

Finger Lakes Trail NEWS

Summer 2005



www.fingerlakestrail.org

Mary Domanski honored with Wallace
Wood Distinguished Service Award

Second Howard Beye Lifetime
Achievement Award Goes to...
Howard Beye!

Yes, four more issues of the “Pres-Mess” by me, but I swear I’m trying to give you all a new voice for next summer: hard-fought election results reported elsewhere.

Good news in our organizational history! After years of having annual audits performed by a volunteer committee of our members, the Finance Committee has hired an independent auditor to perform our first-ever “real” financial examination. Not only do the rules require one for us to continue to receive donations through SEFA (State Employees’ Federated Appeal), but the Finance Committee, supported by the Board, felt that it was high time we offered this very real assurance to our membership that we are doing a good job with their money. We have hired Freed Maxick & Battaglia, PC, and will be working with their Batavia office this summer. Not only will an audit verify the accuracy of our records and the honesty of our record-keeping volunteers and employees, it is expected that we will also learn valuable lessons about how we organize our finances. Typically the first audit, especially, is a great learning experience for an organization.

Our first listing of “want ads” for volunteers has met with some beginning successes. Georgeanne Vyverberg is putting in a lot of time doing data entry as renewals come in, which frees up Gene Bavis to do more “executive” tasks, but he’d like one more reliable data entry person, since Georgeanne tends to take occasional trips and enjoy herself too much now that she’s retired, the poop. (Green-faced jealousy speaking here.)

In case you haven’t noticed, we have also embarked on a major project to develop “disciples” for some of the MANY jobs Howard Beye, VP of Trails, still has on his overloaded desk. After all, Howard not only deserves some relief, but we must begin to prepare for the inevitable day when we have no Howard, and will necessarily need ten volunteers to handle his monumental contributions. The good news is that longtime FLT activist Joe Dabes has adopted the big job of Mapping Supervisor. Not only is Joe capable of updating map info with GPS technology, but he is also undertaking keeping all of them current, and coordinating that information between all of our trail-tending volunteers and the Service Center which publishes and sells the maps and guidebooks, and working with Pam McCarrick, who is working on turning the texts on the backs of maps into more uniform information.

Still, one notices, there are several big jobs waiting for someone to raise his or her hand. Don’t be overwhelmed by some of the titles; at least ask and find out what’s involved before you get scared. Just asking will not get you snared for life. For instance, it’s a crime that Howard has to plan the project, the housing, and the materials for each Alley Cat week’s work, AND then plan the meals

President’s Message

by Irene Szabo

and buy food. So we hope for several food buyers scattered about the state to help with at least one Alley Cat per season,

with all work done before the project. You don’t have to cook the meals! Check out the “want ads” on page 3.

And on my favorite “job,” good old trail work, I’m banging along, tidying branch-strewn trails as fast as I can, running only about a month behind, oh, shame! This dry spring has helped the trail, and is sure different from last year’s vile muck. The wildflowers have been delicious (saw my first painted trillium on map B-3!), the black flies only moderately irritating. One project I had meant to do last fall during hunting season but now hope to do in early June is a little replacement bridge over a stream in the middle of a long mowed field walk north of Bean Station Rd. on B-3, plus bog bridging is needed for a wet portion just south of the same road.

I decided it would be a smart thing to buy the lumber from one of “my” permitting landowners on the Bristol Hills Branch, David W. Shirley, whose family owns Shirley Lumber in Bath. After all, who deserves the business more than one of our landowners? Well, Dave completely surprised me by offering to donate half the cost of all that treated lumber, AND cut it into the many short pieces I need for free! I was really dreading all that sawing, primarily because I’m an immense sissy about circular saws, but Dave’s generosity has eliminated that scary chore. Thank you for such a kind donation of hundreds of dollars’ worth of material and services.

After all, there will come a day when I can’t take care of ALL the trail I do now, so help like this is appreciated. For several years now I have been trying to pick which of “my” precious pieces of trail I’d give up first when I really start doddering, with no clear candidates since I don’t want to part with any of them. Then Jim Peek, recently retired Supervising Forester from the DEC office in Bath, offered to adopt my FAVORITE piece of trail, the Huckleberry Bog Loop. Needless to say, I am of mixed emotions about that, and we are in negotiation. At least I know he wouldn’t stomp on any of the wonderful little plants that live along the trail there, since he is a highly regarded plant weenie and defender of the forest.

Nonetheless, I continue to worry about how much longer I can be superwoman. One day this winter I scared myself that I had finally lost the ability to drive at night, something I’ve been dreading, until I finally realized that my headlights were covered with road slop. Duh. □

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FINGER LAKES TRAIL NEWS

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Summer 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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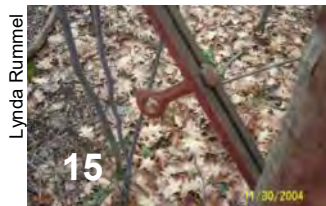
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Tim Wilbur, author of "Where Mother Hubbard would have crossed our trail" on page 4, in front of an old O&W caboose. The Beerston rail station once stood where our trail now crosses the old O&W right-of-way.



Nancy Wilbur

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Lynda Rummel

Remember this?

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Special Places on the Finger Lakes Trail: Hoxie Gorge



John A-X. Morris

Male green frog showing large tympanum

Cover: The stone wall is located just off of Route 8, on the east side, just south of Masonville and a little ice cream stand. There is a new parking area right at the trailhead (FLT map M-27). Photo by Warren "Trail Dawg" Johnsen.



From the Desk of the Executive Director

by Gene Bavis

Thanks to the Cayuga Trails Club (and especially Sigrid and Jim Connors) for hosting a well-attended Spring Weekend and Annual Meeting at Montour Falls on April 29 - May 1. The weather wasn't 100% cooperative, but it appeared that a good time was had by all. "Java Joe" Dabes did a fine job presenting a program on Florida Trails and Lightweight Backpacking on Friday evening, and on Saturday evening Andy Zepp, Executive Director of the Finger Lakes Land Trust, helped us all better understand how our two groups are working together to protect the Trail and the "view shed." Thanks to both. Congratulations to Carl States and William Brown who received Erv Markert Awards, Cliff and Doris Abbott who received the Clar-Willis Award, to Mary Domanski who received the Wally Wood Award, and to Howard Beye who became the second recipient of the award that was named in his honor (after Ed Sidote got the first one last year). We are fortunate to have such dedicated volunteers as these.

Thanks to those who promptly renewed your memberships and to those who added a little extra \$\$\$ to their checks for the Unrestricted Fund, the Sidote Stewardship Fund, or the newly created Endowment Fund. It was all explained in the last issue of the *News*, but I think it is important to emphasize that both the Sidote Fund and the Endowment Fund are important steps in our "FOREVER" mission. "Planned Giving" is still another area to consider. Recently, we have had some member families contact us to discuss how they might include the Finger Lakes Trail Conference in their estate plans. If you'd like more information, contact our office or our VP for Finance, David Marsh (contact information inside the back cover).

Also on the topic of money, I'd like to point out that our current practice (no anticipated changes) is to give our members the opportunity to lend financial support to our mission twice a year. Of course you can send us money anytime, but I am referring to the fact that we will formally ask only twice a year, at membership renewal time in March and in October when we do our Annual Appeal campaign. More than half of our income is from dues and contributions. We are proud of the fact that we don't bombard you with solicitations every time you turn around, and we have been pleased

with your generosity when we do ask. We do our best to be good stewards of those funds.

Thanks to those who have volunteered for some of the tasks listed in the last *FLT News* and on the back of the membership renewal notice. We are still in need of other volunteers, however. Among those tasks are more Marketing Network Aides who will help us distribute promotional literature in their area. Phone callers to welcome new members and check data are also needed, and so far we have not found a technology advisor to help us become more efficient with the use of office technology.

We will again be at the New York State Fair to promote hiking and backpacking in New York. If you would be interested in assisting with this promotion, contact me. □

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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

A Special Deal for FLTC Members!

Now you can join the North Country Trail Association for just \$16 per year! You'll get a subscription to North Star magazine, and the satisfaction of helping develop the North Country National Scenic Trail. To join, send this coupon to: NCTA, 229 E. Main St., Lowell, MI 49331 or call 866-Hike-NCT

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

Clar-Willis 2004 Distinguished Trail Volunteer Award

by Tom Reimers (with help from the award recipients)

The Clar-Willis Distinguished Trail Volunteer Award is given by the FLTC to an individual or pair of individuals who has made a significant contribution over a period of time as trail workers. The award is usually presented during the FLTC Fall Campout. However, the 2004 Clar-Willis award was presented on April 30, 2005, during the annual meeting of the FLTC in Montour Falls, New York, instead of last year's Fall Campout in the Catskills. This allowed the large contingent of Ithaca-area FLTC and Cayuga Trails Club members attending the meeting to see longtime hard-working members Cliff and Doris Abbott be so honored.



Tom Reimers
L. to r.: Cliff Abbott, Rob Corbett, NCTA executive director, Irene Szabo, FLTC president, Doris Abbott

The Cayuga Trails Club (CTC) nominated Doris and Cliff Abbott for the award. The Abbotts have clearly made significant contributions over a period of many years as trail workers. Indeed, one of the most popular and beautiful components of the Finger Lakes Trail System bears their name, the Abbott Loop (FLT map M-17).

The Abbotts joined the CTC in 1974, the FLTC in the early 1980s, and the North Country Trail Association (NCTA) in 1988. Cliff was president of CTC for a year in 1980 and treasurer for 10 years. Doris was president from 1991-1993 and was chair of CTC's Walk, Look, and

(Continued on page 26)

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.

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.

Meal Planner: ideally three scattered across the state, one person for each Alley Cat work week, to plan meals and buy the food, delivering it to the crew at the beginning of their session. Our saintly VP of Trails AND Alley Cat planner, Howard Beye, doesn't need the task of buying all the food, too, but just guess who has been doing it for years.

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.



Walking Through Time in New York: #9 in a series

Where “Mother Hubbard” would have crossed our trail by Tim Wilbur

When hiking the far eastern end of our trail, try to arrange an extra stop in Roscoe at the Roscoe O & W Railway Museum. This museum features many items from the New York, Ontario & Western Railway, plus its history from its inception in the 1860s to its demise in 1957 when the rails were removed and assets sold.

Our trail (road walk M-28) crosses this former O&W right-of-way on Beers Brook Road about 30 paces off of NY Route 10 south of Walton. As you walk along Rte. 10, if you look across into the valley you should be able to see the occasional line of growth or raised earth works where this line used to run.

The intersection of Rte. 10 and Beers Brook Rd is now almost devoid of “civilization,” other than a New York City Department of Environmental Protection (DEP) police precinct stationhouse and the peaceful pine plantation where we cross the old railroad. However, this sleepy spot used to be known as “Beerston” and featured not only a passenger station on the south side of Beers Brook Rd (closed in 1925) but also a small creamery on the north side, where local dairy farmers would bring their milk cans for processing and shipment to New York City. Even though there was a huge Borden creamery in nearby Walton, a few miles more when travel was by horse-drawn wagon made a big difference; hence, the Beerston creamery.

In its heyday long lines of coal cars filled with Pennsylvania coal would be heading north, snaking their way through this valley, with south bound milk trains rushing to New York City markets pulled by engines called Mother Hubbards that had the

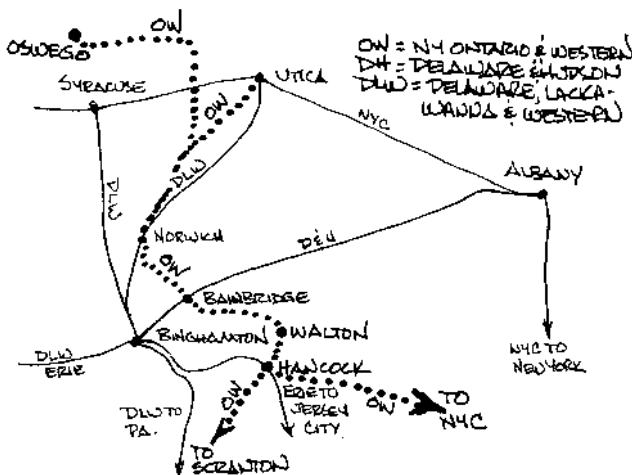


Tim Wilbur

engineer’s cab mounted in the middle of the locomotive’s boiler barrel, instead of the back end.

Originally chartered as The New York and Oswego Midland Railroad in the late 1860s, it was primarily conceived to be the shortest route between Lake Ontario, at Oswego, and the Hudson River, near New York City’s harbor. It went diagonally across eastern New York State building through those eager towns and villages not already served by a railroad and that were willing to put up the bonds for construction. They all wanted to be connected to the older main lines, the NY Central that ran parallel to the Erie

Canal or the Erie RR parallel to the state’s southern border. Shortly after completion in 1873 the Midland entered receivership, having underestimated the initial cost to build the railroad, and therefore unable to make payments on the bonds that were issued. Tax collectors were seizing locomotives by chaining them to the rails, or blocking rail traffic from moving. One farmer went so far as to reclaim his land by taking out



MAJOR NY RAILROADS C. 1900

the rails and ties and plowing the right-of-way back into the field to grow crops.

In 1880, reorganized and renamed as The New York, Ontario & Western Railway, this line endured several decades of prosperity. A lucrative passenger service brought vacationers to the Catskills and upstate New York. Branch lines connected to Utica and Rome, as well as to outlets to the Atlantic Ocean at Port Jervis, NJ, and New York City, and to Kingston, NY, an outlet to New England. However, it made a mistake when bypassing Syracuse, a major city and rail hub. Nonetheless communities the line touched developed and became shipping points, most notably for dairy products for the milk trains to meet the demands of New York City markets.

Coal became the life blood of the line when it extended a branch line in 1890 into the Lackawanna Valley coal fields in the Scranton, Pennsylvania area. When the coal miners went on strike in 1918 and 1920, it had a direct effect on the railroad. By the late 1930's many of the mines the O&W served had been capped off, with the remaining mines producing a lesser grade coal. At about the same time the demand for coal was on the decline, with it gradually being replaced by petroleum products. Without King Coal, the O&W was gaining the reputation as a railroad that started nowhere and went nowhere.

The O&W was mainly a receiver's railroad, meaning most of the traffic was carloads coming in but not many carloads of commodities being taken out by rail. Thus a flaw of the O&W was not having any major industries located on its line, customers that could fill outbound trains, too, and only small towns with barely any output other than milk. A continued decline in revenue was the result of the dairy business switching to trucks, and automobiles steadily claiming more and more of the passenger service that some referred to as the "Out and Walk" due to the O&W's slow and often unreliable service.

With a fleet of coal cars that were not suitable for interchange with other railroads, old equipment, outdated passenger cars, and restricted speed limits, the nickname "The Old Woman" was also prevalent. The "Old and Weary" was another nickname equally used, a hint at track conditions and deferred maintenance.

Although the O&W was a railroad system, it was dwarfed in size by neighboring railroads which served many of the same areas as the O&W.

In the final years leading up to 1957, ideas of pruning

the line back to a regional short line or merging with another railroad or selling sections were all unsuccessful for one reason or another. Considering labor problems, unpaid taxes, and the lack of a feasible reorganization plan, the ICC approved the abandonment effective March 29, 1957. By July of the same year assets were auctioned off, setting the salvagers to work removing everything except the earth works of the railbed. This was the first total abandonment of a fairly extensive railroad, most significant because it wasn't taken over by some other system.

Today, looking north from where our trail intersects the forgotten crossing, we see a small grove of perfectly planted pine trees occupying the center of the right-of-way. (Could that be a symbolic protest of those old tax collector's tactics?) When the rails were ripped up, in 1957, just a few years short of the start up of the FLT, this would have made a great rail-to-trails pathway for us, had the concept existed back then.

Other tributes to the O&W include a currently active switcher engine painted in the former colors of the O&W operating on the Susquehanna Railroad around the Cortland area. Also, off Rte. 86 on County Rte. 152, the back way to Claryville, is a pull-off area with an old O&W red caboose and plaque noting the New York, Ontario & Western's significance in the development of this area. □



Tim Wilbur

Row of pine trees occupying the center of the old O&W right-of-way where our trail intersects with old railbed.

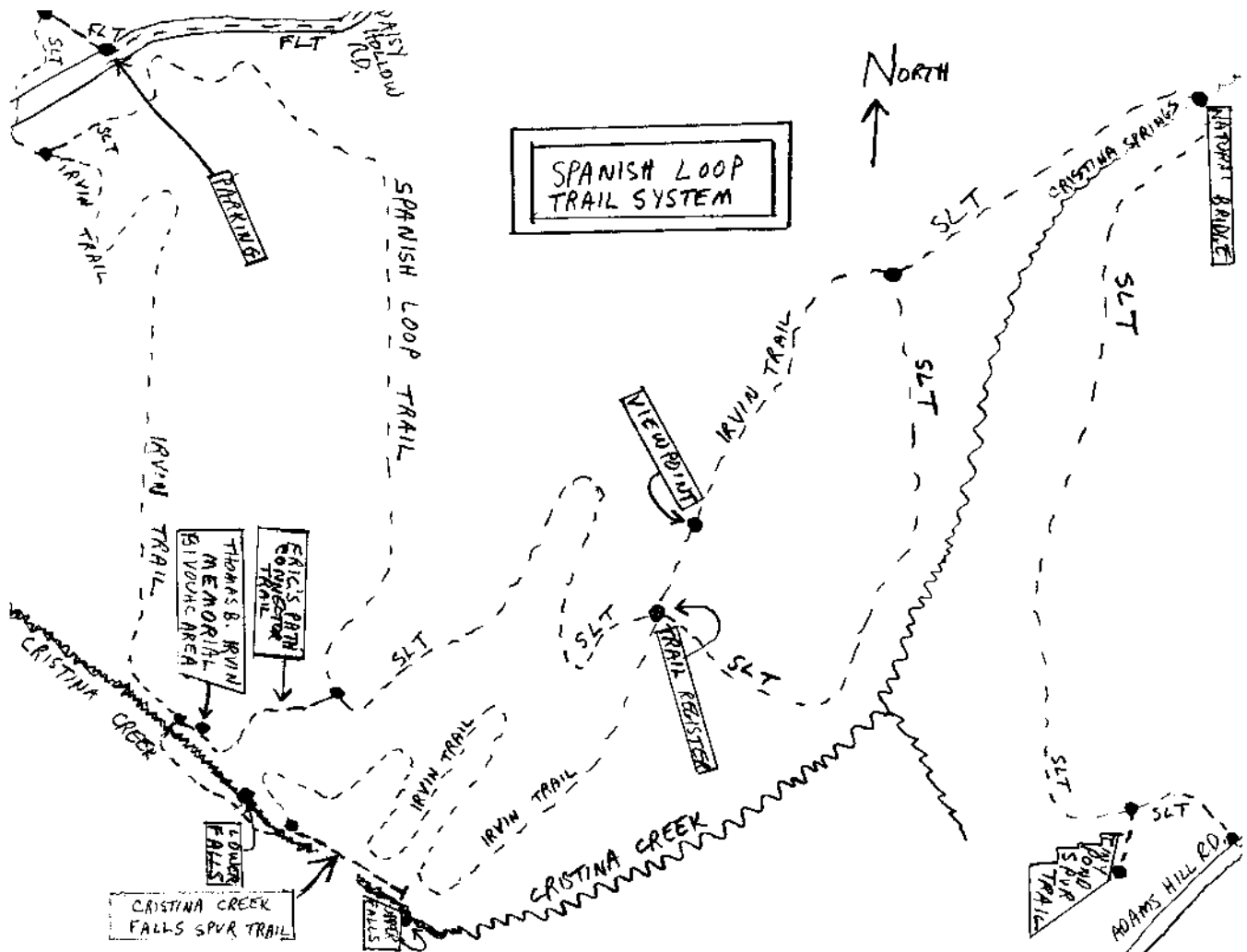
New Family-Friendly Trail in Ithaca/Dryden Area by Alex Gonzalez

Two years ago the Spanish Loop Trail (SLT) became part of the Finger Lakes Trail System. In February of 2005, the Irvin Trail was formally accorded the same status and added to the SLT, which creates several family-friendly hiking possibilities. If you have young children and would like to explore these trails, loops of various sizes are available—just in case enthusiasm wanes in the little ones. That is, you can easily return to your car by any of several ways without retracing your steps (see map).

Since the new Irvin Trail is the least-known and the SLT has already received publicity, I'll concentrate on the Irvin Trail. To find it, one must first locate the south trailhead of the Finger Lakes Trail (FLT) on Daisy Hollow Road (map M-19, southwestern Cortland County). Follow the white-blazed FLT there,

away from the road, for 100 feet to the bank of Rowland Creek. Turn left on the orange-blazed SLT, soon cross Daisy Hollow Road (Do Not Park Here!), and after 100 feet locate the start of the blue-blazed Irvin Trail on the right. Before long the trail begins to run alongside Cristina Creek and at 0.3 mile reaches a junction, which marks the first bailout option. To return to your car, take the yellow-blazed trail left and after 300 feet turn left again on the SLT (length of first loop: 0.8 mile). The yellow trail also goes past the Thomas B. Irvin Memorial Bivouac Area, named in honor of Michele Irvin Gonzalez's father, who loved the outdoors.

For a longer hike, ignore the yellow trail and stay on the Irvin Trail, which crosses the creek, goes past a modest waterfall (with two stone seats), re-crosses the creek, and soon arrives at another trail junction. The yellow-blazed spur trail going off to the right leads up the small gorge for 0.1 mile, ending within view of a second modest waterfall. Travel any further up the gorge is strictly prohibited. Continuing on the Irvin



Trail, head uphill on fairly gentle switchbacks until you come to a second junction with the SLT, where there is a trail-register box; please take a moment to register. If you take the SLT back downhill from this point, your hike will be 1.4 miles (plus 0.2 if you explored the spur trail to the upper falls and back).

If you are up for a longer hike, continue straight ahead on the Irvin Trail, which very soon leads to some power lines and a good view of Daisy Hollow and Rowland Ridge, opposite. After another 0.3 mile, you reach the end of the Irvin Trail at the final junction with the SLT. If you return on the SLT, your total hike distance will be 2.0 miles (2.2 if you explored the spur trail to the upper falls and back).

At this point you may continue straight ahead on the SLT, which in 0.2 mile crosses attractive, mossy Cristina Springs, and in another half mile reaches the blue-blazed Tiny Pond Spur Trail (225 feet to the aptly named pond). In another 0.1 mile, the SLT reaches Adams Hill Road, at which point most hikers would want to return to their cars by retracing their steps to the last SLT/Irvin Trail junction and then choosing one of these routes back to their cars. The SLT does continue, however, and ends at the FLT after a total of 3.2 miles from the parking area. Return via the FLT, although very beautiful, is recommended only for adult hikers or full-grown children, since the roadwalk for 0.6 mile along Daisy Hollow Road may be dangerous for young children.

For a larger map, detailed mileage logs, and trail descriptions send a stamped, self-addressed business-size envelope to Alex Gonzalez (100 Orion Drive, Dryden NY 13053). If the trail logs and descriptions are enough (no map), then e-mail Alex at <gonzalez@cortland.edu> for electronically delivered copies. Happy hiking! □

New Life Members of the Finger Lakes Trail Conference

Gene Bavis
Dawn Bennett
Cathryn Farnham
Ray Kuzia
Jacqui Wensich
Phyllis Youngmans

Welcome!

New and Returning Members - March through April 2005:

| | |
|---------------------------------------|-----------------|
| Kathleen Aldrich | Cheektowaga |
| William Balles | Phoenix |
| Frank Bianco | Summerfield, FL |
| Georgiana G. Binder | Wayland |
| Robert & Susan Bliven | Oxford |
| Amy Bontrager | East Pembroke |
| John & Roxanne Canosa | Spencerport |
| William Chervenak | Big Flats |
| Lonnie & Suzanne Clar | Loudonville |
| David & Adele Cook | Rochester |
| Laurence A. Cook | Prattsburgh |
| Sue & Joe DeGeorge | West Henrietta |
| Michael P. Doan & Family | Lansing |
| Albert Furrer | Walton |
| Tim Geraghty | Seneca Falls |
| Carol Golden | Hector |
| Peter & June Gordon | Corning |
| Barbara R. Hamlin | Canandaigua |
| Andrea Hazard & Eric Stromswold | Spencer |
| Bette M. Heger | Rochester |
| Howard E. Holl, Jr. | Pitcher |
| Mark S. & Wendy Hunt & Steven Hunt | Binghamton |
| Carol John | Ithaca |
| David Jones | West Valley |
| Kay F. Jones | Appleton |
| Sandra L. Keller | Newark |
| Janice & Swaminathan Madhu | Churchville |
| Nicholas R. Manjerovic | Vestal |
| Map Shop, Seelye "Zeke" Little | Pittsford |
| Henry Maus | Canandaigua |
| Marge E. McDermott | Oxford |
| James P. & Sally J. Meola | Roscoe |
| Terry D. Monty | Hamilton |
| Patricia Muscarella | Leicester |
| Mark Obbie | Canandaigua |
| Tina Pabst | Mt. Upton |
| Elizabeth Place | Rochester |
| Mark Ramsden & Family | Jordan |
| Jenny E. Sanderlin | Hornell |
| Sharon Sargent | Hilton |
| Carolyn Schoenweitz | Hilton |
| Sedona Trading Company, Scott Boboltz | Okemos, MI |
| Kevin Shanahan | Getzville |
| Ralph & Cay Sibley | Buffalo |
| Todd B. Smith | Chili |
| Thomas & Elaine Spicer | Scottsville |
| Jeff Swanson | Mt. Morris |
| Skip Taylor | Corfu |
| Gary Towner | Bath |
| Elizabeth D. VanHorn | Alfred Station |
| David M. Wells, Jr. | Norwich |
| Tom Wemett | Rochester |
| Fay L. & Richard Williamee | Lindley |
| Tom Williams | Homer |
| Marcia Ziegler-Alexander DVM | Fayetteville |

Ervin Markert 2004 and 2005 Distinguished Contribution Awards

by Tom Reimers

The FLTC's Ervin Markert Distinguished Contribution Award is given to an individual, group, or organization in the public or private sector that has made a significant contribution toward the improvement of hiking and/or trails in New York State. The Cayuga Trails Club (CTC) nominated Carl States from Odessa, New York, for the award last year. Carl, chosen by the FLTC Recognition Committee, was honored with the 2004 award on April 30, 2005, during the annual meeting of the FLTC in Montour Falls, New York. Unfortunately, he was not able to attend the meeting to receive the award as he was in Florida building his retirement home. The 2005 award, normally to be given during the upcoming FLTC Fall Campout, was presented to William Brown of Ithaca, New York, during his retirement party on April 9, 2005.

Carl States is a landowner on FLT map M-15; approximately 3 miles of the main Finger Lakes Trail have crossed his family's property since the early 1960s. As he recalls, a group of women from Rochester came to visit his father then to seek permission for the trail. In about 1998 Carl suggested to me as CTC trails chairman that he would like to have a lean-to for the FLT built on his property. Two years later the Rogers Hill Lean-to was built by an FLTC Alley Cat Trail Crew on a beautiful site overlooking a pond on his property. Site preparation was done by Carl before the trail crew began construction.

Carl regularly assists the steward for the section of FLT on his property with a chainsaw when needed. In 2004 Carl invited another half mile of the FLT onto his property and out of a neighbor's farm field that had been plowed right up to the property line. He also suggested another reroute through a wood lot taking the FLT past a potable water hydrant that Carl offered for hikers' use at any time.

William Brown—he goes by the name “Brownie”—

retired as manager of Robert H. Treman and Buttermilk Falls State Parks in April of this year. The main Finger Lakes Trail passes through Treman Park on FLT map M-16. An orange-blazed spur trail also connects Buttermilk Falls State Park to the main Finger Lakes Trail at Lick Brook on map M-17.



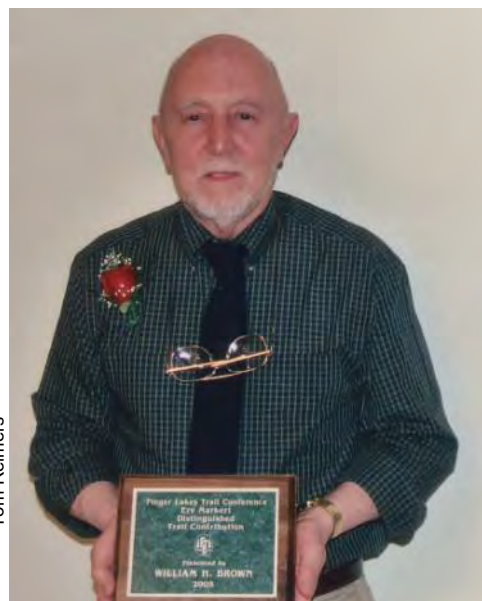
Carl States (right) was not able to attend the FLTC 2005 annual meeting to receive the Erv Markert Distinguished Contribution Award for 2004. He was presented the award on his farm near Odessa, New York, on May 15, 2005. Tom Reimers presented the award on behalf of the FLTC.

Brownie has been a great friend of the FLT, the Cayuga Trails Club, and the FLTC for many years. Among other things, he helped clear trail, approved construction of the Sierra Shelter, approved last year's trail reroute in the park done by students of the Cornell Outdoor Education Program, and approved a reroute around a massive blow down in the spring of 2003.

On behalf of the FLTC, I presented the 2005 Ervin Markert Distinguished Contribution Award to Brownie during the party recognizing his retirement from the New York State Office of Parks, Recreation, and Historic Preservation. He received the award plaque and a document noting his accomplishments and our appreciation from FLTC President Irene Szabo.

Let me tell you a story about Brownie that exemplifies the contributions he has made to the Finger Lakes Trail and FLTC. Before the late 1980s, much of the FLT in Treman State Park was on

(Continued on page 26)



Tom Reimers

William “Brownie” Brown



Jacqui Wensich

Second Howard Beye Lifetime Achievement Award goes to... Howard Beye!

Last year the FLTC Board created a new award for those very few individuals who just keep on giving and giving to the Finger Lakes Trail, well beyond the normal span of years that even the most generous souls contribute their time and effort to our mission. The first award was given to Ed Sidote, certainly one of the very few people who would inspire the Board of Managers to create such an honor, and he was given a “living room presentable” trail register with a glass front, showing a crisp white blaze and chain saw blade inside, along with a clock to honor his sheer longevity of service.

This year the second award was given to the man whose name the honor bears, Howard Beye. For those of you new to the FLTC, you may know of Howard as “only” the VP of Trails, who keeps all the maps updated, the trail caretakers organized, the Alley Cat

(Continued on page 10)



Jacqui Wensich

2005 Wallace Wood Award: Mary Zuk Domanski

With great pleasure the Recognitions Committee recommended to the Board that Mary Domanski be awarded this year’s highest award for “Distinguished Service” named for our founder, which was presented during our annual meeting weekend on April 30th.

Mary is a great example of the initially less-than-willing volunteer who just couldn’t help herself from getting in deeper and deeper. She most likely just wants to hike a lot, as evidenced by her years’ long determined bites of the long Appalachian Trail. Nonetheless, already an active and vocal member of Foothills Trail Club and their President for several terms, and a longtime member of the Board of the FLTC, she kept stepping up to the plate when there was no other willing person for a needed role.

When the club heard a report that a section of trail needed maintenance, often because there was no

(Continued on page 10)

Howard Beye Award...

(Continued from page 9)

projects planned and carried out, and the Challenge Cost Share programs administered along the North Country Trail portion of our FLT.

He also used to have the entire Service Center in his basement for seventeen years, where he and his wife Dorothy sold T-shirts and maps, mailed out the *FLT News* quarterly, answered information requests, in ADDITION to all the trail stuff he does now.

Howard was presented with a shadow box, with a clock centered in a model of the National Park Service yellow Trimble GPS unit that he has carried over much of our main trail, including its little silver antenna sticking out the top. Also featured inside are no fewer than three cats, in memory of his ongoing dedication to the Alley Cat work weeks, one of whom even wears a gold chain, just like that cool dude, Howard. One outhouse and a silver shovel grace the box, along with a Boy Scout insignia, honoring his continuing collaboration with the Scouts, too. In the background is a nearly twenty-year-old map of the Bristol Hills Branch, showing the section on Hi Tor that was his own to tend for many years.

In fact, there is probably no person who has ever given as much time to the FLTC as has Howard Beye. Before he retired, he would often be at his FLT desk until well past midnight, and start in again at 5 a.m. Now he lazes about and often isn't in harness until 8 a.m., the old sloth. The amount he STILL does for us is frankly frightening, because he simply cannot be replaced except by a small squad of volunteers. He remains a legendary presence throughout the North Country Trail for his timely paperwork and accurate reports after funded projects. To one so dedicated, unassuming, hard-working, and doggedly methodical about the most detailed of projects, we can offer only our endless thanks and appreciation.

The Howard Beye Lifetime Achievement Award is one that will seldom be deserved, and probably never so richly deserved by anyone after Howard. Without his unstinting efforts, the last twenty years of FLTC history would have been a decidedly slender volume.

—Irene Szabo

Mary Domanski wins Wally Wood...

(Continued from page 9)

individual steward to tend it, Mary often organized an impromptu work party to fix the mess and return the trail segment to pleasant walking. Foothills spent several past years with no official chair of their trail-tending projects, and while Mary steadfastly refused to take the title, she STILL kept rushing out to fix bad spots with her friends, or convincing members to become stewards.

Best of all, Mary rose to the task of working with permitting landowners. She responded when a landowner either wanted to change the route or withdraw permission, sometimes solving the problem and keeping our trail there, sometimes working out a new route with nearby landowners. Naturally, when there was new trail to be designed and built, she also just stepped in and led those projects.

The more she worked with landowners, especially at the far southern end of Foothills' very long trail section, the more enthused and dedicated she became, to the point now that she has a speaking relationship with most of them and sends them appreciative annual cards. Her natural tendency for enthusiasm and deep involvement have propelled her into this unplanned role. During her acceptance speech she demonstrated this with a tale of her persistence and patience with one landowner, in which his original refusal gradually changed into his own invitation to the trail!

Mary is a passionate person, given to bouts of zeal and energy, ably symbolized by one of her own frequent mannerisms, when she gestures comically as if her jugular vein is about to burst with frustration. Of course, that is what lures the most wonderful volunteers into giving so much, a certain passion and commitment that overwhelms both themselves and obstacles in front of them. We are fortunate to enjoy Mary's great energy, and the far western main trail and Conservation Trail are much the better for it.

—Irene Szabo

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.

Annual Election and New Board Members

At the annual meeting of the Finger Lakes Trail Conference, April 30th in Montour Falls, members present and proxies received elected a new “class” of five to the fifteen-member Board of Managers. At the Board meeting afterwards, a slate of officers was approved: the Board is grateful that the following capable souls have agreed to serve yet another year.

Irene Szabo, President
Ron Navik, Membership Vice-President
Howard Beye, Trails Vice-President
David Marsh, Finance Vice-President
Jennifer Wilson, Secretary
Pete Wybron, Treasurer

Contact information for officers and board members is always listed inside the back cover of the *News*.

We were introduced to the five nominees in our last issue, Dawn Bennett, Linda Cruttenden, Scott Lauffer, Terry Meacham, and Jacqui Wensich, and thank Dawn Bennett and her nominating committee, Barb Navik and Tom Reimers, for coming up with such a good collection of bright and helpful people. In addition, you should meet three other new board members who have been appointed to fill unexpired seats vacated by resignations.

Georgeanne Vyverberg who volunteers a lot at the Service Center and has recently begun doing data entry for us has taken a board seat. Of her growing involvement she says:

I joined the FLT over 25 years ago when I moved to Naples NY shortly after discovering the Bristol Hills Branch Trail. I am also a member of the Finger Lakes Land Trust and have helped to build and maintain trails at the Wesley Hill Preserve near Naples. I recently retired as a Librarian, where I had to work with a Board of Directors from the “other side,” and am an amateur botanist/naturalist, which naturally led me to become an avid hiker. I have a mere 52 miles to go to finish the FLT and of course those miles are in the Catskills. My other interests are gardening,

reading, and tending to my various animals which include goats, chickens, one lone bunny named Thumper, five cats and two dogs named Wilbur and Fern.

Phil Dankert joined the board last winter and immediately jumped in with both feet at the January retreat by joining the very active finance committee:

I am a retired librarian from Cornell University. My interest in hiking was rekindled in 1992 when I signed up with some trepidation for the first hike series across Tompkins County. Six years later I became an end-to-ender and have only about 50 miles left in the northern part of the Conservation Trail to complete the branch trails. I have been active for over ten years in the Cayuga Trails Club, serving in several

capacities on the Executive Board, and now beginning my third year as co-president. I maintain two miles of the FLT south of Ithaca.

Tom Dwyer is a writer, editor, photographer and publisher whose shared dreams made us want more and eventually propelled our *FLT News* into its current beautiful state.

I am currently owner of Pinnacle Publications, LLC, a custom magazine publisher in Syracuse.



Jacqui Wensich
Officers l. to r.: Ron Navik, Irene Szabo, David Marsh, Pete Wybron, Howard Beye, Jennifer Wilson

In previous lives I have worked as writer and editor for several magazines, including Boy Scouts of America's Boys Life Magazine. In the 1990's I authored the BSA's "Junior Leader Handbook" as well as the book A Guide to the Allegheny National Forest, which is for sale at the FLTC Service Center.

Long a hiker and camper, last summer I completed with a friend the 90-mile three day Adirondack Canoe Classic, which darn near killed us. Other passions include outdoor photography and RV camping with my wife, with whom I have shared two adult children and six grandchildren. Should have had the grandchildren first.

We welcome these three new board members who, along with the five-member “class of 2008,” have generously agreed to devote their time and talents to directing our trail organization. □

Article redacted at the request of the author

Article redacted at the request of the author



Bob Godwin

ADK Honors Larry Newman

On March 12, at the Adirondack Mountain Club recognition dinner in Glens Falls, Larry Newman was awarded the ADK Distinguished Volunteer Award. This is a highest Club recognition and Larry was unaware that he would be receiving it when he arrived there, thanks to his brother Dave who gave him some other story why he should attend.

Larry was cited for his exceptional contribution to hiking trails over many years. He was recognized for his work in the Adirondack High Peaks, 20 years with the Finger Lakes Trail, other projects in the Forest Preserve and his long dedicated efforts on the Genesee Valley Greenway. He has worked on hiking trails with the Foothills Trail Club and he continues to contribute

to his local Genesee Valley Hiking Club's FLT sponsorship. He received the American Hiking Society's Vibram Volunteer of the Year for New York in 1996.

Larry joined the Genesee Valley ADK Chapter in 1981 and has participated continuously in the Chapter's trail work in the West Canada Lakes region, one of the wildest places in the entire Adirondacks. He also helps with the Chapter's own sponsored work on the FLT.

He has served on the ADK Trails Committee since 1992 and has also served as Club liaison with the Finger Lakes and the North Country trails. Larry has contributed much to the development of the policies and activities of the Club's trail program and is a beloved member among ADK's active volunteers and staff.

The keynote speaker at this annual ADK event was Dr. Ross Whaley, Chairman of the Adirondack Park Agency. Larry Newman stood up with other award winners; Barbara McMartin received the Communication Award, Peggy Lynn and Dan Berggren, the Education Award, and Peter Fish, the ADK Trailblazer Award.

Larry is also a hiking and climbing enthusiast. He has covered much trail mileage in New York State and has been an Adirondack 46er for 15 years. When he takes time off from maintaining the Finger Lakes Trail, he has been accumulating miles on the Trail to become an end-to-ender. □

Article redacted at the request of the author

Revisiting Sugar Hill

by Irene Szabo

LLynda Rummel's article about hiking to another time in the last issue (*FLT News*, Spring 2005, pg 4) lured several of us to walk the new route on Friday afternoon of our spring weekend, and it was indeed a fascinating peek at all the lives conducted there years ago. In addition to the fascinating cemetery just off the trail, and several obvious cellar holes the trail passes by, we divined a few more old homesteads by noting, for instance, a pair of huge old sugar maples standing sentinel in front of what is now only a crumbling stone-lined rectangular hole just off the trail. Crepe myrtle carpeting the forest floor or the surprise of overcrowded old lilac bushes in state forest are obvious hints that many farmsteads dotted this seemingly unforgiving landscape at one time, in the uplands just west of Watkins Glen.

Luckily two of our readers knew the answer to Lynda's mystery hardware find on page 4. Neither she nor I could figure out how a sliding track was of any use when the eyebolt hanger could move only two feet, and here I'd thought I knew everything! It turns out we were both contemplating the contraption upside down.

Gerald Reynolds, a trail landowner who owns several large farms in Darien and Corfu, Genesee County, which host the Conservation Trail and two of the four railroads mentioned in our Fall 2004 issue, sent a letter explaining the contraption and offered a visit to see his. On my way to the North Country Trail board meeting in Michigan in April, I visited Mr. Reynolds, who showed me not only the wonderful baking hearth brick fireplace his wife had discovered plastered over in one room of his early 1800's home, but also pictures of the "mystery" hardware in Daniel Fink's Barns of the Genesee Country, 1790-1915, page 146.

Old advertisements show various kinds of hay hooks hanging from overhead trolleys that rode the two tracks, with arms coming down from the tracks on each side to the hay grappler, with the eye hook pointing UP between the two tracks. Its function was to attach to overhead rafters, whose spacing varied in individual barns; hence, the ability to slide the hook between two stops!

One ad shows the "Grappling Hay Forks and Railway Hay Conveyer" manufactured by G.B. Weeks in Syracuse; with such contraptions large clumps of loose hay could be moved from one end of the tall hay

mow "attic" of the barn to a hole in the floor that may be 50 or 100 feet away, in order to send it down to the cows eating below.

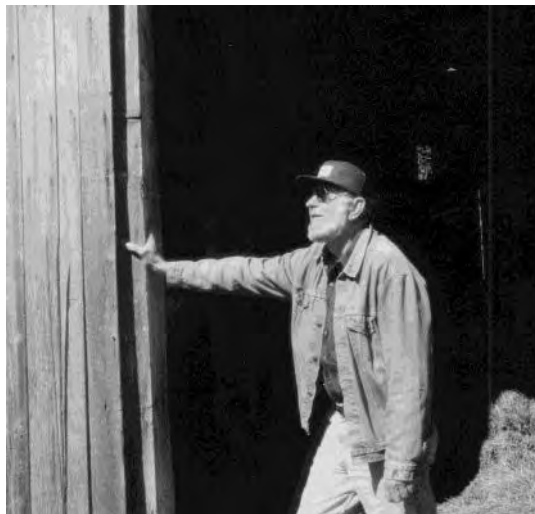
He took me to see one track in an immense gambrel roof barn down the road from him, built in the 1930s by a previous Amish farmer with labor from the local orphanage, and whose tall haymow was ready to collapse on the unused space below, then pointed me to another example that stuck out the high end-wall haymow door at the trailside barn by the double-track busy rail crossing right on the Conservation Trail just south of NY 33. Neither track had the traveling hay carrier any more.

Ron Abraham, DEC Forester in Belmont (Cattaraugus County) and FLTC member, told us that his father "still has the complete outfit in his barn, ropes and all. It hasn't been used since long before I was born. ... My father told me that an old friend of theirs used to swing hand over hand on the track, from one end of the barn to the other. (Never tried it myself!)" It should be mentioned that the top of the hay mow where such track is installed is usually twenty to thirty feet in the air!

We sure don't learn this stuff about our state driving down the Thruway. □



Mystery hardware



Irene Szabo

Gerald Reynolds standing in sunshine outside his old barn. There was no way to get a meaningful picture of hardware way up at the top of the barn.



John Andersson and conference organizer Sigrid Connors welcoming new arrivals at the registration table.



Hikers line up for food at Friday's supper at the Fire Academy



Friday's featured speaker "Java Joe" Dabes and wife Kathy Brennan with their packful of ultralite hiking equipment

Spring Weekend 2005 ... or, what you missed

Hikes long and short were enjoyed by 120 people in the area surrounding Watkins Glen and Montour Falls, from level walks along the newly rejuvenated Queen Catherine Marsh Trail, highlighting the wonderful array of spring wildflowers along Rock Cabin Road, to walks in hilly forests in the highlands to either side of the Seneca Lake valley. We have discovered a good new place for our program, meeting, and meal venue in the New York State Fire Academy in Montour Falls, and will definitely return another year.

Cayuga Trails Club ably hosted this good weekend, led by energetic and organized Sigrid Connors. Five-time end-to-end Joe Dabes provided the Friday evening program with tales of the Florida National Scenic Trail and advice about light-weight backpacking, while Andy Zepp, director of the Finger Lakes Land Trust, shared that group's visions and processes for protecting natural landscapes that often coincide with our own trail needs.

Several very special award presentations, described elsewhere in this issue, were made even more memorable by a surprise visit from Rob Corbett, Executive Director of the North Country Trail Association office in Michigan, who shared in the festivities as we honored some of our own local trail heroes. Rob added his own appreciation to Howard Beye's Lifetime Achievement Award, since part of Howard's great contributions have included years of service to the NCTA, too. Many members expressed their happy surprise at Rob's impressive visit, and it was fun before the banquet to watch joint FLT/NCTA members figuratively scratching their heads, wondering why that guy's face looked so familiar! Howard, it is suspected, began to think something mysterious was afoot. Indeed.

Photos by Jacqui Wensich



Saturday's guest speaker Andrew Zepp, executive director of the Finger Lakes Land Trust



*Saturday's Queen Catharine
Marsh Trail hike*



Soggy lunch at the marina



View over the marsh



Wild columbine



What is it? Wild cherry?



*Shequaga Falls in downtown
Montour Falls*



*Catharine Montour memorial—turtle
"grave" for native Americans.
Montour's specific grave is lost.*



Sullivan Trail marker

Trail Topics

by Howard S. Beye , Chair
Trail Management Committee

FLT Bullthistle Hikers

The FLT Bullthistle Hikers have joined the Finger Lakes Trail Conference (FLTC) as an adult organization and are assuming Trail Sponsorship of 5.0 miles of the FLT between NY Route 23 and Stewart Road in North Pharsalia and of the 3.2-mile loop trail to the Plymouth Lean-to. All of this trail is located on map M-23 and was formerly sponsored by the Triple Cities Hiking Club (TCHC).

The new FLT Bullthistle Hikers are primarily from the Norwich area and several are also members of the TCHC and previously had been Trail Stewards maintaining some of the trail now being maintained by the FLT Bullthistle Hikers.

The organization of the FLT Bullthistle Hikers is due, in large part, to the efforts of Ed Sidote who saw the need for a hiking club to serve the Chenango County area. The FLTC welcomes our newest adult organization and is very pleased to see their readiness to become involved with maintaining a section of the FLT System. The FLTC also thanks the Triple Cities Hiking Club for so graciously giving up a part of their sponsorship so the FLT Bullthistle Hikers can have a section of trail near where many of their club membership reside. We also wish to thank the TCHC for the many years of dedicated service they invested in maintaining this section of the FLT.

Letchworth Trailhead Signs

You may remember, in the spring issue of the *FLT News*, I mentioned the new trailhead signs which the Conference is beginning to provide for our branch trails. They are the same size and green-on-yellow colors with the same basic information as our current design with the addition of the branch trail name broadly displayed across the top of the sign. These signs will be made of aluminum instead of plastic for a longer installed life. They also will have marked areas for the access point number and map number so hikers can more readily locate themselves when using our trail maps.

What I did not mention was that the Conference was able to purchase all the signs required for the



Letchworth Trail using income from the Letchworth Trail Fund which was established from a bequest in Edward Willis's will. Ed Willis was a tireless worker for the FLTC who died in 1991 from pneumonia, which he contracted while working to clear the Letchworth Trail after the devastating ice storm in early March of 1991.

Alley Cat Trail Crews

By the time you are reading this, Crew #1 working out of Camp Sam Wood near Pike during the week of June 13-17 will have completed their work of improving parts of the trail located between maps M-4 east of Ellicottville and map M-8 near Swain.

Our big challenge now is to add crew members to Crew #2 working out of Hammondsport during the week of August 22-26. This crew will be working on maps M-12 and M-13 to reduce the trail grade to 10% or less along several sections of trail with current grades approaching 30%. This work will involve switchback and sidehill construction of new trail.

As with all Alley Cat trail crews, food and lodging will be provided at no cost to crew members. Lodging will be in the Scout House in the village of Hammondsport. This is a fine facility with bathrooms, shower, and kitchen facilities and a lot of sleeping space. The crew is also open to those who live close enough to be able to drive each day they can work. Lodging and meals will be available for those staying any number of nights. Those sleeping over will need cots or sleeping pads.

Crew #3 will be at Allegany State Park working September 19-23. Crew members staying overnight will have the option of cabins or using their own tent or tent camper. Work will be in the park and will be similar to that of Crew #2. Showers and toilet facilities are located near the cabins and campground area. The cabins have cots with mattresses.

If you are interested, please request an application form as soon as possible by email at or phone at 585/288-7191.

(Continued on page 19)

New Lean-to on Map M-23 near South Otselic

A new lean-to is being built by the Department of Environmental Conservation (DEC) Operation Crew from the Sherburne, NY office. It will be located on map M-23, near South Otselic about 0.2 miles south of Church Hill Road and about 0.3 mile west of the Finger Lakes Trail on the west side of the creek. The lean-to is a joint project of the Finger Lakes Trail Conference and DEC. The FLTC applied and received a grant from the Roger Follett Foundation in the amount of \$2,000 to build a lean-to on the FLT in Chenango County. I would like to thank Ed Sidote personally for his leadership in securing this grant. The grant will be used to provide all the materials needed to complete the lean-to except the milled logs and roof boards, which the DEC will provide. When completed, a sign will be put on the lean-to to recognize the contribution of the Roger Follett Foundation. The FLTC is pleased to be part of this partnership, which will be providing a new lean-to for the public to use while hiking and backpacking the FLT in Chenango County.

Trail Rerouted into Bear Spring Wildlife Management Area

A recently completed reroute of the trail, off Beers Brook Road shortly east of Rte. 10 onto Houck Mountain Road and Tower Road, will move the trail to roads which are much less traveled and provide some great views. At the end of Tower Road, follow a private road for a short distance before entering Bear Spring Wildlife Management Area (BSWMA). Continue on BSWMA Trail #7 following white Finger Lakes Trail marker disks until crossing West Trout Brook Road and rejoining the existing trail in the BSWMA. The existing FLT in the BSWMA has now been clearly marked with white FLT marker disks. The new route from the junction of Beers Brook and Houck Mountain Road to the existing trail at West Trout Brook Road is 5.1 miles long while the old route was 5.5 miles. Maps M-28 and M-29 are being revised to include this reroute. The rerouting effort was coordinated by Michael Gebhard, the new Catskill-Central Coordinator and also the Trail Sponsor for this new section of the Finger Lakes Trail. Mike worked closely with the DEC and private

Come one...Come all... Come join us in the Fall...

**Finger Lakes Trail Conference Fall Camp Out
October 14, 15, 16: The Peak Foliage Weekend
Camp Turner**

Allegany State Park, Salamanca, New York

Approx. 17 hikes within the park and the surrounding area including several hikes on the North Country Trail (Celebrating its 25th Anniversary) and the Granddaddy hike of them all into Zoar Valley. With an expert leading this hike, his knowledge of the valley and the old growth forest will amaze you.

Our plans includes a pig roast on Saturday night and exciting programs both Friday and Saturday night... campfires both Friday and Saturday.

**The weekend includes lodging,
3 meals on Saturday and 2 on Sunday
All this for \$80.00 per person for the weekend
plus the registration fee.**

**Save the date and mark your calendar...
You won't want to miss this one!**

Hosted by the Foothills Trail Club, represented by:
Annette Brzezicki at 716-685-2183 or anet42brz@aol.com
Linda Parlato at 716-532-2645 or linparlato@aol.com
Cheryl Peluso at 716-648-9027 or cherylpl17@adelphia.net

Registration information will be found on the FLT website (www.fingerlakestrail.org) when it becomes available (about 6/1), and will be mailed to all FLT Members in August.

landowner Edwin Goodrich to make this new route possible.

Goshawks Can Be Dangerous

Although it is a little late for this year, this is still worthwhile information. Unless you are aware of the behavior of goshawks during the time they are raising and protecting their young you might get a real surprise and actually suffer an injury. If you are hiking in a wooded area that happens to have a goshawk nest nearby, you probably will be subjected to loud screaming calls and diving attacks to try to drive you from the area of the nest. Goshawks frequently attack from the rear aiming towards your neck and head with their claws. The question is what you should do. Before or after the first attack take shelter against the trunk of a reasonably sized tree. As the goshawk flies away getting ready to attack again, try to move to another tree trunk distancing yourself from the nest area. Keep repeating this process until you are out of the nest area.

□

Note from Trail Medicine Editor, Dr. Bob Michiel:

Dr. Joe Markham is an emergency room physician and director of the Emergency Department at Community General Hospital in Syracuse. Many of my patients, and I myself have benefited from his expertise.

I want to comment on a relevant study that appeared in the New England Journal of Medicine in April 2005, dealing with hyponatremia (low sodium concentration) in runners in the Boston Marathon. Hyponatremia can cause a wide spectrum of illness ranging from muscle cramps to collapse and death. Hyponatremia can occur in hikers in warm or desert environments as well as in marathon runners. (Dr. Pat Riccardi wrote a Trail Medicine column about this last year. [Summer 2004]) Basically, excessive consumption of fluids in an effort to avoid heat-related illness and dehydration can lead to problems associated with hyponatremia. At present, there are new guidelines for fluid replacement, advising using thirst as a guide for fluid intake and avoiding weight gain through excessive fluid consumption, rather than staying ahead of thirst with fluid loading. It was found that, unfortunately, sports drinks were not protective. Risk factors for hyponatremia include slower runners who have more time to drink, weight gain while running, and extreme low or high body mass indices.

—Bob Michiel



Heat-Related Emergencies

by Joseph Markham, M.D.

I was asked by Dr. Bob Michiel to write a Trail Medicine article and I found myself agreeing before I knew what I was getting into. He kindly presented me with the compilation of Trail Medicine articles so I could see for myself what has been done before me. I found that I am in very good company and am pleased to have been asked to put this brief review together.

Heat-related emergencies can occur in the young, old and everyone in between. They can occur with extreme exertion and with no exertion at all. Many factors combine to cause a heat-related emergency. In this article I will attempt to limit my review to those heat-related emergencies related to physical activity and sports.

Statistics show that heat-related illnesses have been the most frequent cause of environmentally related death in the United States in the last ten years. From 1979 to 1999, over 8000 heat-related deaths were reported to the Centers for Disease Control. Most of these were not related to sports or exertion. However, from 1995 to 2001, fifteen high school students died due to heat stroke while participating in football. Factors leading to heat-related illness include extremes of age, certain medication used during heat waves, drug use, diet pills and stimulants. If any of these risk factors are combined with vigorous exertion, the dangers of heat illness escalate.

The body regulates heat through four mechanisms: radiation, conduction, convection, and evaporation. Radiation and conduction are considered the dry, or sensible (that is, perceptible), methods of heat loss. Convection is usually considered a separate mechanism, but heat must first be conducted into the surrounding medium in contact with the skin (air) before it can be moved away from the body by convection. Convection is therefore an adjunct to conduction. Evaporation represents the most efficient method of losing heat and is considered the wet, or insensible, mechanism of heat loss.

Radiation is the primary mechanism of heat loss when the environmental temperature is lower than the body temperature. Radiative loss of heat can account for up to sixty percent of heat loss when the environment is cooler. When the environment is warmer than the body, the body will gain heat by radiation. The cooling effect of a wind will increase heat loss by convection, working with the radiant heat loss.

Evaporation is the primary heat loss mechanism of the body in warmer environments. Even without sweating, the body can lose about 600 ml of water per day through evaporation. This increases with sweating and can reach one to two liters of water per hour in well-trained acclimatized athletes. This exceeds their ability to replace water by drinking and can quickly lead to dehydration and heat injury. Elevated body

temperature and increased breathing rates can also increase water loss.

The body's response to heat stress occurs through four primary methods: dilatation of blood vessels, especially in the skin, increased sweat production, decreased heat production, and behavioral changes leading to heat control. The body responds by a combination of neural and hormonal control mechanisms that can increase blood flow to the skin from 0.2 liters per minute to 8 liters per minute. This increases the body's ability to expel heat using conduction and convection. The same neural and hormonal mechanisms will cause an increase in sweating, cooling the body by evaporation. When an individual begins to feel hot and uncomfortable from the heat, their behavioral control takes over and they seek a cooler environment, drink more fluids, and remove excessive clothing. In most cases, the combination of all these heat control mechanisms and behaviors works well.

The big question to ask and answer now is when does the body's response to heat stress become inadequate and lead to heat-related illness and injury. The path to heat injury can take any or all of three routes: increased heat production, increased external heat gain, and decreased heat loss. Although the characteristics, risk factors, and physiologic parameters often differ between non-exertional and exertional heat injuries, the clinical effect on the individual is the same.

Increased heat production can occur with use of drugs such as stimulants (cocaine, amphetamines), phenothiazines, anticholinergic agents, PCP, and LSD. Increased heat production will also occur with vigorous exercise in a trained person or with mild exercise in an untrained person. Also, a febrile illness will lead to the body's thermostat being reset at a higher temperature leading to increased metabolism, shivering, and heat production.

Increased external heat gain can occur from prolonged exposure to elevated environmental temperatures. This can occur at rest with no exertion and can be worsened by increased activity. Some confined spaces in the work environment can lead to increased environmental temperatures, as can protective gear such as that worn by fire fighters.

Decreased heat loss can occur from protective clothing as mentioned above, from decreased air movement, from high humidity environments that decrease evaporation, and from certain skin

conditions. Obesity can lead to decreased heat loss due to its decreased blood supply and insulating effect. Scleroderma, cystic fibrosis, eczema, psoriasis, and skin burns can also lead to decreased temperature regulation through the skin as well.

Classic heat injury occurs during periods of high environmental heat stress. Physical exertion is not required. With exertional heat injury, the affected individuals are usually physically fit and are participating in athletic events or performing jobs under conditions of high heat stress, such as those experienced by the military or fire fighters. In this setting, heat production and heat gain from the environment exceed the capacity of the heat removal processes. Physical exercise is the most common single source of internal heat production. In hot environments, physical exercise can lead to heat illness quickly unless the proper precautions are undertaken.

Clinical features of heat illness range from mild to severe and life-threatening. If recognized early, the mild symptoms can be managed, and serious heat-related illness and injury can be avoided.

Heat edema (swelling) is simple edema that can occur in people not accustomed to heat and in non-conditioned athletes. It is a self-limited process manifested by mild swelling of the feet, ankles, and hands. This can appear within the first few days of exposure to a hot environment or exercise. It is caused by skin vasodilatation and gravity dependent interstitial fluid (fluid between the cells) in the extremities. This edema will usually resolve in a few days to a few weeks. Elevation of the extremity is usually all that is required. Diuretics are not effective in treating heat edema.

Prickly heat (heat rash) is an itchy, flat to bumpy, red rash over clothed areas of the body. It is an acute inflammation of the sweat ducts caused by blockage of the sweat pores by macerated surface skin. The sweat ducts become dilated under pressure and can rupture, producing vesicles with a red base. Itching is the predominant feature during this phase and is treated well with antihistamines. Using baby powder and talc is of no benefit. This will sometimes progress into a skin infection that may need treatment with antibiotics, but it usually just resolves without any specific treatment.

Heat cramps are painful involuntary spasmodic contractions of muscles, usually in the calves but may

(Continued on page 22)

(Continued from page 21)

involve the thighs and shoulders. Heat cramps tend to occur in people who are sweating profusely and replace their fluids only with water. Profuse sweating can lead to loss of electrolytes such as sodium, potassium, magnesium, and calcium. This then can result in muscle cramps, which occur most commonly in those working or exercising for the first time in a hot environment who do not replace their electrolytes properly. Heat cramps are usually self limited and usually not dangerous. They do, however, require treatment with fluid and electrolyte replacement.

Heat syncope (passing out) is a variant of postural hypotension (low blood pressure when upright), resulting from dehydration, blood vessel dilatation, and decreased muscle tone. Someone who is already dehydrated when exposed to heat for a long time or beginning work or exercise may experience a significant drop in blood pressure. This can lead to decreased blood flow to the brain and cause the person to pass out. Lying flat allows blood to flow to the brain, and the person wakes very quickly. These episodes of passing out could be caused by a more serious illness and should be evaluated by the person's doctor or in the emergency room.

Heat exhaustion is an acute heat-related illness that reflects significant dehydration and may be associated with an elevated body temperature. There are non-specific symptoms such as weakness, malaise, lightheadedness, fatigue, dizziness, nausea, vomiting, frontal headache, and muscle aches. A victim of heat exhaustion may have a low blood pressure when standing, increased heart rate, increased breathing rate, sweating and may even pass out. The body temperature may range from normal to 104 degrees. With heat exhaustion, the mental abilities remain normal. These symptoms occur because the body is depleted of salts and water. Heat exhaustion can be treated with fluids, cooling, and rest. Mild cases may not require hospitalization, but more serious heat exhaustion may require evaluation in the hospital, especially if the person has any other significant illness or is on medications that could affect recovery.

Heat stroke is on a continuum with heat exhaustion, with all of the above symptoms, progressing to higher body temperatures, nervous system dysfunction, and lack of sweating. Sometimes heat stroke can be present with profuse sweating, so presence or lack of sweating is not an absolute criterion for the diagnosis. Heat stroke is a medical emergency. Cooling the elevated temperature and IV rehydration is essential.

The longer treatment is delayed, the more likely multiple organ system involvement will occur and result in a high mortality rate. Central nervous system involvement separates heat stroke from heat exhaustion. Irritability, confusion, bizarre behavior, combativeness, hallucinations, seizures or coma may develop. A body temperature of 107 will universally cause central nervous system dysfunction. If treated immediately, recovery can be quick and complete. If left untreated, an elevated body temperature can lead to severe injury and death. Brain injury is a function of maximum temperature and duration of exposure. Someone with a relatively lower temperature (104 to 106) for longer periods may do worse than someone with a higher temperature (greater than 107) for a short period of time. Cooling should begin by removing all clothes and using tepid or cool water on the entire body. Cold water should be avoided. Temperatures that are too cold may shunt blood away from the skin and increase the core body temperature around the major organs. Using tepid or cool water allows the skin to do the work of cooling as it is designed to do. Treatment should be started as soon as possible, and the affected person must be transported to the emergency department.

Serious heat-related illnesses are preventable.

General recommendations directed at the individual include: (1) reducing or rescheduling strenuous activity for cooler parts of the day, (2) wearing clothing that is light colored and loose fitting, (3) increasing carbohydrate intake and decreasing protein intake to decrease heat production, (4) drinking plenty of fluids even when not thirsty, (5) avoiding alcoholic beverages and caffeine drinks because they promote dehydration, (6) not using salt tablets, (7) training coaches, teachers, youth group leaders, and hikers about heat-related illnesses, (8) educating the elderly about their risks and how to avoid heat-related illness, and (9) reminding parents that they should never leave their children unattended in an automobile during hot weather.

When hiking, always take enough water for the planned hike, considering the weather conditions and the difficulty of the hike. Also, it may be a good idea to carry a water filter and water-purifying tablets to use to replenish your water supply safely when you are on an extended hike. Never hike alone, and be aware of your proximity to medical assistance and how to contact help if needed. Your local DEC and state park rangers may be a good resource for this information. Be safe and enjoy the great outdoors of New York State. □

Wildflowers along the Trail : Clover

RWW Taylor

Along with clover go, of course, the associations of summer meadows and honeybees. But there is much more to the story that a hiker might be interested in learning. True clovers belong to the genus *Trifolium* (“three leaves”) and make up part of the botanical family of legumes, Fabaceae, along with other related genera such as *Medicago* (alfalfa and medicks), *Lespedeza* (bush clovers), and *Melilotus* (the sweet clovers whose yellow or white blooms are so abundant in our area during the summer).

There are many kinds of clover; the USDA’s on-line database lists 92 species of *Trifolium* growing in the US, about a dozen of which are to be found in New York State. All of these dozen species have been introduced into the US, but older references list a few native species as growing in this area—these still survive marginally in states from Pennsylvania south. One particular species, buffalo clover (*T. reflexum*), was said to occur specifically along the trails through the woods made by the buffalo that could be found in western New York up until the middle of the nineteenth century.

But the species that are planted in fields these days are primarily red clover (*T. pratense*), white clover (*T. repens*) and alsike clover (*T. hybridum*), and these are the clovers commonly observed blooming along roadsides, paths, and edges of clearings that a trail may skirt. Actually, white clover turns out to be the one single species of flower most likely to be spotted in bloom by a hiker, surpassing even the common dandelion in this respect over the course of the year.

The blooms of red clover are not crimson, but red-purplish instead, though specimens may be spotted on occasion that are almost white. Overall the growth habit of this species is noticeably larger than is the case with other species of clover. The easiest way to recognize red clover, however, is by the “chevron” pattern appearing on individual leaflets.

The blossoms of white clover are, of course, white, though they may be tinged with pink or red on occasion. The blossoms of the similar-appearing alsike clover may vary in color from white to reddish. But it is very easy to distinguish between these varieties—just check out the flowering stem on a particular plant. In the case of alsike clover you will find leaves growing along the stem, while each blossom of white clover is borne singly on a bare, upright stem of its own.

Another species of clover whose blossoms fall into the white/red color range is strawberry clover (*T. fragiferum*). Patches of strawberry clover can sometimes be observed growing by city curbsides and in park lawns, but this species does not seem to have made major inroads as yet into wilder terrain and so far has not shown up in standard US wildflower guides. A distinguishing characteristic of strawberry clover is the compact, globular appearance of the pink flower heads, leading to the name.

Another whole category of clovers that can be seen growing wild are the yellow clovers, or hop clovers. The principal hop clover is *T. aureum*, which is also referred to as golden clover and sometimes goes under the formal descriptor *T. agrarium*. There is also a “lesser hop clover”, alternatively called field clover (*T. procumbens* or *T. campestre*), and a “least hop clover” (*T. dubium*) that can be spotted growing in great patches and which closely resembles the black medick commonly seen in more limited bloom. Neither of these last two flowers would be likely to win a prize for attractiveness of appearance! However, it is claimed that *T. dubium* is the original shamrock pointed to by Saint Patrick as a humble symbol of the holy trinity.

One more clover to watch for while hiking is the aptly-named rabbit’s foot clover (*T. arvense*). The extended, hairy flower heads may be white, pink, or grayish, and do indeed resemble a rabbit’s foot in appearance. The flowers themselves are hidden by a layer of bristles, and—especially along a dusty road—one can easily pass this plant right by without noticing that it is in bloom. Once the trefoil leaves are spotted, though, it is clear that this plant too belongs to the group of clovers that make up their own special corner of the grand mosaic of wildflowers spread out for examination by those interested in exploring the natural world. □



U.S. Forest Service Centennial

by Kari Lusk

Kari Lusk works for the Forest Service in the Finger Lakes National Forest, Hector, NY, on an intermittent basis as part of the NEPA Team and also the National Heritage Program.

As you meander along and explore your favorite trails in your national forests this summer, stop for a moment to reflect on the fact that 2005 is the centennial celebration for the Forest Service. The Forest Service has been “caring for the land and serving people” for 100 years!

The National Forests might not even be here today if it weren't for the forethought of our leaders, primarily former President Theodore Roosevelt, who set aside the original forest reserves and established the Bureau of Forestry under the US Department of Agriculture in 1905. He appointed Gifford Pinchot to head the Bureau, and they outlined the mission of the newly created agency, and renamed it the Forest Service. The agency's mission: to sustain healthy, diverse, and productive forests and grasslands for present and future generations.

Today we're enjoying the fruits of the original mission. The Forest Service manages and protects 191 million acres of national forests and grasslands for multiple uses by the American public, and contributes to the sound management of more than 500 million additional acres of forest land through technical and financial assistance to private landowners, other federal agencies, and state and local governments.



Jacqui Wensich

The 11.9-mile Interloken Branch Trail lies mostly within the Finger Lakes National Forest, New York's only national forest, located in the uplands between Seneca and Cayuga Lakes.

The national forests provide the public with a myriad of recreational opportunities such as hiking, camping, hunting, bird-watching, fishing, snowmobiling, skiing, and exploring heritage sites. The forests in the East provide many recreational opportunities for urban and rural dwellers, and are all located within a day's drive of many urban centers. National Forests have become America's playground. Within the agency we like to think of the eastern National Forests as “islands of green” in a sea of people.



Kirk Johnson

Rock outcropping in the Allegheny National Forest, Pennsylvania. After the North Country Trail leaves the FLT at the Pennsylvania border, its next 86 miles lie within the Allegheny National Forest.

Did you know?

The National Forests in the East...

- are the largest provider of expansive tracts of public land, and include opportunities for backcountry recreation, trails, and semi-primitive and wilderness settings?
- are the largest single provider of high quality downhill skiing opportunities?
- are a major provider of high quality snowmobiling, dog-sledding and cross-country skiing opportunities?
- are a major provider of heritage recreation opportunities?
- are a major provider of high quality water-based recreational opportunities? The eastern National Forests comprise over 10,000 lakes, 15,000 miles

of streams, and more than two million acres of wetlands.

- have over 14,000 miles of trails?

If you haven't explored any of your National Forests yet, you should consider doing it this summer!

Although the recreational opportunities we provide may be foremost in the public's mind, the Forest Service also provides the public with products such as wood, clean water, grazing land, and minerals. The Forest Service is the only federal agency that manages our natural resources to meet the needs of many different interests.

The Forest Service's "restoration of the lands nobody wanted" is one of the most dramatic success stories of resource conservation. The Weeks Act in 1911 allowed the government to purchase land from private landowners on the headwaters of navigable streams. When the Forest Service first acquired the land in the East, most of it had been cut, burned, farmed, mined, and abandoned. Rivers and streams had been straightened and dammed, and wetlands had been drained. Species were lost, resources depleted, and the landscape had been changed. The Forest Service was given the huge task of stabilizing these lands, and continues to make progress toward stabilizing them and restoring the waters. Today, nearly 60 million people depend on the forests and grasslands for drinking water. Watersheds are vital to ecosystem health and serve as habitat for thousands of species of fish, wildlife, and rare plants. Water is a vital resource.

As we enter into our centennial celebration, we can definitely celebrate our successes, but we should also look at our challenges ahead. Insect infestations and disease, invasive species, wildfires and excess forest fuels, unmanaged recreation, loss of open space, and development are all threats to the health of the nation's forests. The Forest Service will continue to work with other agencies to develop solutions to these problems. By working together to live in harmony with the ecosystems that sustain us all, we can help care for our national legacy of natural resources.

For further information on your national forests, please contact us. The Finger Lakes National Forest is located in Hector, New York, and you can call us at 607/546-4470. We invite you all to explore and enjoy your national forests! □



RWW Taylor 6/1/05

Pink Lady Slipper Explosion!

Rob Hughes, the Wayland-Cohocton teacher who did the current nature trail booklet for the Huckleberry Bog Loop Trail on Bristol Hills Branch map B-3, took his students there May 31 and reported dozens of lady slipper blossoms, many in places where they weren't before. The group's entry in the trail register reads "30 pink lady slippers (Really!)" Irene Szabo immediately posted the news to the FLT e-group prompting at least a few wildflower enthusiasts to drop everything and rush right out there.

FLTC Board Supports DEC ATV Policy

In late May, the Board of Managers of the Finger Lakes Trail Conference authorized a letter of support to the DEC during the public comment period for their Draft ATV Policy. Our assessment of the policy is that the DEC will make it as difficult as possible for ATV proponents to get permission to use even short sections of roads within public lands, and that the rules will be strict for those few potential permissions.

The policy says "... [ATV] riding is not a specific program offered on public lands ... managed by the Department. Further, the Department does not encourage ATV use on such lands" which assures us that the DEC intends to resist permitting legal ATV use. Unfortunately the policy does not address how enforcement against current widespread illegal abuses will render any of our state forests more pleasant for quieter pursuits, but we nonetheless applaud this policy for having the courage to stand up for the lands under DEC stewardship.

Thousands of ATV riders spoke at public meetings and wrote letters against the policy, so the Board feels confident that our support of the policy on members' and trail users' behalf is worthwhile and justified. Our letter did ask that any state forest or wildlife management area where the FLT and/or NCT passes be eliminated for consideration of any ATV proposals. □

Clar-Willis Award...

(Continued from page 3)

Learn Hike Committee several times. She was also chair of the CTC membership committee for about five years. Cliff was on the FLTC Board of Managers for several terms and Doris was FLTC librarian for five years. Both were elected to the NCTA Board of Directors in 1988 and served for two terms.

Doris and Cliff started maintaining sections of the main Finger Lakes Trail in 1978. Their second son had just left home, leaving Cliff and Doris trying to find something to occupy their time since they no longer had to chauffeur the boys around and take care of their whims. They would go out on weekends and hike about 5 to 6 miles on a section of FLT the CTC maintained. They found some very bad trail back then that needed significant maintenance. So, they would go back the next weekend and improve the trail with hand tools. As soon as a power brush cutter became available in the early 1980s, Cliff started using it and their trail maintenance really took off!

The Abbotts assumed maintenance between NY Route 96B and West Jersey Hill Road on FLT map M-17. Another club member was responsible for maintaining from West Jersey Hill Road to NY Route 13/34/96. However, he had to give up this section because of physical problems. So, Cliff and Doris added this section to the rest of the miles they were taking care of. They maintained those 17+ miles (all of map M-17!) for about 10 years until the CTC started the trail adoption program. They relinquished sections to other volunteers as they agreed to take them over. However, the Abbotts held onto the section from Bald Hill Road to Route 96B (7.4 miles) until the Abbott Loop was finished.

Planning for the Abbott Loop began in the 1980s. Doris and Cliff were asked to lead an FLTC hike through Danby State Forest. The hike was to be about 8 miles long. They went out with compass in hand and strips of cloth to mark their way on what appeared to be a halfway decent bushwhack through the Danby State Forest. Many people told them they really enjoyed the hike and thought it would make a good trail.

When Doris became CTC president in 1991, she obtained a map showing old logging roads in the state forest since the NYS Department of Environmental Conservation (DEC) insisted they stay on roads or use the perimeter of the state forest, a lot of which was swamp. It took approximately two years of negotiating with the DEC before a route for the trail was approved

in 1991. Doris, Cliff, and other CTC members began working on the trail as soon as permission was obtained. Doris went out on the trail many days by herself while Cliff was busy with yard work and other tasks at home. Cliff helped Doris paint-blaze the trail and also handled some of the really heavy stuff Doris couldn't manage. After 1½ years of construction, the Abbott Loop was officially opened with a ribbon-cutting ceremony in November of 1992! The Abbotts have passed maintenance responsibilities for the main FLT to other CTC members, but they still maintain most of the 6.7-mile-long orange-blazed section of the loop.

Cliff and Doris say they enjoy being out in the woods, developing new trails, and maintaining those already in existence. "I think the greatest satisfaction comes when we are out there working and hikers come along and thank us for making it all possible so they can enjoy the peace and solitude that come with a hike in the woods," Doris wrote in a recent email message. The Cayuga Trails Club is proud to have the Abbotts as members and to have nominated them for the prestigious Clar-Willis Award, named for two other outstanding examples of great dedication and longtime service in building and maintaining many miles of the FLT System. They are truly deserving. □

Erv Markert Awards...

(Continued from page 8)

the service road. It was April 1988, I believe, when I as president of the Cayuga Trails Club asked for and received permission from Brownie to reroute the trail off the service road into the woods. A small group of us scouted out and flagged a possible route and asked Brownie to look it over and let me know if there were any problems with the route we had proposed. A couple weeks later Cliff Abbott, Doris Abbott, Betty Lewis, and I returned to the park with bow saws, loppers, and fire rakes ready to spend the day clearing the new trail route. When we arrived at the trailhead, we saw that the trail had already been cleared, tree branches had been cut back, tree limbs had been removed, and the tread way had been raked so that it looked like the trail had always been there. We were puzzled, so we dropped by Brownie's office and asked him who had built the new FLT reroute. Brownie admitted that he had and added, "That was my personal Earth Day project"! □

End-to-End Update

End-to-End Hikers

Two more hikers have completed the FLT since my last report.

#189 Carl D. Daiker, Waterville, ME

#190 David H. Zanzalari, Bellefonte, PA

Future end-to-enders recently added to my list are:

Wes Ernsberger, Endicott

Mahlon Hurst, Penn Yan

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

David Cook, Rochester

Lee Douglas, Endicott

Wes Ernsberger, Endicott

Kathy Eisele, Syracuse

Carrie French, Bath

Richard Gasteau, Snyder

James Green, Endicott

Larry Newman, Rochester

Kathy Perry, Cortland

Carol Watts, Rochester

Sharon Wheat, Brockport

Car Spotters

There have been no new additions to the list; however, I need more car spotters. Please contact me for a Car Spotter Questionnaire if you are interested in being one.

Beers Brook Rd: Major Re-Route on Maps M-28 and M-29

All but a half mile of road walking on Beers Brook Rd. near Walton in the Catskills has been eliminated. *[The new route is described in Howard Beye's Trail Topics on page 18.]*

An officer at the new DEP building on Rte. 10 told me it is permissible to park cars in the former DEP parking lot on Rte. 10 across the road from Beers Brook Rd. I suggest you leave a note behind the windshield, that you are hiking.

Two and a half trail miles to the west of the re-routed section, at the intersection of Walton Mountain Rd. and Rte. 10, Al "Mac" MacDonald lives with his family. Al is willing to have hikers pitch a tent in his large yard. Some hikers have already stayed on his property which is how I found out about him. It would be considerate to contact him ahead of time. (Al MacDonald, 2890 Walton Mountain Rd., Walton, NY, 13856, 607/865-4500, or macmedic2005@yahoo.com) Al is on disability so is home much of the time. He is very friendly and eager to help hikers. You will enjoy talking to him.

Obituary

Mary Years of Wolcott, End-to-End #61 (10-09-96) passed away on Feb. 15th, 2005. She was survived by four daughters and one son. Mary and her daughter and

son-in-law, Gary and Penny Shaw, participated in one of the DeWan/Sidote Catskill Expeditions when Mary was in

her early 70's. She is the oldest woman to complete the FLT, at age 75. She backpacked the Appalachian Trail when she was in her 50's over a period of three summers. She was unable to get a leave of absence the third summer, so she quit her job to finish the AT. Her hiking partner was from Canada, and I believe that FLT founder Wally Wood got them together. It was very unusual for women to be hiking the AT when they did it. I think Mary was #99 to complete the AT. Mary was also a Girl Scout leader for many years, especially while her daughters were in Scouts. I hiked many miles with Mary when she hiked Chenango County. As she had been hiking the FLT in one direction, I had a difficult time convincing her to reverse her direction in order to hike downhill from Stoney Brook Rd. to Chenango County Rte. 12 on map M-22. It was the final section of trail for the day, it was hot, and I felt it would be much easier for her and faster to hike downhill to CR 12. I finally convinced her, drove her to the Stoney Brook Rd. trailhead, and we hiked downhill to CR 12. She was glad that she changed her mind. She was a long-time member of the Finger Lakes Trail Conference. I first met her at an FLTC outing in Watkins Glen, and I always looked forward to seeing her, and talking and hiking with her at FLT outings. She always had a smile on her face and was very cheerful. I will miss her.

Excerpts from the Shapley Rd. trail register, Map M-25

10-08-03: Visiting from Blue Ridge of the Carolinas-FLT beats the Blue Ridge ANY day. John & JoAnn Bryson, Greenville

10-18-03: Returning home to see the leaves from the Carolinas. As beautiful as I remember. I'll be back. Pattie Starbird

No date: Trail hiking is a sickness and it is easy to catch. BEWARE. Longbeard

Happy Hiking!

Edward J. Sidote

5 Clinton St., Norwich, 13815-1903

607/334-3872

ejsidote@cnyconnect.net

Please take note of Ed's new email address.

A Completely Different Experience

by Michele and Alex Gonzalez (#174, 175)

I have to say that it was a completely different experience to hike the FLT end to end with my wife, Michele, than it was to hike it alone (originally #12). Watching her develop as a hiker—from one who nearly passed out hiking up steep sections to one who could confidently chew up eighteen- or twenty-mile chunks—was a particular pleasure for me. Seeing her grow to appreciate the subtleties of New York’s forests—the plants, the birds, the trees, the nuances of weather—was wonderful. She started out as a lifelong non-hiker and ended up a pro (if only we could get paid for this!). This essay gives me an opportunity to make up for a previous blunder. When I received the Clar-Willis Award for construction and maintenance of “my” section on M-19 along the border between Tompkins and Cortland Counties, I gave a little impromptu speech, but even though I am accustomed to speaking before large groups (I’m a college professor), I for some reason became like a deer caught in the proverbial headlights. I made a few bumbling remarks and along the way forgot to mention all of Michele’s unsung assistance and hard work as my trail-maintenance partner. What a boob! Lashes! It’s “**our**” section, not “**my**” section!

Back to our end-to-end hike. I smile when I recall how at first she actually studied where I placed my feet as I crossed streams or muddy areas; now she knows to pick and choose her own route across such obstacles. She follows no old duffer any longer! And often the routes she chooses are way better than mine.

As for memorable moments along the trail, that Pennsylvania girl and I fondly recall the three giant thrones (with ottomans!) created by chain-saw artists out of sections of an enormous tree, probably a very old fallen oak. Each is literally monumental (M-6, between Rice Rd. and NY Rte. 19). We also remember the enormous pig we found once blocking the trail (took us a while to figure out exactly what we were looking at, as it had its head down, rooting around in the ferns). What about our efforts in western New York to stay ahead of our good friend Joe Dabes and his hard-charging efforts to complete his FIFTH end to end?! Man, did we have to hustle! What about the nightly serenade of porcupines chewing away at

metal road signs while we camped at the end of Wolf Run Road (M-1)? What about camping near the end of Jackson Road and being unceremoniously awakened at 3:00 a.m. by two beer-guzzling teenagers (M-4)? What about the huge owl that flew through the tunnel of forest ahead of us for about 100 yards (M-8), and the cows that chased and frightened Michele (M-5, M-19)? They made her afraid to hike near the buffalo ranch, but she was overjoyed to discover that a reroute had taken the FLT away from that legendary stretch. What about coming out at Corley Road to find a man target shooting right near the trailhead (M-15)? Catching our black lab, Blackie, **just** before he could “investigate” two lumbering porcupines (M-27)? Crossing Dry Brook Road and seeing Blackie get into a car (not ours) whose rear door was open; obviously he’d had enough of those tough Catskills hills, wanted to go home, and felt any open car door would do (M-27). Also memorable was coming out at Alder Lake after dark, without using flashlights (NY-NJ Trail Conference map).

Michele and I would like to thank Howard Beye and Ed Sidote for all they do behind the scenes. Thanks also to all the trail maintainers, sponsors, fundraisers, and others who do the usually thankless task of keeping the conference strong. And thanks to those who’ve worked so hard on sections of trail and then retired. For example, I had to write to Bob Muller to tell him that the sidehilled switchbacks on his former section were **still** in great shape, nearly a decade after he retired as maintainer (M-12).

In 1996 Michele and I had our first picnic together. It took place on the FLT (M-19) where it used to overlook Dryden Lake prior to that section’s closure and subsequent reroute. With the able assistance of a little hard cider, we shared our first kiss there; by the time we got married in 1998, Michele was hooked on the FLT, and the rest, as they say, is history. □

*“Walking is the very best exercise.
Habituate yourself to walk very far.”*

—Thomas Jefferson

Nine Years in the Making

by David Zanzalari and Carl Daiker

We are veterans of several long distance trails in the northeast. Over the last 20 years we have walked end-to-end the Mason-Dixon Trail (PA, MD, DE), the Mid-State Trail (PA), the Horseshoe Trail (PA), and the Long Path Trail (NJ, NY). We have been friends since college (Rutgers Class of '71).

Our strategy for hiking has always been the same. We find a 3-5 day period when we can both get away. We drive two cars to the trail segment (10-15 miles) to be hiked. We park one car at each end of the segment. We hike from one car to the other. The next day we take up where we left off. We have tried to do this twice each spring, twice each fall, and if we are lucky, once over the summer. In this way we've managed to log 2,300 miles together.

We first "discovered" the Finger Lakes Trail while hiking north on the Long Path. There is a short segment in Delaware County where the two trails overlap. We were curious where the FLT went. Our original intention was to use the FLT as a diversion from the Long Path. We never gave much thought about hiking the FLT end-to-end because the western terminus was so far away.

In the beginning our normal routine was always to drive home after each day's hike. However, as we neared the northern terminus of the Long Path in Thatcher State Park near Albany we realized that the trail segments were getting too far from our base at Carl's home in Middletown, NY to allow for the continuation of one-day round-trips. It was at that point that we decided to remain "on the road." We tried camping, but soon graduated to using local motels or rural B&Bs.

By the time our "diversionary" hikes on the FLT had taken us as far west as Cortland County, we were hooked. We knew we would not be satisfied until we completed the FLT at the NY-PA border.

We seriously lost the FLT only twice. Just south of Masonville we entered a freshly logged-over tract of land. New blazes had not been provided so we guessed which way the path

went. We guessed wrong. As the sun sank toward the horizon we found ourselves walking along an unmarked dirt road. By some fortune we came upon a tree with a map on it that said "You are here." It allowed us to orient ourselves enough to get back on the trail and reach the car as twilight settled in. The second time we lost the trail was actually during our last day of hiking (April 20, 2005). We came upon a poorly marked switchback and followed a false trail (reroute?) back down the hill. When we realized our mistake we retraced our steps, but inadvertently reversed ourselves. We started walking back the way we came. We didn't realize this until roughly 3/4 of a mile later when we stopped for lunch at a lean-to and discovered it was the same lean-to we had passed earlier that morning.

Where do we go from here? Carl has recently retired and moved to Maine. With bad feet he feels he is close to hanging up the old hiking boots. David plans to continue west on the North Country Trail at least through his home state of Pennsylvania. He wants to see how much of the NCT he can do before it is time for him to "hang'em up." Anyone going to North Dakota? □



Carl Daiker, #189

David Zanzalari, #190

End of FLT, 4/20/05, 3 p.m.

Hiking Calendar

First Annual Ed Sidote Hike

Saturday, July 30, 2005

Shindagin Hollow

Hike Leader: Larry Blumberg

LBlumberg@stny.rr.com, 607/797-0912

Shindagin Hollow (Tompkins County, map M-18) is one of the “crown jewels” of the FLT, and it is home to the newly rebuilt Shindagin Hollow Lean-to, which was recently noted to be “one of the nicest camping areas along the entire FLT”. So, please come along with us for the first annual Ed Sidote Hike (formerly 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, and to include not only the lovely Shindagin Lean-to, but also the Kimmie Lean-to, an optional addition of 4.2 miles will be available. This hike will start further east at Harford-Slaterville Rd., instead of Rt. 79.

For either hike, **meet at 9 a.m. at the FLT trailhead on Shindagin Hollow Rd.** We will then car-shuttle to Route 79 for the 8.5 mile hike and to Harford-Slaterville Road 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.

Linda’s Kinder , Gentler Long Path Hikes

The spring issue of the *FLT News* contained the schedule for a series of hikes on the northern half of the Long Path from its junction with the FLT in the Catskills to its northern end near Albany. For more information:

Linda Cruttenden (lls_roch@yahoo.com,
585/288-3359)

Jim Chambers (jamesechambers@hotmail.com,
315/589-8500)

Overnight on the Interloken Trail

July 22, 23 & 24

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

Sharon Galbraith - sharonbillgal@aol.com, 585/872-0327

We have planned a weekend hike on the Interloken Trail, and have **reserved the Potomac Group Campground for the FLTC Friday and Saturday, July 22 & 23rd**. We will hike the entire 11.9 miles of the trail on Saturday and Sunday, plus will have time to pick and eat blueberries, venture off and see some of the side trails, spend time at Foster Pond, or just eat blueberries! We reserved the campground for Friday, for those of you who would like to camp an extra day, and not have to rush Saturday morning to get there. We will “officially” start Saturday and Sunday mornings from the Potomac Campground, shuttling to the southern terminus of Burnt Hill Road on Saturday and hiking back to the campground, and then shuttling to the northern terminus of Parmenter Road on Sunday and hiking to the campground, roughly 6 miles each hike. **Please meet at 9 a.m. at the campground, for those not staying at the campground.** The campground as well as the surrounding area is very nice, and by no means does everyone camping have to hike the scheduled hikes.

The Potomac Group Campground is primitive and has NO WATER. There is a covered picnic area with a large grill, a campfire area, and new vault toilets. There is a large grassy area for group camping, but also smaller, more private camping areas.

Please bring WATER, your camping gear, a DISH TO PASS for Saturday night, place settings, your own drinks (adult beverages or otherwise), your own dinner for Friday, a hiking lunch for Sat. and Sun., and breakfast for the mornings you will be there. There is NO ELECTRIC. We will supply firewood, charcoal, hots and veggie hots and rolls. For those of you who would rather sleep in the comfort of a true bed, you can make reservations at the nearby *Red House Country Inn* (within easy walking distance of the trail and the campground), 607/546-8566.

For more information, contact Kim or Sharon at the email addresses or phone numbers above.

Overnight Backpacking Trip on the FLT

August 6 – 7, 2005

Location: Eastern Tompkins County and Kennedy State Forest in western Cortland County (FLT map M-19)

Meeting Place: Dryden village parking lot, just SW of the stoplight at the junction of Rtes 13, 38, and 392 in downtown Dryden (behind the First National Bank of Dryden).

Time: 9:00 a.m.

We encourage backpacking newbies to try this. This backpacking trip will be led by experienced backpackers “Java Joe” Dabes and Ray Kuzia. The route will be entirely within FLT map M-19, which you can order at the Finger Lakes Trail website given below. For the first day you can choose an easy 4.3 miles (starting at the trailhead at the north end of Daisy Hollow Rd, already high in the hills) or 8.9 miles (starting at Dryden Lake Park with a big climb near the start). The Saturday afternoon destination will be the beautiful Foxfire lean-to built in 2003 by an FLTC Alley Cat crew. Level tenting spots abound here, and there is a fire ring, outhouse, picnic table, and nearby spring. The second day’s hike will be 6.6 miles (mostly downhill) and end at Jeremiah’s Place Restaurant on Rte. 392 east of Virgil, where we can celebrate the end of our backpacking trip with food and beverage.

You must sign up by Thursday August 4 as the group will be limited to 12 people – first come, first served. You must bring your own gear, food, and a liter or two of water (additional water can be purified from springs and streams along the trail). For a list of gear to take and clothes to wear go to the FLT website (www.fingerlakestrail.org) and click on “Plan a Hike”. To sign up or get more information please contact Java Joe at kabjnd@msn.com or call 607/844-3872.

Conservation Trail Anyone?

Betty Schaeffer and Sharon Galbraith finished hiking the main FLT last fall, most of it by completing an “unofficial” cross-county series each year that was announced in the *FLT News* and open to anyone interested. Now they are planning to complete the Conservation Trail from its junction with the FLT to its northern end. Two three-day weekends are planned for September and October. That will leave about 73 miles for next year.

You are invited to join them on any or all of these hikes. You **MUST** check in with Betty or Sharon by email or phone in advance so that you can be notified of any changes in plans. Better yet, add your name to Betty’s email list (bettyhs@frontiernet.net) now if you think you might be interested.

September 23 – CT Map 4 – Meet at Access 6, corner of Gooseneck Road and Beech Tree Road. Good Parking. Transport to Access 3, Kruse Hill Road. 12-mile hike, including walking to junction with main FLT and back up to Kruse Hill Road.

September 24 – CT Map 5 – Meet at Access 2, corner of Gooseneck Road and Beech Tree. Transport to Middle Road. Hike south to Gooseneck. 8 miles

September 25 – CT Map 5 – Meet at Middle Road, Access 4. Transport to Access 6, Allen Road. Hike 4.4 miles downhill.

October 7 – CT Map 6 – Meet at Access 5, Vermont Street. Transport to Allen Road, Access 1. 8.9 miles downhill

October 8 – CT Map 6 – Meet at Access 8, Warner Hill Road. Transport to Access 5, Vermont Street. Hike to Access 8. 8.4 miles downhill

October 9 – CT Map 7 – Meet at Access 4, Rt. 20A. Transport to Access 1, corner of Warner Hill and Vermont Hill Road, 6.1 miles, lots of road walk.

The meeting time for all of these hikes is 8:30.

Betty Schaeffer (bettyhs@frontiernet.net, 585/244-2074)

Sharon Galbraith (sharonbillgal@aol.com, 585/872-0327)

Annual Erv Markert Fall Hike

Saturday, Oct. 8, 2005, 9 a.m.

Pharsalia Wildlife Management Area

Hike Leader: Claire Ders, 315/653-7776

This year’s annual Erv Markert Hike will be in the lovely Pharsalia Wildlife Management Area, Jackson Pond, and Grouse Gorge section of M-23, Chenango County. The time should be right for wonderful fall colors. We will hike 9.5 miles from Johnson Street to the intersection of Stewart Road and Hoag-Childes Road. The area is relatively flat, but has a few ups and downs going through Grouse Gorge. This section also features a micro-burst (tornado) blowdown area that was rejuvenated a few years ago.

Meet at the intersection of Stewart Road and Hoag-Childes Rd. at 9:00 and carpool to Johnson Street. Bring lunch and water. You will find Stewart Rd. by going east on County Rte. 10 through East Pharsalia, with Stewart Rd. being the first left off Rte. 10.



A gift to the Finger Lakes Trail Conference helps to protect and preserve the Trail forever. Gifts may take several forms, such as MEMORIALS, HONORARIUMS, and PLANNED GIVING. Information about how gifts may be designated and/or for a brochure explaining the Planned Gift options may be obtained confidentially by contacting

FLTC, Inc.,
 6111 Visitor Center Road Mt. Morris,
 New York 14510
 (585-658-9320), or
 e-mail address
information@fingerlakestrail.org








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 |
| FLT-Bullthistle Hikers | Contact: Ed Sidote, 607/334-3872, ejsidote@cnyconnect.net | Chenango County |
| 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 |

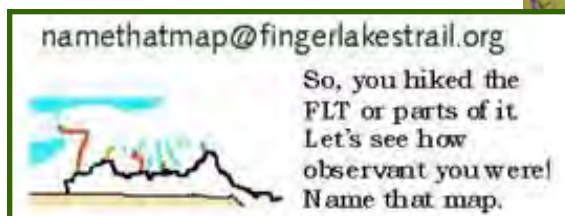


Photo by Jacqui Wensich

Can you place this scene along the trail? Send your guess to Jacqui Wensich at namethatmap@fingerlakestrail.org. The answer will appear in the next issue of the *News* along with the names of those who sent in correct answers.



FINGER LAKES TRAIL CONFERENCE

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Finger Lakes Trail Conference, Inc. Calendar of Events

- July 23-24 Overnight on the Interloken Trail. See page 30.
Kim Meacham (607/324-0374,
meach@infoblvd.net) or Sharon Galbraith
(Sharonbillgal@aol.com, 585/ 872-0327)
- July 30 First Annual Ed Sidote Hike (formerly President's
Hike) on FLT map M-18, Shindagin Hollow,
Tompkins County. See page 30.
- August 6-7 Overnight Backpacking Trip, (Tompkins/
Cortland counties). Sign up by Thurs. Aug. 4.
Group limited to 12 people. See page 30. Joe
Dabes (kabjnd@msn.com, 607/844-3872).
- August 22-26 Alley Cat Crew #2. Scout House, Hammondsport
- September 19-23 Alley Cat Crew #3. Allegany State Park.
- October Trail Maintainer Meetings. Contact: Howard
Beye 585/288-7191 or fltcc@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 Erv Markert Hike, Pharsalia Area, Chenango
County. Claire Ders, 315/653-7776. Page 31.
- October 14-16 **FLT Fall Campout** hosted by Foothills Trail Club
at Camp Turner, Allegany State Park. See page
19. Information will be mailed to members in
August.
- November 5 Club Leader Summit
- November 19 FLTC Board Meeting. Geneva Chamber of

JOIN THE FINGER LAKES TRAIL CONFERENCE

Name _____

Address _____

City/State/Zip _____ County _____

Phone (____) _____ Email _____

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

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

Individual \$25 Contributing: receives enamel pin

Family \$30 designating contributing level

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

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

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

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

Special Places on the Finger Lakes Trail

Hoxie Gorge

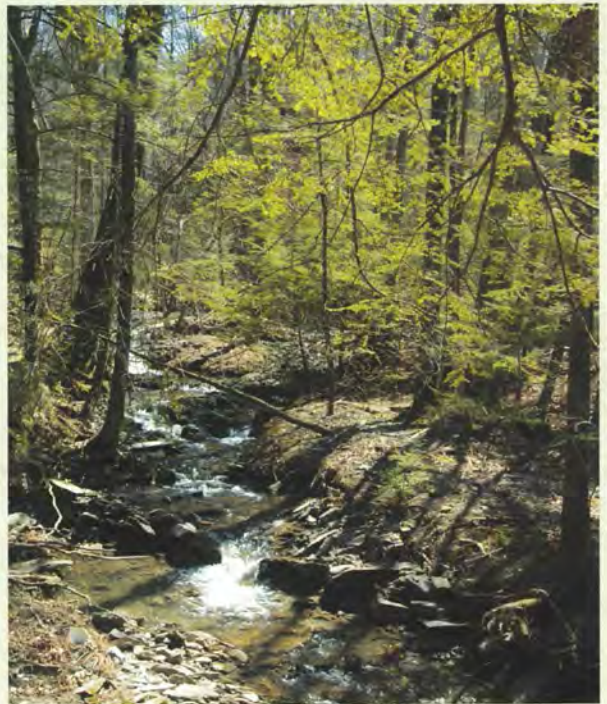
by Margaret and Ken Reek

Hoxie Gorge Nature Preserve is a lovely place for a family ramble any time of year. This special area is part of the State University of New York at Cortland, and consists of 170 acres of woods and abandoned farmlands, with a nature trail and the Finger Lakes Trail running through portions of it. This column's hike is approximately two miles in length and, with only 200 feet of elevation gain, is suitable for all family members. It features a lovely woods walk along a creek, multitudes of wildflowers (in season), a marked nature trail, opportunities for cooling your feet in the stream, and fossil hunting.

The starting point for the hike is a parking area on Hoxie Gorge Road. From Rte. 81, take Exit 10, and drive south on Rte. 11 three and a half miles to Hoxie Gorge Road; there is a large green sign marked "Hoxie Gorge Creek" just before the road itself. Follow the road under the huge arched bridge that carries Rte. 81 overhead, and turn left when you reach a "Y" intersection. Continue for a little under a mile, and you will come to a small gravel parking area on the right side of the road; unfortunately this is about 1/4 mile past where the road is not plowed in winter, so if you plan on coming during snowy weather you will have to park much further away.

From the parking area, head west back down the road, until you see a double blaze on the left near some large wooden signs, marking where the FLT goes into the woods. On this first quarter mile, you will be above the creek in mixed woods, and can see carpets of myrtle and trout lily blooming in spring. The nature trail joins with the FLT shortly, and it is marked with pressure-treated posts painted yellow on top with numbers to indicate sights on the trail. The two trails co-exist for a while, then shortly after marker 19 the FLT turns right. The woods floor is full of trillium, wild leeks, trout lily, spring beauty, and yellow violets, and probably more flowers that were not evident when we scouted this column. The trail reaches the edge of the creek at the confluence of the main creek and a smaller one; this is a nice spot to watch the water dance over the rocks, and for Fido to get a drink, or little ones (or not-so-little ones) to dip their feet in the water. From this point you will be crossing the smaller stream several times, so in really high water it could be a little wet. Your reward is that you will be hiking near the water for most of the next three quarter miles, with the attendant mini-waterfalls, calm pools and still more wildflowers. Take some time to do some fossil hunting in the creek; we found one 5"x 6" piece of shale that has hundreds of shells and other fossils in it.

When you get to a stone bridge, it is a little hard to find the next FLT marker; go straight across the "road" and look way into the woods and you'll see one. Our hike continues for about another half mile beyond the bridge. In addition to the ubiquitous trout lilies and trillium, we found common wood sorrel, toothwort, wild bleeding heart and hepatica (we think) along this stretch; mind you none were in bloom, and we're not experts at matching leaves to pictures in wildflower books! Keep an eye out for large yellow paint



splotches on the trees that mark the end of the preserve and the beginning of private land. We turned around when the FLT crossed the creek; from that point it takes a sharp right and starts heading away from the creek up a hill.

On your return trip, at the stone bridge you can choose to follow the nature trail back instead of the FLT. This route is somewhat shorter, and is very easy walking as it is on an old dirt road; the downside is that you're not next to the creek anymore. If you do take the nature trail, you can follow the yellow-topped posts right up to the parking lot.

The trail would be suitable for snowshoeing in winter. The wider nature trail might work for cross-country skiing, but the FLT would not. Remember that you may have to hike quite an extra distance as the road is not maintained as far as the parking lot in winter.

For more information on the nature trail, go to www.cortland.edu/hoxiegorge. There are no printed guides on site, so if you want to know what the markers mean you need to print the information from the web page before you go.

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