

# Finger Lakes Trail NEWS

*Spring 2006*



Cross-County Hike Series:  
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## President's Message

by Irene Szabo

### On Foot through Our Past

Did I actually say that would be my last word on found historic treasures? Silly me. The more time I spend in New York's hintermost back woods, the more I see. For instance, during trail work at Cobb's Forty-five, our property in Cattaraugus County, I left the trail for personal reasons, and while I was down close to the ground along what looked to be a faint old tractor lane into a field long ago grown into bushes and young trees, some sliver of the manufactured world amongst the leaves and moss caught my eye.

It was a patent medicine bottle, with clear raised lettering: "S.C. Wells & Co., LeRoy, N.Y., Established in 1870" I don't know when S.C. Wells stopped sending various cures out into the countryside in horse-drawn peddlers' wagons, but that company used to market a host of remedies: Consumption Cure, Catarrh Remedy, System Vitalizer, Belladonna Plaster, and Wells' Persian Perfume Hackmetack. "Ramon's Pink Pills, a REAL Laxative" capped off a long list of other S.C. Wells offerings found in LeRoy's sesquicentennial booklet (1984).

This little found treasure has joined a collection of old bottles along my "LeRoy wall." Since I used to live in LeRoy (Genesee County), a collection of old crud and memorabilia, including a framed 1934 Ladies Home Journal full-page ad for Jello, has become one of my themed decoration spots. Yes, Jello was once LeRoy's largest shipper on any of its three railroads (don't start me!), and actually grew out of one of the several patent medicine companies there.

Now we are left to envision a farmer riding his cultivator behind a horse, crossing the railroad on the same earthen ramp our trail uses, then fording the creek where we now walk a high wooden bridge, and riding up to his field, taking a nip from whatever medicinal "regulator" he kept in his overalls bib pocket.



Photographer Unknown

*Here is Irene giving a mini-lecture on history or geology to the hikers at the opening of one of the hikes of the "Across the Genesee" series hike in the mid-90s. You will have the chance to experience this in person on this year's Steuben County hikes. See page 6.*

### On Our Rumps into the Future

Your board of managers spent another long hard-working weekend at the annual January retreat, sleeping and cooking at the log-cabin Conference Center, thanks to Letchworth State Park. Hard as it may be to imagine, they all stayed alert through meetings Friday evening, all day Saturday, Saturday evening, and even Sunday morning! Such devotion is positively heroic, and all officers and board members deserve your thanks. Give a board member a hug.

The primary task all day Saturday was to identify where our organization is in relationship to its needs, and to envision where we should be headed in order to serve the trail best. To help us talk this out, without bogging down in

our own vested interests and therefore losing perspective, members Fran and George Gotcsik, both of whom have extensive experience in how such organizations tick, gave us a long day of leading the meeting, an invaluable gift that helped us step back and look at our own history and our future with clear eyes.

In the life of every organization, there is an evolution from the early frenzy of tending to the tasks of the mission (our trail) through intermediate stages of tending to the ensured long life of the organization itself toward eventual stages of seeing our organization as part of a larger web of related activities. Our FLTC was given a tremendous jump start by the founding officers, including those who helped us model ourselves on the very useful Appalachian Trail Conference, which also partnered with local clubs to tend a long trail. And our board has grown immensely in the fifteen years I've been around, maturing from a group that used to discuss which shade of blue paint should be used on loop trails to an organization that now seeks to ensure our capacity to take care of this trail for all time by creating a true endowment policy.

*(Continued on page 9)*

### 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](http://www.fingerlakestrail.org)) to sign up.



# FINGER LAKES TRAIL NEWS

Published for Members and Friends of the Finger Lakes Trail Conference, Inc.

Spring 2006

Volume 45 Number 1

## Mission Statement

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

**FINGER LAKES TRAIL NEWS**  
Volume 45 Number 1  
Spring 2006

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Send **address changes** to Gene Bavis, Executive Director, at the Mt. Morris address above or gbavis@rochester.rr.com.

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A reminder of times past in the Finger Lakes region—the Lehigh Valley RR once crossed over these twin tunnels near Burdett in the Seneca Lake area of Schuyler County. See *Walking Through Time* #12 on page 7.



Tim Wilbur

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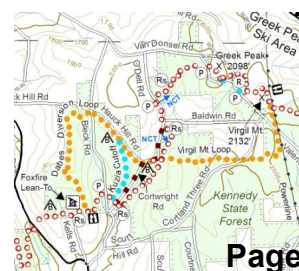
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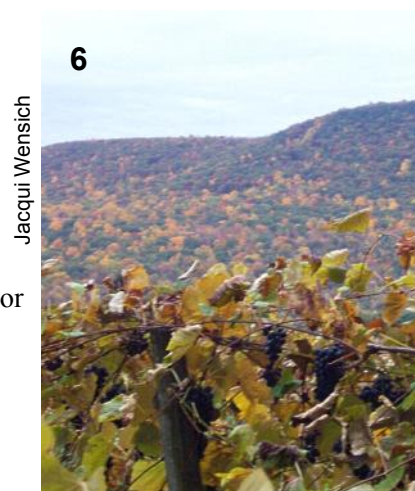
*And on the back cover...*

Special Places on the Finger Lakes Trail: Tinker Falls

**Cover:** A curious old road grader. You never know what you'll find along the trail! Photo taken near the trailhead at Balsam Lake Mountain in the Catskills by Warren Johnsen.



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Jacqui Wensich

Steuben County vineyard in fall



## From the Desk of the Executive Director

by Gene Bavis

Our Annual Appeal was a success! **Thank you!** Because of your generous contributions, we have networked our office, bought a new computer, a portable laser printer, a high-speed color laser printer to produce our new maps, and a scanner. In addition, we have two new computers in our system that were donated by IBM, thanks to the efforts of Board Member (and IBM employee) Scott Lauffer. Contributions and member dues account for more than half of our budget, so we are thankful for your support. A complete report will be available at our Spring Meeting. We hope that you will be able to attend.

**MAPS!** See the separate article about our **new maps!** This has been an important innovation thanks to the hard work of many people, but especially Joe Dabes.

Thanks to Fran and George Gotsik who facilitated our Strategic Planning Kickoff at the Board Retreat in January. We have identified some important issues related to keeping our organization healthy and growing at a reasonable pace. We are dedicated to implementing steps to make these things happen.

I had the pleasure of attending the Cayuga Trails Club annual meeting on January 29. I thank the leadership and members of the CTC for their warm welcome and for giving me an opportunity to give a brief report to their membership regarding the FLTC. I hope to visit other clubs this year as well.

I am excited by the programs that are being planned for this year. As you can see in this issue of the FLT News, the FLT-Bullthistle Hiking Club has a great

Spring Outing planned for us. Irene Szabo has planned our Steuben County Hike Series for this year, and Kim and Terry Meacham will be your hosts for that event. Last, but not least, the Triple Cities Hiking Club plans to hold the Fall Campout at Camp Amahami on September 29 to October 1. Registration forms for both the Spring Meeting and the Steuben Hike series have already been posted on our website, and in due time the Fall Campout will be posted. We hope that YOU will take part in our activities this year, and if I haven't met you yet, please introduce yourself when our paths cross.

I want to thank our dedicated FLT leadership for all they have done to make this a very successful year. Our officers and board members go above and beyond the call of duty. We also have many other groups within the FLT who are "on fire" with enthusiasm. Of special note is our Maps and Guides subcommittee of the Trail Management Committee. The email "meetings" that this group has held would blow your mind! As a result, we have our new maps, and not far behind will be some major revisions to our guidebooks. □

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

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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

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### FLTC Business Members

Cheshire Inn	Laura Moats	Naples	585-396-2383	desk@cheshireinn.com
Downsville Motel	Al Carpenter	Downsville	607-363-7575	alsport@catskill.net
Feather Tick 'N Thyme B&B	John & Maureen Kunak	Prattsburgh	607-522-4113	info@bbnyfingerlakes.com
Map Shop	Seelye "Zeke" Little	Pittsford	585-385-5850	www.1-800flags.com
Holiday Valley Resort	Jane Eshbaugh, Mktg. Dir.	Ellicottville	716-699-2345	www.holidayvalley.com
Sedona Trading Company	Scott Boboltz	Okemos, MI	517-347-2224	www.sedonatrading.com

***We encourage all members to thank and use the services of these businesses which support the Finger Lakes Trail.***

***Addresses, contact information and links to these businesses can be found on the FLTC web site: [www.fingerlakestrail.org](http://www.fingerlakestrail.org)***

For \$75 per year, business members receive all the benefits of regular membership PLUS a listing and link on our website. We will also list our business members in the *News* at least once a year.

### HELP WANTED: Volunteer Opportunities!

Apply to FLTC office at 585/658-9320 or [information@fingerlakestrail.org](mailto:information@fingerlakestrail.org). Training provided. Salary: negotiable, but still hovers near zero. Rewards: endless warm fuzzy feelings.

**New Listing!** **Publicity Person:** Write and send press releases to local newspapers about FLT events and successful end-to-end hikers, and send welcome letters to new members. Templates for many of these have already been developed. Newspaper names and addresses already available. Assist clubs in disseminating news about trail-related activities as requested.

**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. *One position filled, could use another.*

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

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

**Car Spotter Trail Angels:** Ed Sidote, end-to-end coordinator and angel extraordinaire himself, is looking for more people willing to list themselves as car spotters for hikers with logistics problems. They will drive hikers to their beginning spots in a defined neighborhood, on certain days of the week, or will even offer a place to stay or a shower if they are near the trail. No "trail angel" need sign up for more than he or she wants to offer.

**GPS Assistant to Mapping Supervisor:** assistant to Joe Dabes should have Garmin GPS unit that will accept external amplified antenna. Help is needed especially in the western part of New York. Dabes will train. Not a large time commitment, since this need is mostly for GPSing small reroutes.

### ... and Help Given

The FLTC office would like you to know about some special projects volunteers have been doing for us. For instance, Carol Dickey completely retyped an old version of the pocket-sized trail maintainer's manual that we just plain didn't have in any computer's memory. NOW we've got it and can revise, update, and actually hand it out to trail stewards!

And Georgeanne Vyverberg continues to donate frequent days to do data entry at the office, organize old files, and catalog and organize our extensive archives which are stored at Finger Lakes Community College.

Brian Klotz, a Boy Scout District Executive in the Five Rivers Council, answered our plea for help with office technology. He has researched equipment, made recommendations, helped us obtain equipment and software, AND he came and networked our office. Furthermore, he has offered to be our technical consultant when we have questions. Thank you, Brian!

David Marsh, VP for Finance, has undertaken the task of organizing our finance files in conjunction with Treasurer Peter Wybron. Both are tireless behind-the-scenes workers. Thank you, David and Peter!



## Trail Bucks



### So where DO we spend your dues?

**W**hether your financial commitment to the Finger Lakes Trail totals only your annual dues of \$25 (or less, if you tend trail) or if you are one of the very generous contributors to last year's appeal, you deserve to know where your money goes.

Now don't groan. This will be strictly Finance for Dummies. Ignore for the moment that we (a) own three properties, which are worth a modest amount, and (b) have nicely growing piles saving up in both the Sidote Stewardship and the Endowment Funds, and (c) some thousands each year come in to us and go straight out again as part of committed funding for specific North Country Trail projects, for instance.

If we ignore all that, we live on approximately \$60,000 per year, which we need to raise from the following primary sources:

**Almost 50% comes strictly from your dues.** Another 30% comes from member contributions during renewal time and in response to the annual appeal. Thank you! Some of our programs (hike series, spring and fall weekends) do better than break even, so often provide about 2% of our income, and an annual grant from the North Country Trail Association, doubled if we maintain enough shared memberships, adds another 4%. Proceeds from sales of maps and logo items net us another 15%, not counting the labor to fulfill orders.

**So it's pretty clear that every member who doesn't renew causes another coronary in the Finance Committee.**

And how do we spend that \$60,000?

21 % physical administration: utilities, immense postage, bank fees, office supplies, phone, internet. Here we are grateful for a no-rent office!

Payroll is a big part, but it breaks down **very** roughly into three primary areas:

15 % payroll for administration, order fulfillment, arranging materials for resale  
14 % payroll for member services (renewals, record keeping, acknowledgements, and recognitions)

10 % payroll for promotion, outreach, and fund raising

The remainder falls into the following categories:

14 % printing the FLT News, **no more** than it used to cost before color and more pictures!

7.5 % insurance, alas

6 % non-grant trail expenses. Luckily foot trails don't cost much, even though \$5-10,000 is often spent annually on cost-sharing projects that are not part of that basic \$60,000.

5 % promotional materials

4 % audit services, new this year

2 % recognitions for members

2.5 % office equipment in a normal year (more this year for our new maps, but donations covered the extra needed; thanks again!)

And for those dear silly souls who thought the FLTC bought me a truck, just because mine wears flexible magnetic logo signs for the FLTC and the NCTA, I bought those signs myself, of course. So if anyone else would like to identify their vehicle proudly when they are parked at a trailhead doing trail work, or representing us at a meeting, I'll be glad to tell you where I bought mine and already paid the artwork charge. You sure don't see a truck anywhere in \$60,000. In fact, our latest computers even came through an IBM grant that board member Scott Lauffer obtained for us, so we are squeezing everything we can out of what we've got. Reminds me of how my snotty father used to joke about smelling manure in my closet because I was squeezing those buffalo nickels so hard. Funny guy.

Nor should you ever forget, while you're toting up "value," that we have a trail only because volunteer labor is "free," but valued by the National Park Service at over a quarter of a million dollars every year, yes, right here on our little old Finger Lakes Trail! ...a free \$250,000 gift to the public whether they are members of the FLTC or not, and it's given every single year.

Trust you like how we're tending your dollar. Thank you for entrusting it to us.

Irene Szabo

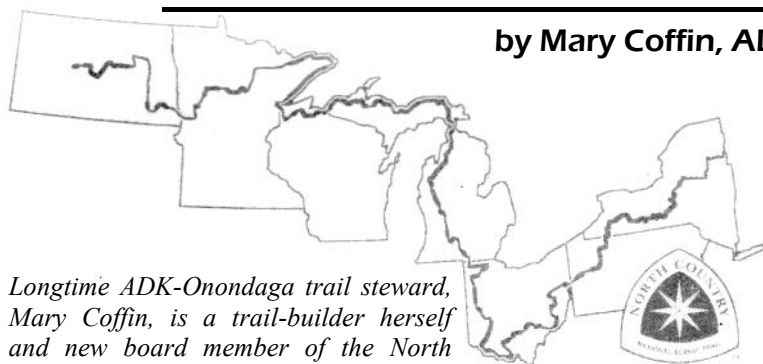
Ex-officio member of the Finance Committee





## NCT/FLT Update in Central New York

by Mary Coffin, ADK-ON



Longtime ADK-Onondaga trail steward, Mary Coffin, is a trail-builder herself and new board member of the North Country Trail Association.

**T**he FLT-Onondaga extension (18-20 miles) of the NCT continues to progress eastward. In addition to maintaining the fifty or so miles of completed NCT/FLT, a small team of hard workers made twenty-five new trail work trips in 2005: to bench the trail up a very steep glacial slope along a beautiful ravine east of DeRuyter Lake, to place puncheons on a newly certified section in New Woodstock, to flag a route on recently acquired private land on the east side of Highland Forest County Park and blaze 2.5 miles in the park, and to flag the route in Tioughnioga Wildlife Management Area. We also recruited two new stewards, acquired two new landowners, installed twenty more carsonite sign posts and sent letters of appreciation to sixty-six NCT and FLT landowners.

New construction continues to occur only on private land and in Highland County Park as new trail construction in State Forests is still on hold (6.5 years now) until the DEC Region 7 Recreation Plan is finalized. So we have a few gaps in the trail but our accomplishments represent the completion of 42% of the approved extension route. This is hard to believe as one inches along nipping, sawing and hazel-hoeing through forests and over hills and streams.

We are excited about our objectives for 2006 and have hopes that some construction on state land will be permitted. Highland Forest staff is building a kiosk at the trailhead by the Skyline Visitors' Center. We plan to dedicate the kiosk and NCT in the park at our **ADK-Onondaga Chapter Trails Day and Open House May 13, 2006, at Highland Forest**. Joan Young, NCTA and FLT webmaster and author of *North Country Cache: Adventures on a National Scenic Trail*, will even be available to sign her book and talk trail tales. This event is open to the public. □

### *North County Trail Annual Meeting to be held in Pennsylvania*

This year the North Country Trail Association's annual meeting is close to home! While you may have quailed at the thought of driving to North Dakota or the Upper Peninsula of Michigan, this year the fun is in Clarion, Pennsylvania, which is probably less than four hours' drive for most of our members. August 10-13, featuring workshops, seminars, and, of course, lots of hikes in delightful Pennsylvania forests, treks through wondrous old growth forests and a train ride along a river in a state park where you can hike or canoe back! NCTA members will receive registration materials in the next *North Star*, while the rest of you can either check out their website at [www.northcountrytrail.org](http://www.northcountrytrail.org) or call toll free 866/HikeNCT for information.

Don't miss this opportunity to sample the NCT, since next year the meeting will be in Minnesota, followed by New York's own opportunity to host the event in 2008.

### **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

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

## County Hike Series Continues Across Steuben

by Irene Szabo

**F**ollowing an unbroken chain of walks across the FLT through Chenango, Cortland, Tompkins, and Schuyler Counties over the last four years, this year a new/old set of volunteers offers you a chance to continue your progress across the state. Nearly 70 miles of the FLT in Steuben County will be walked through a series of guided walks, featuring school bus transportation at the beginning of each monthly hike to take participants to the beginning of each segment, after which they walk back to their cars at their own pace.

Yes, once again we will offer hike leaders to accommodate several natural rates of speed: high, medium, slow, and “nature appreciative.” Thus, there is no pressure to go fast, just strong advice to get in condition for the many steep hills the county gives us. Hike lengths range from 8 to nearly 13, forced to such extremes by the availability of parking areas, but will average 10 miles.

Hike dates are 4/22, 5/20, 6/24, 7/22, 8/26, 9/23, and 10/14 (the picnic and award ceremony!).

Yes, above we said “new/old volunteers.” Since this is the second time the FLTC has offered these county-by-county hikes, separated by ten years, this one is being organized by one of the original fogeys, Old Irene, but conducted month by month by hike leaders

Kim and Terry Meacham and all their conscripted helpers. How nice it is to have newly enthused helpers who weren’t even FLTC members ten years ago! And so the ripple keeps rolling outward...

Dear brave organizers Sigrid and Jim Connors, with all their Cayuga Trails Club helpers, reached their geographic limits at the western boundary of Schuyler County last year, so this new assortment will conduct you from Sexton Hollow Road on map M-13 all the way westward to map M-9, where we will enjoy a picnic within the Steuben County Park just before the Allegany County border. Naturally, for those of you with long memories, you know that when the Old Fogey attends any of these hikes, she will make you stand still to listen to a harangue about watersheds, rivers, railroads, and other historic and geographic horsepucky you will encounter upon your upcoming hike. It’s a small price to pay.

Go online at [www.fingerlakestrail.org](http://www.fingerlakestrail.org) and scroll down the home page for a place to boink the Steuben County Hike Series registration material, or call the office at 585/658-9320 on Mondays or Thursdays to receive the same information. Then, if you STILL have questions, call Irene Szabo at 585/658-4321 or email her at [treeweenie@aol.com](mailto:treeweenie@aol.com). □

Jacqui Wensich



*Heidi Bellinger, Mina, and Jay Zitter crossing a stile in beautiful Steuben County, map M-12.*





## Walking Through Time in New York:

### #12 in a series

### Hiking on the Seneca Lake Bypass

by Tim Wilbur

Hiking the trail from west to east on FLT map M-15, we leave the hamlet of Burdett on Willow Street, which becomes Satterly Hill Road. Twin blazes turn us left off the road just before two tunnels built within the massive fill that supported a railroad bed high above. These tunnels, one for cars and the other directing a stream, were part of the Seneca Lake Bypass construction project of the Geneva and VanEttenville Railroad Company.

In the late 1880's, the coal-hauling Lehigh Valley Railroad had several rail lines into central New York with an outlet to Lake Ontario at Fair Haven via its line in Auburn. The Lehigh was expanding its line into Buffalo from Geneva to tap into those markets. They also wanted a new main line that did not have the steep grades and numerous curves that its original main line through Ithaca did.



*A Lehigh Valley freight crosses NY 79 in the 1940's, pulled by a steam locomotive. Beyond the tail end of the train, the tracks curve leftward to stay level along the base of the hill visible behind, and now form the flat stretch of trail we walk after the "twin tunnels" before climbing the hill to vineyards and views. Driving east out of Burdett now on NY 79, we see a new grocery/gas store just to the right of the picture, and where the tracks once ran, a wide open area with soil black from the coal-fired steam locomotives' cinders, and a raised hump that used to lead to a loading dock behind a freight station.*

*Picture from Lehigh Valley Memories, by David Marcham, published by the DeWitt Historical Society of Tompkins County. Reprinted with the permission of the author/photographer, whose first day of employment with the LVRR was at the Burdett station, June 9th, 1950.*

The Seneca Lake Bypass, as it was called, would eliminate many of these problems and improve the time needed to travel the area between Buffalo and the Pennsylvania state line. Originally chartered as the Geneva and VanEttenville Railroad Company for the two points the line was connecting, it was funded and owned by the Lehigh Valley. A year after completion it was absorbed into the Lehigh Valley Railroad system.

The trail continues at the base of this massive fill before ascending up a farmer's access lane and entering onto the railbed itself. The track and rails were removed long ago. The Lehigh Valley was owned by the Pennsylvania Railroad when it merged with the New York Central to form Penn Central in 1968. Part of the merger agreement was that the Lehigh Valley system be offered to other competing railroads. However, no agreements were ever reached. When Penn Central entered bankruptcy in 1970, it dragged the Lehigh Valley with it.

The ensuing formation of Consolidated Rail Corporation, better known as Conrail, took over these lines plus several other bankrupt northeast railroads. The Lehigh Valley route was considered redundant as a through route to Buffalo. Conrail began carving up the old system, demoting some lines to branch status, selling other sections to newly formed regional railroads, and requesting that some sections be abandoned.

Regionally, this meant Conrail now had three relatively close lines in the Watkins Glen area: the Lehigh Valley in Burdett, the original Pennsylvania Railroad line going through downtown Watkins Glen (now the Queen Catharine Trail) and the New York Central Railroad on the high side of the Glen (our trail goes under the south end of the trestle before the railroad crosses the Glen). The Seneca Lake Bypass route was also considered redundant and, with few remaining customers,

*(Continued on page 8)*

## Our New Maps are Here!

The Finger Lakes Trail Conference is proud to announce that our NEW and totally revised maps are now available! The maps, produced with GPS technology and computer-generated, show topography, as well as parks and state forests and are printed in color on waterproof ("Rite in the Rain") paper. Our goal was to produce a top quality product that will be useful to the hiking public. Pricing is based on both our costs and the value of our product. It was also decided that a substantial discount should be given to FLTC members as a thank you for their support. Therefore, the Board of Managers adopted a 20% member discount policy.

If you have an old map order form, please destroy it. We will not be selling the old blue maps after March 1, 2006. Map numbers are slightly different and of course prices have increased somewhat to reflect the new and improved maps.

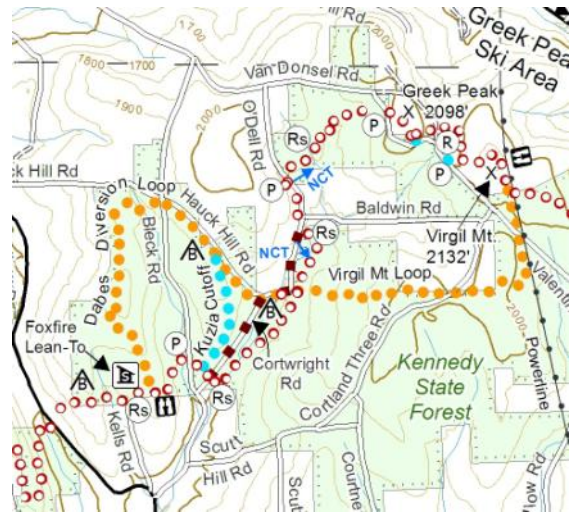
Prices for Maps are as follows:

If you purchase 1 to 3 maps	\$1.88 each
If you purchase 4 to 10 maps	\$1.50 each
If you purchase 11+ maps	\$1.20 each
If you purchase the main trail set (33 maps)	\$0.96 each = \$31.68
If you purchase the complete set (51 maps)	\$0.86 each = \$43.86

FLTC MEMBERS will pay only \$35.09 for a complete set (with the 20% discount), a savings of \$8.77.

All prices are subject to shipping and handling and NYS sales tax if shipped to a NYS address. If you are wondering about the odd prices, we decided to base them on a series of percentage discounts for quantity purchases and saw no need to round off since most of the time the total cost would end up being an odd amount anyway after adding sales tax, etc.

We expect an initial rush of orders, so please be patient. We will fill them as quickly as possible. If you have a trip planned and need maps by a certain date, please tell us when you order.



Map sample: 1 inch = 1 mile

## Seneca Lake By-pass ...

(Continued from page 7)

two-thirds of the line from Ovid through Burdett and southward to VanEttenville was allowed to be abandoned. The Seneca Lake Bypass section from Geneva to Ovid plus the railroad in downtown Watkins Glen are now owned by Finger Lakes Railways.

Today we hike only one-quarter mile on this former Lehigh Valley railbed with the only visible sign of the railroad's past being a pile of unclaimed rock on which the rails and ties once rested. Also along this section is an unnamed school bus parked off to one side. Just beyond, the twin blazes take us off this railbed and into the woods again. □



This is where we walk the former Lehigh Valley railbed. Perhaps you remember the old school bus. Photo taken by Tim Wilbur during one of the 2005 Schuyler County hikes. Hikers in the distance.

## President's Message ...

(Continued from inside the front cover)

Ironically, Pennsylvania's Keystone Trails Association in its 50th year is starting up a total reorganization designed to face some of the very same things we are worrying about, and their new President, Bill Dietrich, said it well in the latest KTA Newsletter: "Our love of hiking...is no longer enough. Trails no longer mean just hiking; we have considerable competition for Penn's Woods. Further, our competition is often better funded and able to wield influence." We must now "...*extend ourselves into areas where we have just dabbled in the past.*" {emphasis mine}

Amen. While your board spent time before the retreat and part of Saturday listing worrisome topics they thought we needed to work on in a long list of areas, our discussion resulted in three main areas of concern that we chose to work on first.

First, we know that our board must keep "growing up" to match FLTC needs in the future, so needs to recruit candidates with certain skills much more aggressively. While some of us, including me, have learned how not-for-profit boards function while on the job, our progress will be faster if we start with well-equipped board members. For just one example, our first personnel committee included only one person who had ever managed employees, but the current committee includes two people with a lot of supervisory savvy, and it shows. We need more of that!

To improve our board functions, we also are determined to improve the effectiveness of our several committees, and intend to recruit more from the general membership. Please respond with enthusiasm if you are asked to help!

The second big area of concern is that the FLTC needs to be a player among other trail organizations and with all pertinent public agencies. While our status as nearly invisible partner back in the bad old days when a whole chunk of trail could disappear into a state forest tree harvest with no warning has improved by quantum leaps, much of our presence on any larger stages has been conducted by a very few volunteers who are willing to attend, for instance, NY Trails Council meetings or public comment meetings on gas drilling or unit management plans, write letters on behalf of the FLTC on such policy discussions, or participate in the Open Space Plan regional meetings.



Jacqui Wensich

*Fran Gotsik records our pithy thoughts during the Board retreat.*

So we acknowledge that we need more attention to state-wide FLT advocacy, outreach, and even fund-raising, and that one solution might be to alter our notion of the job of Executive Director. As it has evolved over its first four years, the job is mostly managing operations, so the personnel committee is examining ways to streamline our office operations in order to relieve administrative burdens.

The third area we know we need to work on with renewed vigor is membership growth. FLTC membership has remained static at approximately 1100 for several years now, but without a noticeable increase, we simply cannot afford to grow, since dues alone provide nearly 50% of our annual real income. Membership Vice-President Ron Navik and Marketing Committee spark plug Jay Zitter are planning more multi-pronged efforts to increase public awareness of our trail, our mission, and our need for member support. One possibility is that we will utilize college interns who are looking for marketing projects.

Obviously, in each of these areas of endeavor, we will be searching for YOU who have the skills we need, perhaps knowledge gleaned from your employment or training, that we hope you will share with all of us as part of our mutual responsibility to ensure the present and future health of the Finger Lakes Trail Conference.

Irene Szabo, President of the Board  
6939 Creek Rd, Mt Morris NY 14510  
585/658-4321 (fax 4438)  
[treeweenie@aol.com](mailto:treeweenie@aol.com)



# Finger Lakes Trail Conference 2006 Spring Outing

May 5 - 7

Hosted by FLT Bullthistle Hikers - Chenango Area Hikers

Norwich American Legion, 29 Sheldon St. Norwich, NY 13815, (607) 334-9414

## Schedule of Events

### Friday, May 5

#### Norwich American Legion

- 10:00 - 2:00 Registration table open
- 11:00 - 1:00 Hikes depart (bring your own lunch and meet at the American Legion)
- 5:00 - 6:15 Registration table open
- Book signing: Joan Young, author of "North Country Cache: Adventures on a National Scenic Trail"
- 5:00 - 9:00 Cash bar
- 6:00 Dinner
- 7:00 Friday Night Program - 19 Days on Denali: Josh and Molly Baker, co-directors of the Outdoor Education program at Colgate University, will present a slide show of their mountaineering trip up the West Buttress of Mt. McKinley.
- 9:00 Night Hike

### Saturday, May 6

#### Norwich American Legion

- Breakfast on your own
- 7:30 - 10:00 Registration table open
- 8:00 - 9:00 Pick up bag lunches
- 8:30 Morning hikes meet at the American Legion
- Depart for lean-to dedication/visit to Brown homestead
- 9:00 Chainsaw Safety class - class size limited to 20; bring your own saw and PPE
- 10:00 Lean-to dedication, South Otselic, Church Hill Rd.
- 11:00 Bloodborne Pathogens class - class size limited
- 12:45 Afternoon hikes meet at American Legion
- 3:00 FLTC Annual Membership Meeting
- 4:00 FLTC Board of Managers Meeting, all are welcome
- 5:00 - 10:00 Cash bar
- 5:30 Social hour
- Book signing: Joan Young, author of "North Country Cache: Adventures on a National Scenic Trail"
- 6:30 Dinner
- 7:30 FLTC Program: Welcome, Announcements, and Awards
- 8:00 Saturday Evening Program - Fred Gee, folk singer-songwriter. "In a Place Called Chenango" According to *Entertainment Weekly*, "Fred Gee will remind many listeners of Pete Seeger, in voice and sincerity of delivery." Entertaining, interactive - a don't miss!

### Sunday, May 7

#### Norwich American Legion

- 5:00 a.m. (around) Dawn Hike
- Breakfast on your own
- 8:00 - 9:00 Box lunch pickup
- 9:00 Morning hikes depart
- Afternoon: Depart for home

You are invited to bring baked goods of your choice!

## Hike Schedule

All hikes meet at the Norwich American Legion

### FRIDAY, MAY 5th

1. Parking area on Stewart Rd. near Center Rd. to Route 220 at East McDonough on Main FLT. Maps 23 & 24. 10.8 miles. Hike Leader: Phil Metzger. 11:00 am. Moderate.
2. Route 3 & Stone Quarry Rd. near Tyner to Lower Oxford-Basswood Rd. trailhead on Main FLT. Map 25. 7.3 miles. Hike Leader: Roger Ashworth. 11:30 am. Moderate.
3. Parking area on Stewart Rd. near Center Rd., following blue loop and return via main trail. FLT Map 23. 7.1 miles. Hike Leader: Claire Ders. 12:00 noon. Easy-moderate.
4. Chenango Valley Hike just south of Norwich at Jamba Flats. 3-4 miles. Hike Leader: Don Windsor. 1:00 pm. Easy.
5. Night hike in the Whaupanaucou State Forest, 3-4 miles. Hike Leader: Warren Johnsen 9:00 pm. Easy.

### SATURDAY, MAY 6th

6. Warner Rd. to parking area on Stewart Rd. near Center Rd. on Main FLT. Map 23. 8.9 miles. Hike Leader: Dave Connor. 9:00 am. Moderate-strenuous.
7. Lower Oxford-Basswood Rd. trailhead to junction of Union Valley and Searles Rd. on Main FLT. Map 25. 9.5 miles. Hike Leader: Jeff Constable. 9:00 am. Moderate-strenuous.
8. Parking area on Taylor Valley Rd. to Stoney Brook Rd. on Main FLT. Map 21. 9.6 miles. Hike Leader: Rich Breslin. 9:00 am. Moderate-strenuous.
9. Route 80 to Bamberry Rd. parking area on the Link Trail 7.2 miles Hike Leader: Fred Gee 9:00 am. Moderate.
10. Wildflower and bird hike in the Whaupanaucou State Forest. 3-4 miles. Hike Leaders: Don Windsor & Anne Altshuler. 9:00 am. Easy.
11. Kopak Loop Trail at Bowman Lake State Park, an official new part of the FLT branch system. Map 24. 3.9 miles. Hike Leader: Marty Howden. 1:30 pm. Easy.

### SUNDAY, MAY 7th

12. West Hill Quarry loop for sunrise and early morning meditation on west side of Norwich. 2.0 miles. Hike Leader: Fred Gee. 5:00 am. Easy-moderate.
13. Parking area at Taylor Valley Rd. to Telephone Rd. on Main FLT. Spectacular wildflower show. Map 21. 5.1 miles. Hike Leader: Carol Smith. 9:00 am. Moderate.
14. Route 220 at East McDonough to Route 3 & Stone Quarry Rd. in Tyner on Main FLT. Map 24. 6.3 miles. Hike Leader: John Nesbitt. 9:00 am. Moderate.
15. Bamberry Rd. to Route 26 Main FLT. Map 22. 7.5 miles. Hike Leader: Phil Metzger. 9:00 am. Moderate.
16. Route 26 to Warner Rd. on Main FLT. Map 22. 4.8 miles. Hike Leader: Debbie Chapin. 9:00 am. Moderate.

### CLASS SCHEDULE

Class sizes are limited—first come, first served. Please mark on registration form if you plan on attending. Both classes are in compliance with OSHA standards to work on DEC lands.

17. **Chainsaw Safety**, Saturday May 6, 9:00 am. Bowman Lake State Park. No fee but must pre-register and bring your own saw and personal protective equipment.
18. **Bloodborne Pathogens**, Saturday, May 6, 11:00 am. Bowman Lake State Park. No fee but must pre-register.

## Accommodations

Please make your own reservations by calling the hotel directly.  
Upon making reservations check cancellation policy with the hotel.

### Blocks of Rooms

Mention you are with the Bullthistle Hikers group for the discount.

#### Howard Johnson

(607) 334-2200  
75 Broad St.  
Norwich, NY 13815  
20 rooms held until **April 4, 2006**  
**Special Rate:** \$80.00 plus tax.  
<http://www.hojo.com/>

#### Super 8 Motel

(607) 336-8880  
6067 St Hwy 12  
Norwich, NY 13815  
20 rooms held until **April 4, 2006**  
**Special Rate:** \$65.70 plus tax.  
<http://www.super8.com/>

#### Fred's Inn

(607) 334-9282  
5149 St Hwy 12,  
Norwich, NY 13815  
25 rooms total  
**Special Rate:** \$65.95 plus tax.  
<http://www.fredsinn.com/>

### Other Lodging

#### Bowman Lake State Park

745 Bliven Sherman Road  
Oxford, NY 13830  
(607) 334-2718  
For reservations call  
1-800-456-CAMP  
<http://nysparks.state.ny.us/>

#### Berry Hill Gardens B&B

242 Ward Loomis Rd  
Bainbridge, NY 13733  
(607) 967-8745  
<http://www.berryhillgardens.com/>

#### The Conron House

132 S. Broad St  
Norwich, NY 13815  
(607) 336-6845  
<http://www.theconronhouse.com/>

#### Just Memories Bed & Breakfast

75 S. Broad St.  
Norwich, NY 13815  
(607) 336-5503  
<http://www.norwichbandb.com/>

#### Norwich Motor Lodge

Rt. 12 South.  
Norwich, NY 13815  
(607) 334-9965

#### Sherburne Motel

63 N Main St,  
Sherburne, NY 13460  
(607) 674-5511

#### A Wee Bit of Scotland B&B

7052 St Hwy 12, North  
Norwich, NY 13815  
(607) 336-8329

**Area Attractions List Available at Registration Desk**

**Area Restaurant List Available at Registration Desk**

**Area Church Schedule Available at Registration Desk**

**City Maps Available at Registration Desk**

### Local Contact:

Rebecca Hargrave- (607) 336-5728 [jrh45@cornell.edu](mailto:jrh45@cornell.edu)

Check our web site: <http://www.bullthistlehiking.org> for complete details.

### Directions to the Norwich American Legion

Coming from the north take Rte. 12 (North Broad St.) south to Howard-Johnson's (west side of street) and the new YMCA (east side of the street), turn left (east) at YMCA onto Mechanic St., follow it to Silver St., cross Silver St. into Sheldon St. and watch for the American Legion on your left.

Coming from the south take Rte. 12 (South Broad St.) past parks in center of city and look for Howard-Johnson's (west side of street) and the new YMCA (east side of street). Turn right (east) onto Mechanic St, continue to Silver St., cross Silver St. into Sheldon St. and watch for the American Legion on your left.

Park near the outdoor pavilion in the rear.



*The registration form is also available at [www.fingerlakestrail.org](http://www.fingerlakestrail.org).*

## Registration

Name(s)

Address

Phone

E-mail

Preferred Name for Name Tags

End-to-End Badge # \_\_\_\_\_ (PLEASE WEAR BADGE)

Chapter/Club Affiliation

County of Residence

Registration

Members \_\_\_\_\_ x \$7.00 = \_\_\_\_\_

Non-FLTC Members \_\_\_\_\_ x \$9.00 = \_\_\_\_\_

Meals

Friday Dinner \_\_\_\_\_ x \$12.00 = \_\_\_\_\_

Saturday Lunch \_\_\_\_\_ x \$7.00 = \_\_\_\_\_

Circle sandwich choice      Ham      Tuna      Veggie      Turkey

Saturday Dinner \_\_\_\_\_ x \$16.00 = \_\_\_\_\_

Sunday Lunch \_\_\_\_\_ x \$7.00 = \_\_\_\_\_

Circle sandwich choice      Ham      Tuna      Veggie      Turkey

**Total** \_\_\_\_\_

Please note the number of vegetarians \_\_\_\_\_.

Please make checks out to: FLT Bullthistle Hikers

Mail to: FLT Bullthistle Hikers, PO Box 225, Norwich, NY 13815

Hikes and Classes: Please check the hikes and classes that you would like to participate in.

1. _____	4. _____	7. _____	10. _____	13. _____	16. _____
2. _____	5. _____	8. _____	11. _____	14. _____	17. _____
3. _____	6. _____	9. _____	12. _____	15. _____	18. _____

I/We are planning on attending the lean-to dedication Saturday Morning \_\_\_\_\_.

**Please Register by April 14, 2006**

The attendees from the Club affiliate with the highest number of attendees will each receive a FLT Bullthistle Hikers patch!

All members of the FLTC are invited to the annual business meeting on May 6th, 3 p.m. at the Norwich American Legion in Norwich, NY. Among other matters to be discussed and reports to the membership, we will vote on these nominees for the Board of Managers. Other nominations may be made according to our by-laws.

The membership will be asked to modify the Bylaws, by substituting the following language describing our responsibility to audit our records annually:

**Article XI Committees, Section 7. Audit Committee: Proposed:** "The records of the FLTC will be audited at least once a year. The Board will determine whether to utilize the audit services of an external audit firm hired by the Finance Committee, or an internal Audit Committee appointed by the President."

## **Nominees for the FLTC Board of Managers**

### **Class of 2009**

The Constitution of the Finger Lakes Trail Conference states that one-third of the Board of Managers shall be elected annually for a term of three years by majority vote of the members at the annual business meeting. The following have agreed to be placed in nomination for the Board of Managers and seek members' votes on May 6, 2006 at the annual business meeting in Norwich, NY. Members who cannot be present are urged to mail the proxy form on the next page to the FLTC Service Center by May 1, 2006.

**Richard Breslin.** I am a County Attorney for Chenango County and have spent over 30 years in local government service. Although first joining the FLT many years ago, my hiking pursuits took a hiatus while my wife and I raised two sons, spending most leisure time of the last decade at ice hockey rinks with our youngest, an avid hockey player. When he went off to college in the fall of 2004, I joined the Bullthistle Hikers Club of the FLT, the then newly organized group Ed Sidote helped organize. As a member of the Board of Directors, I've had the opportunity to meet, establish friendships, and work with Ed and a great group of officers and members. Hopefully, I can use my experience to assist in continuing the fine work and mission of the FLT. Also, completing my End-to-End journey within the next year is a personal goal.

**Claire Ders.** After participating in one of Ed Sidote's Chenango County Hike Series in the mid-nineties, I became a member of the FLTC. I had been hiking since my teens on the Ramapo-Dunderberg Trail in the Catskills, the Appalachian Trail in Maine, Massachusetts, New York and Vermont, and the Long Trail in Vermont. Adding half of the FLT to my hike journal has been thrilling and rewarding. Biking many Rails-To-Trails bikeways in Pennsylvania, canoeing and kayaking hundreds of miles of water trails and cross-country skiing over 50 miles on the FLT, not to mention participating in competitive kayak racing for three years, has kept me from completing the entire FLT.

Besides being a Trail Steward for many years on a section of the FLT (Truman Hill on Map 23), I also maintain a section on the North Country Link Trail. I have volunteered as a leader and a sweep in the Cross-Chenango County Hike Series and lead hikes and snowshoe excursions for the Bullthistle Hiking Club. Ed Sidote can also count on me to help man the booth at the Rogers Center Winter Living Celebration. After graduating in 1972 from SUNY College of Environmental Science and Forestry at Syracuse, I married a fellow graduate, who after 33 years is still my trail angel when called upon. For thirteen years we ran a Bed and Breakfast and catered to many hikers, until going back to work full time forced me to close. I am now the Postmaster of the South Otselic Post Office.

**Tom Dwyer.** I am currently owner of Pinnacle Publications, LLC, a custom magazine publisher in Syracuse. In previous lives I have worked as writer and editor for several magazines, including Boy Scouts of America's *Boys Life Magazine* and the Air Line Pilots Association's *Pilot Report*. In the 1990's I authored the BSA's "Junior Leader Handbook" as well as the book *A Guide to the Allegheny National Forest*. Long a hiker and camper, other preoccupations include outdoor photography and RV camping with my wife, Lucia.

**Vicky Gaeta.** Registered Nurse and Director of Patient Services for the Allegany County Department of Health. With husband Paul, I survived a 90's western county hike series, and grew very attached to the trail. We have since become End-To-Enders on the Main FLT and the Branch Trails. In fact, we have become so engrossed in our hiking endeavors that we are working on our second time around. It is a beautiful Trail and

*(Continued on page 15)*

## Board of Managers Nominees ...

(Continued from page 14)

we have a great respect and appreciation for those who have sacrificed their time and hard work to maintain the trail and its right of way. I have already served two terms on the Board of Managers of the Finger Lakes Trail Conference and have managed to join almost every trail-sponsoring hiking club across the FLT. If you have encountered one of our FLT placemats in a trail town restaurant, you should know that was my idea!

**Jay Zitter.** Virgil, NY. Appointed to the FLTC Board of Managers in the spring of 2004 to fill a vacant seat, I am a member of the Cayuga Trails Club, Finger Lakes Trail Conference, North Country Trail Association, and Friends of the Catharine Valley Trail. After I retired from middle school teaching in 2003, I became end-to-end #169. My husband Bill Fair and I have maintained two miles of the main FLT since 1998, and we also are among the MarshFellows who adopted the 13 miles of the Queen Catharine Marsh Loop Trail and the Montour Falls Historic Loop Trail in 2004.

Wanting to give something back to the trail, I answered one of the volunteer job opportunities listed in the *FLT News*. In that position, I contact tourism agencies throughout the state in order to get FLTC information updated or included in publications and websites, a continuing project. On the Board I currently chair the Marketing Committee, serve as marketing aide for Schuyler and Cortland Counties, shepherd two memorial funds, create teaser maps (Watkins Glen and Hammondsport completed with one for Naples on the way), serve as a liaison with *Backpacker* magazine, and help out with the voluminous minutes of our six full-day meetings a year. It's an exciting time to be on the Board!

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

1. The name of the insurance carrier is Executive Risk Indemnity, Inc. (Chubb Insurance Group).
2. The cost of the insurance to be paid during the 2005/2006 fiscal year is \$945.00.
3. The indemnification insurance contract covers any person who has been, now is, or shall become a duly elected director or trustee, a duly elected or appointed officer, an employee, committee member, whether or not they are salaried, any other person acting on behalf of the Conference or at the direction of an officer or board of managers of the Conference.

## PROXY

If you attend the Finger Lakes Trail Conference Annual Business Meeting on May 6, 2006 you may vote in person on the slate of nominees for the FLTC Board of Managers listed in the Spring edition of the *Finger Lakes Trail News*.

If you are unable to attend the meeting, please sign below designating the Secretary, or in the Secretary's absence, the Acting Secretary, as proxy for the election of these nominees. This designation of proxy shall be effective for the Annual Business Meeting of the Finger Lakes Trail Conference, Inc., to be held on May 6, 2005 in Norwich, NY.

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

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

Address \_\_\_\_\_



Article removed at author's request

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**A  
Tribute  
to our  
Landowners**

**L** - loyal  
**A** - awesome  
**N** - nature lover  
**D** - donor  
**O** - outstanding  
**W** - wonderful  
**N** - neighborly  
**E** - engaging  
**R** - respectful  
**S** - special

*written by  
Mary Z. Domanski*

## Trail Topics

by Howard S. Beye, Chair  
Trail Management Committee

### Alley-Cat Trail Crews

For those of you who may not know what the FLT Alley-Cat Trail Crews are all about, let me give a quick explanation. These are trail work crews, which are made up of from 8 to 14 adults who are interested in helping improve the trail in various locations of the FLT system. All persons, regardless of current skills, are welcome to join a crew. You should be in reasonably good physical condition to perform manual work. We share in the food preparation and cleanup. The food and lodging are provided at no cost unless otherwise noted. Transportation from base camp to work sites is provided as well for those requiring transportation from an airport, train, or bus station near base camp. All crew members must be members of the Finger Lakes Trail Conference.

The dates of the three Alley-Cat Trail Crews for 2006 are:

**June 12-16 at Camp Sam Wood near Pike on map M-6.** Lodging in the Barlow Cabin. Work will involve improving a portion of the trail in Bear Creek State



Forest on map M-4 near Franklinville, moving the trail around a steep bank stream crossing in Farmerville State Forest on map M-5 near Rushford, along with mowing and other spring cleanup along the trail between map M-4 and M-9 near Canaseraga.

**August 14-18 at Sugar Hill State Forest near Watkins Glen on map M-14.** Tenting at the Sugar Hill State Forest Recreation Area near the Fire Tower. Work will be moving materials and building an Adirondack style lean-to about a half mile west on the trail from Templar Road

**September 18-22 Allegany State Park near Salamanca on map M-1/CT-1.** Lodging in Park Cabins. Work will involve construction of approximately one mile of trail to remove some very steep trail in the area between Beck Hollow Lean-to and Bay State Road. Trail renovation will also be done on the trail located on the west side of Route 219 on map M-3/CT-3

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

### Trail Sponsorship and Maintainer Opportunities

Richard Gastauer, Trails Chair for the Foothills Trail Club, reports that he has secured Don and Ruth Keipper of East Aurora as new Trail Stewards in Allegany State Park, Map M-1/CT-1, between ASP 3 (Access Point 4) and ASP 1 (Access Point 5). Welcome as new Trail Stewards! Thank you to Justin Thaine of Angelica who had taken care of this section since 2003. Justin is a DEC Forest Ranger in Region 9 who took on this volunteer job for the Foothills Trail Club. He plans to continue helping the FLTC but closer to his home.



Photo by Jacqui Wensich

*Alley-Cat Crew member, Mark Hittle, Allegany State Park, Sept. 2005*

*(Continued on page 20)*

## Trail Topics ...



Photo by Howard Beya

*The owners of this cabin close to the FLT in the Canaseraga area (Allegany County, map M-9) have granted permission for hikers to use it. A work party scheduled for April 8, 9 will finish the cleanup and repairs needed to make it useable.*

(Continued from page 19)

In February the trail on map M-6 between Camp Road and the River Road junction with NY Route 19A acquired new Trail Sponsors, John Gray and Kathy Aldrich of Cheektowaga. The Conference thanks the Scouts and leaders from Boy Scout Troop 748 in Fillmore for their good care of that section of trail as Trail Sponsors since 1998.

Currently we have openings for Trail Stewards (Maintainers) in Allegany State Park on map M-1/CT-1 for the section between Access Point 5 (ASP 1) and Access Point 8 (Bay State Road) which is 6.4 miles in length. This section can be split approximately in half. If you would like more details or to apply, please contact Richard Gastauer, Trail Chair, Foothills Trail Club at [r.gastauer@verizon.net](mailto:r.gastauer@verizon.net) or 716/839-4644. You may also contact Genesee-West Trail Coordinators Ken and Margaret Reek at [ken@kmrconsulting.com](mailto:ken@kmrconsulting.com) or 585/293-3241.

In addition we would like to find several people who would be interested in becoming Trail Stewards (Maintainers) for small sections of the 11.9-mile Interloken Trail located to the northeast of Watkins Glen. They would work under the Hector Ranger District of the Finger Lakes National Forest, which has been the Trail Sponsor since the trail was built in the 1960's. The Trail Stewards would receive instruction and assistance with tools and other supplies needed to

maintain the trail. Those who are interested in learning more about this opportunity are asked to contact Chris Zimmer, Finger Lakes National Forest, Ranger District Office at 5218 State Route 414, Hector, NY 14841 or email [czimmer@fs.fed.us](mailto:czimmer@fs.fed.us) or call 607/546-4470. If you do take on the job of Trail Steward, please let the FLTC Trail Operations Office know of your assignment so we can record it in the database. You can do this by email at [fltc@frontiernet.net](mailto:fltc@frontiernet.net) or by calling 585/288-7191.

We also keep lists of persons interested in being notified if an opportunity to become an Individual Trail Sponsor or a Trail Steward with an organized club or group becomes available in an area near their home. If you are interested in having your name put on either of these lists, please contact the Trail Operations Office as listed above.

### Cabin Near Canaseraga

As announced in the Winter 2005 *FLT News*, the Genesee Valley Hiking Club has received permission from the landowners south of Canaseraga on map M-9 for backpackers and hikers to use a cabin on their farm. The cabin is only a short distance off the present trail route. The owners indicated it would need some inside cleanup, replacement of some broken window glass and some other minor repairs. They also indicated their interest in helping with the cost of repairs and in carting away the material we did not want.

Two work parties cleaned up most of the inside of the cabin during December 2005. The remaining work involves replacing glass in several windows, moving a kitchen stove, refrigerator, and toilet outside so they can be carted away, making some minor structural repairs and installing some roof shingles. This should only take a weekend, which has been scheduled for April 8 and 9, 2006. If you are interested in helping, please contact the Conference Trail Operations Office so we can provide you with details about the event and about tools we would like you to bring if you have them.

### New York/Pennsylvania Connector Trail

Near the end of January a trail route surveying group consisting of Peter Fleszar and Chris Bigham from the Mid-State Trail organization and Lee Parks from the FLTC were out in the field looking for the best potential route for the connector trail to cross over from Pennsylvania into New York State near Addison, NY. Lee is the new FLTC Coordinator for the project to



construct a trail from the NY/PA line in Steuben County, a distance of about 30 miles, to connect to the FLT/NCT in the vicinity of the Moss Hill Lean-to on map M-13 and the Sugar Hill State Forest on map M-14. There are several state forests, a wildlife management area, and a state park in New York State which need to be explored to make a connectable route. Private land permission will also be needed or the use of backcountry roads will be necessary. The survey for a potential route from Cowanesque Reservoir near Lawrence, PA to Addison will allow the Mid-State Trail organization to continue work in Pennsylvania and also give the Finger Lakes Trail Conference in New York a more precise point where the trail will cross into New York. If you are interested in getting involved with this project, contact Lee Parks at [lparks2@stny.rr.com](mailto:lparks2@stny.rr.com) or 607/962-7068

The proposed 60-mile NY/PA Connector Trail when completed will connect the FLT to a network of hiking trails in Pennsylvania to meet the Appalachian Trail. The NY/PA Connector Trail will also become the route of another long distance trail in the development stage right now, which will provide a hiking trail route from the FLT to Florida. The trail, which will consist of several existing trails, will also require many miles of new trail. This new long distance trail will be known as the Great Eastern Trail.

### **Management of an 860-Mile Hiking Trail System**

Have you ever wondered how a group of volunteers spread out across New York State can do all the things necessary for our members and the public to be able to enjoy a Sunday-afternoon hike or to experience a 560-mile through hike?

Most of this is accomplished by the oversight of the Trail Management Committee (TMC). The committee consists of (1) the Trail Section Coordinators who work with their assigned Trail Sponsor clubs, groups and individuals, (2) 11 Representatives from the major club and group trail sponsors, (3) six Representatives from our individual trail sponsors, and (4) six At-Large Representatives from the membership of the Conference. The chair of the TMC is the VP of Trails. The TMC has 10 working subcommittees consisting of TMC members and others from the Conference with special skills who work on such projects as the new trail maps and soon-to-be-completed improvement of the trail guides.

The actual work done along the trail is under the direction in each of the larger clubs or groups by a person generally referred to as the Trail Chair. These

persons are assisted by the FLTC Trail Section Coordinator as needed to provide signage, completion of work reports, Challenge Cost Share projects, Certification of North Country Trail, securing additional trail workers for special projects and assisting in other matters involving agency personnel and permitting landowners. The larger clubs and groups are expected to secure enough Trail Stewards to keep the trail maintained in a satisfactory manner based on the FLTC Field Maintenance Manual. The Trail Section Coordinator is responsible for observing trail maintenance to ensure that it is meeting the standards set forth in the Field Maintenance Manual. The Trail Section Coordinator works with the Trail Chair to ensure all Trail Stewards are adequately trained to perform routine trail maintenance.

Individual Trail Sponsors are much smaller groups and usually maintain less than seven miles of trail. They perform the same work as accomplished by the larger clubs but on a much smaller scale. Their standard of performance is based on the same Field Maintenance Manual. Their Trail Section Coordinator often provides more direct help in that the Individual Trail Sponsor does not have a Trail Chair or organized club to assist them. Individual Trail Sponsors are expected to make contact with agency contact personnel and private landowners at reasonable intervals. The Trail Section Coordinator also works to keep all the individual parts of his section manned by trained Individual Trail Sponsors.

Trail projects beyond routine maintenance or a small rerouting are usually done by FLTC crews such as the Alley-Cat Trail Crews or another special one-time crew assembled for a specific project. Some larger trail clubs take on major construction of new trail and facility installations as the need arises.

How big is this group which keeps the trail maintained, builds new trails, shelters, bridges, installs direction signs, trail registers, and bulletin boards and does all the other things needed for a first-class trail system? I tabulated those we know who regularly are working on the trail. We have 450 individuals involved in some form of field work.

If you are not involved now and would like to find a spot to help do your part and you are a member of a FLTC Trail Sponsor Club, get in touch with their Trail Chair. If you do not belong to a Trail Sponsoring club, just send a message to [fltc@frontiernet.net](mailto:fltc@frontiernet.net) or give the Trail Operations Office a call at 585/288-7191 to find out where you can help out or to get more information.

□

## Wildflowers along the Trail, #13: Violets

RW/Taylor

Everyone is familiar with the common purple violet, *Viola papilionacea*, that can be spotted each spring in colorful bloom in woods and fields and along roadsides and popping up persistently in lawns and gardens everywhere. (You may occasionally also see these flowers re-blooming by mistake during a brief warm spell in October.) The species name is quite a mouthful, but simply refers to the noticeable butterfly-like shape of flowers in the pea family; presumably the 19th-century botanist who first named this species of violet fancied a resemblance in this respect.

Violets (as with roses and goldenrods) have provided us with an English word for their characteristic color. Actually, in this case, it is the other way around, since the Latin name *viola* for these flowers can be traced back to an old color word that, through its Greek counterpart, has also given us the name of the element iodine (based on the purple color of its gaseous form).

Many species of violets occur across the northeastern part of our continent, all sharing the same basic flower shape, with five uneven petals borne on a nodding stem. In addition to the various shades of purple in which violets may be observed to bloom, there are yellow violets and white violets (in some species the flowers are cream-colored or streaked with purple). A fundamental distinction cuts through all these color variations, however – violet species are divided into two major groups depending on the arrangement of the leaves and flowers. Many species are stemless, with all the leaves growing in a single basal cluster and the flowers being borne on individual stems. Other species, however, feature a leafy stem with flowers growing from the leaf axils.

Quite a few of the stemless species of purple violets are maddeningly similar in appearance, differing only in technical details. Furthermore, similar species tend to interbreed, producing offspring with intermediate characteristics (such offspring, however, tend to either be infertile, or else themselves produce progeny that revert to more typical form so that in the long run a clear distinction between different species is preserved). In any case, unless you are an aspiring botanist it is quite reasonable to just accept “stemless purple violet” as an identification for the flower in front of you.

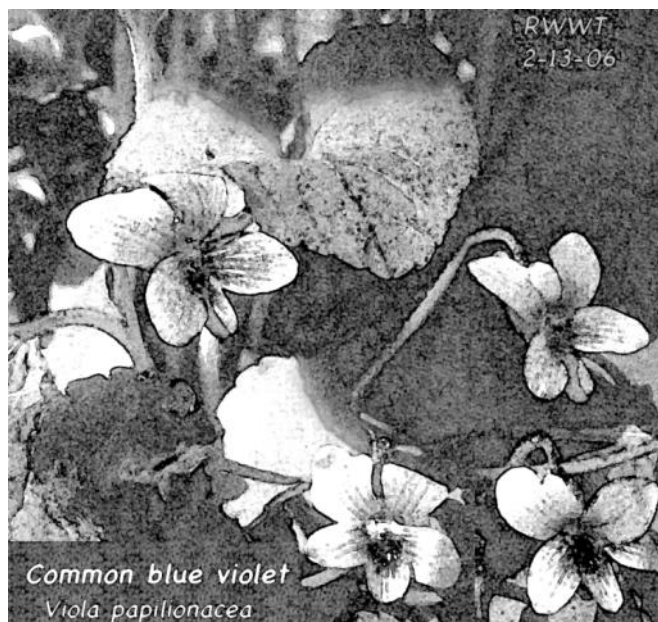
Some species are, however, fairly easily recognizable by the special shape of their leaves, contrasting with the ordinary heart-shaped examples. Spotting a small patch

of Ovate-leaved Violet (*V. fimbriolata*) is not a rare occurrence, and if you keep your eyes open you may on occasion run across a few blooms of Birdfoot Violet (*V. pedata*) with its distinctive palmate foliage.

There are many fewer species of stemmed violets to deal with in the wild. If on close inspection the purple violet you are looking at has several flowers growing along a stem, it is likely to be a Dog Violet (*V. conspersa*). Or, if individual flowers have a long “beak” trailing behind them, the specimen could be a Long-spurred Violet (*V. rostrata*).

A few species of white violets are stemless – across New York State the commonest of these is the Northern White Violet (*V. pallens*). Even more commonly occurring, however, is the stemmed Canada Violet (*V. canadensis*), whose flowers feature an easily-observed yellow throat. Very likely any yellow violet spotted will also be stemmed, and either be *V. pubescens* or *V. pennsylvanica* depending on whether the stems and leaves are downy or smooth – if you really want to be sure on this point, use a small magnifying glass to take a close look.

Violets proliferate principally by seed, and have a secret in this respect. For, in addition to sporting the springtime flowers whose showy display is designed to attract pollinators, violets go on producing flowers during the summer months as well. These flowers, however, are hidden and self fertilizing (the technical term here is *cleistogamous*), yet produce copious quantities of seed to be dispersed to the winds and weather, a survival strategy that has served this genus of flowers well over the ages. Violets, in all their variety, are indeed a welcome component in the rich panorama of wildflowers that so enriches our hiking environment. □



# End-to-End Update

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

## End-to-End Hikers

We have three more end-to-end hikers:

- #199 Kathy Eisele, Syracuse
- #200 Mystery End-To-Ender  
(to be presented at Spring Outing)
- #201 Kathy Perry, Cortland

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

- Erica Labuz, Oneonta
- Larry Lepak, Greene
- Robert Collins, Snyder
- Richard Breslin, Greene
- Sarah Hurst, Penn Yan (age 14)
- Nathan Scheffler, Groton (college student)

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

- |                          |                               |
|--------------------------|-------------------------------|
| Richard Breslin, Greene  | Mahlon Hurst, Penn Yan        |
| Robert Collins, Snyder   | Erica Labuz, Oneonta          |
| Susan Collier, Leroy     | Larry Lepak, Greene           |
| Lee Douglas, Endicott    | Gina Mushynsky, Baldwinsville |
| Karl Eurenus, Naples     | Bob Richer, Horseheads        |
| Carrie French, Bath      | Nathan Scheffler, Groton      |
| Richard Gastauer, Snyder | Georgianne Vyverberg, Naples  |
| James Greene, Endicott   | Carol Watts, Bath             |
| Sarah Hurst, Penn Yan    |                               |

## New Guidebooks Coming

I recently received the revised edition of *The End to End Backpacker's Guide*. Several of the Finger Lakes Trail guidebooks should be available this spring, recently revised and amplified.

## Spring Outing 2006 Addenda

I am looking forward to seeing End-to-Enders I have met on the FLT, and those I have not had the pleasure of meeting as yet. **Please wear your end-to-end badge.**

Tentative plans are to have a tourism packet at the registration desk containing a City of Norwich map indicating motels, museums, restaurants, etc. and a separate list of churches and times of services. The packet will list alternate events beyond those on the Spring Outing schedule. We also intend to have a large map at the registration desk showing the locations of motels, museums, restaurants, churches, etc.

## Grace Brown Murder Case

As I mentioned in my last column, this year, 2006, marks the 100th anniversary of the Grace Brown murder case at Moose Lake in the Adirondacks. She was born and raised on a farm close to Stage Rd. and

our FLT main trail, map M-23, approximately 3 miles from

South Otselic, Chenango County. The road to her birthplace has been named Grace Brown Lane.

Theodore Dreiser's famous novel, *An American Tragedy*, was based on the Grace Brown case. It was made into a movie by the same name and later a second movie was made with Elizabeth Taylor called "A Place in the Sun."

A non-fiction book by Craig Brandon, researched for five years, was published in 1986 (2nd edition), and a book by Joseph Brownell, entitled *Adirondack Tragedy*, was also published in 1986. I urge you to read one of these, especially Craig Brandon's book.

There are going to be 15 or 20 events in Chenango County and Herkimer County (the trial was held there) this year involving authors Brandon and Brownell giving lectures. You can get a list of these from me.

On Saturday, May 6th, from 1:30 to 3:00 p.m. the movie *An American Tragedy* will be presented at the Chenango County Museum, on the corner of Rexford St. (Rte. 23) and Silver St. by Wilma Felton-Gray who has accumulated many newspaper articles and pictures about this case. She is very knowledgeable and will speak and answer questions following the movie. In the event of inclement weather or if you prefer an activity other than hiking, I recommend this May 6th program. I have seen this movie three times, including once about 14 years ago when it was shown by Craig Brandon at the Sagamore Convention facility north of Old Forge.

## Museums

The Northeast Classic Car Museum and the Bullthistle Train Museum are located a couple hundred yards west of the Chenango County Museum on Rexford Street. One of the alternate events planned for the Spring Outing is a trip to the Car Museum on Friday afternoon. I plan to take those interested to view the 125 beautifully restored cars on exhibit in a remodeled former factory building. There is a nominal fee for the Car Museum with a discount for seniors. Donations are accepted at the Train Museum and Historical Museum.

*Happy Hiking!*

Edward J. Sidote

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## End-to-End Album

### E2E2

by John A-X. Morris

**A**t last fall's campout I was asked by an old friend how I had managed to complete my second End-to-End so quickly. I was nonplussed; I hadn't really tried. It had just happened. Whenever I had some extra time or felt an overwhelming need to reconnect with sanity, I hit the trail.

Hiking the FLT for the second time was like visiting old friends. Some sections I hadn't hiked in thirty years; others I had hiked just weeks or months earlier. Parts I remembered well and looked forward to visiting again, and others were a pleasant surprise: streams and gorges I had forgotten; mature forests that were even more mature, and, like me, girther; climbs that were, in spite of years of erosion, every bit as steep; and soft, open trails that allowed a pleasant rhythm and the expectation of meeting a hobbit at any moment.

Again the miles were covered in a combination of ways and with a motley crew. Many miles were backpacked either solo or in company with the inimitable Java Joe Dabes; others were hike-and-biked; some were pleasant family outings with my wife, Carol, and son, Steve; quite a few were done as part of Carol's pursuit of her first E2E, and portions were enjoyed by scores of seventh-graders and their families on autumn treks and spring hikes. Meli, who refused to ever acknowledge that she was anything but human, took her last hike on the trail, faithfully herding my students along. Clio, my current companion, is quintessentially dog. Since I finished my E2E2 with an out-and-back hike, she was there at the end of one and the start of my E2E3.

As always, the trail provided serenity to recharge before re-entering that burbling, gurgling cauldron of hormones known as a seventh grade classroom, inspiration for my "Natural Connections" columns, and



*John A-X. Morris and Clio*

wonderful campfire camaraderie. Again, and more than ever, I feel a tremendous indebtedness to the wonderful landowners and trail maintainers for their kindness and dedication. I have had years of pleasure on the trail that would not have happened had it not been for them. Thank you. And a very special thanks to Irene Szabo for a timely lift and, of course, Ed Sidote for congratulations and a great Italian dinner at the end of the trail.

□

### Answers to the Winter "Name that Map!" quiz

A - M-10 past an old barn

B - M-23 Jackson Pond

C - M-19 Virgil Mt, 2132'

The correct "responders" were:

1. Mahlon Hurst of Penn Yan - correct for A
2. Anthony Preus of Binghamton -correct for B and C
3. Jay Zitter of Virgil for C

We also had several other good guesses this time.





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## **End-to-End on the Finger Lakes Trail**

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**Deborah Patterson (#196) and Michael Whelsky (#197)**

**W**ow – we did it! Back in 2000, we finished a hiking challenge and started looking for another one. We started on the Onondaga Trail and decided that we could do the entire Finger Lakes Trail! It took us a little while to get organized, but in 2002 we got our set of maps and started out. As we live in Fulton, near the Onondaga Trail, we started there. We went from the middle to the east then back to the middle and started west. All individual maps were hiked from the west to the east - even if it meant hiking up hill as we noted in the Catskills, where on a long road walk a gentleman sitting on a porch called out as we puffed by, “Most folks do it the other way.” Oh well, we are not most folks.

We saw a bear’s backside on Black Bear Road (M-31A), a few deer, rabbits, chipmunks, squirrels, cows, horses, goats, alpacas, and sheep. We ran into a lady who was out doing a bird survey for the Audubon Society one spring. We had a nice little visit with her and learned a little about bird watching, deciding that we would prefer to keep moving.

My favorite time on the trail was this spring with the Lady Slipper explosion – I have never seen so many Lady Slippers in one place at one time – it was awesome. Mike’s favorite place was on M-8 where you have a choice of going up the rocky gully or taking the tractor road. Mike likes a challenge so of course we took the steep rocky gully; it was a fun, delightful hike as the water level was low and we were able to safely climb up the creek bed. The register in this gully was a challenge as

the water has obviously eroded the creek banks since the trail was put in and the register was on the top of the bank on a tree that is clinging to the bank.

The toughest parts of the trail were where the cornfields change the trail each year. When you are hiking in late August or September those corn stalks can be 7-8 feet high and you cannot see the trail markers well. We just kept to the edge of the fields and kept walking till we found the next marker or often turned back because we had missed it. Also one cannot forget the stinging nettles of the Catskills. Boy, are those annoying! And then there are the brambles of the western trails. We hiked the western half of the trail with Holly, our Lhasa Apso puppy. Being close to the ground she did a wonderful job of collecting stick-tights and thistle burrs. I spent hours picking them out of her fur.

We finished our last hike on September 25, 2005, and it was a darn good thing we did because our last hike started with a sign, “Trail closed October 1 thru December for hunting season”. The next Saturday was October 1. We just made it!!!

Mostly we hiked alone driving two cars down so we could go from one to the other. We were very happy to participate in the Chenango and Tompkins County Hikes. We need to thank Marie, Sigrid and Jim for all their organization and support in running these hikes. We were the sweeps of the turtle groups each time, keeping to our own speed and making sure that we left no one in the woods.

We also wish to thank all the landowners for giving us permission to cross their properties. It is so much more enjoyable walking through the hay fields and woods than along a hot dusty road. (Holly hates the road walking and I end up either waiting for her or carrying her). We met with people doing trail work including one very nice gentleman in the Catskills who was very proud of his work to reroute a section of trail (I cannot remember his name). I am very grateful to him and all the trail workers who keep the trail in such good condition. We also need to thank Ed Sidote for encouraging us. It has been a privilege to know you, Ed. □





# Hiking & Knee Pain: Causes & Cures for Overuse Injuries

by Noah Brown, MSPT

**Editor's note:** Noah is a physical therapist in Syracuse. I first met Noah when I developed knee pain related to iliotibial band syndrome about a month and a half before running two marathons this autumn. Noah helped me with stretching and strengthening exercises and orthotics. I was able to complete the marathons, and while I experienced pain throughout most of my body, my knees felt fine. —Bob Michiel



**K**nee pain is a common complaint of individuals of all ages, both male and female, who engage in moderate to aggressive activity. Those of us who enjoy an active lifestyle running, hiking, snowshoeing, or engaging in other outdoor sports may be at a higher risk for developing knee pain. Understanding the basic mechanics of the knee, and several causes of knee pain, is the first step in managing and preventing injuries that can slow your outdoor fun this time of year.

The knee joint is made up of three main bones. The **femur** is the thigh bone and is the largest bone in the body. The **tibia** is the large bone in the lower leg and articulates (forms a joint) with the femur making the **tibio-femoral joint**. The **patella**, also known as the kneecap, is located in front of the femur and slides within its groove as the knee bends and straightens. This joint is called the **patello-femoral joint** and is often the cause of knee pain in overuse and chronic type injuries. Both joints are stabilized by ligaments, tendons, and muscles and they work together as the knee bears weight and moves. However, the patello-femoral joint is a more dynamic joint that relies more on muscles to work properly, and is more prone to an overuse injury.

One of the greatest risks of developing knee pain occurs when active individuals go from low to high levels of stress or engage in prolonged and repeated stressful activities. Knee pain can occur for a number of reasons including: muscular imbalance, changes in tissue tension, and lack of supportive footwear. The *type* of stress is also important when pinpointing the cause of knee pain, especially in uphill and downhill walking.

Often, the first reaction to knee pain is to throw several kinds of pain relievers or anti-inflammatory medications at it. This strategy along with rest, ice, and elevation is certainly helpful in managing pain and inflammation. However, this approach treats only the symptoms and not the true cause of the problem. Let's look at each cause and talk about strategies to cure and prevent knee pain.

The *patello-femoral joint* is controlled primarily by the quadriceps or thigh muscle. It gets its name because it has four different parts: middle, inside, outside, and deep. As you probably guessed, the inside part of the quadriceps attaches to the inside of the kneecap and the outside part attaches to the outside of the kneecap. These two parts are meant to work in harmony; in other words, they should contract equally to let the kneecap slide upward and downward in its groove. An imbalance of these muscles could create "mal-tracking" problems which often lead to pain, swelling, and loss of mobility in the knee joint. This imbalance is caused by tissue tightness on the outside of the kneecap, muscle weakness on the inside of the quadriceps, or a combination of each. One easy way to spot a mal-tracking kneecap is to sit with the leg straight and push the back of your knee downward by tightening the front of your thigh (quadriceps) feeling the kneecap as it moves upward. If you notice the kneecap moves too far to the outside of the knee, especially compared to the opposite knee, or is painful, you may have mal-tracking of the kneecap. Stretching and strengthening are equally important in curing this problem. Stretching of the iliotibial band (the ITB is a band of tissue that runs from your hip to the outside of your knee) is important along with strengthening the inner part of your quadriceps muscle. Taping of the kneecap can also help and can be shown to you or done by your physical therapist.

Several main muscle groups surround the knee and can play a role in the mechanics of the knee during movement. The thigh muscles include the quadriceps (front of thigh), hamstrings (back of thigh), hip *adductors* (inside of thigh), and hip *abductors* (outside of thigh). The calf muscles also play an important role

(Continued on page 27)

## Trail Medicine ...

(Continued from page 26)

in the function of the knee. Changes in the tension of these muscles can cause faulty movements directly at the knee, or indirectly through the hip or ankle. Walking uphill and downhill can accentuate a limitation in flexibility of any joint in the leg and indefinitely lead to knee pain. Stretching is the key to maintaining flexibility around a joint. The quadriceps, hamstrings, and calf muscles should be stretched before, during (as needed), and after moderate to aggressive activity, holding each stretch for 30 seconds for each muscle group. Keep in mind that some joint limitations involve more than muscular limitations and may need to be examined and treated by your physician and physical therapist.

An often overlooked problem is the type of footwear used during activities. The question then arises, "How do shoes play a role in the way my knee works?" Think of your leg as a chain reaction with force hitting your ankle and traveling upward to your knee, hip, and back. When we take a step we exert force on the ground, and the ground exerts force back at us. Foot position alters the way your leg reacts to forces during walking. For example, a person who is flat-footed or who tends to pronate their feet will increase the force that is translated to the outside of the knee. Likewise, a person who has very high arches or who supinates, translates more force to the inside of the knee. Fortunately, the cure for this problem can be as simple as picking up a pair of orthotic inserts to properly support your feet. If you are uncertain of what type of orthotic to get or you feel your problem is more complex, call your physical therapist for advice.

Lastly, the type of stress placed on the knee can play a role in the onset of knee pain. Our leg muscles contract to meet the stress that we place on our joints. Muscular contractions during activity usually involve shortening the muscle (concentric contractions) or lengthening the muscle (eccentric contractions). Downhill walking or running significantly increases the amount of eccentric or lengthening contractions your muscles need to do. An eccentric contraction is both more stressful to your muscles and joints and creates more soreness after the activity. If you have not properly conditioned your legs with eccentric training prior to this type of activity, your risk for an injury is significantly higher. Strengthening muscles eccentrically by doing squats, lunges, step-downs, downhill treadmill walking/running, etc., can

significantly reduce the chance of this type of injury. In sum, if knee pain has hampered your ability to continue your active lifestyle, then you may have an overuse injury. Proper diagnosis and treatment is essential in determining the cause and cure of the problem. However, if you feel an injury is beyond your scope of knowledge, then don't hesitate to seek help from your physician and physical therapist. Don't settle for just a pain pill or other quick fix. Get to the root of the problem, correct the real issue, and use these strategies to maintain the health of your knees and ultimately continue to enjoy the outdoor life!

Good health and good luck on the trails! □

## Welcome!

### New and Returning Members:

Michael Anceravige	Ashland, PA
Tom Attridge	Hamburg
Doug & Judy Beers	Honeoye Falls
Gary & Judi Bennett	Lyons
David M. Berg	Rochester
Sharon Berger	Willseyville
Christian & Allison Borchert	Syracuse
Frank G. Bunke	Alfred Station
Sylvia Chase	Machias
Robert Coffney	Sherburne
Robert Collins	Snyder
Peter & Teresa Corrigan	Buffalo
Rick Dorman	Cincinnati
John & Patricia Fey	Fayetteville
John & Angela Fratarcangelo	Corning
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Joe Herrod	New York
Diane S. Hill	Freeville
Joyce A. Hill	Hammondsport
Gina Horowitz	Hornell
Thomas R. Johnson	Front Royal, VA
David & Sandra Junkin	Bliss
Don Keipper	East Aurora
John L. Kerr & Colleen Liggett	Springwater
Thomas A. Koehler	Fairport
Steve Kofron	Rochester
Jeremy D. LeFort	Henrietta
Janet Martone	PennYan
Elizabeth A. Morrissey	Canandaigua
John Neal & family	Liverpool
Glenn M. Nixon	Rochester
Mark D. Schneider	Bath
Richard Shaver	PennYan
Jolene Sims	Clifton, NJ
Timothy Sweeney	Binghamton
Thomas M. Whittaker	Norwich

## 2005 Contributions

The Finger Lakes Trail Conference gratefully acknowledges the support of all our members and donors, and especially wishes to recognize the following individuals, businesses and organizations for their generous support during 2004. The amounts listed include dues and contributions to any FLTC fund. We have done our best to be accurate in spelling names as well as making sure we got everybody in the right categories. We apologize if some mistakes have crept in.

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ADK Onondaga Chapter  
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Nancy Kleinrock & Steve Shaum

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Barbara D. Butterfield  
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Ginnie Charleson  
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Cheshire Inn (Laura Moats)  
Lonnie & Suzanne Clar  
Hudson A. Close  
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Barry C. Collward  
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Frank & Catherine Darrow  
Richard Dattner  
Robert & Carol Dickey  
William C. Dieffenbacher  
R. Lee Dinehart  
Kathleen M. Disque  
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Kenneth R. & Monique Dunham  
Connie Dutcher  
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Robert C. Emerson  
Wes Ernsberger & Theresa Davis  
Bill Fair & Jay Zitter  
Keitha J. Farney  
Connie Field & Rich Spooner  
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Dr. Edward E. Hart  
Nina & Joseph Hart  
Carolyn J. Hartman  
Robert & Engelke Heggie

## 2005 Contributions, continued

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Chris Hotchkiss	Map Shop (Zeke Little)	Rhonda L. Peterson	Paula M. Strain
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J. Perry & Dorothy Howland	Charles B. Marquardt	Stephen F. Prentice	Barbara J. Sullivan
Greg J. Hoyt	Steve & Stephanie Marshall	Robert M. Reeves	Jeff Swanson
Jerome & Mary Louise Huff	Michael V. Martina	Thomas Reimers	Nancy Swett
Brian Hull	Stephen Martonosi	Mark J. & Lourdes Reist	David Tarasevich
Dr. Peter & Mrs. Mary Huntington	C. Thomas & Emily M. McCall	Robert A. Richer	Justin Thaine
Thomas & Janice Hurd	Merry McCall	A. Anthony Rodriguez	Craig R. & Maria Thomas
Carolyn Jacobs	Carol McCrellias	John Rogers & Claudia	Constance Thomas
Gordon & Helen Jarvis	Tim McDaniel	Stoscheck	David L. Thurber
Martha K. Jones	Angele McQuade	Fred N. Rose	Colleen Townsend & Harold
Lois Judd	Phillip & Tami Metzger	Dr. Lorne A. & Ellen Runge	Stapleton
Jon A. Kapecki & Jeanne	June Meyer & Lincoln Brown	Theo & Pamela Rynders	Lisa & George D. Treichler
Kaeding	Karen M. Miller	Mona J. Rynearson	Samuel A. & Grace G. Tucker
Mary Keller	Lee F. & Cheryl B. Miller	Neville W. Sachs & Carol Adamec	Barbara Van Kerkhove
Sandra L. Keller	Hugh Mitchell	Anne & Kent Salisbury	Matthew H. & Nancy Underwood
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Thomas & Shirley Kowalik	Jeff Morse & Family	Annette Schaff	Paul Warner
Jon C. Kreckman	David & Barbara Morse	Gene Schaible	Wednesday Hikers
Robert Kremens	Paul & Betsy Morss	Jay Schissell & Jeri Wall	Cynthia S. Westerman
John P. Kubinski	David & Janet Muir	Robert A. Schneider	Sharon R. Wheat
Robert L. LaBelle	Mark C. & Shane Murphy	David C. Schwaner	Don Whitney
Erica N. LaBuz	Philip R. Murphy	Sedona Trading Company (Scott	Faye A. Williams
Lakeland Rovers Outing Club	John H. & Grace Myhre	Boboltz)	Donald W. Wilson
Robert & Jill LaMantia	Frederick & Evelyn Neebe	Kurt Seitz & Paula McConnell	Jennifer Wilson
Michael R. Landry	Thomas Nielsen	Jack Sexton	Katherine Woznek & Deborah
Diane & Charles S. Lawrence, III	Edna Northrup	Gary L. & Penny Shaw	Hammond
Randy S. & Janet Lehman	Tom & Donna Noteware	Diane & Jim Sheehe	Peter R. Wybron
Kalista S. Lehrer	NY-NJ Trail Conference	John & Dorothy Sholeen	Robert S. Younger
Patricia & John J. Leinen, Jr.	Alex O'Brien	Steven Siegard	Gary C. Youngmans
Larry Lepak	Kenneth Osika	Steven D. Singer	Duane Younglove
Kenneth Lewaine	Henry & Barb Owens	Loraine & Ilka Slacik	
James & Virpi Loomis	James Pascucci, Jr.	Smith C. Sliter	
Don & Gloria Mabie	James Peek	Terry & Carolyn Smith	
Ralph & Kathleen Mahler	Cheryl Peluso	Lewis J. & Denise M. Snyder	

## Special Places: Tinker Falls ...

(Continued from the back cover)

**Hike 4:** The more adventurous can make a 7+-mile loop hike. Follow the directions for Hike 2 to get to the blue-blazed Onondaga Trail. Take the side trip to the falls if you want, or wait until later in the hike; you'll see the falls at least once no matter what (unless you get lost). We'll describe the clockwise loop. Turn left on the blue trail and follow the directions in Hike 3 to get to the hang glider jump off. Keep following the trail, which will swing east and cross Herlihy Rd, then Onondaga One Rd. shortly thereafter. Follow Onondaga One Rd to the southeast, and then turn left on Shackham Rd; the day we were there logging trucks were active at this intersection. Follow Shackham Rd. for about 1.75 miles. Look for a small wood bridge on your right that gets you over the ditch on the side of the road; this is the trail crossing. Turn right, and follow the blue-blazed trail, which will bring you to the top of the falls. Go a little further

until you reach the junction with the orange-taped trail, which will lead you back down the hill to the old road that gets you back to Rte. 81 just north of your car. The elevation gain on this loop is around 1500 feet.

So whichever hike you choose, enjoy the scenery and be thankful we have such beautiful places to hike and wonderful people who maintain the trails. □

### May is hunting season, too...

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

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



### **FLTC Annual Wally Wood Hike and Antique Tractor Picnic Re-run!**

**Saturday, May 13, 10 a.m. for Hikes A & B, and 11:30 for Hike C**

Cattaraugus County, M-4 and M-3

Classification: 3 hikes of varying difficulty and distance

Information: Irene Szabo, 585/658-4321,

[treeweenie@aol.com](mailto:treeweenie@aol.com)

Generous trail landowners Pat and Mary Raab want to host a picnic again, complete with “garbage can” roasted turkey, where we can marvel at their huge collection of antique tractors. They own the next trail property west of our “Cobb’s Forty-five” on map M-4, eastern Cattaraugus County, east of Ellicottville on NY 242. So enjoy any one of the three following hikes in the area, then come to Raabs’ place, next driveway west of the Cobb parking area after two trailer-homes. Bring a dish to pass and a big appetite for a huge smoked turkey, plus invite your tractor-lovin’ friends who will weep with joy to see dozens of ancient farm machines, every one of which Pat has in running order. We aim to START eating around 2 p.m. Sure to be a fun afternoon of nice hikes, good friends and scrumptious food!!

**Hike A: 7 miles**, medium hilly, one stream to cross at beginning that may wet your feet. Explore new route through Bear Creek State Forest, followed by “old”

route through Boyce Hill State Forest. Quick car shuttle, then short drive down NY 242 to Raabs’ place. (Or walk the additional 1.3 FLT miles along NY 242 to Cobb’s, then Raabs’, and we’ll get you back to your cars later. Group decides for itself at the beginning.) Meet 10 a.m. on Bear Creek Rd, map M-4, small parking area just over one mile west of NY 16, where trail leaves road and goes into state forest.

**Hike B: 7 miles**, includes recently dedicated Ev Hittle Memorial section, lots of gradual hills, up and down. Will end at Cobb’s Forty-Five, and we’ll get you back to your cars later. Drop off coolers beforehand in the pine shade around the Cobb parking area. Meet 10 a.m. on map M-3, northeast of Ellicottville on Irish Hill Road where trail crosses eastward.

**Hike C: 3 miles**, only one big climb. Explore the Cobb loop trail and neighborhood. Dry-footed enjoyment of beautiful stream and sugar maple forest. This **walk is suitable for children**, with time for a few little nature lessons. **Meet 11:30** on map M-4 at Cobb’s parking area, trailhead on NY 242, short way east of Fancy Tract corner.

### **FLTC Annual Ed Sidote Hike**

**Saturday, July 29, 2006, 10 a.m.**

Chenango County, Bowman Lake State Park, Map M-24

Classification: easy

Hike Leader: Marty Howden (Manager of Bowman Lake State Park)

Information: Ed Sidote, [ejsidote@cnyconnect.net](mailto:ejsidote@cnyconnect.net)

Join Marty and Ed at Bowman Lake State Park for the annual Ed Sidote Hike. The FLT goes through picturesque Bowman Lake SP. This hike will be approximately 5 miles with additional hiking opportunities available. The blue-blazed Kopac Trail is a handicapped accessible trail for a short distance and leads to a pond and observation deck. The trail then winds around Bowman Lake through pine forests and mixed hardwoods and eventually joins the Finger Lakes Trail, leading back to the beach parking lot. There are three other loop trails within the park of 1 to 3 miles.

Meet at the Beach Parking Lot, located on your left at the end of the blacktop in Bowman SP, very close to the FLT trailhead.

There will be a park entrance fee (\$7) if you arrive after 10 a.m., but free if you arrive prior. Alternative parking is available on Sherman Rd, (see map M-24) at the FLT trailhead, but it is at least a mile walk from there to the beach parking lot.

**Directions:** Bowman Lake SP is located in Sidote Country (Chenango County), between the towns of McDonough and Oxford, a few miles outside of East McDonough. Please refer to map 24 or contact Ed for directions. The park is very nice, and would make a great camping weekend.

### Overnight on the Interloken Trail September 8, 9, 10<sup>th</sup>

Kim Meacham, [meach@infoblvd.net](mailto:meach@infoblvd.net) or 607/324-0374  
Sharon Galbraith, [Sharonbillgal@aol.com](mailto:Sharonbillgal@aol.com) or 585/872-0327

This year we have planned a longer weekend hike on the Interloken Trail, as we had such a grand time last year. We have **reserved the Potomac Group Campground for the FLTC Friday, Saturday, and Sunday, Sept. 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup>**. We will hike the entire 11.9 miles of the trail on Saturday and Sunday, but have added an extra day for those who would like to just relax, tour the wineries, or sample some of the surrounding trails. We reserved the campground for Friday, for those of you who would like to camp an extra day and not have to rush around Saturday morning. We will “officially” start Saturday and Sunday mornings from the Potomac Campground; shuttling to the southern terminus on Burnt Hill Road on Saturday and hiking back to the campground, and then shuttling to the northern terminus at 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 and NO ELECTRIC, but 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, as well as several areas near a wildlife pond. As we found out last year, you CAN NOT DRIVE to the sites, but must park in the parking area, and carry your gear and food approximately one-eighth mile to the camping area.

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 Saturday and Sunday, and breakfast for Sunday. Those of you who wish to stay Monday will be on your own for food. We will supply firewood, charcoal, hots and veggie hots and rolls. If you would rather sleep in the comfort of a true bed, you can make reservations at the nearby *Red House Country Inn*, 607/546-8566, (within easy walking distance of the trail and the campground), or stay at one of several motels or B&B's in Watkins Glen.

For more information, contact Kim at [meach@infoblvd.net](mailto:meach@infoblvd.net), 607/324-0374, or Sharon at [Sharonbillgal@aol.com](mailto:Sharonbillgal@aol.com), 585/872-0327.

### Annual FLTC Erv Markert Fall Hike Saturday, Oct. 7, 2006, 9 a.m.

Letchworth Branch of Finger Lakes Trail, Map L-1  
Classification: moderate  
Hike Leaders: Sharon Galbraith and Betty Schaeffer,  
[Sharonbillgal@aol.com](mailto:Sharonbillgal@aol.com) or [bettyhs@frontiernet.net](mailto:bettyhs@frontiernet.net)

This year's Annual Erv Markert Hike will be in the northeastern section of Letchworth State Park. We will hike from access E to access B for a total of 7.5 miles. The time should be right for the start of fall colors. This section of trail follows the gorge among mixed hardwoods and pines. There are nice overlooks of the river canyon from this hike. Also, plan on stopping at the Mt Morris Dam Visitors Center for an interesting history of several pre-dam floods and the building of the Mt Morris Dam.

Meet at 9 a.m. at the dam parking lot, and we will car shuttle to access E.

**Directions:** from the North, take Rte. 36 into Mt Morris. Turn right at the light onto Rte. 408. Turn right on Damsite Road and park in the parking lot next to the visitors' center. From the South, take Rte. 36 into Mt Morris and turn left at the light onto Rte. 408, following the above directions.

Please contact Betty or Sharon if you are planning on attending.





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](mailto: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	<a href="http://web.empacc.net/~scottez">http://web.empacc.net/~scottez</a>	Ithaca Area
ADK Genesee Valley Chapter	<a href="http://www.gvc-adk.org">http://www.gvc-adk.org</a>	Rochester Area
ADK Mid-Hudson Chapter	<a href="http://www.midhudsonadk.org">http://www.midhudsonadk.org</a>	Eastern NY
ADK Niagara Frontier Chapter	<a href="http://www.adk.org/chapters/niagra.aspx">http://www.adk.org/chapters/niagra.aspx</a>	Buffalo Area
ADK Onondaga Chapter	<a href="http://www.adk-on.org">http://www.adk-on.org</a>	Syracuse Area
Cayuga Trails Club	<a href="http://www.lightlink.com/ctc">http://www.lightlink.com/ctc</a>	Ithaca Area
FLT-Bullthistle Hikers	<a href="http://www.bullthistlehiking.org">http://www.bullthistlehiking.org</a>	Chenango County
Foothills Trail Club	<a href="http://www.foothillstrailclub.org">http://www.foothillstrailclub.org</a>	Buffalo Area
Genesee Valley Hiking Club	<a href="http://www.fingerlakestrail.org/gvhc.htm">http://www.fingerlakestrail.org/gvhc.htm</a>	Rochester Area
Triple Cities Hiking Club	<a href="http://www.tier.net/~tchc">http://www.tier.net/~tchc</a>	Binghamton Area



[namethatmap@fingerlakestrail.org](mailto:namethatmap@fingerlakestrail.org)

So, you hiked the FLT or parts of it. Let's see how observant you were! Name that map.

*Photo by Jacqui Wensich*

Can you place this scene from along the trail? Send your guess to Jacqui Wensich at [namethatmap@fingerlakestrail.org](mailto: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. The answers to the Winter quiz can be found on page 24.

*Editor: I remember this one. The stream was full when we crossed.*



## FINGER LAKES TRAIL CONFERENCE

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## Finger Lakes Trail Conference, Inc. Calendar of Events

- April 8-9 ..... FLTC/Genesee Valley Hiking Club Work days at  
cabin on trail south of Canaseraga (Garwoods)  
on map M-8. See page 20 in Trail Topics.
- May 5-7 ..... **FLTC Spring Weekend/Annual Meeting** hosted  
by the FLT-Bullthistle Hikers in Norwich,  
Chenango County. Annual meeting and election  
of the Board of Managers, May 6.
- May 13 ..... FLTC Annual Wally Wood Hike. See page 30.
- May 19 ..... Deadline for submitting material for summer  
issue of the *Finger Lakes Trail News*. See box  
on page 1 for instructions.
- June 3 ..... **National Trails Day**
- July 29 ..... FLTC Annual Ed Sidote Hike, Bowman Lake  
State Park, Chenango County. See page 30.
- August 10-13 ..... North Country Trail Association, Clarion PA. See  
page 5.
- September 8-10 ..... Interloken Overnight, Finger Lakes National  
Forest, Schuyler County. See page 31.
- October 7 ..... FLTC Annual Erv Markert Fall Hike, Letchworth  
Branch. See page 31.
- Sep 29 - Oct 1 ..... **FLT Fall Campout 2006**, eastern FLT, Camp  
Amahami. Save the date.
- Alley Cat Crews 2006** (see Trail Topics, p. 19)
- June 12-16 ..... Camp Sam Wood, near Pike
- August 14-18 ..... Sugar Hill State Forest, near Watkins Glen
- September 18-22 ..... Allegany State Park, near Salamanca

### 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***

### **Tinker Falls on the Onondaga Branch Trail**

**by Margaret and Ken Reek**

Tinker Falls is a beautiful spot on the Onondaga Trail that can be enjoyed in many seasons and can be the focus of hikes to accommodate many different ability levels and time constraints. It is only a short distance from Interstate 81, making it easy to get to.

Our hikes all start from a parking area on state Rte. 91, which is open all year round. From Interstate 81, take the Tully Exit (#14) and turn east onto state Rte. 80. In 4.3 miles, you'll turn right onto state Rte. 91; the intersection is well marked. About 3.3 miles after the turn, there is a sizeable parking area on the right hand side by a yellow pedestrian-crossing sign; don't be fooled by the smaller areas that you'll see before this one. While in the parking area, turn north and look across the road for a yellow gate that blocks an old road; this is where most of the hikes take you back to your car.

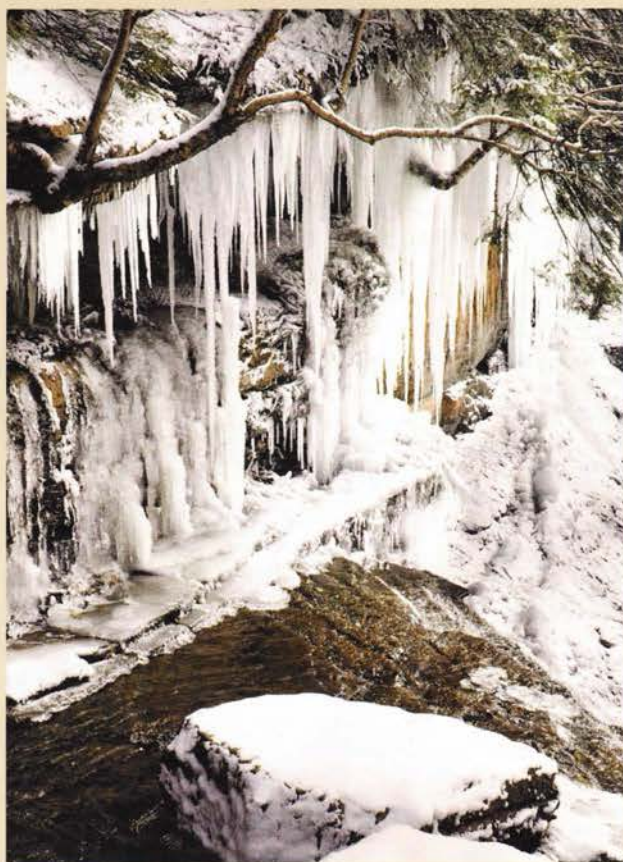
**Hike 1:** For folks who just want to see the falls, the shortest and most scenic route is to cross the road at the crosswalk, and follow along the wide trail that hugs the creek. In about two-tenths miles of flat walking through nice woods you'll be rewarded with views of the falls. You may need to do a little scrambling to reach the actual base of the falls, but this isn't needed to get nice pictures. If you're satisfied with your walk, you can turn around and follow the same path back to your car for a nice short hike suitable for small children or folks in a hurry.

**Hike 2:** For a longer walk, you can start the same way as Hike 1, but on returning, look for a side trail to the right marked with a small red/orange flag that takes you

on a traverse up the hill. The trail looks like an old road bed, is fairly wide, and is a nice safe way to get out of the gorge. In around a tenth of a mile you'll come to an intersection with another old road bed; turn right heading up the hill. In about another tenth of a mile the road swings left, and you follow a trail to the right marked with orange tapes. You should reach the crossing of the blue-blazed Onondaga Trail in about a tenth of a mile.

A short walk to the right will take you to the top of the falls. There is a steep pitch for a short distance; in the winter crampons or snowshoes will be very helpful in negotiating this section. The views are lovely and this makes a nice spot for lunch or a snack. The day we were there an ice climbing class was practicing rappelling down the cliff walls, so we got dinner and a show! If you've had enough, you can head back down the way you came but this time keep following the old road; it will come out at a yellow gate about 50 feet north of the parking lot on Rte. 81. This hike is a total of one mile with an elevation gain of about 400 feet.

**Hike 3:** If you're in the mood for a somewhat longer walk, after looking at the falls, turn around and follow the blue blazes back up the hill. Now instead of turning down the orange-ribbon-marked



trail, keep going on the blue trail and in about .75 miles you'll come to the jumping off point for hang gliders, and will have nice views over the Labrador Hollow State Unique Area. This is a lovely walk through a mixed deciduous forest with a gradual ascent of about 500 feet. Turn around and return for a total distance of around 2.5 miles. The old road that the blue trail crosses is the same one you were on previously, so on your way back you can simply follow it down the hill to the yellow gate if you wish.

*(Continued on page 29)*

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