9.00
Sun, Apr 24	33/East Berne	9.05
Sat, May 28	30/Middleburgh	12.10
Sun, May 29	31/Albany County Line	11.85
Sat, June 18	28/West Fulton – all	
	29/Middleburgh – to 1.95	10.35
Sun, June 19	29/West Fulton – 1.95 to end	10.05
Fri, July 29	25/Greene County Rte. 10	4.5
Sat, July 30	26/West Conesville	12.6
Sun, July 31	27/West Conesville	10.75
Fri, August 19	24/Greene County Rte. 10	7.2
Sat, Aug. 20	22/N. Lake State Campground	9.8
Sun, Aug. 21	23/Batavia Kill	8.55
Fri, Sept. 9	21/Palenville	4.8
Sat, Sept. 10	19/Silver Hollow Notch 2.25-end	12.3
Sun, Sept. 11	20/Palenville	10.00
Fri, Sept. 30	17/Phoenicia – all	
	18/Phoenicia to 1.3	7.05
Sat, Oct. 1	18/Phoenicia 1.3-end	
	19/Silver Hollow Notch to 2.25	12.45
Sun, Oct. 2	16/Claryville	11.15

Linda has been leading "kinder, gentler" hikes for a number of years as an individual member inviting others to join her.

New Endowment Fund Established

“...To build, protect, and enhance a continuous footpath across New York State. Forever”

by David Marsh, Vice President Finance

The Finger Lakes Trail (FLT), through a considerable amount of hard work and sacrifice, has become an asset we are very proud to provide to the general public right here in our own back yard. Your Board of Managers has been contemplating the above words in the Finger Lakes Trail Conference (FLTC) Mission Statement; particularly the words “protect” and “forever”.

You all know that the Trail doesn't just take care of itself. Rather, it takes numerous volunteer hours to construct and maintain the Trail. It also takes an organization composed of part time employees and volunteers to establish and maintain a membership base, publish a newsletter, and carry out the multitude of tasks required to keep 880 miles of footpath operational, “forever.” These very extensive activities do have costs that your Board manages very carefully.

We all know the importance of having personal savings to carry us through an emergency or a difficult financial period. Similarly, in order to provide money to help assure the continued existence and operation of the FLT, should regular income sources and cost-cutting efforts become insufficient for a period of time, the Board of Managers has established an Endowment

Fund. The resources in this Fund will be invested for long term gain in low-risk, growth, and income types of financial instruments. Should the Board determine that a legitimate “emergency” exists, money may, with approval of the Board, be removed from the Endowment Fund. In such an emergency situation, the goal would always be to protect the Fund principal; however, if it becomes necessary to use the principal, the removal of money will be considered a loan with an established payback schedule.

The establishment of the Endowment Fund now provides our members with a third option to designate how their gift will be used by the FLTC and these options will be reflected on your dues renewal notice this March:

1. **Unrestricted Gift To The General Operating Fund** - this Fund allows the FLTC to administer the trail system.
2. **Sidote Stewardship Fund** - this Fund provides money to protect the trail route, through construction, enhancement, and the purchase of land or route easements.
3. **Endowment Fund** - this Fund provides money to assure the continued existence and operation of the FLTC.

We would like to remind our members that gifts to the FLTC may take several forms, such as **memorials** for the loss of someone dear, **honorariums** to recognize a special someone, group, or occasion, **donations**, and the many options available for making a **planned gift** to the FLTC. A brochure explaining planned gift options is available from the FLTC Service Center at the following address: Finger Lakes Trail Conference, Inc., 6111 Visitor Center Road, Mt. Morris, N.Y. 14510 (tel. no. 585/658-9320, email address information @fingerlakestrail.org).

Our goal now is, with your continued assistance, to build the resources in our Endowment Fund. Your Board of Managers feels that the existence of an Endowment Fund will help to assure that this wonderful asset, which so many of you have provided for and enjoyed, will be here “forever”. □



Jacqui Wensich

Left to right: Finance committee meeting during January Board retreat: Pete Wybron, treasurer, Mark Hittle, previous treasurer, Dave Marsh, VP of Finance, Phil Dankert, new board and finance committee member, and Scott Lauffer.

Wildflowers along the Trail : What's in a Name?

RWW Taylor

Sometimes there is no need to ask why a particular wildflower is named the way it is—the name describes the flower, often through an apt poetic metaphor. An example is jack-in-the-pulpit; see the flower, understand the name. Descriptive names that incorporate older forms of the English language also strike the modern ear as pleasingly poetic. A twayblade orchid sports two prominent basal leaves.

A fair number of the names of wildflower species that can be found growing in our fields and woods are eponyms, names derived from a personal, or given, name (often that of the botanist who first described the plant). In some cases, as with the Kalm's lobelia that can sometimes be found blooming inconspicuously along the margins of ponds and brooks, it is known who is being honored (and the curious inquirer may well find that there is a fascinating story behind the naming). In other cases, such as with the familiar herb-Robert that displays its small pink flowers and long-pointed seed capsules throughout our summer woodlands, the exact reference has been lost—no one today knows who the Robert in this name may have been.

Herb-Robert is a member of the cranesbill family—another name that explains itself (those long-pointed seed capsules that all members of this family develop). There is room for variation on this theme, too—some members of the family are instead called storksbills. The commonest species of storksbill is *Erodium cicutaria*, a common weed that flourishes across the US. I knew this plant in my California childhood as “filaree”, a derivative of the more formal alternative name alfilaria. This name for the plant was transmitted to us through Spanish, and comes ultimately from an Arabic word for “the thorn”.

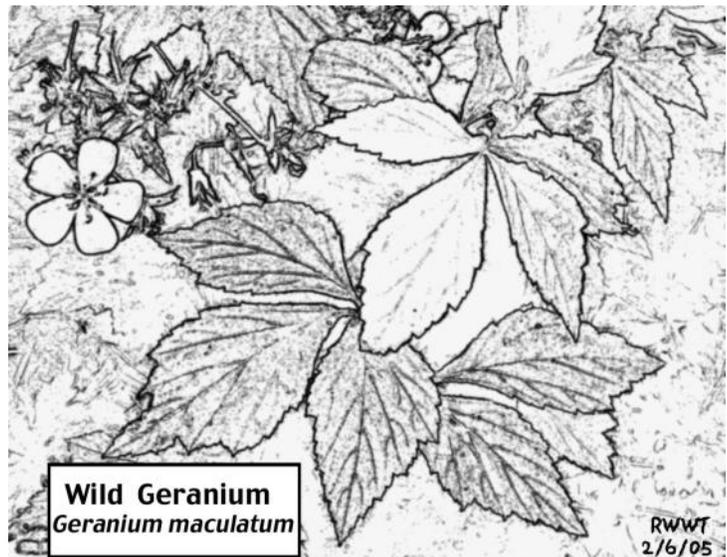
So it goes when you start tracing the history of words—you never know where the search will lead you. Things can get even more interesting when you begin looking at the meaning and derivation of the formal, Latinized names of

plants. Herb-Robert, for example, is formally known as *Geranium robertianum*. It is easy enough to see the “Robert” in the species name, but why should the genus be Geranium? There is very little resemblance between the various species of cranesbill growing in our woods, lawns and fields and the common red or white potted plants that are sold in every nursery under the name “geranium”.

Well, except for the long-pointed seed pods... Botanists pay attention to such things. These two groups of plants are are related botanically, but distantly. The popular nursery flowers, which were discovered growing in South Africa, are nowadays formally assigned to the genus *Pelargonium*. There seems to be very little chance that the confusion in general usage will ever get cleared up, however!

But this does offer an explanation of why the common plant with large but delicate five-parted purplish-pink flowers that blooms in all our woodlands in May and June should be called Wild Geranium. It is indeed a member of the same genus as its sturdier, smaller-flowered cousin herb-Robert that comes along later in the season. The formal name of wild geranium is *Geranium maculatum*, where the species name, meaning “spotted”, likely refers to the uneven color of the leaves.

The genus name *Pelargonium* is based on a Greek word for “stork”, while the name for the genus of storksbills, *Erodium*, is similarly based on a Greek word for



“Ultralight Backpacking”: More Miles, More Pleasure, and Big-Time Rethinking by Eric Malmberg

In the last issue of *FLT News* (Winter, 2004) you probably noticed the article about Andrew Skurka, the “Sea-to-Sea” long-distance hiker who passed through the FLT this past October. If you did, then you may have also wondered about his 11-pound pack weight. Welcome to Ultralight Backpacking!—perhaps the newest genre in the hiking world.

The phrase “eleven-pound pack” leaves one wondering how Spartan one can really do the backpacking thing! Certainly leaving the tent and Thermarest at home is unthinkable for most, and really, who hasn’t thought of ways to make their pack lighter by drilling holes in their toothbrush handle, repackaging food into zip lock bags, switching to a down sleeping bag, etc., all with disappointing results?

Ultralight backpacking is not a clever collection of diet pills for your pack, but a rethinking—a total rethinking—of everything having to do with backpacking. The principles are fascinating, the benefits well worth the effort. I

can say all this with confidence as I tested the waters of ultralight backpacking this past summer and hiked 63 miles in Chenango

“Ultralight backpacking is not a clever collection of diet pills for your pack, but a rethinking—a total rethinking...”

County in two days!...a fantastically enjoyable hike, both physically and mentally. I assure you that the principles work. Lighter is better! Better on the feet, mind, and body! Never have I enjoyed hiking more. In fact, ultralighting has given my hiking a rebirth of motivation and a different way to think about it all.

How to start? The definitive book on ultralight backpacking has already been written by the guy credited with starting the whole movement, adventurer Ray Jardine. Jardine’s ideas are described as “a blend of philosophy and innovative techniques”. These techniques have come to be known as the “Ray-Way”. To purchase his book, simply click onto “rayjardine.com” and order his future classic, *Beyond Backpacking*. Warning: be prepared for fascinating reading and big-time rethinking as Jardine shakes up many of the time-honored traditions of gear, gadgets, and camping/hiking technique. You will no doubt be skeptical, as I was, but if you slowly try out his ideas (like I did) you will find he is “out of the box” but “right on the money!” As a result my “base pack” weight is now around 9 pounds!, yet I didn’t have to

give up comfort or the cool camping gadgets that gearheads like me love. Ultralighting can involve some clever, super-light, high-tech stuff.

To get a handle on some basic ultralight backpacking techniques consider the fact that a standard backpack loaded for a two-day trip weighs about 30-45 or more pounds. Jardine makes a distinction between the total weight of the pack when full and “base pack weight”, which he describes as everything except food, fuel, and water. Since these three items are variable, it makes sense to define “base pack weight” as those things in your pack other than food, fuel, and water. The main idea here is to reduce base pack weight to under 10 lbs. Using these techniques I was able to keep my total pack weight under 16 lbs. when hiking Chenango County this summer.

The starting line for ultralight converts is the realization that commercial gear manufacturers use heavy, bomb-proof materials and designs to “over-construct” their wares so that we, the consumer, do

not send it back for repair. The result is heavy gear. Ray Jardine’s basic ultralight techniques involve the reduction of gear weight in three major

areas: tent, pack, and sleeping gear—the three heaviest areas of traditional backpacking gear. What follows is a “Ray-Way” three-part ultralight primer.

Tent- Most “lightweight” tents weigh more than 5 lbs.; standard ones are typically 8 pounds or more. Switching to a silicone-impregnated nylon tarp will give you far more room, better ventilation, and more connection to your surroundings (isn’t that why we are there?). My ultralight tarp weighs 22 oz. and sleeps three. (See your Campmor catalog.) Practice provides you with options on how to set-up for differing wind conditions, etc. When hiking solo I switch to an ultralight rain poncho (9 oz., also from Campmor) and rig it up as a tarp-tent with plenty of room for gear too!

Weight savings: 4-7+ pounds!

Pack- A typical commercially manufactured pack weighs at least 5 lbs.; most weigh 6-8 lbs.—that’s 8 pounds of weight even before you put anything in it! Ultralight packs use high tech materials and toss out the bells and whistles. Jardine developed a 14 oz. rucksack that remains the standard in the field. Several companies now make clones of his original

design (See: GoLite.com; Hikelight.com; antigravitygear.com)

Weight savings: 4-7+ pounds!

Sleeping Gear- A typical sleeping bag can weigh 5 or 6 pounds(!), and most weigh in near four pounds. Ultralighters profess using a “quilt” or blanket technique rather than a bag, allowing for more stretch room for the sleeper. Using lighter, high tech fabrics and synthetic/down filler, sleeping quilts of this type typically weigh less than 2 pounds and require far less surface area. Using my already very light down bag (35 oz.) as a blanket immediately gave me the best night’s sleep I’ve ever had outdoors. I was instantly converted to quilt sleeping outdoors and cut the zippers off my down bag forever! Since then I have constructed my own ultralight quilt, which weighs 25 oz.

Weight savings: 2-5 pounds!

Ray Jardine’s *Beyond Backpacking* contains dozens of other tips and ideas that will significantly decrease your pack weight while improving your enjoyment of hiking or backpacking. It is a “must read” if you want to become enlightened or just more knowledgeable.

One book review explained,

“Once every two or three decades a book comes along that fundamentally reshapes the way we think. Jardine’s is such a work. Page after page Jardine brilliantly flips the sacred cows of backpacking on their heads. Every suggestion comes from experience: [he] has hiked the PCT three times, the Appalachian Trail and the Continental Divide Trail. Get a copy. It could change your trail life.”- Backpacker Magazine

Ultralight backpacking is new and here to stay, so check it out! Visit these websites: GoLite.com, backpackinglight.com, ultralight-hiking.com, trailquest.net, Hikelight.com, LightisRight.com, antigravitygear.com, rayjardine.com, royrobinson.com, andrewskurka.com

What’s the next step in this evolution??? It’s already taking shape!—“super-ultralight” backpacking is definitely the outer limits of outdoor thinking! I’ll leave it at that, but if you want to see what a 3.7 ounce multi-day backpack looks like, check out gossamergear.com!!! □

Welcome!

New FLTC Members Nov. 2004 through Jan. 2005:

Judy Abrams
B. Bradley Alexander
Doug & Sue Ashby
Betty Lou Bailey
BSA Troop 30
BSA Troop 334
Katherine Childs
Kathy F. Cronin
Joe Daley
Kathleen Faraone
James J. Greene
Chad & Leslee Grossman
John Gurecki
Diane O. Hainsworth
Tom Hennigan

Ithaca
Clarkson
Dayton
Schenectady
Newark Valley
Henrietta
Penn Yan
Endicott
Ithaca
Sanibel, FL
Endicott
Castile
Bath
Geneseo
Georgetown

Mahlon Hurst
Ted Kavanagh
Gunther Keil
Laura Klement
Ann & Ian Landre
Barry & Christine Leifheit
Eric Mastrogert
Barry & Sue Ann Riale
Patricia L. Schmidt
Diane Slowik & Peter Stickney
James P. & Holly S. Watson
Don Whitney
Terrence & Barbara Woodworth
Charlene M. Zebley
Richard G. Zogby, MD

Penn Yan
Buffalo
Trumansburg
Rochester
Canandaigua
Phoenix
Spencer
Whitney Point
Norwich
Fabius
Little Valley
Edmond, OK
Hudson, OH
New Hartford
Manlius

Ninth Year of Keystone Trail Crew

Keystone Trail Crew, sponsored by the Keystone Trail Association of Pennsylvania, will again have three work weeks of volunteer hiking-trail maintenance in June. The work week will run from Wednesday through Sunday. Meals and lodging/campsites will be provided. If you can spare a week, volunteer a weekend or come for just a day or two, please think about signing up. No volunteer will be turned away. Forward all inquiries to Joe Healey, 93 Cedarwood Drive, Laflin, PA 18702, email jnlhealey@aol.com, or feel free to call at 570/655-4979.

New Trailhead Signs for Branch Trails

A modified version of our familiar trailhead sign will soon be appearing on the Letchworth and Bristol Hills Trails. Two major changes will be that the name of the branch trail will be prominently displayed across the top of the sign along with "PART OF THE FLT SYSTEM". In addition there will be locations to indicate the map letter and number along with the Access Point letter or number. The familiar FLT logo will still appear in the center but slightly smaller in size. To improve color retention the new signs, which will remain green on yellow, will be painted on thin aluminum sheet the same size as our current plastic signs.

These new signs, particularly on the Letchworth Trail, will also be placed back along the trail at the Access Trail junction so it will be easy to determine which access trail you are located on since it is easy to get confused because there are many access trails going in from River Road.

The other Branch Trails will also receive signs as soon as funding is available, which is intended to be by the end of 2006.

Trailhead signs for the main FLT will remain the same, except for the addition of the space to identify the map letter and number, as well as to identify the Access Point number. Future orders for the main FLT signs will also specify thin sheet aluminum in the same size, 11¼ by 11¼ inches, with green letters on a yellow background.

Alley Cat Trail Crew Schedule for 2005

For those of you who may not know what the FLT Alley Cat Trail Crews are, let me give a quick explanation. These are work crews made up of from 8 to 14 adults who are interested in helping improve the trail in various locations of the FLT system. All persons, regardless of current skills, are welcome to join a crew. You should be in reasonably good physical condition to perform manual work. We share in the food preparation and clean up. The food and lodging are provided at no cost unless otherwise

Trail Topics

by Howard S. Beye
Vice President Trails



Jacqui Wensich

Howard at the January Board of Managers retreat.

noted. Transportation from base camp to work sites is provided as well as rides for those requiring transportation from an airport, train or bus station near base camp. All crew members must be members of the Finger Lakes Trail Conference.

Crew #1 June 13-17, Pike, NY. Camp Sam Wood, Barlow Cabin. Map M-4. Relocate trail in the Bush Hill State Forest. Continue improvement to trail in Bear Creek State Forest and other general trail improvements and mowing from map M-4 to Route 242 to Portageville on map M-6.

Crew #2 August 22-26, Hammondsport, NY. Scout House for lodging. Improve trail on Mt. Washington and in Goundry Hill State Forest with new switchbacks.

Crew #3 September 19-23, Allegany State Park, park cabins. Install switchbacks on portion of trail between Beck Hollow Lean-to and Bay State Road and put hemlock board sheathing on Stoney Brook Lean-to.

Former Alley Cat Trail Crew members have received an announcement and application. Other interested persons may request an announcement and application from the FLTC Trail Operations Office at flt@frontiernet.net or 585/288-7191. Since food and lodging space is being provided, preference is given to those who will be staying for the entire week, but if room is available, shorter days of participation are possible. Individuals interested in working on a crew, but commuting each day, are welcome to sign up for as many days as desired.

Conservation Trail Guide

Work is progressing by the Foothills Trail Club on revising their *Guide to the Conservation Trail*. The club Trail Workers have been providing up-to-date information and additional facts related to the area in which the trail passes. Planning now is to have the revised version ready to be printed by the fall of 2005. With this accomplished we will have the popular guide for the 178.6 mile Conservation Trail, built and

maintained by the Foothills Trail Club, ready for the public to purchase.

National Trails Day

The annual National Trails Day will take place this year on Saturday, June 4th and will be celebrated across the USA. This is our opportunity, as people who enjoy hiking and other forms of foot travel along our trails, to sell the benefits to our friends, neighbors and to all those others we do not know who have, by nearly every survey taken, said they like to walk or hike. Clubs can organize hikes along the FLT, or maybe even more practically, on local trails when the FLT is a long distance from the people we should be targeting as potential users and future supporters of the FLTC and its local Trail Sponsor Clubs—perhaps a hike in a local park or on a greenway. Plan hikes that would interest the mature as well as school children. Many times this can be a grandparent/grandchild adventure. Hikes for new people should be advertised as such and be reasonable in length, usually under three miles and moderate at best in difficulty. Perhaps have an adult-hike route with a shorter drop off point for those with children. Make it fun, not a bad memory. The FLTC or the American Hiking Society can provide you with all the help you need to make an event on June 4th a rewarding experience for everyone. The theme for this year is “Take the Path to a Healthier You”.

Proposed NY/PA Connector Trail

The proposed connector trail between the Finger Lakes Trail and the Mid-State Trail would be approximately 30 miles long in New York and extend south from the FLT in the South Bradford/Sugar Hill area to cross into Pennsylvania near Addison. About 30 miles of new trail will need to be built in Pennsylvania. The Finger Lakes Trail Conference will take care of the New York State portion, and the Mid-State Trail Association will handle the Pennsylvania portion.

Right now we have about seven FLTC members who have expressed an interest in getting involved with selecting a possible route, contacting potential landowners and after routing is secured, starting to build the trail in New York State.

The Conference has recently secured Glenn French of Avoca to give leadership to the New York State group and to act as coordinator to keep things moving and on the right track. If you are interested in being involved with this project, please contact Glenn by phone at 607/566-8316 or by email at rabbi_uriel@yahoo.com.

□

Working on an Alley Cat Crew by Kristen Schafer

For five days last August I worked on the Finger Lakes Trail Alley Cat Crew with twelve other volunteers. The crew constructed a replacement lean-to and a bridge support at Shindagin Hollow, which is on the Finger Lakes Trail about thirteen miles southeast of Ithaca. This was a project I had read about in my FLT newsletter, and I decided to participate as I had some free time. There was a tent site and camp kitchen set up for the crew, but after the first night of poor sleep in my tent I decided to commute the rest of the week from home, which turned out to be only a 45-minute drive. I was the only woman on the crew; one guy’s wife was supposed to come but ended up staying home with their sick cat. Having few construction skills, the first day I volunteered for the task of “washing” the logs to be used for the lean-to with a bleach solution to help prevent mildew growth.

As there was more than enough labor for the lean-to project, several of us branched off the next day to another project, which involved installing “gabions”, or rock-filled wire baskets, next to the bridge support on a footbridge. The work involved digging out part of the bank to allow the 3 x 9 x 1-foot gabion to fit between the bank and the corner of the bridge foundation, then filling the gabion with rocks from the creek bed. After the base gabion was installed, two more gabions were placed on top of it, each 3 x 6 x 1 feet, and these were also filled with rocks. It was estimated that we put approximately seven tons of rocks into the gabions – that’s a lot of rocks, and as



Kristen - 3rd from right (Continued on page 20)

Alley Cat Crew...

(Continued from page 19)

you may guess the project did take some time! Howard Beye (crew leader and Chair of the Trail Management Committee) and I worked on the project for its duration of 3½ days, while Jack VanDerzee (another TCHC-er) worked with us for two days, as did Jerry Wright from Maryland. On the last day, Friday, after we'd completed our project we walked up to the lean-to, which was almost finished. I was given the task of installing pegs on the inside and outside of the lean-to, which involved some drilling of holes and pounding of pegs, and also installed the Shindagin sign on the lean-to. It was nice to feel I had participated in that project in some small way. I also got a hands-on lesson in using a chain-saw, and decided it's not for me!

I should mention that the crew was fed a nice hot breakfast each morning, provided with ample provisions for lunches and a hearty supper each night,

all thanks to Howard who planned, shopped, transported and cooked. All crew members assisted with meal prep and clean-up. It was a good week of demanding physical labor in the great outdoors. And the rain held off until late Friday afternoon just as we had finished up! I would encourage anyone who likes outdoor physical labor and has some time to donate, to volunteer to work on an Alley Cat Crew. There are usually three crews per year, working on various projects as needed along the FLT. You will be put to work and appreciated no matter your skill level! And don't be daunted by the thought of being "the only woman". For me it just was not an issue and I felt I got to contribute as much as "the next guy"! And by the way, at supper one night I found out where they came up with the name "Alley Cat Crew". It's because the FLT goes from the ALLEgheny mountains to the CATskills!! So think about joining an Alley Cat Crew to support our beautiful Finger Lakes Trail. □

Harry Clar, FLT Pioneer Passes

Harry Clar, one of the original founders of the Finger Lakes Trail, passed away January 18, 2005, at the age of 92. Harry was a member of the Genesee Valley Hiking Club for over 35 years, serving as its President several times. When Wally Wood had the idea of creating a hiking trail across New York State, he pitched the idea to his hiking club, the GVHC. Harry bought into the plan and led the club in building the GVHC section from Portageville to North Hornell, one of the first sections of the FLT. He served as the GVHC Trails Chairman for over 15 years, maintaining and enhancing the club's section of trail.

Harry was also one of the original builders of the Letchworth Branch Trail along the previously empty east side of the state park. It is now one of the busiest trails in the FLT System. He continued to work on the trail every Sunday until he was required to move to a nursing home several years ago. He also served on the FLTC Board of Managers and as FLTC Vice President many times. The Clar-Willis Distinguished Trail Volunteer Award was named for Harry and his friend Ed Willis, who were both dedicated trail builders and maintainers.

Harry was always supported by his wife Dickey, who

Irene Szabo



Harry Clar, working on his beloved Letchworth Branch to clean up the mess after the 1991 ice storm, when he was a mere lad of 78.

used to come out on every hike with him. Harry has also passed on his love of hiking to his children and grandchildren.

—Ron Navik

FLT Regional Club List

These are the clubs who maintain segments of the trail, and conduct regular hikes. To reach one of them to volunteer for trail work or to enjoy a walk in your neighborhood, look at these websites.

Affiliate Clubs	Website	Area
ADK Finger Lakes Chapter	http://web.empacc.net/~scottez/	Ithaca Area
ADK Genesee Valley Chapter	http://www.gvc-adk.org/	Rochester Area
ADK Mid-Hudson Chapter	http://www.midhudsonadk.org/	Eastern NY
ADK Niagara Frontier Chapter	http://www.adk.org/chapters/niagra.aspx	Buffalo Area
ADK Onondaga Chapter	http://www.adk-on.org/	Syracuse Area
Cayuga Trails Club	http://www.lightlink.com/ctc/	Ithaca Area
Foothills Trail Club	http://www.foothillstrailclub.org/	Buffalo Area
Genesee Valley Hiking Club	http://www.fingerlakestrail.org/gvhc.htm	Rochester Area
Triple Cities Hiking Club	http://www.tier.net/~tchc/	Binghamton Area

Walking Backward...

(Continued from page 6)

Had you turned south from the junction towards Ebenezer's Crossing, in 1857 you would have seen two houses on your right, and a couple of other houses and a schoolhouse on your left. A little further on, past the cemetery and below the falls at Templar Rd., you would have seen a gristmill, and then a couple of homes near the intersection of Templar and Van Zandt roads. For awhile, Buck Settlement was quite a thriving little community, in part because it sat in the wedge between two sources of waterpower and at a crossroads where the road running north/south (Old Locust Lane) met two east/west roads—Van Zandt/Templar Rd. and the road the new trail follows up from Glen Creek. (In the 1850's, this road also went west as far as Park Hollow, where the lean-to now is.) Now that no one lives here, it's hard to imagine that this community was once populated and bustling, but it was.

By 1898, when the Buck Settlement area was surveyed for a topographic map, there was only one structure on the .3 mile stretch north from Ebenezer's Crossing; and *no* road or structures were shown heading east to where the dry stone foundation still stands. From the maps, it seems that Buck Settlement lasted only about 60 years.

The cemetery also tells the story, and it is one of pretty rapid decline. Thirty-three (78%) of the 55 burials in the cemetery took place in just thirty years, between 1845 and 1874. Ten of those buried (or memorialized) were in their most productive years (ages 19-46), including two who fought in the Civil War. Only two were infants, but seven were under the age of 19. (Among the older folks who died during this period were Jane Buck and her husband, Ebenezer, after whom the settlement and crossing were presumably named.) In the next thirty years (between 1875 and 1904), "just" eleven persons (20%) were buried in the cemetery; but three of these were between the ages of 19 and 46. The lone, last burial was in 1919. The demographics picture a community that literally died out, and died out fairly quickly.

Finally we come to the end of this tour: Just past the cemetery, you will see the remains of a road bridge that once crossed the stream by Templar Road. The first version of the story is that this bridge was washed out in the disastrous flood of '35 and was not rebuilt because roads to the north were already falling into disuse and there was very little population to serve. The second version is that it was not rebuilt because "if a ford was good enough for Ebenezer, then it should be good enough for you." □

Sources and references: Wessels, Tom, *Reading the Forested Landscape, A Natural History of New England*, Woodstock, VT: The Countryman Press, 1997. Region 8 Forester Gretchen Cicora and Forest Ranger William Meehan, for information about Sugar Hill area activities and state property acquisitions. Orthographic images from NYS GIS Clearinghouse, via the NYS DEC homepage, Map-NY. Information about Crandal's Champion: Ms. Davie Gipson (Curator), Lionel Pelletier, and Joe Cotter, The Devil's Rope Museum (McLean, TX). Cemetery information and photo: www.rootsweb.com/~nyschuyll/buck.htm. Early topographic maps: www.docs.unh.edu/NY/hmdp03ne.jpg and [watk01nw.jpg](http://www.docs.unh.edu/NY/watk01nw.jpg). A copy of the 1857 map of Schuyler County hangs upstairs at the Schuyler Co. Historical Society Museum, Montour Falls.

Finger Lakes Trail Conference 2005 Annual Meeting
April 29 - 30 & May 1
New York State Fire Academy, Montour Falls, New York
Hosted by the Cayuga Trails Club

Schedule of Events

Friday, April 29

NYS Fire Academy

- 12:00 - 5:00 PM Registration - Classroom #10
- 12:15 PM Assemble for scheduled hikes at the Academy tennis courts
- 4:30 PM Social hour - cash bar with wine & beer - Classroom #10
- 5:30 - 6:15 PM Buffet dinner - NYS Fire Academy Cafeteria
- 6:30 PM Special Presentation - *A Glimpse of the Florida Trails and Lightening Your Load: A Demonstration of Backpacking & Hiking Equipment* by "Java" Joe Dabes

Saturday, April 30

NYS Fire Academy

- 7:45 - 8:30 AM Continental breakfast - Classroom #10
- 8:30 - 9:00 AM Registration - Classroom #10
- 9:00 AM Pick up trail lunches - Classroom #10
- 9:15 AM Assemble for scheduled hikes #1,2 & 3 at the tennis courts
- 10:00 AM Assemble for Hike # 4 at the tennis courts
- 3:00 PM Annual FLTC Business Meeting – Academy Cafeteria - all encouraged to attend
- 4:00 PM Board of Managers Meeting – Academy Conference Room
- 5:00 PM Social hour & cash bar at Logan Ridge Wine Cellars - Petioles Restaurant
- 6:30 PM Annual Banquet – Logan Ridge - Petioles Restaurant
- 7:30 PM Special Presentation - *The Future of the Finger Lakes Trail Corridor: Options for Keeping it Green* by Andrew Zepp, Executive Director of the Finger Lakes Land Trust

Sunday May 1

NYS Fire Academy

- 7:45 - 8:30 AM Continental breakfast - Classroom #10
- 9:00 AM Pick up trail lunches - Classroom #10
- 9:15 AM Assemble for scheduled hikes at the tennis courts

Directions

NYS Fire Academy - The Academy is located on the intersection of NYS Route 14 and College Avenue in the Village of Montour Falls (www.dos.state.ny.us/fire/acadmap.html)

From the North - from I-90 (NYS Thruway) Exit 42 take Rt 14 South 40 miles to Watkins Glen, continue on Rt 14 South for 3 miles to College Ave in Montour Falls; the Academy will be on your left.

From I-90 (NYS Thruway) Exit 41 take Rt 414 South 45 miles to Watkins Glen, turn left onto Rt 14 South and continue 3 miles to College Ave in Montour Falls; the Academy will be on your left.

From the South - from I-86 (Rt 17) Exit 52 take Rt 14 North 15 miles to College Ave; the Academy will be on your right. Be alert for I-86 exit detours due to construction.

From the East - from Ithaca take Rt 13 south 16 miles to Alpine Junction. Turn right on Rt 224 North and go 9 miles to the Montour Falls. Turn left onto Rt 14 South to College Ave, the Academy will be on your left.

From the West - I-86 Exit 46, take Rt 414 North 20 miles to Watkins Glen, right turn on Rt 14 South and continue to College Avenue in Montour Falls; the Academy will be on your left. Be alert for I-86 exit detours due to construction.

Academy Tennis Courts - The designated parking area for the FLTC is on the tennis courts behind the Academy. Follow our posted signs and *please* leave the main parking lot for their registrants attending firefighter training. Follow our signs to the *back* door entrance. Classroom # 10 will be on your right.

Logan Ridge Wine Cellars - 3800 Ball Diamond Road, Hector. From the Academy turn right on Rt 14 and go north 3 miles to Rt 414/4th St. in Watkins Glen, and then turn right. It is 10 miles to Ball Diamond Road and the Wine Cellars.

Scheduled Hikes

All hikes meet at the tennis courts behind the Academy

Friday, April 29

1. **Wildflower Hike** - 3.7 miles, nice and easy. The hike will start at the willow walk at the north end of the Montour Falls Marina road and end at the Route 414 parking lot across from Cass Road. Wildflowers should be in full bloom at this time. There will be plenty of time for birding and identifying and photographing wildflowers. Hike leaders: MarshFellows
2. **Sugar Hill Tower to Watkins Glen** (FLT map M-14) - 12 miles, rigorous hike although mostly downhill. Hike will go by Ebenezers Crossing and through the State Park. Hike leaders: Cayuga Trails Club

Saturday, April 30 (hikes 1 and 4 will get back in plenty of time for the General Business Meeting)

1. **Queen Catharine Marsh Trail** [QCMT] - 7 miles, a nice and easy branch trail highlighted by many beautiful wildflowers. The hike will start at Watkins Glen High School parking lot and end at the Route 414 parking lot across from Cass Road. Hike leaders: MarshFellows
2. **Newtown Road to Satterly Road** (FLT map M-15) - 8.6 miles, rigorous. Hike will go through Texas Hollow and the Finger Lakes National Forest. Hike leaders: Cayuga Trails Club
3. **Finger Lakes National Forest** - 10 miles, arduous-moderate. This will take you on the Ravine Trail, Gorge Trail, Potomac Trail, the South Slope Trail, and a portion of the Backbone Trail. Hike leaders: Cayuga Trails Club
4. **Excelsior Glen** (FLT Map M-15) – 2.4 mile round trip, moderate. Immediately east of Catharine Swamp/Watkins Glen. A short hike in and up a steep sided gorge. Two water falls in Excelsior Glen and views of Seneca Lake are the highlights of this hike. Hike Leader: Jean Gerow - ADK Finger Lakes Region.

Sunday, May 1

1. **Wildflower Hike** - 3.7 miles (see hike #1 description on Friday)
2. **Radio Tower to Route 228** (FLT map M-16) - 9.6 miles – arduous-moderate. This hike will include part of the Van Lone Hill Loop and the Connecticut Hill Wildlife Management Area. Hike leaders: Cayuga Trails Club

Who are the MarshFellows? These are five dedicated women responsible, since October, for bringing the QCMT to its current glory and maintaining it.

The registration form is also available at www.fingerlakestrail.org.

**FLTC Spring 2005 Annual Meeting Registration
April 29, 30 and May 1
Montour Falls, New York**

One name per form please. Make copies for any additional people.

Name: _____ Email _____

Address: _____ Phone:() _____

In case of emergency notify: Name _____

Phone _____

Relationship: _____

Send this form and check payable to the FLTC.
Mail to: FLTC, 6111 Visitor Center Road, Mt. Morris, NY 14510

Please be sure to fill out BOTH sides of the form.

Meals

Friday dinner - Cafeteria style - salad bar with vegetables, fruit, potato and macaroni salad, cottage cheese and a dessert bar of cakes, pies, and cream puffs. Entrée choices include: Vegetable Lasagna or Baked Haddock, rice, and vegetables.

Continental breakfast - coffee, tea, juice, yogurt, granola, muffins, bagels and cream cheese, and Danish pastries

Trail bag lunch - fresh fruit, cookie, bottled water , and your choice of a Vegetarian Feta Wrap or Chicken Wrap. All include lettuce and tomatoes.

Saturday banquet - Plated dinner of tossed salad, bread, tea, coffee, and apple strudel cheesecake. Entrée choices are:

- Lemon Chicken with white wine cream sauce served with garlic mashed potatoes and chef choice vegetables
- Tenderloin Beef Tips in a merlot, mushroom sauce served over penne pasta, and chef choice vegetables
- Vegetarian Risotto with seasonal vegetables and portobello mushrooms.

Lodging

Book reservations on your own with the hotel or campground of your choice. More options are available at www.schuylerny.com or www.watkinsglenlodging.com. Distances listed are from the Academy.

Montour Falls

- The Falls Motel**, 239 N. Genesee St, 35 rooms, 1/2 mile 607-535-7262
www.thefallsmotel.com \$70-\$85 to \$125
- Relax Inn**, Rt 14, 12 rooms, 1/4 mile, AAA rating 607-535-7183
www.aaa.com link to city/Montour Falls \$85-\$95
- Wisteria Way B&B**, College Ave, next door, includes breakfast 607-535-0158

(Continued on page 25)

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Registration fee [*non-refundable and required for any part of the weekend*]

	FLTC member	\$ 7.00	\$ _____
	Non-member	\$ 9.00	\$ _____

Meals are non-refundable after April 15

Friday Buffet		\$ 10.00	\$ _____
Circle one:	Vegetable Lasagna Baked Haddock		
Saturday continental breakfast		\$ 3.00	\$ _____
Saturday trail lunch		\$ 4.50	\$ _____
Circle one:	Veggie Wrap Chicken Wrap		
Saturday banquet		\$ 26.00	\$ _____
Circle one:	Lemon Chicken Beef Tips Veg Risotto		
Sunday continental breakfast		\$ 3.00	\$ _____
Sunday trail lunch		\$ 4.50	\$ _____
Circle one:	Veggie Wrap Chicken Wrap		

Total member cost for all meals & registration is \$58

Total Enclosed \$ _____

Lodging, continued...

Watkins Glen

- **Anchor Inn**, Salt Point Road, 5 miles, 10 rooms, AAA** 607-535-4159
www.watkinsglenmotels.com \$75-\$79
- **Budget Inn**, 435 S. Franklin St, 21 rooms, 3 miles, AAA* 607-535-4800
www.budgetinnwatkinsglen.com \$45-\$65
- **Colonial Inn and Motel**, 701 N. Franklin St, 14 rooms, 3 miles 607-535-7545
www.colonialinntheglen.com \$59-\$85
- **Glen Motor Inn**, 3380 Rt 14, 5 miles, 40 rooms 607-535-2706
www.glenmotorinn.com \$70
- **The Inn at Glenora Wine Cellars**, 5435 Rt.14, 30 rooms, 10 miles 800-243-5513
www.glenora.com \$125-\$210
- **Madison Guest House B&B**, 413/415 S. Madison Ave, 2 rooms 607-535-9096
www.madisonguesthouse.com \$85
- **Log Cabin Guestlodge**, call for directions, 5 miles 607-535-0035
www.logcabinguestlodge.com \$99-175
- **Longhouse Lodge Motel**, 3625 Rt 14 and Abrams Rd, 5 miles, AAA*** 607-535-2565
www.longhouselodge.com \$59-\$69
- **Seneca Clipper Inn**, 436 S. Franklin St, 15 rooms, 3 miles 607-535-2441
www.senecaclipperinn.com \$45-55
- **The Chieftain Motel**, 3815 Rt 14, 14 rooms, 3 miles, AAA** 607-535-4759
www.watkinsglenlodging.com ask for FLTC rates (\$54-\$99) vs. (\$62-\$125)
- **Tudor Rose B&B**, 102 Durland Place, 5 rooms 607-535-6768
www.tudorrosebnb.com \$85-\$125
- **Villager Motel**, 106 E. 4th St. Rt 414, 25 motel and 4 hotel rooms, 3 miles 607-535-7159
www.wgvillagemotel.com motel -\$60-\$75, hotel - \$95-\$110

Horseheads (more available, but this was closest)

- **Best Western Marshall Manor**, 3527 Watkins Glen Rt 14, 40 rooms, 9 miles, AAA***
www.bestwestern.com \$47-\$61 607-739-3891

Camping – Watkins Glen (Watkins Glen State Park will not be open until May 5)

- **KOA Campground**, 1710 Rt 414 607-535-7404
primitive tent site \$27, RV with electric is \$38

Other activities?

The area has a wealth of wineries found at www.senecalakewine.com and the **Annual Polar Bear Dip** at 4 p.m. April 30 behind the Anchor Inn (see above for address).

Questions? Contact Sigrid Connors, 607-898-4163 or sconnors@twcny.rr.com

All members of the FLTC are invited to the annual business meeting on April 30th, 3 p.m. at the New York State Fire Academy in Montour Falls. Among other matters to be discussed and reports to the membership, we will vote on these nominees for the Board of Managers. Other nominations may be made according to our by-laws.

Nominees for the FLTC Board of Managers

Class of 2008

The Constitution of the Finger Lakes Trail Conference states that one-third of the Board of Managers shall be elected annually for a term of three years by majority vote of the members at the annual business meeting. The following have agreed to be placed in nomination for the Board of Managers and seek members' votes on April 30, 2004 at the annual business meeting in Montour Falls, NY. Members who cannot be present are urged to mail the proxy card on the next page to the FLTC Service Center by April 23, 2004.

Dawn Bennett. I have been a member of FLTC since 1988 and have served on the Board of Managers, Board Nominating Committee, and Membership Committee. I am currently Vice President of the Central New York Chapter of the North Country Trail Association as well as a Trail Steward and served in the past as Secretary. I have attended two of the NCTA Annual Conferences - Cazenovia, NY (where I was on the Planning Committee) and Ohio and plan on attending the one in Michigan this year. I am a 20+ year member of ADK-Onondaga Chapter where I have been very active as Chapter Chair, Vice Chair, Publicity Chair, Newsletter Editor and Hike Leader. I live in Syracuse and have been retired for one year from the New York State Department of Environmental Conservation in Syracuse. I currently work part time for Coach USA as an Escort on motorcoach tours.

Linda Cruttenden. I have been a member of the Finger Lakes Trail Conference for the past 10 years. I joined because I'd fallen in love with the Finger Lakes Trail, and I was looking for friends to share it with me. Membership in the Conference gave me wonderful experiences, and the companionship of the trail that allowed me to become End-to-End #154. I've been an "office assistant" occasionally to the Beyes, and have assisted with the new FLT B&B Guide. I think that I can use my skills as a school administrator and librarian to give back to the Trail everything that it's given to me. My license plate on my cars says it all—FLT LVR.

Scott Lauffer. I have been on the Board of Managers of the FLTC for almost 5 years now, serve as one of the e-group moderators, and also serve on the Financial Committee of the FLTC. It is an exciting time to be serving the FLT; we have a great chemistry on the board at the moment and I see the Conference moving forward and maturing in many ways. I am still an avid hiker; I have completed the FLT east of Steuben County except for a few short sections. I hope to get to more of the western part of the FLT this year and lead others in conquering new sections of the trail. I try to lead our local club, the Triple Cities Hiking Club, on at least two FLT hikes each year. I envision a great future for the FLT as more attention and interest is generated on its presence and use. The Financial Committee is also doing much to secure its future in a financial way.

I am also the local Chair for the Sierra Club, serve on the Endicott Stakeholders Group which serves as a watchdog for a toxic cleanup effort, on the Town of Union Conservation Advisory Council, on the board for the Contradance of Binghamton and am a member and past president of the Triple Cities Hiking Club. I am active in serving in these activities because I believe the things I care about need the involvement of people to keep them going and vital. As an encouragement to others who think about serving the FLTC in some way, there are numerous ways one can get involved. Just contact one of the officers or Board of Managers. I was shy at one time, but found being involved is a great way to open new vistas and have a positive effect on the life and health of the FLT.

Terry Meacham. My wife, Kim, and I have been members of the FLTC for several years and are, with my father-in-law and "Spike the hiking dog", end-to-enders number 149, 150, and 151. I am also a

member of the North Country Trail Association. We hike the trail at every opportunity, and have not only finished the main trail, but also the Onondaga, Bristol Hills, and Interloken branch trails. (We finished the Interloken Trail a couple of weeks ago on snowshoes in temperatures that were well below zero!) My wife and I have recently taken on the job of FLTC Hike Coordinators and are in the process of organizing several hikes for the coming year. We are also relatively new (2 year) trail maintainers on part of the ABC Ranch section of the trail in Steuben county on M-10, having re-routed a road walk section of the trail to the woods.

I have been a Registered Nurse for 25 years, working for the past 14 years as the Clinical manager for the Strong Eye Institute at the University of Rochester. I have experience designing and implementing practical means to achieve strategic goals and am very excited about the opportunity to serve as a productive member with the Board of Managers.

Jacqui Wensich. I developed a life-long interest and passion for the outdoors at a very early age, tenting at Racquette Lake, Eighth Lake and Moffett's Beach in the Adirondacks in the late 40's through the early 60's. I started hiking the high peaks of the Adirondacks in 1996 (13 completed). I am Finger Lakes Trail End-to-End #178, and I am currently working on completing the branch trails. I have been a member of the FLTC for three years and was appointed last year to fill an opening on the Board of Managers. I also have belonged to the ADK Genesee Valley Chapter since 1996. While developing my computer skills, I have blended my photographic talents with my love of hiking and used the combination in support of the FLTC. I am active in the Conference's dam site hikes, maintaining the Queen Catharine Marsh Trail, the FLT winter lecture series, completing computer projects for Gene Bavis, Irene Szabo and Ed Sidote, and making PowerPoint presentations to publicize the FLT.

TO: MEMBERS OF THE FINGER LAKES TRAIL CONFERENCE: Pursuant to Section 726(d) of the New York State Not-for-Profit Corporation Law, the Finger Lakes Trail Conference, Inc., is required to mail to its members not later than the date of the annual meeting of members a statement specifying certain details with respect to the purchase or renewal of its insurance for the Society's indemnification of its directors and officers. Accordingly, please be advised as follows:

1. The name of the insurance carrier is Executive Risk Indemnity, Inc. (Chubb Insurance Group).
2. The cost of the insurance to be paid during the 2004/2005 fiscal year is \$945.00.
3. The indemnification insurance contract covers any person who has been, now is, or shall become a duly elected director or trustee, a duly elected or appointed officer, an employee, committee member, whether or not they are salaried, any other person acting on behalf of the Conference or at the direction of an officer or board of managers of the Conference.

PROXY

If you attend the Finger Lakes Trail Conference Annual Business Meeting on April 30, 2005 you may vote in person on the slate of nominees for the FLTC Board of Managers listed in the Spring edition of the *Finger Lakes Trail News*.

If you are unable to attend the meeting, please sign below designating the Secretary, or in the Secretary's absence, the Acting Secretary, as proxy for the election of these nominees. This designation of proxy shall be effective for the Annual Business Meeting of the Finger Lakes Trail Conference, Inc., to be held on April 30, 2005 in Montour Falls, NY.

One signature equals one vote for adult, family, student, contributing, business, adult organization, or youth organization membership. Class I (trail sponsor) members should refer the Bylaws for the number of votes allowed.

Please mail this form to
Finger Lakes Trail Conference
6111 Visitor Center Rd.
Mt. Morris, NY 14510

Signature _____ Date _____

Print Name _____

Address _____



Walking Through Time in New York: #8 in a series

Catharine Montour's Land by Irene Szabo

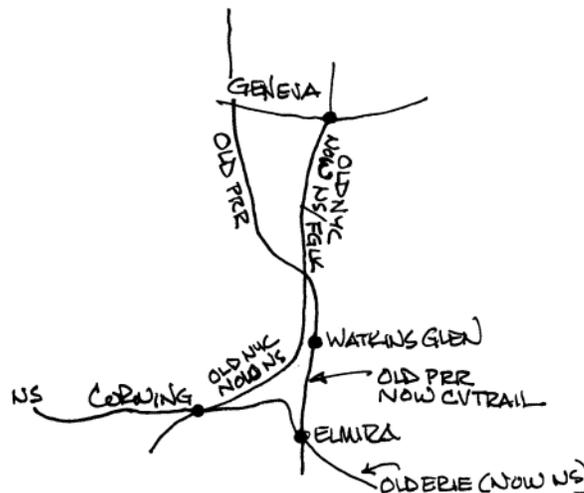
East-west hikers on the FLT know in their tired bones that a single day's hike can go from 445 feet at Seneca Lake up to 2100 at Sugar Hill, and each of the Finger Lakes presents a similar steep-sided trough. So the brief flat spots at the ends of each lake invited settlement two hundred years ago at Geneva, Watkins Glen, Canandaigua, and Ithaca, to name a few. While each community could ship its production on lake boats to the other end, many wished they were better linked to that manmade river of commerce, the Erie Canal, or to the coal fields of Pennsylvania, back when coal was a major fuel for home and industry.

Watkins Glen was connected north and south by one canal and two railroads; one and a half of the latter still exist. Transportation routes southward followed Catharine Creek, a swift trout stream flowing north into Seneca Lake from its origins in a swampy area north of the town of Horseheads near Elmira. From elevation 890 feet down to 445, twisting through a narrow steep-sided valley the creek reaches the wide open "Bad Indian Swamp" (now more politely Queen Catharine Marsh) between Montour Falls and Watkins Glen. While that gradual descent translates to a grade of less than 1%, fine for the original Chemung Railway, it required 53 locks to lift boats along the Chemung Canal over its modest 23-mile distance to Elmira. That short canal trip required two and a half days!

Like most canals, the Chemung required extra measures to keep it supplied with water (each lock-through dumped huge quantities downstream), so a 16-mile feeder canal was built westward to tap the Chemung River at Corning, in this case a navigable feeder, so Corning became a busy inland port. However, the Chemung Canal was built on an even more slender shoestring than most in the 1830's: the locks were made of wood, not stone, which rotted and

required replacement every few years. Floods tore out towpaths, dams, and locks with depressing frequency, and the canal's cross-section size (its "prism") was never increased when the Erie's was in the 1840's, so the Chemung could not receive larger system-wide boats.

So even though a constitutional amendment in 1846 declared all canals property of New York State, another one a mere twenty-eight years later enabled the state to shed its several financially draining branch canals. The Chemung was closed in 1878 and emptied south of Montour Falls. The outlet through the swamp to Seneca Lake was kept open, and remains part of the statewide canal system even today, with a marina at the Montour Falls dead end.



Although the Chemung Canal cost more than it ever paid its investors or the state, it still brought genuine prosperity to the towns along its short route. Timber was abundant, so canal boat yards appeared in many of the villages, supplementing the several mills along Catharine Creek. Coal, lumber, grain, gypsum, whiskey, and pottery traveled north to Seneca Lake, where steamboats towed powerless canal boats to Geneva, where they returned to mule power on

the Cayuga & Seneca Canal to the thriving Erie.

Most other lateral canals abandoned in the 1870's throughout the state were followed by railroads built upon their closed towpaths. But the Chemung Canal was still in operation when the original Chemung Railway was built from Watkins Glen to Elmira on a parallel alignment in 1850. In some narrow portions of the valley between Montour Falls and Millport, it is hard to imagine where both could fit! However, a drive in winter along NY 14 reveals a clear dug-and-filled embankment snaking along the west hillside just above the valley floor where the canal stayed close to the creek.

It is especially visible now that the Catharine Valley Trail makes good modern use of the solid railbed. New York's Office of Parks, Recreation, and Historic Preservation has

cleared and graded the new trail from Montour Falls to Millport, with completion of the segment north to Watkins Glen on slate for this year, and more trail to Horseheads planned. Visible in winter even from the road below are solid wood guard rails along steep-sided cuts, and graded ramps bring the pathway down to the occasional road crossing where there is no longer a railroad bridge over the side road. Visible from the path itself are snatches of old canal ditch below, sometimes narrowing suspiciously where there was once a wooden lock, and some parts of the towpath can be seen, too. Gorgeous informative signage at trailhead kiosks explains features along the trail plus the history of the corridor, and parking areas are even plowed during winter!



Two MarshFellows Jay Zitter (left) and Sharon Galbraith soaking up history at a Catharine Valley Trail interpretive kiosk, south of Montour Falls.

Such a nice trail had its genesis in the mind of an inspired man whose vision was ahead of its time, naturally. Ed Hoffman was a lawyer representing Conrail, the final railroad with title here, and handled proceedings at the time of abandonment. It occurred to him what a perfect scenic wooded trail it would make, so he pitched the notion to the Office of Parks in the late 1970's, but nobody shared his fever then. He tried again in 1992, by which time OPRHP had the spirit, but no money, so Ed raised foundation money from several sources, bought the corridor, and

donated almost twelve miles to OPRHP in 1997. In retrospect, that was both brilliant and revolutionary.

Sadly Ed died in 1999 just before his trail became its current beautiful self, so his visionary contribution is memorialized in a bronze plaque on the back side of a trailside concrete piling made in the style of the old trackside posts with "W" on them, signaling where to blow the locomotive's whistle for an upcoming road crossing.

Hurricane Agnes in 1972 was the final straw for many marginal rail lines in the Southern Tier, washing out major portions of this railroad, too, but not before it had experienced a checkered career of many "lives." The earliest Chemung Railway gave way to the Northern Central, which by the late 1870's was under control of the huge Pennsylvania Railroad, and was officially absorbed in 1913. The PRR, chief rival of the New York Central (see #6 in our series) in size, breadth, might, and

spirit, wanted north-south lines into New York to snag the coal business that ran all the way to the shore of Lake Ontario, where long trainloads of coal were shipped to Canada.

So this branch of the PRR took coal to Sodus Point on the lake, where there was an active coal transshipment pier until 1967. The PRR improved the rails and bridges, and there was even Pullman car service from Rochester to Washington, D.C., until 1955, when passenger service ended on this part of the line. One of the saddest debacles in railroad



history was the merger in 1968 of giant but struggling rivals PRR and NYC into the short-lived Penn Central, which was bankrupt by 1970. Bankruptcy doesn't mean trains stop running, but Hurricane Agnes sealed this neighborhood's railroad fate: track bed washouts were so extensive that southward rails to Williamsport, Pa., were never reopened. In 1976 Conrail, a government-concocted attempt to combine all the bankrupt railroads of the northeast into one public company, took over, then removed our valley's tracks in the 80's.

In 1996 luckless Conrail was purchased and divided between CSX and Norfolk Southern, who now run most long-distance busy rail lines left in our state. While a

Whistle marker for bygone engineers along the ghost of the Pennsylvania Railroad.

Catharine Montour, part French and part native, achieved prominence in her matrilineal society due to her ability to translate during negotiations between invading whites and native societies. The "queen" moniker was added by the newcomers.

Yes, the story is true: a DEC bulldozer operator, clearing watery passages within the depths of the marsh for wildlife enhancement, carved his girl friend's name in the goop. Only aerial visitors could appreciate his devoted art.

(Continued on page 40)

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The Finger Lakes Trail Conference gratefully acknowledges the support of all our members and donors, and especially wishes to recognize the following individuals, businesses and organizations for their generous support during 2004. The amounts listed include dues and contributions to any FLTC fund.

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Thank You!

Thanks again this year to 150 of our FLTC members who have also kept up their membership with the North Country Trail Association. We receive an annual support grant from the NCTA, based first on miles of the FLT which are also “certified” official NCT miles, and ***doubled*** as long as we maintain at least 10% shared memberships, too. Your support has meant an extra \$1200 THIS year to support our mission, while you get to enjoy enticing stories in the NCTA’s *North Star* magazine about hiking in the other six states along this National Scenic Trail. To join at a bargain rate reserved only for FLTC ***members***, use the coupon to the right.

See you at the NCTA annual meeting in Michigan?

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End-to-End Update

by Edward J. Sidote

FLT End-to-End Coordinator

End-to-End Hikers

There have been no new additions to the End-to-End list since Oct. 3, 2004.

End-to-end aspirants added to my list are:

Joe Daley, Ithaca
David Cook, Rochester

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

William Baum, Rochester	Kathy Eisele, Syracuse
Fred Carranti, Manlius	Carole French, Avoca
Susan Collier, LeRoy	Karen Luciani, Hamilton
Joe Daley, Ithaca	Bob Richer, Horseheads

Car Spotters

There have been two additions to the list of car spotters:

Joanne Church, Ithaca
Eric Shatt & Deva Maas, Burdett

The Car Spotter list is available from the FLT Service Center or from me. When you contact a Car Spotter, please discuss re-imburement for gas.

Trail Registers

I track my End-to-End backpackers through the Trail Registers. Please make sure the Trail Register on your section is in good condition. I collect, read, and save these notebooks. I suggest replacing pencils with inexpensive pens (medium point); they will still write in the winter. Howard Beye has metal trail registers and I also have several. I can bring them to the Spring Meeting in Watkins Glen the weekend of 04/29 if you need one.

End-to-End News

Paula Strain. I received a Christmas letter from Paula in which she informed me that she has lost her vision. Paula was one of the "Old Timers" who talked about the early years of the FLT at our Mt. Morris 40th Anniversary Celebration three years ago. She is in the video of that event that John Malcolm developed, which is available from our library in Mt. Morris. She was an early president of the FLT and very active in the Conference until she moved south to work. Even so, she has maintained her FLT membership. She has been very active over the years with Potomac Chapter of the Appalachian Trail. Her address is 408 Russell Ave., #816, Gaithersburg, MD, 20877. I have her phone number also. She has a machine that will read your

letter to her. She hopes to be accepted in the VA Advanced Computer School.

John Conklin, Sr. of Norwich, End-to-End #67, passed away on Sunday, Jan. 16th, 2005. John and his wife, Jane, hiked the FLT in segments with their friends, Dr. Francis Hailey and his wife, Kathy, starting on 1994 and finishing in 1997. John and Dr. Hailey were retired from Proctor & Gamble. John was a graduate of Deposit High School. He then worked as a file clerk for the F.B.I. before he earned his degree of science from College of Holy Cross in Worcester, MA. He joined the workforce at Norwich-Eaton before entering the U.S. Army, serving from 1957 until 1959. He returned to Norwich-Eaton and retired as Section Supervisor in 1994 after 37 years with the Company. He loved hiking, model railroading, reading, sports, gardening and working around the house. His first love was his family. He is survived by a son and daughter, a brother and sister, and grandchildren. John's obituary specified that contributions in his memory be made to the Finger Lakes Trail Conference. Our Service Center has the address for acknowledging contributions. It was very thoughtful of John's family to remember the FLT in his obituary.

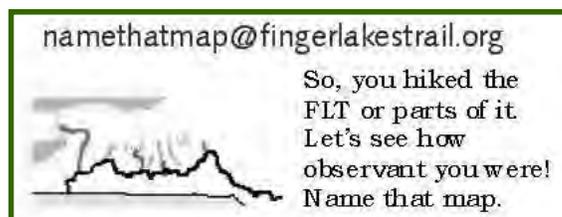
Happy Hiking!

Edward J. Sidote

5 Clinton St., Norwich, 13815-1903

607/334-3872

ejsidote@ghsfcu.net



Answers to the *Name That Map!* quiz in the Winter 2004 issue:

M-5 Rushford Road - Amish wagon

L-1 Octopus white pine on the Letchworth Branch

Only Irene Szabo guessed correctly.

Watch for another of Jacqui Wensich's photo quizzes in the next issue.

We made it

**by John and Sheila Myer,
End-to-End Hikers #182 and 183**

We made it. We became end-to-enders in September. We are proud to be numbers 182 and 183 to finish the Finger Lakes Trail. This was a long-term quest. We began the trail seven years ago.

In 1997, Irene Szabo arranged a series of hikes through Cattaraugus County. We read an ad in the paper and decided to give it a try. We loaded onto large yellow school buses with some trepidation and lots of friendly people and were on our way. We started near the Pennsylvania border in Allegheny National Forest – a beautiful place to start. The terrain was nice and the hills weren't too high. This soon changed however as we navigated near the Holiday Valley ski area and discovered why the series got the nickname "the western wall".

It takes awhile to get in hiking shape. The first couple of hikes were strenuous for us, but the leaders were kindly and took breaks as needed. There was also a good mix of hikers. Some were experienced, but many were neophytes like us. I believe there were initially about ninety of us. Another plus of Irene's arrangements were "sag wagons" and sometimes we were sagging although we never got "the vapors". Bob Muller (Cattaraugus County) and Joe Vieira (Schuyler County) would be waiting at crossroads with cold water and tootsie rolls!

We quickly found the need for good equipment, especially good hiking boots and socks with sock liners. We also discovered the nicety of moleskin, Band-Aids, Advil, etc. There are choices of backpacks, hip packs, fanny packs, etc. Sheila likes to carry a hiking

pole, while I carry binoculars so I can bird-watch along the way. Actually, you don't need much equipment for hiking compared to other activities. Food and water (especially on warm summer days) are, of course, a necessity.

Heide and Ernie Mahlke organized an unofficial set of hikes the next summer for Schuyler County. This continued our interest and enthusiasm. It was a nice way to start, with many people to converse with and get to know. There are a diverse group of people out on the trail including nature observers and speed walkers! Our friends, Judy McNamara and Sharon Wheat from Brockport joined us and made our excursions easier and more enjoyable.

For Steuben and Tompkins Counties, Sheila and I set up our own itineraries and enlisted Dave and Sue Jones, Tom and Mary Lou Belasky, and Rod Carpenter. Since we were coming from various points throughout the state, we did amazingly well finding our meeting points and being on time. For the remainder of our hikes through Cortland, Chenango and Delaware Counties, it was just the Brockport folks with special thanks to Carl Wheat who spotted us on many trips although he doesn't hike.

The benefits of all of this were innumerable. We meet many nice people. We stayed physically fit. We realized that New York State is one of the most beautiful places in the world. We became more adventurous and pushed our physical limits. We were able to observe nature throughout the seasons from the first flowers in spring to the gorgeous views of the Catskill Mountains at their peak of fall foliage. We now can identify red efts, ironwood trees, various mushrooms, migrating warblers, and wildflowers. We took some nice pictures and now appreciate the nuances of light through dappled foliage. We appreciate walking meditation through conifer cathedrals alongside gently flowing brooks in zen-like settings. We have seen many deer, turkeys, wood grouse, porcupines and other wildlife. We understand more fully the importance and interconnectedness of our environment.

It was fulfilling to achieve our long-term goal of completing the trail. We appreciate the commitment of the many folks who have dedicated their time and energy to keeping



Ed Sidore

Sheila (#182) and John (#183) Myer, finished 9/12/04

(Continued on page 34)



Ed Sidote

In 1993...

by Barbara Hackett, End-to-End Hiker #184

In 1993, I spotted a small announcement in the Rochester paper about a hike series on the Bristol Hills Trail. I had never hiked before but I signed up. Then I joined the planned hike series of Schuyler, Steuben, Allegany, and Cattaraugus Counties from 1994 thru 1997. I remember the vistas, drives through small New York villages, driving down Route 390 into the blinding sun, Watkins Glen, the large oak tree on Sexton Hollow Rd., a meeting place (at least I believe it was oak), Rock City, Allegany State Park, blow downs, crossing swollen Slater Creek, and steep muddy gullies. I came to the realization that this was one great way to experience and discover New York State.

In 1998 I completed Schuyler County during Ernest Mahlke's series. Making a quick tour of Europe in 1999 and other events did not leave me much time to hike. In 2000 I joined a merry crew—the Galbraiths, Schaeffers, Jo Taylor, Carol Smith and the Wilburs in Chenango County. At this point, one day Ed Sidote asked if I was a potential end-to-ender. It had not been on my horizon yet. In 2001 we hiked Tompkins County; in 2002 I hiked Cortland County with Kristine Light, a newbie. The next major task was 2003-2004 in the Catskills: Ulster and Delaware

Counties. There were also extra trips to Tompkins to complete make-ups with the help of some individuals.

Each challenge along the trail was unanticipated. I have memories of pine needled paths, rainy wet rocks, barbed wire fences, stiles, falling in a bog, allergic reactions to plant growth in the Catskills, more blow downs, wildflowers, mushrooms (orange?), the long ups and downs, pretty glens and water falls, staying overnight in motels, meals together at day's end and the extra help I received along the way from fellow hikers. Tim Wilbur kept spurring me on while we hiked through the Catskills. Upon reaching the top of Balsam Lake Mt., he informed me that this was equal to a 13-story building. When Nancey Wilbur was sag wagon, I could take a break if I couldn't keep up with the group.

My daughter, Carol, and grandson, Joshua, from Syracuse joined our FLT completion celebration picnic on Oct. 3, 2004 in Bainbridge. Then they better understood my undertaking of the past few years. A hand written "congrats" card from granddaughter Jasmynn said: "Just remember that the first step is just as important as the last step." I highly recommend hiking the FLT no matter what age one is.

Other people I'm thankful for: Sheila Ferrari, the Blumbergs, including Rocky, my daughter Nancy, John Palmer, and car spotters Gary Klee, Walter Woefel, and Ed Kokkelenberg, and especially Ed Sidote. I plan to continue hiking as much as possible.

□

End-to-End, Myer...

(Continued from page 33)

the Finger Lakes Trail the valuable resource that it is. Thanks very much to trail stewards, car spotters, board members, and office staff.

A special note of appreciation is owed to Ed Sidote, who faithfully wrote to us at the end of the last few years encouraging us to complete the trail. He offered helpful information about the roads to come and much-needed support. We want to thank him for meeting us in Bowman Lake State Park to celebrate our completion with certificates and patches.

The secret to life is perseverance! □

In praise of nature and prime numbers

by Marla Perkins, End-to-End Hiker #181

Although it is always possible to rhapsodize about the beauty of woodlands, mountains, and well-tended fields, what I would like to do in this article is to note some considerations that perhaps made this summer, and in particular my hike this summer, different from other such seasons and hikes.

From May 21 through August 4, 2004, I was backpacking the FLT from the Catskills to the Alleghenies. Upon completion of my hike, I was assigned the number 181, which is a prime number—I have a thing for prime numbers. Better still, it is a twin prime, meaning that an odd number next to it, in this case, 179, is also prime.

As anyone knows who has tried to spend time outdoors this year, it has been an exceptionally wet spring and summer. This made it an exceptional season for fungi; it is possible to think of my hike as a tour of the dominant fungi for various times and places. Many were varieties that I had never previously seen, and I still do not know what many of them are called, but the colors and shapes and sizes provided hours of entertainment.

The most exceptional ones were the lavender and purple fungi. I found lavender mushrooms with disc-shaped pilei (caps) in two places, once in the Ellicottville area beside a section of the trail maintained by a mountain-biking association, and once later, after the through-hike had been completed, beside a section of the trail I was day-hiking on Connecticut Hill. On the same day-hike on CH, a small group of deep purple mushrooms with cone-shaped pilei were growing on the trail itself.

White and cream-colored fungi were plentiful and ranged in shape from classic mushroom to something with branches resembling certain types of coral to a patch of spilled milk. These usually grew directly on rotting wood—branches, stumps, etc. One patch of the coral-like fungi was near a trail-register box where a



Judith Perkins

*Congratulations!
At the end of the trail in Pennsylvania.*

colony of potato bugs, as I know them, was living.

Magenta and pink mushrooms were always a surprise. Many of the magenta mushrooms had been or were in the process of being chewed by slugs, which were also plentiful and active during the damp weather; the chewed spots were white, and if the slugs were doing a regular job on them, this gave them an almost polka-dotted appearance.

My personal favorites, ranking right up there with prime numbers, were the yellow or orange fungi. Monks in Tibet frequently use a deep but bright yellow as part of their uniform, and there are a large number of mushrooms of that color. I found a couple of stumps nearly covered in orange mushrooms, one of which was also in the Ellicottville/bike trail area. On Connecticut Hill, a large

number of mushrooms were clustered together; these were orange like a ripe pumpkin and had rippled, scalloped pilei. In one place on the CH section of the trail, these rippled, orange mushrooms were lining the trail.

Earlier in the season, the mushrooms had not yet become so impressive. At that time, the fungi were mainly brownish and grayish and had not yet sprung up in large groups or to large sizes. Even then, though, there were impressive shelf fungi and lichens in the works; lichens are not exclusively fungi, but because they contain fungi, I will include them here. Large ones, and some with odd colors: several trees had shelf fungi of red, yellow, and white (in the same unit of fungi) growing on them. Some of these were as big as dinner plates. There were also deep red shelves, more greenish ones, and the usual variety of grayish and brownish fungi. There is a variety of lichen that grows flat along the surface of trees and often forms circular patterns. It is a light green, similar to the color that the round,

End-to-End Album

yellow, plastic markers fade to—at one point in the Catskills, I discovered that I had been following lichen, not trail markers. Fortunately, it was not far, and it was easy to track back to the plastic markers.

Ferns and mosses were plentiful this year, and in places, the ferns grew up to about 4 feet tall along the trail. I counted at least half a dozen distinct varieties of ferns. The earliest ones, which have a straight shaft with frilly leaflets gradually decreasing in size as they reach the ends of the shaft, seemed to have two seasons this year—they were plentiful in May, developed spores and became less common in June, and were back to full strength by mid-July. Maybe they do this every year, but this year, because I was out there with them, I could see it happening. My favorite was a dark green kind of fern, usually smaller than the lighter green varieties, that had a nearly rectangular leaf shape; the tapering at the end of the leaf shaft occurred suddenly, rather than gradually, which is how fern leaves often end up a roughly triangular shape. The mosses were lush this year, and one of my favorite pictures shows a red newt on the background of thick, velvety moss.



The FLT is not a heavily traveled trail, but I did meet a few people. Most notable were Ray and Joe, trail maintainers for a section of the trail on M-19, and their personalities are well-summarized (no offense, guys!) by the trail features named after them. Ray has the Kuzia Cut-off, and Joe has the Dabes Diversion Loop. Those who meet them will be well aware of Ray's penchant for getting right to the point and not wasting any words getting there and of Joe's ability to make even the horrors of bureaucracy an entertaining story. They told me about Fox Fire, which is a kind of fungus that glows when disturbed; I am still looking for that.



I also met the local wildlife. I had always thought that animals in the wild were perpetually in a state of hyper-awareness, but my experience with the wildlife would suggest that in fact, most of the time they were not paying any more attention to what was going on around them than I, as a clumsy person, was. In a swampy area near Dryden, a mink came bounding up the trail toward me. I saw the mink before it saw me; I stopped because I wasn't sure what the animal was planning, but when it saw me, it made a sharp left and disappeared into the undergrowth. An interesting linguistic aside: there was another mink

crossing the railroad tracks north of Hornell; my mother was meeting me there for a dinner-resupply-cleanup-dryout day, and she called it a weasel. These are both correct, referring to animals of the genus *Mustela*—‘mink’ is often used when we are admiring the fur and the animal; ‘weasel’ is often used when the animal is killing the chickens. My mother grew up on a farm where chickens were kept, which is why she went for the animal-as-pest term. I had had no experience of them as destructive, so I went for the prettier concept.

There were many deer, but in one case, a deer was grazing on the trail and did not see, hear, or smell me coming. When I was about ten feet away, it saw me (I still hadn't seen it), and it exploded vertically off the trail in fright. That shocked me, but I froze. When it landed, it bounded off into the brush. In another case, my approach made a doe and her young fawn go different directions off the trail; they had been browsing on raspberries. The fawn almost immediately panicked and started bawling for its mother. With that noise, they almost certainly found each other after I had left.

Early in the hike, I got over jumping out of my skin every time a grouse flew up, but at one place, the grouse did not fly up. It hissed and pursued me a short way down the trail; that was around the time they would have had chicks, which might have explained the especially aggressive response. There were also family groups of turkeys in a number of areas (and a couple of turkey hunters in the Catskills), crows that sounded like monkeys, and the largest great blue heron I have ever seen. (I'm not much of a bird watcher, which is why my bird experiences are all with large birds.) It might have been useful to know more bird calls than I know, but when hiking, I heard mostly alarm calls, which is not what is usually put on recordings of bird calls. After I had pitched the tent and settled in for the night, the birds returned to their normal song habits, a great sound-track to conclude a day of hiking.



The porcupines provided the most annoyance. In the Catskills, a porcupine was living under the first shelter I used. During the night, a couple of other porcupines came by for a long territorial dispute, which involved a great deal of growling and shuffling. When that was settled, whichever porcupine had won the territory celebrated by spending the rest of the night gnawing on the shelter. There's nothing like starting a through-hike with significant sleep-deprivation. In the Alleghenies, the Stony Brook lean-to had been thoroughly taken over

by porcupines. I did not camp in that shelter because holes had been chewed through in several places, the floor was covered with and smelled strongly of rodent waste, and I had learned my lesson about these animals in the Catskills.

There was also a skunk, snapping turtles, woodchucks, snakes, squirrels, rabbits, newts, salamanders, mice, moles, etc., along the way. Chipmunks were very common, but more often than I saw them, I heard the squeak-and-scamper as they disappeared into a hole. Perhaps the most interesting snake was a corn snake: gorgeous cream-and-red pattern. Butterflies, as colorfully named as they appear—white admirals, red admirals, mourning cloaks, Baltimores, cabbage butterflies, tiger swallowtails, great spangled fritillaries, silvery-blues, and a few others that I have been unable to find names for yet—made use of the wildflowers along the way. There were swarms of tiger swallowtails near the Denning trail head, and true to the book-end-like setup of the Catskills and the Alleghenies, there was another swarm of butterflies near the Willis Creak lean-to—those were tiny, mainly black butterflies, with a white stripe on each of the four wings that made a diamond shape. Most of the moths were so well blended with their surroundings that it was hard to identify them, but a few stood out—the luna moth, the promethea moth, and a moth that looked much like a Colona but was not living near the Gulf of Mexico: possibly another member of the genus to which Colona belongs, *Haploa*.

Trees everywhere—hemlocks quickly became a favorite for their lacy appearance, unobtrusive scent, and

fantastic walking surface underneath. Evergreens make the best hiking surface. The needles on the ground are shock-absorbing, and they don't become slippery when wet as do soil, deciduous leaves, and rocks. But the fungi seem far more plentiful in deciduous and mixed areas, as are the slugs and snails—to each his own. Hiking among boulders and gorges is perhaps my scenic favorite, but the best rocks were in the creek near the Burt Hill shelter: large, complete fossils in many of the rocks, with smaller or broken fossils in almost every other rock. An insect was laying eggs in the muddy bank there. Also in that creek, I watched a crayfish pursue a smaller crayfish; the smaller one eventually went into a crevice, causing the larger one to stop the chase.

All of the water made the trail muddy, which also allowed for excellent tracking. Tracks of almost everything with feet—deer, raccoons, turkeys, squirrels, hikers, dogs, horses, rabbits, and others—were easily identified and followed. The tracks were also quickly washed out in the next rain, which prevented any confusion about who had been where when: if the tracks were definitively there, they were fresh. Making my own tracks on the FLT was as a good a diversion from academia as I could have wished—a walk through everything I had wanted, with many unexpected bonuses. Many thanks to all of those who make the Finger Lakes Trail possible and especially to those individuals, you know who you are, who did more than required to make my hike what it was. □



Life Membership

Have you considered becoming a Life Member of the Finger Lakes Trail Conference, or if you are already one, how about adding your spouse by converting to Life Family Membership? A Family Life includes two adults living in one household as well as children under 18 living at home. Below is a list of those folks who became Life Members or converted to the Life Family category since April 2003 when we first introduced Life Family category. We THANK them for their support. Membership renewal is coming up at the end of March, so now is a good time to become a Life Member.

Judith M. & Jeff Bennett
James E. DeWan
Mike & Jan Douglass
David & Nancy Drum & J.T. Drum
F. Gregory Farnham
Gilbert Fix
Jennifer A. Grant & Keith Waldron
Theodore L. Hullar
Ernest & Heide Mahlke

Chris McLellan
Wilfred D. & Maria E. Oliver
Mark J. & Lourdes Reist
A. Anthony Rodriguez
Joan Schumaker
David I. Schwartz
Jerry Valdez
James P. & Holly S. Watson
Scott Weitzel & Vicky Cartwright

Hiking Calendar

Cannonsville Reservoir, M-27, Delaware County

Saturday, April 23, 9:30 a.m.

Larry Blumberg, 607/797-0912 (LBlumberg@stny.rr.com)

The Triple Cities Hiking Club, in conjunction with the Catskill Mountain Club, is sponsoring an FLT hike on Saturday, April 23, 2005. It will be a ten-mile hike between the Shears Rd crossing and the Cannonsville Reservoir. Meeting time is 9:30 a.m. at Shears Rd and the FLT (1/4 mile west of NY Rte 8). Difficulty: Moderately Strenuous

Directions: From NY Rte 17, take the NY Rte 8 in Deposit. Follow signs for NY Rte 8 north, and in approximately 10 miles or so, you will come to Shears Rd. (It's about a mile and a half after passing Steam Mill Rd.) Turn left on Shears Rd for 1/4 mile to the crossing of the FLT.

From I-88, one would take the NY Rte 206 exit East, at Bainbridge, heading toward Masonville. Once in Masonville, turn right (south) onto NY Rte 8 and go approximately 6 miles to Shears Rd. Turn right onto Shears Rd for 1/4 mile to the FLT crossing.

There is an ice cream stand (closed for the season) at the intersection of NY Rte 8 and Shears Rd.

FLTC Annual Wally Wood Hike

Saturday, May 10, 10 a.m.

Bristol Hills Branch

Kim and Terry Meacham, 607/324-0374 (meach@infoblvd.net)

Join us for a nice spring hike on B1, the northern Bristol Hills Branch. This hike is a few miles north of the village of Naples, at the southern end of Canandaigua Lake. It is a beautiful hike, not too long, but not too short; not too strenuous, but not too easy and has just the right stunning views of the Bristol Hills while the leaves are not yet in bloom. We will hike from Access 1, the Jump-Off in Ontario County Park, and finish 6 miles later at Access 3 on Clement Road. We plan to eat lunch at the Boy Scout Look Out on Cleveland Hill to savor those views! Arrangements can be made for those of you aspiring branch trail end-to-enders who would like to continue to hike the 1.8 mile road to Access 4.

We will meet at 10 a.m. at Access 3 and shuttle to Access 1. (Take County Rte 33 north out of Naples, and take a left on Clements Rd. Access 3 is a short way up on the right.) Please note that a portion of this trail does not allow dogs (sorry, not my rules).

National Trails Day Dedication and Hike

Saturday, June 4, 10:00 a.m.

Portageville area

Ron Navik, 585/377-1812

See the article on the next page.

Overnight on the Interloken Trail

July 23 & 24

Kim Meacham, 607/324-0374 (meach@infoblvd.net)

If you have already read "Special Places" by Ken and Margaret Reek, you know what a wonderful trail the Interloken is. We are planning an overnight hike on this trail for July 23-24. We will hike the entire 11.9 miles of the trail over the weekend, plus will have time to pick and eat blueberries, venture off and see some of the side trails, spend time at Fosters Pond, or just eat blueberries! The Potomac Group Camp Site has been reserved (a hop, skip and jump from the blueberry patch). We will hike from the southern terminus on Burnt Hill to the Potomac site, camp over in our own tents, and continue on Sunday the 24th to finish at Parmenter Road, which is the northern terminus.

We can either backpack our gear and food in, or pack it in a sag wagon and have it all there waiting for us. Or, for those of you who would rather sleep in the comfort of a true bed, reservations can be made at the nearby *Red House Country Inn*, within easy walking distance of the trail 607/546-8566. Please contact Kim Meacham for further information, and watch for an update in the summer *FLT News*.

FLTC Annual President's Hike

Saturday, July 30

Shindagin Hollow, Map M-18, Tompkins County

Larry Blumberg, 607/797-0912 (LBlumberg@stny.rr.com)

Shindagin Hollow is one of the "crown jewels" of the FLT, and it is home to the newly rebuilt Shindagin Hollow Lean-to,

(Shindagin Hollow Hike, continued...)

which was recently noted to be “one of the nicest camping areas along the entire FLT”. So, please come along with us for the Annual President’s Hike, not only to see what a great job the Alley Cat Crew did in rebuilding this lean-to, but also to hike along a beautiful section of the Tompkins County Shindagin Hollow State Forest. This hike will start at Route 79 and finish 8.5 miles later at Shindagin Hollow Rd.

For those of you looking for a more aggressive hike, to include not only the lovely Shindagin Lean-to, but also the Kimmie Lean-to, an optional additional 4.2 miles will be available. This hike will start further east at the Harford-Slaterville Rd. instead of Rt. 79.

For either hike, meet at 9 a.m. at the intersection of Shindagin Hollow Rd and the FLT trailhead. We will then car-shuttle to Route 79 for the 8.5-mile hike and to Harford-Slaterville Rd for the 12-mile hike. Be sure to bring water and lunch.

Directions to meeting point: From NY 96B turn onto Prospect Valley Road. This intersection is found approx. 15 miles south of Ithaca and approx. 4 miles north of Candor. Once on Prospect Valley Road, travel 4 miles to where the blacktop changes to dirt at the south end of Shindagin Hollow Rd; it is then another mile further to the meeting point at the trail crossing.

FLTC Annual Erv Markert Fall Hike

Saturday, October 8

Pharsalia area in Chenango County

Details to follow in the next newsletter

See also the Schuyler County Hike Series (page 3), the Elderhostel program featuring Finger Lakes trails (page 13), and Linda’s Kinder, Gentler Long Path Hikes (page 13).

Wally Wood Memorial Marker to be Unveiled on National Trails Day

On National Trails Day, Saturday, June 4, a special memorial marker commemorating Wally Wood, the founder of the Finger Lakes Trail, will be unveiled on the Bruce Hesse property, near Portageville, NY.

While hiking on the Appalachian Trail in Vermont in 1961, Wallace D. (Wally) Wood thought it would be a major contribution to New York State to have its own long distance trail. When he returned, he enlisted the members of the Genesee Valley Hiking Club to build the section from Portageville to North Hornell, which is still maintained by the club. He also worked with other hiking clubs throughout the state who were also building hiking trails and eventually developed a plan and an organization to connect the trails together into a continuous trail (plus many branch trails) that eventually became the Finger Lakes Trail System we all know and love.

The unveiling will take place at 10 a.m. at the lean-to Bruce Hesse built alongside the Trail on his property at 10107 South River Rd. on FLT map M-7. It can be reached by taking route 19A south from Portageville, which is at the southern end of Letchworth State Park. About one quarter mile south of town, turn left and cross the bridge over the Genesee River and turn right on Bailey Rd. Bailey Rd. takes a sharp left and meets Pennycook Rd at a T- intersection after about one mile. Turn right on Pennycook Rd., then quickly right again on South River Rd. and proceed about one quarter of a mile to the bottom of the hill and the yellow FLT trailhead signs. Enter the woods to the left and hike about one eighth of a mile to the lean-to. Parking is available along the roadside.

After the unveiling there will be an opportunity to hike on one of the original FLT sections with beautiful views overlooking the Genesee River.

For more information, contact Ron Navik, 585/377-1812.

Catharine Montour's Land...

(Continued from page 29)

heartening number of plucky little short lines do exist (like the Susie-Q in #2 of our series), and often figure in our back country wanderings, rail transportation in our part of the world is primarily two east-west monsters, CSX on the old NY Central corridor along the basic Erie Canal route, and Norfolk Southern (NS) along the old Southern Tier Erie Railroad route.

In fact, the other railroad that passes by Watkins Glen even today is a branch of the NS from Corning to Geneva. Any hiker who has walked our trail within the state park has passed beneath the massive iron bridge across the gorge, an extra-wide behemoth because it used to be double-track, indicative of just how busy a line it once was when it was a NY Central branch. (Every RR wanted to get in on that Pennsylvania coal business!) Today, on the north side of the park, immediately after the impressive bridge, there is a sad little dilapidated building that used to be Watkins Glen Station.

This active NS line is above the village at 1030' elevation, and among other things, carries coal to the Dresden power plant halfway up Seneca Lake. Meanwhile, down at village level (lake elev. 445'), one of those brave shortline newcomers, Finger Lakes Railway, runs from Cargill Salt northward to Geneva. So while the Catharine Valley Trail occupies this historic rail line southward, the Finger Lakes Railway has kept it alive northward; at Himrod it joins the Norfolk Southern on old NY Central tracks to Geneva, where the Finger Lakes handles most of the east-west traffic between Syracuse and Canandaigua. Her engines give NY Central fans small heart-flutters when they pass, because they are painted in replica gray-striped NYC "livery," even down to the same style lettering in a red oval.

The FLT main trail not only passes directly beneath the rusty iron trestle over the park's gorge, but the white blazes also cross the tracks of the old PRR along NY 414 within the village, where walkers can see the active rails at Cargill Salt. Furthermore, our newly rejuvenated and orange-blazed Queen Catharine Marsh Trail, now tended by an ambitious group of women calling themselves the MarshFellows (ha!), utilizes several miles of the old PRR bed through the swamp, which will also become part of the Catharine Valley Trail.

In addition to the QCMT, the FLTC offers in that same guidebook a map and information for the Montour Falls Historic Loop Trail, which some of the MarshFellows want to adopt, too. Originally created by FLT end-to-enders Jack Kubinski, the guide and blazed trail hops on and off the CVT to such side features as an historic cemetery, canal lock remnants, Havana Glen (the BEST waterfall and rock trail!), and short side loops through surprisingly nice adjacent maple and locust forests considering how recent the railroad era was. □



A tenth of a mile north of the bridge over Watkins Glen gorge is the abandoned station and a forlorn flat car. Before radio or electrified signals, a station master would give paper instructions to a passing engineer by tying a note to a lightweight wood and string hoop intended for snagging by an outstretched arm from a moving locomotive cab. These notes were critical, warning, for instance, of a slower-moving train ahead that was running late and in the way.

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.)

FINGER LAKES TRAIL CONFERENCE

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Finger Lakes Trail Conference, Inc. Calendar of Events

- April 23 Cannonsville Reservoir, Delaware County,
10-mi. hike sponsored by Triple Cities Hiking
Club and Catskill Mountain Club. See page 38.
- April 29-May 1 **Annual Meeting of the Finger Lakes Trail
Conference** hosted by the Cayuga Trails Club in
Montour Falls. Complete information and
registration form on pages 4-7.
- May 10 Wallace Wood Founder's Hike on the Bristol Hills
Branch Trail. See page 38 for details.
- May 20 Deadline for submitting material for summer
issue of the *Finger Lakes Trail News*. See box on
page 1 for instructions.
- June 4 **National Trails Day**
Dedication of a marker honoring Wallace Wood,
and hike near Portageville. See article on
page 39.
- June 20-24 Alley Cat Crew #1. Camp Sam Wood. See Trail
Topics on page 18.
- June 25 FLTC Board Meeting. Beaver Lake Nature
Center.
- July 23-24 Overnight on the Interloken Trail. See page 38
for details. For further information: Kim Meacham
(607/324-0374 or meach@infoblvd.net)
- July 30 FLTC President's Hike on FLT map M-18,
Shindagin Hollow, Tompkins County. See
page 38 for details.
- August 22-26 Alley Cat Crew #2. Scout House Hammondsport.
See Trail Topics on page 18.
- September 19-23 Alley Cat Crew #3. Allegany State Park. See
Trail Topics on page 18.
- October Trail Maintainer Meetings. Contact: Howard Beye
585/288-7191 or fltc@frontiernet.net
Area 2 October 1 Mt. Morris, FLTC Office
Area 4 October 8 Cortland, NYS DEC Office
Area 6 October 22 Delhi, Delhi College
- October 8 Annual Erv Markert Hike, Pharsalia Area in
Chenango County. Save the date.
- October 14-16 **FLT Fall Campout** hosted by Foothills Trail Club
at Camp Turner, Allegany State Park,
Salamanca NY. Save the date.
- November 5 Club Leader Summit
- November 19 FLTC Board Meeting. Geneva Chamber of
Commerce
- Linda's Kinder, Gentler Long Path Hikes. Contact Linda Cruttenden
(lls_roch@yahoo.com, 585/288-3359) or Jim
Chambers at (jamesechambers@hotmail.com,
315/589-8500)

Special Places on the Finger Lakes Trail

Finger Lakes National Forest

by Margaret and Ken Reek

The Finger Lakes National Forest (FLNF), located east of Watkins Glen, is the only national forest in New York, and it offers a wide range of outdoor recreation opportunities including hiking, biking, cross-country skiing, horseback riding, and snowmobiling. The main Finger Lakes Trail traverses the southern end, and the Interloken Trail runs the entire length of the Forest from south to north; the two form a significant portion of the 30-plus miles of trails in the Forest. Some trails in the system are multi-use, and others are foot travel only.

The forest is actually a composite of wooded areas and reclaimed farms, so you can travel through mature woods, pastures, and by old stone walls; some of the pastures are actively grazed in the summer time, so you may see some cows up close and personal. There are a number of old farm ponds scattered throughout the area, that the trails go past, and they make nice picnic areas. There is also a five-acre blueberry patch next to Blueberry Patch Campground that is open to public picking in blueberry season (July/August).

The FLT and FLNF trail system offer a variety of loop hikes ranging in length from a couple of miles to over twenty miles round trip, all with very modest elevation changes. If you have two cars, you can increase your options to include doing the entire 12-mile Interloken Trail as a one-way trip. One pleasant five-mile loop trail starts on Mark Smith Road, and follows the FLNF Gorge Trail to a junction with the Interloken Trail. Follow the Interloken Trail south to the main FLT and head west until you meet with Southslope Trail, which will take you back to the Interloken Trail, where you will retrace your footsteps back to the Gorge Trail and your car. The Gorge Trail runs along a bubbling creek with some small waterfalls. On the Interloken Trail you'll go by a pond with a lot of recent beaver activity. The Southslope Trail has a nice mowed meadow for a snooze in the sun or a picnic. Most of this loop is in forest of varying sorts, including some tamarack stands, hemlock, and mixed hardwoods. One



caution about the trails in this area is that the multi-use trails can be mucky in spots if it has been wet and the horses have been walking in the mud.

There are many other attractions in the immediate vicinity: the Seneca Wine Trail, Watkins Glen International race track, Watkins Glen State Park, Queen Catharine Marsh branch of the FLT, boating on Seneca Lake, etc. You can camp free at any of the three developed campgrounds in the FLNF: Blueberry Patch Campground, Potomac Group Campground, or the Backbone Horse Campground, or you can camp at one of the primitive sites scattered around the forest. There are also numerous motels and bed & breakfasts in the area for those who prefer more plush accommodations. For more information on the area we recommend the Forest Service website www.fs.fed.us/r9/gmfl/fingerlakes, which has trail maps and camping information, and the Schuyler County website www.schuylerny.com which has information on events, lodging and restaurants.

**Finger Lakes Trail Conference, Inc.
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