

Finger Lakes Trail NEWS

Spring 2007



www.fingerlakestrail.org

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6 hikes, 64 miles - page 7
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President's Message

Evolution not Revolution

David S. Marsh



Presidential Pancakes

FLTC President David Marsh preparing breakfast for the members of the Board at the January Retreat.

Photo by Jacqui Wensich

When this issue reaches you, our trail will be starting to shed its winter character in concert with all life that embraces its slender threadlike intrusion. We begin to look for signs of life emerging once again, seemingly so slowly at first. It is a time of renewal. "The seasons, like the greater tides, ebb and flow across the continents. Spring advances....It sweeps ahead like a flood of water, racing down long valleys, creeping up hill sides in a rising tide" (Edwin Way Teale). Our anticipation increases for evidence of spring, such as bird migration, a phenomenon we still understand so little about and which brings life and excitement to the forest and fields. We are approaching the vernal equinox. Change is a naturally occurring continual process in nature. We humans frequently resist change, as is often so evident when we are presented with new or different methods, organizations, and organizational structure.

What does all this mean for the FLTC? Should we make changes that will ensure and increase the enjoyment of trail users for many years to come? For the last several years, in January, the Board of Managers has held a weekend FLTC Retreat at the Letchworth Conference Center to delve into issues that were too large to adequately handle in regularly scheduled Board meetings. Can a retreat actually be an advance? Recognizing that "if you do not know where you are going, you will be certain to get there", in the January 2006 Retreat the Board began a long-range planning exercise. This initiated improvements to the FLTC operations beginning in 2006 and set in motion a regular planning cycle. At the time it became very clear that the Board must now begin to shift its focus from one of stewardship (activities related to establishing a trail) to trusteeship (activities related to our stated mission of preserving the trail "forever"). In the 2006 Retreat we analyzed previously defined factors (categories of influence) that affected our FLTC operation recognizing that "we can not direct the wind, but we can adjust the sails". Then these factors were analyzed to establish their individual strengths, weaknesses, opportunities, and threats. Since "life can only be understood by looking backward, but must be lived by looking forward" these results had to be translated into some form of action for the organization.

I am pleased to report that we continued our planning activity this past January with important results proving that a Retreat actually can be an advance. The steps in our 2007 process were:

1. Identify a strategy that would give impetus and focus (we Kodak types love that term) to our efforts over a three- to five-year period, our planning horizon.
2. List the desired future conditions that would result from our strategy.
3. Set goals that are measurable for each factor category.

4. Evaluate the organizational structure to determine its ability to manage the goal efforts.
5. Assign responsibility for each goal.

I would like to share some of the results of our efforts with you so that you will understand our priorities. The long-term goals adopted by the Board can be found on page 3. You should expect to hear more about our progress as it occurs.

When we examined the present organizational structure of the FLTC with reference to these long term goals, it became apparent that it did not sufficiently address the importance of increasing both membership and marketing efforts. Similarly, the current structure did not recognize the importance and need for a concentrated effort to protect the FLT forever. Therefore, the Board of Managers is proposing Bylaws changes to the

membership which will discontinue the officer position of Vice President of Membership, and add an officer position titled Vice President of Membership and Marketing, and a second officer position titled Vice President of Trail Preservation. We are indeed fortunate that Jay Zitter and Ron Navik have volunteered to fill these positions respectively. Changes are also being made to the Board committee structure to more efficiently distribute Board priorities.

I am pleased to report to you that your Board of Managers is embracing change aggressively to better serve our membership and all those who use the FLT, and we hope you will feel that way too. As these newly directed Board efforts unfold, we will certainly require the continued critical support of hundreds of volunteers to maintain the trail in top-notch condition and your membership. You are a vital component of the FLTC. Since membership renewal time is upon us, please renew, and why not consider a lifetime membership while you are at it.

Change is all around us. Soon the first glimpses of green will make their appearance, and the air will begin to freshen with the scents of another spring. You will again feel the call of the trail in a different way, in a different season. Life goes on bringing excitement and meaning to our lives. Move into spring by joining fellow hikers at the FLTC Spring Weekend on May 4, 5, and 6 sponsored by the Genesee Valley Hiking Club at the Swain Ski Center. Happy hiking, and remember, the trail ends only in your mind. □

Are you a Finger Lakes Trail groupie?

The FLTC has an email group (e-group) open to anyone interested. This service can be used to discuss hiking issues, inquire about trail conditions or find hiking partners.

Go to the FLTC website (www.fingerlakestrail.org) to sign up.



FINGER LAKES TRAIL NEWS

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Spring 2007

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Mission Statement

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

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Mary Coffin

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Cover: Photo by Judy Erwin taken on the May 2005 hike of the Schuyler County series. Says Judy, "We moved to the Finger Lakes area in March, 2005. I saw an article in the *Finger Lakes Times* about the hike series and thought that would be a good way for us to get to know people and the area. Once we started hiking the FLT, we were hooked!! We did Schuyler that year and Steuben last season. We look forward to the upcoming hike series. We had done a lot of hiking in the Pacific Northwest (from where we moved), but have never run into such a well-organized group as the Finger Lakes Trail Conference!" Judy lives south of Geneva on Seneca Lake.

Our Annual Appeal was a success! THANK YOU! As of 12/29/06, we received \$14,680 in generous donations from our members against a budget of \$12,000. Your Board of Managers, Officers, and Employees contributed over \$3,400 of that, with **100%** of them participating in the campaign again this year. We do believe in leading by example! Because of your support of the appeal, and because we were able to end the year with a surplus of funds, the Board voted at the retreat to move \$20,000 from the "unrestricted" fund balance to the Sidote Stewardship Fund. As you know, this fund will be used, when the opportunity arises, for trail protection expenses. Trail protection is a major focus for this Board.

The biggest accomplishment for 2006 was our new maps! It was just a year ago that we announced them, and over 30,000 were produced and sold in 2006. Our new color laser printer got quite a workout! Thank you to all who purchased them. While we don't make a lot of money from the sale of maps (we wanted to keep the price reasonable), it does help to finance our operations.

I am happy to report that we did experience a decent growth in our membership this past year. We ended 2006 with approximately 100 more members than we had at the end of 2005. This was due in part to a higher retention rate, and also to our promotion efforts. As you will see in our President's message, we hope to increase membership by at least 5% per year for the next 3 years. Therefore, we need YOU to renew your membership, and if fewer than 100 of our current members each recruited just one new member, we would EXCEED our membership goal. Will YOU help us?

Not to be redundant, but I do want to say that our Board Retreat in January was very productive. We have very dedicated and talented volunteers who have worked hard for you not only at the retreat, but also throughout the year. We have set what we believe to be attainable goals to assist us in



From the Desk of the Executive Director

.....
Gene Bavis

accomplishing our on-going mission. I am honored to work with this group. I serve on a couple of other Boards, and I can tell you that this one is second to none!

While our primary mission is to maintain the trail "forever," we are proud of our programs as well. Currently we are preparing for the Spring Weekend and annual meeting, this year hosted by the Genesee Valley Hiking Club, at Swain. Details are on the website and printed in this issue of the *FLT News*. This year's Hike Series will be on the main trail west of Steuben County beginning in April. Details and registration forms are on the website, also. Thanks to Pat Monahan for coordinating this series. The Fall Campout will be on Columbus Day Weekend (10/5-8) at Hickory Hill Family Camping Resort in Bath. If you haven't been there recently, they have expanded and improved their facilities. We look forward to seeing YOU there and, of course, at our Spring weekend as well. PS...don't forget our three "traditional" conference hikes: The Wally Wood Hike on May 12, the Ed Sidote Hike on July 28, and the Erv Markert Hike on October 13. Save the dates and bring a friend!

Among the exciting projects currently underway is another upgrade to our website. We have experienced some

difficulty with our "shopping" package, so that was the main reason for us to move to a new server. As soon as we complete that part of the changeover, we hope to add **new** features. I won't disclose them now...I'll just keep you in suspense! Check out the website (www.fingerlakestrail.org) from time to time. We have also changed our Service Center email address. The old one will still work, but gradually we will be moving to the new one: FLTinfo@fingerlakestrail.org.

The membership renewal notices, annual report from the President, and proposed bylaw changes to be voted on at the Annual Meeting (May 5) will be mailed about the same time as this issue of the *FLT News*. Please read the materials, renew your membership, and attend the Annual Meeting. If you are unable to attend the meeting, please return the proxy card that will be in the packet.

We love to hear from you. Please let us know of your concerns, your suggestions, and if you like what we are doing, please let us know that, too. We are here to preserve our wonderful trail and to serve our members. □

Gene Bavis, Executive Director
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315/986-1474 (home phone)

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

Our sincere thanks for gifts in memory of:

Elizabeth Dziekonski
Frances Jacobi

from

Edward J. Sidote

Long-Term Goals of the FLTC

Adopted by the Board of Managers, January 2007

Overarching strategy:

Concentrate Board efforts to provide financial security for the FLTC and protection for the entire trail.

Desired future conditions:

- No external threat or internal weakness can destroy the trail.
- Administrative expenses are completely financed through routine membership dues and sales (excluding annual appeal).
- The trail is completely protected.
- Our partnerships with government and related agencies are secure; they have accepted the goal of protecting the trail.
- The trail is widely recognized by residents of and visitors to New York State as measured by interviews, trail registers, number of hikes on FLT, membership, and number of end-to-enders.

Long term goals:

BOARD OF MANAGERS GOVERNANCE

- Move board focus and efforts from stewardship to trusteeship over time
- Develop a list of desired board skill sets and recruit members accordingly.
- Revitalize and strengthen committee structure.

ADMINISTRATIVE STAFF

- Restructure paid staff positions to maximize personnel effectiveness and efficiency in day-to-day operations.
- Determine and assure that accounting tasks are efficiently organized, mechanized, and integrated into office operations.
- Develop ED position to focus on the public face of the organization.

MEMBERSHIP

- Increase net membership by an average of 5% per year over next three years.
- Explore and develop other membership sources.

REPUTATION/RECOGNITION/RELATIONSHIPS

- Increase visibility with state and local governments to enhance their knowledge of the FLT as a valued recreational resource.
- Maintain a presence at events predetermined to provide excellent exposure.
- Develop brand recognition.
- Strengthen relationship with affiliated clubs that will bind the organizations and facilitate establishing common objectives for the trail.

VOLUNTEERS

- Identify need for volunteers and fill them.
- Centralize volunteer information in office.

FINANCE

- Identify and pursue new sources of funds.
- Identify three projects for which to solicit large business donations over the next three years.
- Enhance and promote planned giving program and assure maximum effectiveness.

TRAIL MANAGEMENT

- Make trail protection a Board priority, aiming for two new easements on private land per year.
- Complete Great Eastern Trail route definition within one year and complete five miles within five years.
- Establish a program to move trail off-road one segment per year.
- Complete NCST certification of FLT by three miles in three years.

OUTSIDE INFLUENCE AND COMPETITION

- Establish and maintain productive, on-going relationship with land owners, like-minded organizations, local and State legislators, and the NY DEC and OPRHP.



Walking Through Time in New York:

#16 in a series

The Lackawanna men and the Susie-Q in her "yellow jackets" at South Oxford

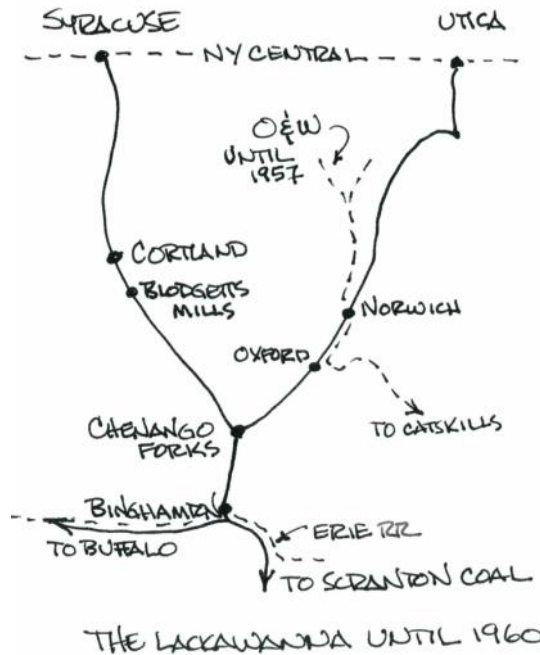
by Tim Wilbur

On map M-25, a stone's throw from the South Oxford Bridge over the Chenango River is a set of railroad tracks with a history dating back to 1869. Four years prior, the Utica, Chenango & Susquehanna Railroad had been building a line from Utica southward, closely paralleling the Chenango Canal System that was completed in 1837 as a link between the Erie Canal at Utica, and the Susquehanna River in Binghamton. The Delaware, Lackawanna and Western Railroad took great interest in the construction of this line, prompting the incorporation of the Greene Railroad that would build an eight-mile section of track to link their two railroads at Chenango Forks, where the DL&W had their line going from Binghamton, through Blodgett Mills (see map M-20) and on to Syracuse.

Shortly after the Greene Railroad connected the UC&SR to the DL&W, the DL&W leased both lines under its banner and it became known as the Utica Branch of the Delaware Lackawanna and Western Railroad.

The DL&W wanted this line to move coal from the Lackawanna coalfields in Pennsylvania to Utica, connecting with outlets to markets in the Adirondacks, New England, and Canada. The men that ran this railroad were proudly referred to as the "Lackawanna Men". In addition to King Coal, other commodities such as milk, grain, lumber, general merchandise, and a passenger service contributed to the success of the railroad.

In looking at any railroad's financial history, once you get past the banner that identifies whose railroad you're on, you'll likely see a wide variety of who actually owned the line or had



Map by Irene Szabo

controlling stock interest at different times in its history. Commonly this would be that of another railroad company. When in a reorganization or bankruptcy, another railroad would

operate the line, but the line would still maintain its own identity as did this line up until 1960, when it merged with the Erie Railroad, becoming the Erie Lackawanna Railroad. The main focus of this merger was to reduce redundant routes to Buffalo. The Utica Branch came in the deal.

As with other railroads in New York at the time of this merger, the importance of coal had dwindled, the passenger service had been discontinued, and just as earlier the railroads had displaced canal usage, the trucking industry was claiming more and more railroad business. Two additional factors that led to the decline of traffic on the Utica Branch were the opening of the St. Lawrence Seaway and the abandonment of the New York, Ontario & Western Railroad that crossed the DL&W in Norwich and was a source of some interchange railroad traffic. (Our trail does not cross the O&W until the road walk on M-28 south of Walton.)

After the extensive flooding and damage caused by Hurricane Agnes in 1972, the E-L reluctantly asked to be

(Continued on page 31)



The trail crosses the tracks immediately east of the South Oxford Bridge over the Chenango River, map M-25, and follows the road (blaze on telephone pole).



Thanks to Jacqui Wensich who found this photo in our archives. Taken in 1982 at one of the annual gatherings, we have first from left to right Howard Beye looking not much different than today (except for that hair...). He was our 11th president from 1981-1984 and as most people are aware Howard is still as active with the FLT as he was back then. He heads the Trail Committee and knows more about the trail than anyone alive.

Next to Howard is Carlton Wright who served as our 3rd president from 1967-1969. Carlton came from Vermont and was a professor at Cornell University. He was a charter member of the FLT and served on the Board of Managers since its organization. He was Chairman of Trails Committee, Finance Committee, and the original Constitution Committee. Carlton resigned before the end of his tenure as president to take a job in New York City as Special Assistant to the Director of Cooperative Extension.

Laura McGuire was our 6th president from 1973-1975. She was appointed Trail Chairman in 1964 and assisted in the building of 75 miles of the FLT.



Taken at the 1982 Fall Campout in Cortland at the Yellow Lantern Kampground

For many years she maintained trail in the Connecticut Hill Wildlife Management Area. When it became part of the North Country Trail, a section was designated the Laura McGuire Trail. She also contributed many articles for the FLT newsletter.

Next is Elma Bowen who served as president from 1975-1976. Elma became FLT archivist soon afterward and kept that position until recently when the FLT Office moved to Mount Morris.

Next in line is Wally Wood whose dream of the FLT is legendary. He

served as President from 1962-1966. He remained active with the organization long after his tenure as president.

Last in this historic lineup is Erv Markert who served from 1971-1973 as our 5th president. Erv was especially interested in trail preservation and worked tirelessly for that goal. He once suggested that a section of trail be left unkempt except for blazing in an effort to deter snowmobile and motorcycle use. □

Thanks to Our Trail Landowners

Please accept the appreciation of the Board of Managers of the Finger Lakes Trail Conference for your continuing permission to route the path through your property. Even if your trail's caretaker didn't say so directly yet this year, know that we all are grateful for the privilege of enjoying your back woods, streams, and fields. On behalf of all hikers and FLTC members, we acknowledge that, without your generosity, we would simply never have a continuous trail across upstate New York.

Marketing the Finger Lakes Trail

by Jay Zitter, FLTC Marketing Committee Chairperson

Our mission statement promises that we will “build, protect, and enhance a continuous footpath across New York State - forever!” To that list of action verbs we might add “promote”. In order to “build, protect, and enhance”, we need members to provide financial support and volunteers to build and maintain trail. The more folks who know about our trail, the more members and volunteers we will have to carry out the mission. Even in our own state, this valuable recreational resource is relatively unknown.

The goal of marketing is to disseminate knowledge about the trail. Over the past three years, we have upgraded our promotional literature, developed a network of county marketing aides who distribute our literature to hundreds of places, placed our information on dozens of recreational and tourism websites, written informational articles for state and regional publications, started to develop traveling programs with CDs and PowerPoint presentations, and created teaser maps for Ellicottville, Watkins Glen, Hammondsport, and Naples. One for Ithaca is in the works.

Last January, at the Board’s 2006 brainstorming and planning retreat, I was given the charge to find a college class or intern who could create a marketing plan for us. Where to start? As I discussed the issue with my husband, he said, “Well, isn’t that what Marge does?” And, indeed, that is exactly what Professor Marge Hubbert, my neighbor, friend, and quilting buddy, does at Cornell.

The AEM 425 team

The Department of Applied Economics and Management at Cornell University offers AEM 425, Small Business Management Workshop, as a senior level course. It pairs small businesses and nonprofits with teams of seniors majoring in business marketing and management in order to work on a focused business problem identified by the business. It is team-taught by

Professors Deb Streeter and Marge Hubbert. We came to the table with the question of how we can best promote our 45-year-old outstanding but relatively unknown trail. Over the summer, I completed an application form, met with an assistant for an hour interview, and made a brief videotape to explain our goal.

Over Labor Day weekend, I learned that we had been selected as a project by a team of three diverse students, all of whom had a deep interest in making a difference in the world and who independently selected our project for that reason. Alexa Bennett is a one-year exchange student from Christchurch, New Zealand. It was delightful to be able to exchange stories with her about our 2003 visit to her hometown. The second member of the team is Ludo Laniepce, a graduate student from Paris, France, at Cornell on a one-year exchange program. The third student is senior Patrick Neuman, a native of Syracuse, who has a minor in natural resources.

Weekly meetings through the fall

Throughout the fall, the team and I met weekly on campus as they grappled with selecting and designing a course project. Our first meeting was a preview of their professionalism and flexibility. Alexa, Ludo, and Patrick were chomping at the bit to get going on the project, and, of course, they had assignments to do! They needed a first meeting as soon as possible. However, I was heading to Texas for a week for the birth of my granddaughter. They suggested we meet at the Dunkin Donuts in Dryden at 8:30 Tuesday morning. They arrived ahead of time with a typed agenda, lots of appropriate questions, and I was impressed. That afternoon, I was off to the airport, content with knowing our project was in energetic hands.

Over the course of the next month, the team read FLTC materials, listened to what our needs were, asked tons of questions at our meetings, and processed the information. At the same time, they had weekly mentoring

(Continued on page 32)



Jay Zitter

L to R: Cornell students Alexa Bennett, Patrick Neuman, Ludo Laniepce working on an FLT marketing study that they chose as their project for course AEM 425, Small Business Management Workshop.

2007 County Hike Series (Allegany) Hiking West: Crossing the Genesee

by Pat Monahan, 2007 County Hike Coordinator

The county hike series continues its trek westward for 2007. “Hiking West: Crossing the Genesee” will begin at the Steuben/Allegany county line and end at the Allegany/Cattaraugus county line on the FLT. The “county hike” will also go through the southern tips of Livingston and Wyoming counties as it crosses the Genesee River for a total of 64 miles on the trail. The monthly hike features bus transportation to shuttle hikers from their cars at the end point to the start point and guided hiking groups to enjoy the trail at your own pace. Hike leaders will offer several speed groups (fast, medium, slow, etc.) so that hikers can find a comfortable pace to enjoy the hike and the beauty of the trail. Hike lengths vary from 7.9-12.9 miles with an average of 10.9 miles. (Finding crossroads to accommodate 100 parked cars, bus turnarounds and maintaining traffic flow can be a challenge!!) This series will be a moderate hike with some strenuous segments—a challenge because of the distance and on one hike (7.9 miles) a series of steep gullies and ravines. Get out on the trail, walk the city streets, walk laps, use the treadmill, do something to get ready. Be sure to hike hills, use the stairs and set the treadmill on a 10% incline. Hikes will go out rain (no rain in the long range forecast for this year) or shine (that’s the plan) on the third Saturday of every month from April to September. Hike dates are April 21, May 19, June 16, July 21, August 18, and September 15 (including a picnic and awards).

Last year during the Steuben County hike series, the word on the footpath was there was no leader for 2007. I was determined to keep the county series intact for future hikers. Terry and Kim Meacham (Steuben County hike leaders) passed the stick to me. With many details completed and many to go, I hope the participants find “Hiking West: Crossing the Genesee” an

opportunity to build friendships, improve their health, meet individual goals, and enjoy the beauty of a footpath called the Finger Lakes Trail.

Interested? Are you up for some fun? Information and registration forms can be downloaded from the FLTC website www.fingerlakestrail.org or by calling the FLTC main office at 585/658-9320. Cost is \$32 per adult for the series and \$25 for adult-accompanied young people. Fees

cover transportation, your patch when you complete the series, and picnic and hike supplies. Registration will be capped at 160 participants. If you have any questions, you may contact county hike coordinator, Pat Monahan, by email pmonahan@stny.rr.com (preferred) or by phone 607/936-8312. □



Jacqui Wensich



Jacqui Wensich

A Little FLT for Everybody

by Irene Szabo

For those of us cranky old fogeys who view askance the gonzo blandishments of a magazine like *Backpacker*, with its testosterone-addled feats featured in exotic locales using ultra-this and ultra-that gear, and yearn merely for a nice walk in quiet woods, imagine the other end of the human spectrum, those for whom moving at all is a serious challenge. So trying to make even a little patch of our public trail useable by those who cannot get about very well is a deserving project.

One heavily visited portion of our trail system is the mile along the Letchworth Branch immediately south of the Mt. Morris Dam Visitor Center parking area. It's right THERE, beckoning even to people wearing pink plastic sandals to venture off the asphalt, plus much of it is wide and nearly level, and offers several good overlooks into the gorge, all the while passing through surprisingly nice woods, considering what a skinny area it is, "squeeze" between the road to the dam and the gorge edge.

The first half of this trail segment is a perfect candidate for offering the public a more accessible piece of the Finger Lakes Trail, a section with spectacular views that almost anyone can navigate. One of its shortcomings, however, has been that it has been walked by so many since I opened this section in 1992 that lumpy roots are now exposed in many places, leaving 3" high toe-stubbers and downright barriers all the way across the otherwise smooth path.

Wood chips are one way of rendering a trail surface more stable and level, but enough to do even this third of a mile would cost almost \$5000. However, in a lovely intersection of fates, every year the Corps of Engineers contracts debris removal from the bottom of the gorge, all of which is turned into truckloads of wood chips. How divinely convenient.

A floating boom across the river bottom collects all the uprooted trees

and general crud that swarms downriver, especially during spring runoff, but during summer's drier times, trucks with "bathtub" trailers descend from the parking area down a dirt road carved steeply into the gorge wall and set up their machinery on a big sand bar. Front-end loaders feed trees into a giant chipper which reduces the rubble into chunky chips, pieces flying every which way from the astounding maw; it's definitely hard hat territory. The contractor then has to dispose of those truckloads of chips, so we had little trouble convincing them to "donate" one load to our project.

Nonetheless, that was still only a pile in the parking area, which needed to be moved down the trail and spread out. Again fortune smiled upon our project, and we were able to utilize the services of a crew from nearby Groveland Correctional Facility, where short-time inmates convicted of lesser crimes are permitted to work outside the prison on public projects, always under the supervision of a guard. However, we were not allowed to take any pictures, in order to preserve prisoners' privacy, so there will be no photos accompanying this part of the article.

Moving the chips down the trail last September took the combined efforts of the Corps of Engineers' staff running their equipment and many trips by our volunteer Bob Emerson with his ATV pulling the FLTC open-topped trailer (ours from the Cost-Share program from the National Park Service, as part of our affiliation with the North Country Trail). Then prisoners with rakes and shovels spread the chips along four tenths of a mile of wide trail, up to a level necessary to cover the protruding roots, which took them most of three days.

The first round of chips can be pronounced a partial success: because these chips are not as finely chopped as commercial material, there are some chunks that are more intrusive than the original roots, but I am slowly flicking them off the trail this winter, and the

prisoners did sift out a lot of them, too. And to our surprise, the chips are settling faster than expected, so a few root tops are already showing slightly. In other words, a second application next year would be wise, but fortunately the river provides endless supplies of debris, and the prisoners will be available again. They were well-behaved and worked hard, primarily because they like these days outside and want to keep the privilege.

The prisoners were actually a bit too efficient, and nearly ran out of other projects at the Mt. Morris Dam, so the Corps asked us to provide a project we have had on our Endless List since we opened our office there in 2001, and that was to provide a wheelchair ramp, a legal requirement for all of the buildings at this Federal site. What should have been a simple bit of carpentry has been instead one of those dreaded jobs, since our office is surrounded by decks at three different levels, requiring separate ramps for any approach to any door! You should have seen local member Jeff Swanson moving our donated refrigerator up steps into the building, years before ramps, alas.

Nonetheless, one of our longtime willing volunteers Tom Witt was pressed into quick service, recommended by his previous experience constructing kits for field assembly of outhouses. Within two days, he and the prisoners, some of them carpenters during the rest of their lives, made a truly handsome three-tiered ramp system into the widest door in the building, so now nearly anyone who has any mobility at all can visit our office after they enjoy a piece of trail, and, yes, there is now an accessible toilet just off the parking lot.

Signage describing the grades and tread conditions ahead is planned for the trailhead at the Dam Visitor Center parking lot, so that all potential users may decide for themselves if they can enjoy the trail ahead. Any other such candidates for welcoming and accessible trail segments out there among our 880 miles? □

Leapfrogging the FLT

We started our end-to-end journey of the FLT in May of 2004 by walking through Treman State Park in Ithaca. We have covered almost 500 of the necessary miles as of February 2007. We did a loop hike of eight miles that first day but were only able to count four miles toward our eventual goal as we had to double back to the car. Living in Binghamton, we find ourselves within an hour of many trailheads but were not interested in losing half our hike mileage to the "loop" nor did we want to take two cars to each hike. We truly enjoy the excitement of the ride together in the same car to the hike talking about whatnot. The decompression of the ride home after a long day of exercise would not be the same if we had to each drive our separate cars. Of course the price of gas doubles if you take two cars also.

Being avid bikers always looking for a training ride for upcoming tandem trips we thought the concept of "leapfrogging" with bicycles might work. We drop our mountain bikes off at the desired ending trailhead and drive back to the start of the day's hike. Mountain bikes seem to be more appropriate than our tandem or regular road bikes as many of the roads near the trail are dirt (mud) and not in great shape. After walking the trail we reach the bikes (helmets waiting there also) and ride the roads back to the car. The ride usually ends up being a bit further than the hike itself and actually sometimes hillier! Our bodies have become accustomed to, and actually seem to crave this type of cross training.

We have navigated about 350 of our 500 miles in this manner. Most of the other 150 miles were done as part of overnight hikes toward both the east and western terminus last year. We have had only one minor mechanical problem during that span. We



Laurie and Roy Dando combined two passions, hiking and cycling, to get back to their car after a day's hike. This was one of the muddy days.

came down a hill that was so steep that the brakes heated the rims to the point of popping a spoke. We disconnected the rear brake and limped back to the car after that. Not a single flat tire either. We find that if we always carry a patch kit and pump, the cycling gods will not flatten our tires. We have braved long downpours on dirt roads only to reach the car covered in mud. It does make for a great picture though. We have had to dodge much wildlife on the DEC roads. One 20-mile post-hike ride found us avoiding a deer, a family of ducks and a turtle. (Why did the turtle cross the road anyway?)

We wrote this article with the thought that this type of hiking might appeal to some of our fellow hikers who are looking for something different. We would love to hear from anyone who has tried to tie hiking our beloved FLT with our other passion, cycling. □

Laurie and Roy Dando
Rdando@verizon.net

FLT Regional Club List

These are the clubs that 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 Genesee Valley Chapter	http://www.gvc-adk.org	Rochester Area
ADK Mid-Hudson Chapter	http://www.midhudsonadk.org	Eastern NY
ADK Niagara Frontier Chapter	http://www.adk.org/chapters/niagra.aspx	Buffalo Area
ADK Onondaga Chapter	http://www.adk-on.org	Syracuse Area
Cayuga Trails Club	http://cayugatrailclub.org	Ithaca Area
FLT-Bullthistle Hikers	http://www.bullthistlehiking.org	Chenango County
Foothills Trail Club	http://www.foothillstrailclub.org	Buffalo Area
Genesee Valley Hiking Club	http://www.fingerlakestrail.org/gvhc.htm	Rochester Area
Triple Cities Hiking Club	http://www.tier.net/~tchc	Binghamton Area

Our Tax Dollars Come Home at Last

by Irene Szabo

Just before Christmas outgoing Governor Pataki's office issued a press release announcing the recipients of several million dollars worth of Recreational Trails Program (RTP) grants. Miracle #1 is, not to keep you in suspense, that the Finger Lakes Trail/ North Country National Scenic Trail received a \$9000 grant that Lynda Rummel prepared, designed to hire back the Buffalo Youth Corps this year to do more dramatic trail improvements in eastern Steuben County.

Historically, to give you all perspective, previous rounds of the RTP program, funded with Federal Highway Administration money and administered in New York by the Office of Parks, Recreation, and Historic Preservation (OPRHP), have gone heavily toward multiple use "expensive" trails that required, say, \$80,000 worth of culvert work or paving, for instance, or snowmobile trail grooming machines, which can go for \$100,000 a pop. Also the money has typically been spent where there are more people (users/voters), often leaving upstate out of luck. A map overlaid with money-colors would show heaviest spending along the Hudson River, a lot in the Adirondacks due to snowmobile trail club applications for groomers, and a decent amount along the Erie Canal corridor, all of these, you'll notice, where our trail isn't. Only a few northern miles of the Conservation Trail have benefited from other organizations' rail trail projects in the Erie Canal neighborhood.

Howard Beye applied once before for a paid crew, a tiny \$5000 request, but it didn't fly. The Central NY Chapter of the North Country Trail Association did receive an RTP grant a couple of years ago for \$30,000 worth of restoration of some eroded portions of a Lehigh Valley Railroad bed they needed to use to keep the trail going northward from Cazenovia toward Canastota, this NCT project just beyond the intended far end of our FLT Onondaga Branch. However, most of

the time our little brown footpath doesn't fit well into the scoring process for these applications. For instance, multiple use (which means adding at least bicycles as intended users) gains points, a sorry state of affairs for our kind of trail, and certain percentages must be spent on motorized trails. (One might observe here that for purposes of RTP grants, snowmobiles have motors, but in NY State Motor Vehicle Law, snowmobiles do not, so that trails which forbid motorized users by law can still allow snowmobiles in winter!)

A significant feature of these grants is that they are so-called matching grants, and reimburse only part of the cost of a given project, leaving the recipient to contribute the rest in one way or another. Luckily the "other half" does not always consist of dollars. For instance, the CNY Chapter leveraged not only their own volunteer labor, donations, and some North Country Trail Association grants, but also had some of the truly heavy lifting done by a National Guard unit that needed a field project for practicing with some serious earth-moving machinery. Nonetheless, they still had to come up with \$15,450 worth of contributions to the project.

In the case of the Steuben County trail

improvement projects, our matches will come from both volunteer labor and, again, Field Grants from the NCTA.

Miracle #2 is a slightly odiferous timing surprise. Typically these awards are announced in June, timed to coincide with National Trails Day in order to garner an extra smidgeon of press coverage for those agencies and politicians who get to announce the happy shower of money. I know from listening to Lynda Rummel's application torments that her deadline was only about six weeks before the Christmas awards announcement, yet somehow, miraculously, OPRHP processed and scored these in record time, whereas they always told the State Trails Council in previous years that it took big teams of people long hours to sift through all these applications and award points and blah blah.

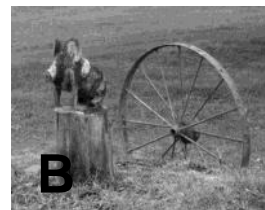
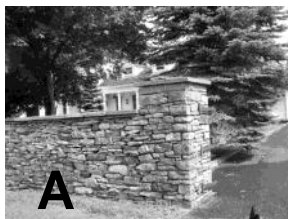
So the outgoing administration gets to put on a shiny gold star as they ride out of town, preventing the incoming administration from getting any of the good feelings next Trails Day in June. What funny creatures these politicians be, eh?

Nonetheless, it's great news, funny or not! Congratulations and thanks to Lynda Rummel for her heroic efforts in putting together the big fat application package. We look forward to reading next fall about improved trail. □

Answers to the Winter "Name that Map!" quiz

Ed Sidote and Heidi Bellenger got the wall correct (M-24, Chenango County)

No one got Babe (M-5 near the Allegany/Cattaraugus county line).



Correction: Credit is Due

We inadvertently neglected to give Lyn Jacobs credit for a photo on the back cover of the Winter 2006 *News*. She should have been credited with the picture of David Marsh on snowshoes.

Article removed at author's request

Sheriffs' Departments along the Trail

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

New York State Sheriffs' Association

518/434-9091

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

Allegany	585/268-9200	Niagara	746/438-3370
Broome	607/778-1911	Onondaga	315/435-3044
Cattaraugus	716/938-9191	Ontario	585/394-4560
Cayuga	315/253-1222	Schuyler	607/535-8222
Chenango	607/334-2000	Seneca	315/539-9241
Cortland	607/753-3311	Steuben	607/776-7009
Delaware	607/746-2336	Sullivan	845/794-7100
Erie	716/858-7608	Tioga	607/687-1010
Genesee	585/345-3000	Tompkins	607/257-1345
Livingston	585/243-7100	Ulster	845/340-3802
Madison	315/366-2318	Wyoming	585/786-8989

Big Trail Festivals This Summer

13-20 July - Appalachian Trail biennial gathering at Ramapo College, Mahwah, New Jersey, hosted by New York New Jersey Trail Conference, offering 182 hikes from strenuous to accessible, 70 workshops including NYNJTC's "Trail U" training in rock work on Bear Mountain, 28 excursions, and youth programs. You are invited to come for the day, the weekend or the entire week. Suitable for families and groups that include both hikers and non-hikers. www.ramapo2007.org or 201/512-9348. FLT and NCT will have exhibits there.

2-5 August - North Country Trail Association annual meeting, Bemidji, Minnesota, near Itasca State Park, the source of the Mississippi River, and the land of Paul Bunyan. Hikes in great northern forests among the 10,000 lakes of Minnesota, trail building workshops, and training for chainsaw certification. www.northcountrytrail.org or 866/445-3628 toll free.

Finger Lakes Trail 2007 Spring Meeting
Hosted by Genesee Valley Hiking Club
Swain Winter Resort, Swain, NY, 607-545-6228
May 4 - 6, 2007

Highlights

- Guided Hikes – FLT Maps 7, 8, 9 and L1, from easy to strenuous
- Friday evening guest speaker – Craig Braack, Allegany County Historian, “The Beautiful Meandering Genesee River”
- Saturday evening guest speaker – Kevin Flynn, “Mount Everest, Confessions of an Amateur Peak Bagger” Kevin has climbed the highest peaks on all 7 continents.
- FLT Store open all weekend - purchase maps, t-shirts, hats and other items.
- For more information, please contact Ron Navik ron.navik@frontiernet.net (phone 585-377-1812)

Schedule of Events

Friday, May 4

Swain Winter Resort

- | | |
|-------------|---|
| 11:00 | Registration table open |
| 12:00 Noon | Hikes depart |
| 5:00 - 9:00 | Cash bar |
| 6:00 | Dinner |
| 7:00 | Craig Braack, Allegany County Historian, “The Beautiful Meandering Genesee River” |

Saturday, May 5

Swain Winter Resort

- | | |
|--------------|---|
| 7:00 - 8:30 | Breakfast |
| 8:00 - 9:00 | Pick up bag lunches |
| 9:00 - 9:30 | Hikes depart |
| 3:00 - 4:00 | FLTC Annual Membership Meeting |
| 4:00 - 5:00 | FLTC Board of Managers Meeting, all are welcome |
| 5:00 - 10:00 | Cash bar |
| 5:00 - 6:30 | Social hour and book signing by Kevin Flynn, author of “Mount Everest, Confessions of an Amateur Peak Bagger” |
| 6:30 | Dinner |
| 7:30 - 8:00 | FLTC Program: Welcome, Announcements and Awards |
| 8:00 - 9:30 | Kevin Flynn, “Mount Everest, Confessions of an Amateur Peak Bagger” |

Sunday, May 6

Swain Winter Resort

- | | |
|-------------|---------------------|
| 7:30 - 9:00 | Breakfast |
| 8:00 - 9:00 | Pick up bag lunches |
| 9:00 - 9:30 | Hikes depart |

Directions to the Swain Winter Resort

- **From Interstate 390:** Traveling South, take exit 7 (Mt. Morris), turn left off of exit, next light turn left, next light turn right onto route 408. Proceed to Nunda, thru light. Next light turn left onto route 70. Look for signs on right for Swain Ski Center, turn right onto route 24, over railroad tracks. We are located on left.
- **From Route 17 (Interstate 86):** Take exit 34 (Arkport) and proceed north on route 36 to route 70, through Canaseraga, look for signs on left for Swain Ski Center, turn left on Route 24, over railroad tracks. We are located on the left.

Hike Schedule

Please use letter designations when registering for hikes.
All Hikes depart from the Swain Winter Resort parking lot.

FRIDAY, MAY 4th

- A. FLT Map M-8 Access 3 to 5, 6.5 miles from Swain to Slader Creek Rd. Moderate. First half is relatively flat, mostly old rail bed, then follow a rocky creek bed up beautiful Garwoods Gully, with great views from the top, ending with a long downhill. 12 noon
- B. Letchworth Branch of FLT Access A to D, 6.5 miles. Moderate. Start at junction with Genesee Valley Greenway in Mt. Morris, hike past great views of the gorge and dam. First of 3 hikes to complete the branch trail this weekend. 12 noon

SATURDAY, MAY 5th (Hikes C, E, F, G and H return by 3 p.m. for annual meeting)

- C. FLT Map M-7 Access 4 to 2, 5.3 miles. Moderate. Start at Fox Hill Rd. with a long downhill to beautiful Keshqua Creek, then go through combination of woods and field edges, ending on Short Tract Rd. 9:15 a.m.
- D. Letchworth Branch of the FLT Access G to M, 9 miles. Moderate to strenuous. This is the southern most part of the Letchworth Branch and has great views of the gorge, high falls and the railroad high bridge. Goes through the "slide area" which will be muddy and uneven. Second of 3 hikes to complete the branch trail this weekend. 9 a.m.
- E. Stonybrook Park, 7 miles. Moderate to strenuous. Another beautiful, but lesser known gorge, located just east of our home base. Big uphill near the beginning of the hike followed by level and downhill hiking. Your leader, David Kuhn, lives right on the edge of the park, knows every inch of it, and can tell you all about its history. 9:15 a.m.
- F. Alfred, 3 miles. Easy. Allegany County Historian, Craig Braack, is your leader and will show you the interesting historical area of Alfred and Alfred University. **Note: 1 p.m. start**
- G. FLT Map M-8 Access 1 to 3, 7.9 miles. Strenuous. Starting at Fox Hill Rd, the trail follows parallel to State Route 70, crossing numerous steep-sided gullies, making its way back to Swain. 9 a.m.
- H. FLT Map M-8 Access 3 to 4 and back to 3, 4 miles. Easy. Trail follows old rail bed to the east of Swain, except for one creek crossing where the railroad bridge has been removed. Out and back from Swain. 9:30 a.m.
- I. FLT Map M-9 Bush Rd. (access 4) to Map M-8, Swain, 12.3 miles. Moderate to strenuous. Starts with a road walk, but continues through some beautiful State Forest land. Several large hills. This could be a "makeup hike" for the people who can't make the County Hike series May hike. 9 a.m.

SUNDAY, MAY 6th

- J. Letchworth Branch of the FLT Access D to G, 9 miles. Moderate to strenuous. This is the middle section of the Letchworth Branch, with many gully crossings, and some views of the gorge. Final of 3 hikes to complete the branch trail this weekend. 9 a.m.
- K. FLT Map M-7 Access 1 to 2, 5.9 miles. Moderate. Cross the Genesee River at Whiskey Bridge and eventually climb the east side of the valley to beautiful views overlooking a large meandering oxbow on the river. Trail continues past the Hesse Lean-to, site of the Wally Wood (FLT founder) stone monument, and on to Short Tract Rd. 9:15 a.m.
- L. FLT Map M-9 Access 1 to 4, 6.9 miles. Moderate to Strenuous. Start at Slader Creek Rd. and climb up to the State Forest Land and hike through beautiful forests to Bush Rd. 9:15 a.m.
- M. Letchworth Park Falls Hike, 5 miles. Moderate. See the three falls that make Letchworth Park a prize jewel. 9:30 a.m.

Meals

Breakfast and dinner served at the Swain Winter Resort. Cash bar available at social hour, so please do not bring your own beverages into the resort building.

Friday dinner, \$26.50 (buffet, including ham, chicken, pasta and salads), 6:00 p.m.

Saturday breakfast, \$9.00 (scrambled eggs, bacon, sausage, toast, bagels, fruit, coffee, tea, orange juice), 7-8:30 a.m.

Saturday dinner, \$26.50 (buffet, including roast beef, turkey, pasta and salads), 6:30 p.m.

Sunday breakfast, \$9.00 (scrambled eggs, bacon, sausage, toast, bagels, fruit, coffee, tea, orange juice), 7-8:30 a.m.

Saturday and Sunday trail lunches, \$8.50 each (ham, turkey or veggie sandwich, chips, cookie, apple and bottle of water). Trail lunches may be picked up at the resort between 8 and 9 a.m.

Lodging

Colonial Motel – 6544 Rt. 19A, Portageville, NY 14536, 585-493-5700, www.colonialmotelny.org, \$60/night + tax for 1 double & 1 single bed, \$70/night for 2 double beds. 15 miles, 20 min. to Swain.

Comfort Inn – One Canisteo Square, Hornell, NY 14843, 607-324-4300, \$81.00/night based on double occupancy. 15.5 miles, 20 min. to Swain.

Country Inn & Suites – 130 N. Main St., Mt. Morris, NY 14510, 585-658-4080, \$123/night. 21.4 miles, 44 min. to Swain

Camping – Letchworth or Stony Brook State Parks, 800-456-2267, www.reserveamerica.com

Days Inn – Rt. 36 and Webb's Crossing Rd., (I 86 Exit 34 South), Hornell 14843, 607-324-6222, \$70.56 w/tax 1 double bed, \$76.16 w/tax 2 double beds. 14.2 miles, 20 min. to Swain.

Daystop Dansville – 9616 Commerce Dr., Dansville, NY 14437, 595-6023, \$62.15 w/tax 1 double bed, \$68.81 w/ tax 2 double beds. 15.2 miles, 20 min. to Swain.

Econo Lodge – 7462 Seneca Rd. N., Hornell, NY 14843, 607-324-0800 \$66/night based on double occupancy. 15.5 miles, 20 min. to Swain.

Greenway Motel – 6456 Route 36, Mt. Morris, NY 14510, 585-658-4500, \$45 + tax for 1 double, \$55 + tax for 1 king or 2 doubles/night. 21 miles, 40 min. to Swain.

Logan's Inn – Exit 4 off of NY I-390, 106 Clara Barton St., Dansville, NY, 13327 585-335-5840 Per night: 1 person \$75.46, 2 people \$81.01, 3 people \$92.11, 4 people \$97.66 including tax. AAA discount available. 14.2 miles, 20 min. to Swain.

Mountainside Inn – Teresa Crawford, Main St, Swain NY 14884, 585-476-5665, www.crawfordinns.com \$150/night for 2 night stay based on double occupancy, \$20 to add rollaway bed, 0.1 miles, 2 min. to Swain Ski Resort.

Swain Condominiums – Marilyn Weidman, 2264 County Rd. 24, Swain, NY, 607-545-8939 \$160/night or \$150/night for 2 nights for unit that sleeps 6 or 8 people. Call for details of beds/room, etc. 0.1 miles, 2 min. to Swain Ski Resort

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

REGISTRATION – Must be received by April 15, 2007. Full refund for cancellation cannot be guaranteed after April 15. *Please detach and mail registration form with check payable to the Genesee Valley Hiking Club.*

Genesee Valley Hiking Club
16611 Banner Beach Rd.
Kendall, NY 14476-2777

For more information, please contact Ron Navik ron.navik@frontiernet.net (phone 585-377-1812)

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone(s) _____ e-mail address _____

Contact in case of emergency: contact name/phone _____

Expected arrival day/time _____ Local hiking club affiliation if any) _____

Special request? _____

Fill in \$ amount below, amounts are per person.

	# of People	Cost
Registration: GVHC and FLT members \$6, others \$8	___ @ ___	_____
<u>Meals</u>		
Friday dinner	___ \$26.50/meal	_____
Saturday breakfast	___ \$9.00/meal	_____
Saturday lunch-circle choice: ham, turkey, veggie	___ \$8.50/meal	_____
Saturday dinner	___ \$26.50/meal	_____
Sunday breakfast	___ \$9.00/meal	_____
Sunday lunch-circle choice: ham, turkey, veggie	___ \$8.50/meal	_____
	Total	_____

Hikes

Please indicate choice by letter for each day, and # of people for each hike. See schedule.

Friday _____ Saturday _____ Sunday _____

Please Read and Sign the following:

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

Print Name _____ Signature _____ Date _____

PrintName _____ Signature _____ Date _____

Invitation to the Annual Meeting

All members of the FLTC are invited to the Annual Business Meeting of the Finger Lakes Trail Conference, Inc. on May 5th at 3 p.m. at the Swain Ski Center in Swain, NY. Among other matters to be discussed and reports to the membership, members will vote on the nominees (names published in this issue of the *Finger Lakes Trail News*) for the Board of Managers. Other nominations may be made according to our bylaws. The membership will be asked to modify the bylaws. A proxy form for those unable to attend the meeting as well as the details of the proposed bylaw modifications will be mailed to members in March. Further information may be requested from the FLTC Service Center at 585/658-9320.

Nominees for the FLTC Board of Managers

Class of 2010

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 5, 2007 at the annual business meeting in Swain, NY. Members who cannot be present are urged to mail the proxy form they received with their membership renewal letter.

Phil Dankert. In April of 1992, after a very long hiatus from hiking, I signed up for the Tompkins County hike series. At that time I had no thoughts about doing any more hiking, I guess partly dictated by my lack of knowledge regarding the Finger Lakes Trail. Things changed over the following several years and in June 1998 I became End-to-End #79. I only need to hike the northern 52 miles of the Conservation Trail to complete the Branch trails. I have been a member of the Cayuga Trails Club for almost 15 years and have held various positions in it including Co-President for the last four years. I am also a member of the Finger Lakes Trail Conference, the North Country Trail Association and the Finger Lakes Land Trust.

In January 2005 I was appointed to the FLTC Board of Managers to fill a position that had been vacated. Presently I serve on the Finance and Archive committees and am the Tompkins County Marketing Representative. In addition I have taken on the responsibility for finding potential sellers, in Tompkins and Schuyler counties, for the *CTC Guide to Hiking Trails of the Finger Lakes Region* which includes 10 FLT maps. I maintain two miles of the main FLT, something I have only done for several years. I am a retired Cornell University librarian where I was employed for 41+ years.

Pat Monahan. During the last year, my job at Alfred University has taken me over many of the back roads in Steuben County. As I drove through the rolling hillsides, I kept noticing green road signs (placed by the Steuben County Highway Department) with the FLT logo marking the trail crossing county roads. With a pair of sneakers, I reached the top of the steepest incline in the county out of breath with a racing pulse and loved it. I had been bitten by the hiking bug. I enjoy hiking the trails in Kanakadea County Park, Spencer Crest Nature Center, city streets, state forest land and wildlife management areas and, of course, the Finger Lakes Trail. Since March, I have logged about 120 miles toward my goal of becoming an end-to-end hiker in 2008. Currently, I am the 2007 county hike leader for "Hiking West: Crossing the Genesee". I am also working with a small group of people from New York and Pennsylvania to put the trail on the ground for a future branch trail/connector trail that will bring the Great Eastern Trail through New York State. Living in Corning with my wife and daughter, I have found hiking to be a great way to explore the beauty of upstate New York.

Cheryl Peluso. I grew up the oldest of six children in South Buffalo. Grandma lived three miles away on an acre of land with a "crick" and woods in back behind her property. Most times when we visited her we would beg to go to the crick. I believe that is where my love of the outdoors began. I did like to walk a lot and that turned into a love for hiking. I used to think that no one else in western New York liked to hike until I learned about the hiking clubs a few years ago: Niagara Frontier chapter of the Adirondack Mountain Club first and then Foothills Trail Club. Joining these clubs opened my eyes to a whole new world of activity: hiking, snowshoeing, backpacking, and weekend trips. When I joined Foothills I learned about trail work. I had been clueless, up to that point, about who maintained the trails I used so frequently. Currently I am the Outings chair for our chapter of the ADK and the Programs Chair for Foothills. To me both positions serve as a mission to encourage Western New Yorkers to get outdoors. New York State is such a beautiful state and there are so many beautiful spots, we need to get out and

(Continued on page 19)

Board of Managers Nominees ...

(Continued from page 18)

experience it all. Did I forget to mention our richest asset, the people? I have met the best people while hiking! They have become mentors, friends, and allies. I am very grateful for all the experiences I have had so far as a club member and look forward to even more ahead. As much as I hate board meetings, being part of the FLTC board is one way I can give back to the hiking community. I think that there are things to learn from each club I belong to, and I look forward to serving on the FLTC board.

Georgeanne Vyverberg. After moving to Naples, New York, I found the Bristol Hills Branch of the FLT and soon became a member of the FLTC in 1979. I have worked as a lab tech at Kodak Park in Rochester as well as held part time jobs leading nature hikes and classes for Cumming Nature Center. For several years I ran my own very small landscaping company in the Naples area.

More recently I was Director of a small rural library in Gorham, New York, and assistant to the manager of the Naples Library. I still work part time at the library managing the collection there. I have served on the Board of Managers for the past two years and am the Archivist for the FLTC.

George Zacharek. As an ADK-Onondaga chapter member, I was a steward on the Finger Lakes Trail. Soon I thought that I should join the trail conference and support them. My first term on the Board of Managers began in 1996, and I attended the first Board Retreat at Letchworth Park. I have been on the membership committee ever since. My end-to-end number is 132; seeing New York State this way is quite an experience. I am a videographer for PAC-B Baldwinsville, which is a public broadcasting station, and I also promote our hiking clubs.

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 2007 fiscal year is \$850.00.
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.

Welcome!

New and Returning Members August through October:

Royce Abel	Rochester	Ian Johnson	Pittsford	Robert Phipps	Fairport
Joanne Altre	Fairport	Tim & Kathy Jones & Matt Jones		Edmund A. Ressler	Nedrow
Jon & Kathy Bowen	Baldwinsville		Binghamton	Audrey & Brian Rice	Fairport
Linda M. Busko	Hintingdon, PA	Lois Justice	North Tonawanda	Will Richardson & Family	
David Carter, MD	Manlius	Steve Kettelle	Pine City		Geneva
Brit Chase	Denver, CO	Dan Klessig & Judy Hope-Klessig	Dryden	Serena Rinker	Boynton Beach, FL
James & Anne Edwards	Canandaigua	James Larnard	Horseheads	Ronald A. Schaefer	Shortsville
Marjorie Elder	Victor	Mark Larsen	Norwich	Frank H. Starr	Corning
Patrick L. Fava	Batavia	Gerald Loeb & Martha L. Young	Caledonia, ON	Brett Steeves	Hammondsport
Rachel Frey	Greencastle, PA			Mare Steiniger	Buffalo
Shelly-Lynn Florence Glover		Peter Mann	Fairport	Deborah Streeter	Ithaca
	Sleepy Hollow	Irene Melly	Wyalusing, PA	Steven Stykos	Cranston, RI
Sarah Gottschalk & B. Arnold		Linda Michalczak	West Seneca	David Taggart	Lisle
	Towanda, PA	Charles Miess	Glenwood	Tom Tupper	Little Valley
Bob Green	Canandaigua	Christopher J. Mooney	San Diego, CA	Rachael Ward	Fairport
Ken & Judy Harbison	Rochester	David & Jane Nadeau	Rochester	Ray Ward & Family	Waynesboro, VA
David Hartley	Scottsville	Mike Nagle	Mentor, OH	George Welch	King Ferry
Daniel Human	Lockport	Billy O'Brien & Family	Trumansburg	David Wilkinson & Family	
Jane Huston	Stevens, PA	Peter Parken MD	Painted Post		Clifton Springs
David A. Jackson	Spencer	Richard & Suzanne Peebles		Youth Group c/o Peter Parken, MD	Painted Post
Dr. & Mrs. Robert Jacobson			Pittsford		
	Dryden				

Trail Work Ahead— Volunteers Needed

Yes, trail work ahead. As the Finger Lakes Trail Conference (FLTC) has been doing for nearly 20 years, we harness the energies of eager volunteers to get out on the FLT System and do a Good Turn, as the Boy Scouts say, for those who will be using the trail and its physical facilities in the future. We call these organized groups of volunteers 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, made up of from 8 to 14 adults; youths 16 and older can participate if a parent or guardian will also be on the crew. All persons, regardless of current skills, are welcome to join a crew. You should be in reasonably good physical condition to perform manual work and to walk in to work sites. We share in the food preparation and cleanup. The food and lodging space are provided at no cost. Dishes and silverware are provided. We provide the work tools and transportation from base camp to work sites, as well as transportation, for those requiring it, to and from the airport, train or bus station closest to base camp. All crew members must be members of the Finger Lakes Trail Conference.

The dates of the three Alley Cat Trail Crews for 2007 are:

June 11-15 at Camp Sam Wood near Pike, NY, on map M-6. Lodging in the Barlow Cabin. Work will involve improving a portion of the trail in Bear Creek State Forest

Trail Topics



**Howard S. Beye,
Chair**

Trail Management Committee

on map M-4 near Franklinville, along with mowing and other spring cleanup along the trail between maps M-4 and M-9 near Canaseraga.

July 23-27 at the Holland Community Center in Holland, NY, on map CT-6. We will be tenting at

the Center with cooking and eating inside. Workers staying nights will need to bring a tent. Work will consist of reducing steep trail slope and widening the tread width on three major gullies between Vermont Street and Carpenter Hill Road.

September 17-21 in Taylor Valley State Forest, near Chenango, NY, on map M-21. We will be tenting at the Chenango Camping Area and using the picnic shelter to prepare food and eat under. Work will be stabilizing a creek bank using gabion baskets and preparing the foundations for the new 65-foot bridge across Chenango Creek.

Interested persons should request an announcement and application from the FLTC Trail Operations Office at fltcf@frontiernet.net or 585/288-7191. Since food and lodging space is being provided, preference is given to those who will be staying for the entire week, but if room is available, shorter periods 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.

New Trail Steward and Trail Sponsors

The Foothills Trail Club reports they now have the entire trail in Allegany State Park being taken care of by Trail Stewards. The latest to be assigned the 6.4 miles of trail

Trail Up for Adoption

Catskill-Central Region. Individual trail sponsors are needed for the following trail sections:

Map M-28, 29 From NY Route 10 to West Trout Brook Road (8.1 miles of which 6.5 miles are on road)

Map M-29 From West Trout Brook Road to the junction of West and East Trout Brook Roads (3.8 miles)

Map M-30 From parking area on Campbell Brook Road to Campbell Mountain Lean-to (3 miles)

If you are interested in more details or would like to apply for a section, contact Mike Gebhard, area coordinator: 607/693-4118 mvgebhard@hughes.net

Catskill-West Region. Individual trail sponsors are needed for the following trail sections:

Map M-27 From NY Route 8 to Dry Brook Road (3.3 miles)

Map M-27 From Dry Brook Road to County Road 27 (1.9 miles)

Map M-27 Blue side trail to Oquaga Creek State Park (1.9 miles)

To volunteer or ask questions, contact area coordinator Jim DeWan: 607/775-3001 goshawkbait@aol.com

Finger Lakes National Forest. The FLTC is still looking to find several people who would be interested in becoming trail stewards 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 1960s. They would receive instruction and assistance with tools and other supplies. To learn more about this opportunity contact Chris Zimmer, Finger Lakes National Forest, Ranger District Office 607/546-4470 czimmer@fs.fed.us. If you do take on the job, please let the FLTC Trail Operations Office (585/288-7191, fltcf@frontiernet.net) know of your assignment.

between ASP 1 and Bay State Road is **Cheryl Peluso** of Hamburg.

The Bristol Hills Trail Coordinators, **Tom and Donna Noteware**, reported that **Brett Steeves** of Hammondsport is now working with **Richard Liebe** on the trail between Camp Cutler at Clement Road and Naples Creek at NY Route 245. Replacing **Sally and Keith Prather** after nine years of service is **Vince Domeraski** from Hammondsport, covering the trail between County Road 74 and County Road 77. After 17 years as Trail Sponsors of the trail between Italy Valley Road and the Italy Turnpike, **Robert and Engelke Heggie** of Penn Yan have retired. **Edward and Mary Loesch** of Branchport, who previously were the Trail Sponsors between Brink Hill Road and Italy Valley Road, have replaced them. The new Trail Sponsor between Brink Hill Road and Italy Valley Road is our Conference president **David Marsh** of Canandaigua.

On map M-6 just west of the Genesee River, **Justin Thaine** of Angelica has taken over the trail section between Camp Road and NY Route 19A at River Road from **Paul Hoffman**.

Genesee-East Trail Coordinator, **Irene Szabo**, is pleased to announce that the new off-road section of trail, formerly located on Knight Settlement Road, has **Gary Haff** of Bath as its new Trail Sponsor. This road section previously was sponsored by **Jim Willing**, who continues to sponsor trail on map M-11 between Gay Gulf Road and where the trail leaves Cochrane Road going east.

Tom and Donna Noteware reported they have secured **Girl Scout Troop 942** from Hammondsport to become the Trail Sponsors on map M-12, for the June Bug Trail, a side trail from the campsite on Mt. Washington to the Glenn Curtiss Air Museum on NY Route 54.

Joe Dabes, Watkins Glen-East Trail Coordinator, reported that the **Adventure Recreation Club at Ithaca College** has given up their section of trail on map M-18 and that **Grant Denis** of Dryden is now the Trail Sponsor of the trail between NY Route 79 and Harford-Slaterville Road and that **Charles Smith** and **Claudia Melin** of Freeville are the Trail Sponsors of the trail between Harford-Slaterville Road and the microwave tower.

David DeForest, Catskill-East Coordinator, reports we have a new Trail Sponsor group consisting of

Mary Hall, her husband **David Barnes**, and **Judy Rosen** of Roscoe for the section of trail on map M-30, between Holiday & Berry Brook Road and Mary Smith Hill Road. The section was previously sponsored by the **Catskill Outdoor Education Corps at Delhi College**, who continue to sponsor trail on either side of the new group from NY Route 206, map M-30, to the east end of Alder Lake on map M-31, plus the trail from the Balsam Lake Mt. Trail, map M-32, to the parking lot just north of Round Lake on map M-33

Getting Your Name on the List

We also keep lists of persons interested in being notified if an opportunity becomes available in an area near their home to become an Individual Trail Sponsor a Trail Steward with an organized club or group. If you are interested in having your name put on either of these lists, please contact the Trail Operations Office at flt@frontiernet.net or 585/288-7191.

(Continued on page 22)

Western New York Trail Building Workshop Scheduled for June 9th

Here's an opportunity for any and all Western New York trail enthusiasts to learn the basics of trail building and reconstruction from a real veteran.

Mary Coffin, long-time trip leader and trail builder for the FLTC, NCTA, and ADK (Onondaga Chapter), will present a day-long workshop on trail building, on Saturday, June 9th, in Holland, NY (FLT map CT-6).

The workshop is free; however, participants must sign up in advance (see below) and should bring lunch, water, gloves, and trail tools (e.g., mattock or Pulaski, loppers, bow saw, etc., if you have them), and dress for working out of doors. The workshop will start at 9:00 a.m.

Lynda Rummel will assist, and she and Howard Beye will bring additional tools. Mary, Lynda and Howard are all certified in the NCT's Gold Star trail standards. Field work will be on sections of the nearby Conservation Trail. By the end of the workshop, participants will have the satisfaction of having made significant improvements to the trail. While the terrain may be difficult in places, the work is not expected to take advanced skills or exceptional strength. Participants will be taught how to use a clinometer and inclinometer, as well as the other trail building tools.

The workshop is an "outreach effort" of the FLTC's Trail Management Committee, initially intended to help the Foothills Trail Club and the ADK-Niagara Frontier Chapter "build capacity" by increasing the number of club members who are interested in trail building and maintaining and have the skills to do so. However, interested persons who are not members of these clubs are invited and encouraged to attend, too. Mary is donating her time, knowledge and teaching skills; we urge you to take advantage of this special opportunity.

To register for the workshop: Please send an email to Lynda Rummel at lgrassoc@roadrunner.com to confirm your attendance and receive directions to the rendezvous site. Alternatively, call or leave a message for Lynda at 315/536-9484 (no phone calls taken during the month of March). Please contact Lynda by June 7th, at the latest.

Trail Topics ...

(Continued from page 21)

Goals Set by Board

To insure there is promotion, improvement and protection of the Finger Lakes Trail System the Conference Board of Managers has set several goals for the Conference. Those goals which pertain directly to the physical trail are listed below. (The full list of goals appears on page 3.)

1. With trail protection being a top priority, work to obtain two trail easements on private land per year. The trail is currently protected by trail easements on 24 properties.
2. Establish a program to move at least one segment of our trail system off road per year. There are approximately 190 miles of trail on roads; the total system is 890 miles.
3. Complete North Country National Scenic Trail (NCT) certification of at least three miles of FLT by 2010. Currently certified to date are 258.2 miles out of a total NCT route of approximately 421 miles, which includes 80 miles on roads. This leaves 82.8 miles which are off road and can be certified.
4. Complete the route definition of the Great Eastern Trail by January 2008 and complete a minimum of five miles of the approximately 30-mile route in New York State by January 2012.
5. Strengthen relationships with affiliated clubs that will bind the organizations and facilitate establishing common objectives for the trail. No measurable goals established at this time.
6. Identify need for volunteers and fill them. Centralize volunteer information in the Service Center Office. No measurable goal established at this time.
7. Increase visibility with state and local governments to enhance their knowledge of the FLT System as a valued recreational resource. No measurable goal established at this time.
8. Establish and maintain productive, on-going

relationships with landowners, like-minded organizations, local and state legislators, NYS DEC and NYS OPR&HP. No measurable goals established at this time.

Goals 1 and 2 are vested with the new V.P. of Trail Preservation, Ron Navik, who will be working with the appropriate subcommittees of the TMC (Trail Management Committee) to accomplish these goals. Goals 3 and 4 have been assigned to the V.P. of Trails, Howard Beye, who will work with the appropriate subcommittees of the TMC. Goal 5 comes under the new V.P. of Membership/Marketing, Jay Zitter, using appropriate conference committees. The previously listed three vice presidents, as well as other conference committees, will address goals 6 through 8.

As you can see, we have our job cut out for us, but I am sure that all those involved with the operational aspects of the trail system will be working toward meeting and more likely exceeding these goals.

What can the hundreds of our members and friends who are reading this article do to help us meet or exceed these goals? Perhaps you may have a suggestion that would help us get a section of trail off road. Maybe someone you know owns some land which would make a good off-road opportunity to explore. Is it possible you might be able to work in your own area to increase the visibility and value of the trail? I am sure Jay Zitter would be glad to hear from you. How about some suggestions from members of Trail Sponsor Clubs or other organizations on how the FLTC could make your tasks easier and/or more productive? These are just a few ideas. Give some thought to how you just might be able to say, "I made that happen and we now have a better trail." Maybe you might get a section of trail route protected with a Trail Easement. There are a lot of ways our members and friends can help us all have an extra special trail. As our Mission Statement proclaims, "The mission of the Finger Lakes Trail Conference is to build, protect, and enhance a continuous footpath across New York State. Forever!" We all can share in helping the Conference be all it can be. Thank you for your interest and the support you have given in the past. Now, working together we can get more great things accomplished. □

Leadership and Planning Positions Still Open!

Trail Coordinator, Genesee West: Trail Management Committee Chair Howard Beye is looking for an individual or couple to coordinate the work of club and individual Trail Sponsors west of the Genesee River. Trail Coordinators are responsible for general oversight of trail conditions in their area, helping clubs and individuals solve problems, working to get Trail Stewards trained by holding workshops as needed, maintaining good conference/maintainer relations with landowners, and serving as a member of the Trail Management Committee. To learn more about this position, contact Howard at 585/288-7191 or fltc@frontiernet.net

Trail Projects Planner: This individual will 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. The assignment does NOT include actual conduct of those projects, but will involve canvassing stewardship groups for project needs annually.

End-to-End Update

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

End-to-End Hikers

The following End-to-Enders completed the FLT main trail in November 2006:

- #220 Tami Metzger, Norwich
- #221 Philip Metzger, Norwich

Two college students backpacked the FLT main trail during their Christmas break from SUNY Brockport in 25 days during December 2006 and January 2007:

- #222 Kenneth B. Alton, Batavia
- #223 Patrick L. Fava, Batavia

Alton and Fava did one 43-mile day and averaged almost 22 miles per day. They are both Eagle Scouts and to best of my knowledge are first End-to-Enders to backpack the entire main trail during the winter months. They dedicated their hike in memory of their deceased Scoutmaster and mentor. An article about their hike appeared in the Batavia newspaper, and you will be able to read their first-hand accounts in the next issue of the *News*.

A future end-to-ender recently added to my list is:

Pat Monahan (Pat is organizer of the 2007 County Hike Series.)

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

- | | |
|------------------------|-----------------------|
| Susan Collier | Carrie French |
| Bob Collins | Mahlon & Sarah Hurst |
| David Cook | Erica LaBuz |
| Jeff & Betty Constable | Larry Lepak |
| Lee Douglas | Ken Lewaine |
| Wes Ernsberger | Robert A. Richer |
| Karl Eurenus | Horst & Sigi Schwinge |
| Kathy Foote | Carol Watts |

My apologies if I overlooked your report .

My goal this year is to reach 25 new End-to-Enders, so start planning your hike schedule for this year, especially if you would like me to be there with your patches.

Branch Trails

Several hikers, including members of FLT-Bullthistle Hikers, are in the process of hiking the branch trails. According to Gene Bavis we have 46 hikers who have reported completing the branch trails.

Car Spotters Additions

Robert E. Cuffney, Maps M-23, 24, 25
Tony Savitsky, Maps M-23, 24, 25
Chris Snow, Maps M-24, 25, 26
Pat Monahan, Maps M-10 thru M-15

The complete current list containing contact information can be obtained from the FLTC Service Center (585/658-9320) or by emailing Gene Bavis (gbavis@rochester.rr.com) or

from me.

Excerpt From a Trail Register Notebook

"When you can no longer pause to wonder and stare rapt in awe, you are as good as dead. Your eyes are closed." (Lucy near as I could tell, quoting Albert Einstein)

Happy Hiking!

Edward J. Sidote
5 Clinton St., Norwich, 13815-1903
607/334-3872
ejsidote@frontiernet.net

Please update your address books with Ed's new email address.

Young Hikers in the News

As Ed mentions, the end-to-end backpacking hike of Eagle Scouts Ken Alton (#222) and Patrick Fava (#223) was written up in their local newspaper, the *Batavia Daily News*.

End-to-End #210, John Colm Sweeney (age 11 at the time he completed his hike last summer) and his father and hiking companion John Sweeney were also featured in their local newspaper, the *Binghamton Press*. John's older sister, Nicole, became end-to-end hiker #147 in 1999 at the age 10, also hiking with her father, who now has completed the entire FLT twice. John Colm is the youngest boy to complete the trail, Nicole the youngest girl.

News from FLTC Charter Member Paula Strain

Ed Sidote received a note from Paula Strain who was our second President from 1966-1967 and a charter member of the FLT. She would like to hear from old friends and hiking companions. Paula now lives in Maryland and has recently received a 50-year membership plaque from the Potomac Appalachian Trail Club. She continues to be a member of the FLT and her expertise guided the trail in the early years. She can be reached at the following address.

Paula M. Strain
403 Russell Ave. #816
Gaithersburg, MD 20877

The Way of the Turtle

24 Years on the Finger Lakes Trail

by Sheila Ferrari, End-to-End Hiker #217

It all started with a book, of course: *25 Walks in the Finger Lakes Region* by Bill Ehling. One of the walks in the book was Shindagin Hollow, which I did in July 1982. Another one was from the Jumpoff in Ontario County Park to Gannet Mountain. I used to do that one every October. One day I saw a sign that said the trail was maintained by the Finger Lakes Trail Conference out of Rochester. “Hmm,” I thought. Wonder if they have trail maps?

Boy, do they!

I used to live in Seneca County, five miles north of the north end of the Interloken Trail. I cross-country skied that trail several times. Queen Catharine Marsh was a little further south, hard to follow back then. The FLT through Watkins Glen is a lovely walk. I did the Bristol Hills Branch as a group hike, The Bristol Stomp, coordinated by Dave Auer and Irene Szabo, in 1993. I did the Conservation Trail as part of a group hike organized by the Foothills Trail Club in 1995 and 1996, I think. All I ever saw was their backs, disappearing into the distance. Fine, I thought, I’ll move along at my own speed, seeing what I see, feeling the serenity of going at my own pace. And so the turtle...

Turtles don’t necessarily have goals. The journey is the thing and the adventures and experiences, sights and sounds that one meets along the way. A scarlet tanager female trying to select just the right branch for a nest, while the male waits impatiently. A wood thrush pair telling me to get away, get away. Four-inch-long salamanders (adult-phase red efts?) in a roadside pool. A chipmunk making a booming sound with his throat, like a frog. Deer snorting at me, telling me I was off the trail. (They know exactly where it is.) And the flowers!

My mother and I did the Letchworth Trail during the 1994 and 1995 seasons. We counted 36 ravines on one day’s hiking! The Onondaga Trail was done piecemeal from 1994 to 1998. And so the branch trails were completed April 19, 1998

Main Trail

I had hiked a lot of the central portion while living in Seneca County. The Conservation Trail end-to-end bagged me Allegany State Park. On my own for several falls I camped at Little Pond State Park and hiked the higher Catskill hills such as Cabot Mt. and Mary Smith Hill. Schuyler (1994), Cattaraugus (1997) and Cortland (2003) Counties I did as part of the cross-county hike series. Maps 9, 10, and 11 were done with my dear friend Allison Midgley of Wellsville. Kathy Disque of Kirkville helped me finish Map 12. Maps 22 – 32, with the exception of the higher hills in the Catskills, were done with my hiking partner Gail Ellsworth of Macedon.

Memories: rediscovering my love of hiking while strolling the pastoral valley crossed by Map 6; the bluetick mother and puppy coon hounds that adopted me on Map 7 and then didn’t want to get out of my car once I got them back to their home; the garden stands I would stop at on the way home from a day of being in the landscape; the outstanding basket I found in Arkport, put out at the curb full of moldy magazines; Allegany and Chenango Counties taking two hiking seasons each because the trail goes west to east and then turns and runs north to south down the length of the county; the grey-phase screech owl I saw on Map 10; my dog Joey, my faithful hiking partner for 12 years; the still beauty of the headwaters of the Beaverkill River; seeing Ed standing by his Buick at the end of the trail on



Ed Sidote

Sunday, October 1, 2006, ready with the patches and the camera; the cookies spelling out “Way to Go Sheila 2006” that Gail had baked and brought with her.

I would like to thank the trail angels who helped with car spotting: Ev Hittle, Tom Reimers, Irene Szabo, Walt Woeful, Mary Sive, Dorrie Buttell, Larry Blumberg, and Ed Sidote. A huge thank you also goes to all the gracious landowners who allow us to cross their land. And to all the trail stewards who maintain the trail. I know this takes countless hours. Thank you all!

The turtle eventually gets there. And so it ends—my connect-the-dots adventure along the Finger Lakes Trail. Where will the turtle lead me next? □

Note: Sheila made a donation to the Sidote Stewardship Fund. of \$1 per mile (\$562).

It's All About the People

by Carol Smith, End-to-End Hiker #218

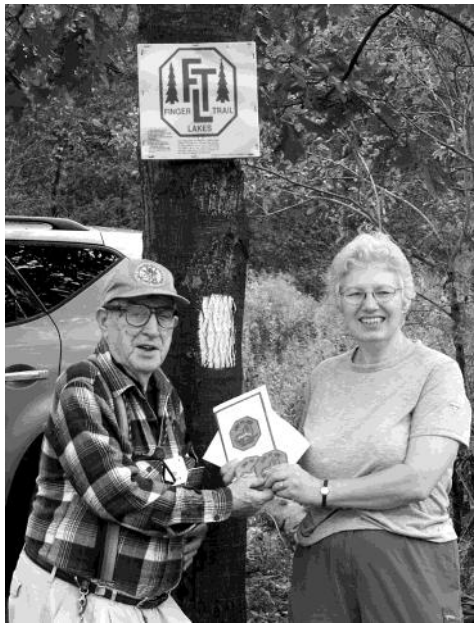
It's all about the people.

Most people think about communing with nature and the peace and tranquility that hiking can bring. I agree those are all wonderful aspects; however for me it's been about the people. I know it's very risky to start naming names for fear of missing someone. If I do, please forgive me and know that you are appreciated none the less.

Ed Sidote of course is the first on the list. I spoke with him many times in the late '80s at events at Rogers Environmental Education Center in Sherburne. He would be there handing out info and promoting the FLT. He convinced me I should try hiking the trail. Then there's my ex-husband who hiked the first section of trail with me along with my kids in June of 1991. Over the next five years we hiked most of Chenango County. But just because a couple hikes together doesn't mean that they stay together. We separated in 1997 so I was without a hiking partner.

Then in 1999 I saw an item in the newsletter about Jack VanDerzee leading a series in Cortland County. But the first hike was 12 miles! That seemed pretty long for me so I emailed him to see if there might be a shorter option. He put me in touch with Jo Taylor who invited me to join the group she was hiking with. They were starting earlier and taking it slower. It worked perfectly for me. I had always enjoyed looking at wildflowers along the way and felt pretty knowledgeable until I met Jo. I quickly learned that she could out-identify me in a heartbeat and that her husband Bob who kindly served as a sag-wagon driver for us was even more knowledgeable.

Others in our group that year included Betty and Fred Schaeffer and Sharon and Bill Galbraith. Sharon and Betty are organizers extraordinaire. They went on to organize hikes in Chenango, Tompkins, Steuben and Delaware and



Ross Miller

Carol Smith receiving her patches from Ed Sidote.

Ulster in subsequent years. They also took charge of organizing our end-of-the-year picnics which were always a gourmet delight. Or at least we thought so after hiking 8-10 miles. Bill Galbraith was always great to have along on a hike and was my salvation at the end of one of our hikes when I got back to my car and found a flat tire. Fred provided some great conversations as well as sag-wagon support on many hikes. Then there were Tim and Nancey Wilbur. Tim always knew where the trailheads were and would have an FLT sign at the crucial turn so we wouldn't miss it. He also forgave me for losing one of his pre-water resistant maps in a stream. Nancey was another of our car spotters. I'll always remember huddling in the back of their pick-up truck while we waited out a thunderstorm so we could start one of our hikes in Steuben County. Barb Hackett who had previously hiked with the group joined us for the last hike that year and future years. Later, as she was working to

finish up her end-to-end we enjoyed some makeup hikes together. Her perseverance convinced me that I would be able to finish the trail someday too.

Then there was the time that my sister, Gina, agreed to go with me to make up a hike I had missed. We drove two cars for an hour only to discover that I had left my boots at home. Would you believe she went back with me another day so I wouldn't have to hike in sandals?

The year we did Tompkins County, Bill Chervenak joined us. His quiet humor was always welcome although there were times that it took me awhile to realize that he wasn't serious. Don French and Kim and Terry Meacham joined us that year too. I remember how young and foolish I was when I first met Don. We were waiting to start and I thought to myself, "Does he realize how far we're hiking?" Well, Don was out ahead of me and most of the rest of us for that hike and many others to come. He went on to finish the trail with Kim and Terry the following year.

Kim and Terry deserve an extra round of thanks. I was hiking with the others on the Conservation Trail and we had ended up hiking a little longer than intended and I ran out of water near the end. We went to our hotel and changed and went out to dinner. We were just finishing dinner when I became ill. Kim and Terry volunteered to take me to the emergency room in the next town and spent the evening in the waiting room of the ER. It turned out just to be dehydration but I have to thank them again for all their help. Fred Schaeffer is also due extra thanks for some head holding he did that night.

(Continued on page 27)

End-to-End Story

by End-to-End Hiker #220, Tami Metzger

As many previous FLT end-to-enders have indicated, completing the trail is made more enjoyable (and more bearable at times) by sharing the experience with others.

We would like to thank the many people who made our adventure possible:

- The landowners who so generously allow use of their land.
- The trail stewards who keep the trail in a condition easy to traverse.
- The car spotters who helped us in the western part of New York, Alma Dunham and Ray Zinn, and Ed Sidote from our own area who was always ready to help with travel to Delaware County.
- The cross-county series program organizers and volunteers for the four series we completed (Cortland, Tompkins, Schuyler, and Steuben) as well as the many participants we hiked with along the way who provided support and friendship.
- Special friends Jeff and Betty Constable with whom we traveled many miles on foot and by car and with whom Phil spent countless hours planning and scheduling hikes. We will continue to support them as they complete the FLT in 2007.

Personally, I thank Phil for his constant planning and perseverance to get me through. It was initially not a dream or goal of mine to become an end-to-ender. I was just “along for the ride” until I realized I had so few miles left to finish (just 30 miles more than Phil) and that I could help fulfill Ed Sidote’s goal of having twenty end-to-enders this year.

We began thinking about the FLT in the fall of 2001. Our youngest son would be leaving for college the following fall and the prospect of becoming “empty-nesters” and regaining our freedom made us realize we needed to find something that we would enjoy doing together.

As luck would have it family members from Ohio had moved out to the western U.S. and had left Phil a set of FLT maps they had always planned to use someday. When looking through them and realizing the trail ran right through our area, the stage was set.



(Continued on page 27)

Persistence and Relying On Others

by End-to-End Hiker #221, Phil Metzger

Five years ago I had no idea the Finger Lakes Trail came through my home county, Chenango, land of the Bullthistle. Once Tami and I realized the trail was close by, it wasn’t long before we ventured out, on January 5, 2002, for the first time. Three days later fate intervened. While out snowshoeing on the trail we ran into Ed Sidote, on snowshoes himself. Many of you have probably had this experience and many of you were probably lured, as I was, into becoming an end-to-ender (e2er) by his genuineness and unbridled enthusiasm. Ed’s the real deal. So, I was hooked...Tami...not so much.

Side note: Three years later Ed would take me aside and say with the utmost gravity, “If you want me to be there when you finish, you’d better hurry up, I’m not sure how much longer I’ll

be around.” I nodded somberly, until an older gentleman, an e2er himself, leaned over and said quietly, “He told me the very same thing 15 years ago.”

In 2002 I set a goal of finishing the FLT in 5 years. Tami demurred. The first year was made up of mostly shorter hikes in Chenango County. We were clueless that the Chenango County Hike Series was raging all around us. We never saw any of those hikers. If we had, it would have been quite a shock, as I don’t think we ran into a single person on the trail in our first year. During 2002 we ended up hiking approximately 70 miles, all in Chenango County, except one 10-mile hike at the FLTC Spring Outing near Mt. Morris.

We were slow to start in 2003 but finally hit the trail in April as part of the Cortland County Series and enjoyed Warren Johnsen as our hike leader in the medium fast group. We were fortunate to have such fine hike leaders and organizers for the four County Series we participated in, including Joe Dabes, Jim and Sigrid Connors, Marie Inglee, Irene Szabo and Kim and Terry Meacham. This participation turned out to be crucial as we met many hikers, including Fred Carranti, Karen Luciani, and Horst and Sigi Schwinge, whom we would hook up with to start the intimidating Catskills and complete western New York. We became friends with many and would also see our group’s loyalty demonstrated and learn that nobody messes

(Continued on page 33)

End-to-End Album

Carol Smith ...

(Continued from page 25)

Over the years another man came into my life. Now my fiancé, Ross Miller was a great support through all of the hikes. Although not a hiker himself due to hip problems he was able to hike with me on a couple of my last hikes after having a hip replacement. He also served as sag wagon extraordinaire and made several trips around the state with me. Just saving me some of the driving on those long trips to the western part of the state was a great help.

Then there were my kids, Nate and Erin, who hiked some of those early hikes with me. Then along with their

significant others, Sarah Dibble and Mark Peruzzini, we spent a weekend camping and hiking in the Catskills. Erin and Mark also joined me on some of the group hikes and some hikes out west and provided me a B&B on my way to and from hikes. And of course they all joined me for my last hike on October 1.

I also gained many friends when I joined the Bullthistle Hikers and some of them joined me on my western hikes. It's great to have a group of hiking partners right close by. Another hiking group that I have to thank is the Triple Cities Hiking Club. They were very accommodating while they were trying to clean up from the Fall Outing and let us have our little end-of-the-

hike celebration there at Amahami.

Of course I could not have done this without the generosity of the landowners and all the hard work of the trail sponsors. I hope someday we can find a way to get to know more of the landowners and thank them for their gift. Their donation is priceless.

So, thanks to everyone even if I didn't mention your name. I couldn't have done it without you! I never would have guessed I would make so many new friends when I first met Ed there in Sherburne. □

Tami Metzger ...

(Continued from page 26)

We began hiking the trail in January 2002, in Chenango County, doing short hikes (2-7 miles) and driving two cars to get us from beginning to end. After attending the 2002 Spring Outing in Mt. Morris and completing a 10-mile hike there, it was apparent we could do more. We continued to work on Chenango County throughout 2002.

In 2003 we joined our first Cross-County Series (Cortland) and quickly realized the benefits of hiking with a group. Susan Collier helped me make it through the first hike as I had been ill in the week prior and the day was very wet and miserable (as were many of the Cortland hikes that year). We also started Delaware County in the fall, hiking part of the Catskills with a small group of people, a few of whom we had met from participating in the series.

The year 2004 found us on the Tompkins Cross County Series. Our good friends Jeff and Betty Constable decided to join us at this time. We discovered that our commute home

from the hikes could be made more enjoyable by stopping for ice cream along the way. Upon request we can provide a list of a number of quality ice cream shops in towns near the trail.

Also in 2004, the Bullthistle Hiking Club was formed in Chenango County bringing together yet another set of hiking "buddies". This afforded the opportunity to complete much of Delaware County through organized hikes.

It was on one of these hikes that I experienced a bear sighting. The group had stopped for lunch near some well-placed logs. Afterward, I decided to take a bush break up ahead before continuing the hike. As I rounded a corner a bear suddenly entered the trail from the left and just as quickly exited to the right at a dead run. I froze momentarily then quickly hurried back to join the group and report the sighting as we listened to him crashing through the woods.

In 2005 and 2006 we completed the Schuyler and Steuben Cross County Series. By making a full hiking weekend out of the majority of our trips out west we were able to come within striking distance of completing

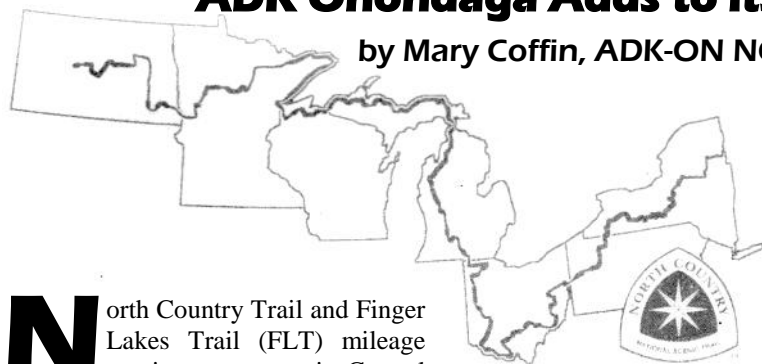
the FLT in just less than five years.

Without regard for the predicted adverse weather conditions on November 12 we left home to embark on our final nine miles of the FLT. The Constables were on standby to transport Ed Sidote and meet us at the end of the trail near Masonville. About half way to the trailhead our car suddenly died. We quickly called our support team to let them know the problem, fully expecting to postpone the final hike to take care of our ailing vehicle, but NO!!! A new plan was quickly devised by the Phil and Jeff duo, with the Constable's bringing our second car to us to continue on our way while they took care of getting our dead car towed, returning to pick up Ed, and continuing with the original plan to meet us for a celebration as we completed the FLT as end-to-enders #220 and #221, thereby fulfilling Ed's goal of having twenty end-to-enders for 2006.

Indeed, it has been a rewarding experience with far too many memories to fully recount but which will always be with me. □

ADK Onondaga Adds to its FLT/NCT Mileage

by Mary Coffin, ADK-ON NCT Team Leader



North Country Trail and Finger Lakes Trail (FLT) mileage continues to grow in Central New York through the work of the Adirondack Mountain Club's Onondaga Chapter (ADK-ON). The North Country Trail mission of ADK-ON is to extend the NCT and FLT Onondaga Trail 21 miles eastward from Spruce Pond while also maintaining the existing 90-some miles of the FLT under its sponsorship. The extension project is now 54% complete.

A major accomplishment achieved by the end of the 2006 work season was the construction of trail in Highland Forest Park. One can now hike 5 miles road to road across Highland Forest on Onondaga FLT/NCT from Cowles Settlement Road to DeRuyter Reservoir. The trail is constructed, benched, blazed and 2.7 new miles are waiting for NPS (National Park Service) certification. The trail passes

the Skyline Visitor's Center and kiosk built by the park staff. It is very visible to the public and should make the NCT highly visible to park visitors. An NPS map board will be placed on the kiosk, thanks to the Challenge Cost Share program and volunteer sweat equity. Our six-day Alley Cat-like marathon trail building week in June was a great help.

Workers continued to construct off-road trail east of Highland Park as well. Since most trail sections ascend and descend steep glacial hills with elevation changes of 500 or more feet, a great deal of 10% clinometer flagging and benching are required. But the varied topography yields great views from the hilltops and makes the trail interesting.

To help protect and inform about the trail, ADK-ON has created a brochure

to be distributed in communities around the trail. The NCTA cartography department designed a map of the NCT/FLT Onondaga Trail extension that will be part of the brochure. It will be used with several community outreach walks this year. An informative slide show about the NCT and FLT will be presented prior to the community walks. We hope neighbors of the trail in adjacent communities will begin to view the trail as a community resource and help us protect it.

A huge breakthrough occurred this fall when the NYS DEC Region 7 Office broke its seven-year hold on new trail construction on state land and permitted us to construct pre-approved trail in Morgan Hill State Forest. The DEC provided an intern to GPS the route and it is the focus of 2007 construction. The last of the landowner permissions have been obtained and 12 more stewards have been recruited to maintain the new trail sections. When the trail is completed, thanks to the GPS and map work of Joe Dabes, an O-2 map will be created to reflect the extension. □



Work crew: Paul Sacks, Ray Sergott, Bill Brosseau, Tony Rodriguez, Bill Coffin

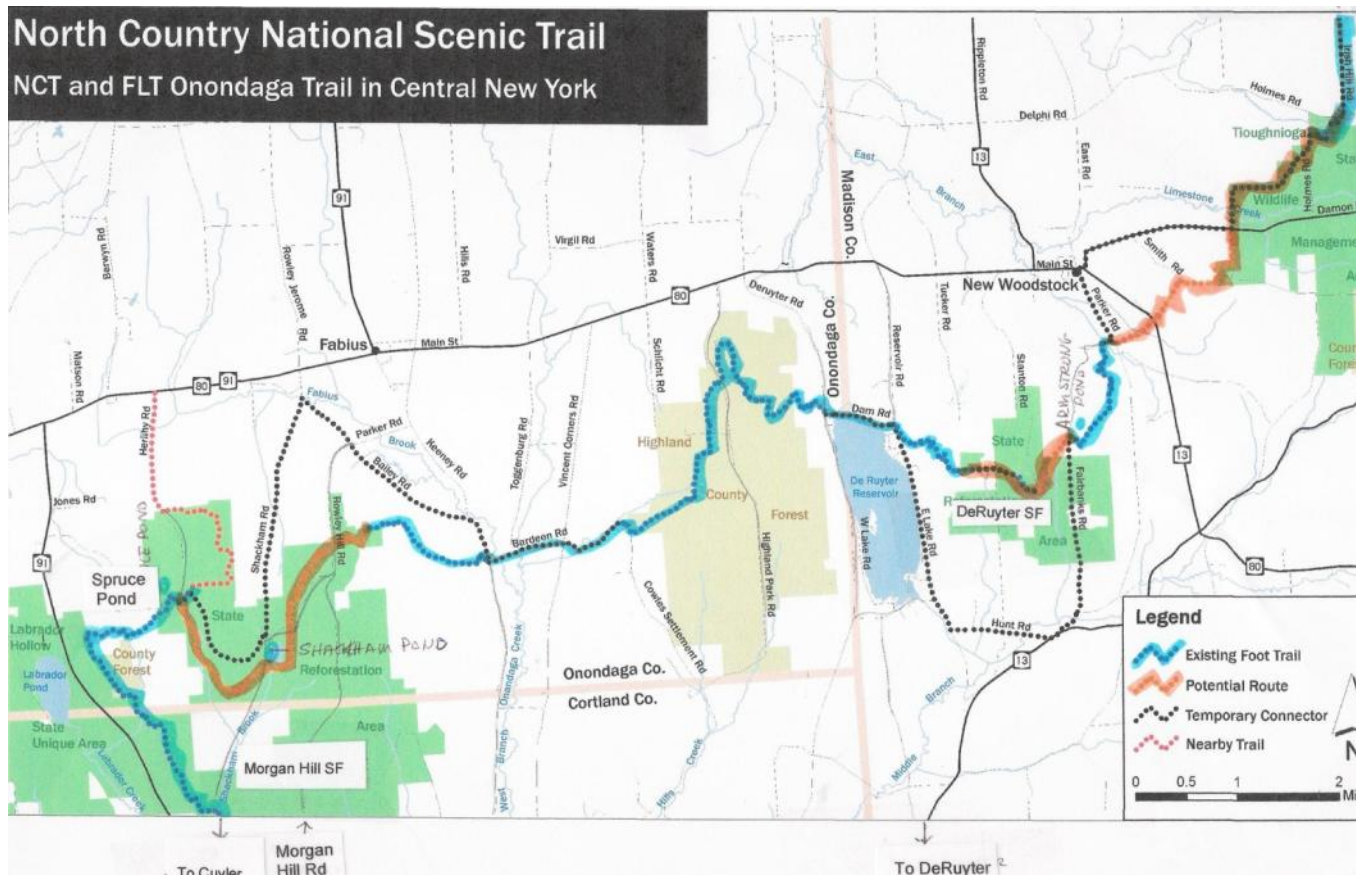
A Special Deal for FLTC Members!

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

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<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: _____

North Country National Scenic Trail

NCT and FLT Onondaga Trail in Central New York



Map and photos provided by Mary Coffin



Above: DeRuyter Lake from NCT

Left: Many hands make light work. Student group on new NCT in Morgan Hill State Forest.

Pre-existent Condition: Coronary Heart Disease

by Bob Michiel, M.D.

With this article, author and column editor Dr. Bob Michiel completes NINE years of the popular Trail Medicine series. Dr. Michiel is a Syracuse cardiologist and a hiker.

This article will focus on the effects of exercise and hiking on people with known coronary (artery) heart disease. Coronary heart disease refers to blockages in the coronary arteries, blood vessels that transport blood with oxygen and nutrients to the heart muscle. Blockages of coronary arteries can lead to several consequences. Moderate to severe obstructions can produce angina or chest pain with exertion. Sudden total occlusion of a coronary artery can lead to a myocardial infarction or heart attack, which may cause permanent damage to the heart muscle.

Not everyone experiences the same symptoms as a consequence of coronary artery disease. Some people with severe coronary artery disease experience no symptoms and can even have heart attacks without realizing it (silent myocardial infarction). This occurs more often in people with diabetes, where pain mechanisms can be altered. Other people, especially women, can experience angina, despite having mild, seemingly insignificant degrees of coronary blockages. Angina can manifest itself as chest pain, shortness of breath, nausea, arm pain or numbness, neck pain, jaw pain and even a toothache. Most commonly but not always, angina occurs with exertion, when the blockages in the coronary arteries prevent supply of adequate amounts of oxygen and nutrients to heart muscle with increased energy demands. However, angina can also occur at rest, which can indicate a more serious problem.

Many individuals with coronary heart disease experience few problems. Anti-anginal medications are often very effective. Blockages or stenoses of coronary arteries are often opened up with procedures such as coronary



stents, or bypassed surgically with coronary artery bypass grafting. The results of medications and procedures are often excellent, and lead to good quality of life and improved longevity. However, it is vitally important to realize that coronary artery disease is not curable. Just like rust on our cars in central New York, coronary heart disease is a chronic condition, which often can be controlled but not eliminated. We have medications to suppress symptoms and retard progression of disease, and perhaps sometimes cause regression of blockages. Coronary stents, angioplasties, and bypasses improve circulation-they are miraculous plumbing operations-but they do not affect the underlying causes of coronary disease, the propensity to continue to develop blockages of coronary arteries. This propensity is multifactorial, including genetic factors-family history, gender (males are more prone to coronary disease than women), diabetes, high blood pressure, elevated lipids, smoking, obesity, and sedentary life style. We can't do anything about our family history or gender. The other risk factors are modifiable and can be treated with lifestyle changes such as regular exercise, weight loss, smoking cessation, and medication.

Physical activity, especially aerobic activity in moderation including walking and hiking, can provide major benefits for people with coronary disease. Benefits include improvement

in the efficiency with which muscles including the heart utilize oxygen and nutrients, making the muscles more efficient machines. People with blockages of coronary arteries who exercise are more apt to develop natural bypasses of blockages, called collaterals. Additional benefits relating to the heart include improvement of hypertension, diabetes, obesity (must be in conjunction with diet), hyperlipidemia (improvement of blood fats, including increasing good, HDL, cholesterol and lowering of bad, LDL, cholesterol). Control of the risk factors for coronary disease will improve both survival and quality of life.

There is however a dark side to exercise. A sudden or acute coronary or cardiac problem, including angina, heart attack, heart rhythm problem and death is more apt to occur during exercise, especially strenuous exercise. Additional factors can exacerbate heart conditions, such as extreme temperatures-especially cold but also heat and humidity, dehydration, and the stresses of a non-heart related injury. Hikers also have to deal with logistical problems-it is difficult and time consuming to obtain help when on the trail. Time can be critically important in dealing with certain types of heart attacks and attendant problems, where the sooner they are treated in a hospital setting, the better are the chances of survival and good functional outcome. Coronary problems can arise unpredictably, even if the disease is well treated with medications and procedures.

The risk of exercise in no way means that people with coronary heart disease should not exercise. The many benefits of exercise vastly outweigh the risks. However, I would suggest several precautions and considerations:

1. Know your condition, diagnosis, medications, and allergies. Carry a paper with this information because in an emergency, it can be difficult to remember these things.

2. Prepare for the unexpected, such as extreme temperatures and problems with terrain. Bring appropriate gear for changing weather conditions. Avoid hikes where conditions are more unpredictable and difficulties are more apt to occur.
3. Think about logistics-what you will do if you do get chest pain or heart symptoms. Bring your medications, including regular medications, aspirin, and nitroglycerine as appropriate. Bring a charged cell phone so that you can seek help quickly if you develop a problem. Avoid hikes in more remote areas where help and access to hospital care is not readily available.
4. Avoid activities involving heavy isometrics-lifting, pushing, and pulling-such as backpacking with a heavy load, portaging with heavy canoes etc.
5. Speak with your physician about your hiking and exercise. Most likely you will have had stress testing, which will provide some guide to your physical tolerances. However, keep in mind that a stress test performed under controlled circumstances cannot reproduce environmental conditions and unexpected problems that frequently occur on hikes. Additionally, while a negative (good result) stress test will indicate that it is less likely that a major heart problem will occur, this is not absolute and unexpected heart problems can and do occur regardless.
6. When participating in group activities, it is wise to alert a hiking partner or group leader that you do have a heart condition. While the group leader cannot take responsibility for problems that might arise, handling of unexpected events during the hike may be improved.
7. When considering a group activity, if the risk of the activity is excessive in relation to your condition, do not take the approach that you are willing to "die with

your boots on", as long as you are doing something you love. While I think this attitude is understandable, it is not right to burden your fellow hikers with the need to deal with an avoidable problem.

When all is said and done, exercise and hiking are wonderful, as long as you do it in a "heart smart" way. I look forward to seeing you on the trail. □



Jacqui Wensich

Your Board of Managers at work—January Board Retreat

Walking through Time ...

(Continued from page 4)

included in the northeast reorganization of railroads that became Conrail. Conrail's assessment of the Utica Branch (and the Syracuse Branch through Blodgett Mills, M-20) was that they were redundant and they sold the Utica Branch to the Susquehanna and Western Railway, nicknamed the Susie-Q, a fast growing regional railroad with bright yellow and black "yellow jacket" engines.

Fast-forward to the present and history has repeated itself to a lesser degree. The heavy rains of the 2006 spring and summer season created some flooding that washed out or undermined several locations, making train traffic unsafe from the Binghamton direction. Repairs have yet to be made for train traffic to be possible from the Utica area south. Coupled with the lack of

on-line customers in the South Oxford area of our trail crossing, there is talk once again of possible abandonment of the line. So the next train we may see crossing our trail at the South Oxford Bridge may be the last train 'Yellow Jacket', with its workers ripping up the rails and reclaiming the ties, plates and spikes.

(Before the current suspension of trains due to the 2006 rains, I inquired of several local people, including a neighbor of the tracks, the model railroad museum staff in Norwich, and a store's clerk next to the tracks. No one was sure just when the trains did go through. One said early morning, another was sure it was late afternoon on a weekday, and many could not remember seeing a train in some time. So, to be safe, remember the railroad safety slogan, "A train on any track at any time".) □

Marketing ...

(Continued from page 6)

meetings with Marge in addition to class time. Each week brought more focus to the project.

Letter of Engagement for the deliverables

By the end of September, they were ready with their Letter of Engagement, a business document that serves as a contract when no money changes hands. The letter of engagement outlined the goals, methods, and deliverables of the project. Their goal was to validate the market for business memberships and to develop a marketing strategy in order to attract business members if they discovered that such a market existed. They conducted phone interviews with large and small businesses in Cortland, Tompkins, and Schuyler counties. In addition, they researched by phone other large trail organizations to find out their methods of attracting business memberships.

Presentations on Nov 4 and Dec 4

Alexa, Ludo, and Patrick gave up a free Saturday on November 4 to attend the Club Leader Summit in Virgil and gave a brief report on their progress. I later learned that the earnestness they observed there deepened even more their commitment to the project. Richard Gastauer, Trails Chair of Foothills, generously and impetuously presented each of them with an FLTC sweatshirt.

They gave the final oral presentation at the ILR Conference Center on campus on December 4. Gene Bavis, Dave Marsh, Phil Dankert, George Zacharek, and I piled into one car, grateful for the campus parking pass given us by the team. Videographer George brought the equipment necessary to create a DVD of the occasion and later presented a copy to each student.

The students alternately narrated a PowerPoint presentation explaining the results of their research and its implications for the Finger Lakes Trail Conference. They also presented us with a 40-page written summary that



L to R: Patrick, Ludo, Alexa, Prof. Deb Streeter, Prof. Marge Hubbert at the final presentation of their project's results to FLTC leaders on December 4.

went into more detail than the oral presentation. The final portion of the presentation was an invaluable question-and-answer period with the students and their professors.

Implications for the future

The results of the project showed that indeed there is a market for small business memberships along the trail. We already have ten business members, whom we appreciate greatly. The report urges us to actively seek more and gives advice on how to proceed. In addition, the professors provided us with websites, book titles, and names of journals for us to consult to develop our knowledge and skill in marketing.

It would have been difficult if not impossible for volunteers from the conference ever to complete the research done by this capable and energetic team. Their work provides documentable support for the conclusions and makes the Board optimistic about the outcome of an investment of resources in pursuing a business membership program. We have extended our deep appreciation to the students and to their professors for the services they so graciously and effectively rendered to the Conference.

□

Frances Jacobi

Frances Jacobi, who was one of the charter members of the FLT, passed away at the age of 91 years November 21, 2006. Francis worked for the University of Rochester and was also a long time member of the Genesee Valley Hiking Club. The Genesee Valley Hiking Club hosted the earliest meetings of the Finger Lakes Trail Conference and Frances became our first recording secretary. She also typed a number of the first issues of the *Finger Lakes Trail News* and was the Service Center secretary for quite some time.

She also served on the first Archive Committee. In 1992, the 30th anniversary of the FLTC, Frances was honored with the Wallace Wood Distinguished Service Award. She was recognized for serving on the Board of Managers and in various roles working with the production and editing of the *Finger Lakes Trail News*.

Phil Metzger ...

(Continued from page 26)

with the medium-fasters on the listserve (Remember: Don't mess with Fred!) During 2003 we hiked approximately 90 miles and looked forward to a more ambitious 2004.

Funniest line I heard on the trail: Tired hiker, three quarters of the way up a long, long climb: "Will this hill ever end?" Hike Leader Joe Dabes: "Don't worry; it levels off at the top."

Least funny response I got on the trail: In the pouring rain, a wet, tired Betty Constable asks her Hike Leader: "Phil, how much further?" Phil, consulting his slightly damp map, "Looks like only two miles left." Approximately one mile later, a slightly wetter, more tired Betty C. asks, "How much further now, Phil?" Phil consulting his map, this time right side up, answers, "Uh...three miles to go." Response: a cold stare from Betty and Tami muttering, "You've got to be kidding me!"

The year 2004 started with the Tompkins County Hike Series, and we were beginning to feel like veterans. Additionally, the Bullthistle Hikers Club was born and leading hikes under the tutelage of e2er Fred Gee became a great way of completing sections we needed. Unfortunately, 2004 also brought serious lower back issues for me and resulted in being able to complete only about 60 miles as things stalled in October. After a few months off and a breakthrough, due to John Sarno, MD's book, *Healing Back Pain*, I would resolve my 14-year back pain issues and never miss a hike again due to back problems. In fact, the end result has been over two pain-free years and counting.

In 2005, anxious to get back on pace, we discovered winter road walking as a good way to rack up the mileage and make those dreary road miles disappear. 2005 was also the summer of...eerie music, please..."Machete Madness!" Leading a hike in the Catskills we encountered brambles the

likes of which I had never seen before. Long stretches of the trail were completely cut off by nasty thick brambles from the ground to well over six feet high.

Best learning-on-the-job moment on the trail: As I hacked my way through the bramble jungle I noticed that every time I glanced back, Rich Breslin and company were happily munching away on luscious black caps while they waited for the trail to be opened up for passage. Realizing I was first in line I began selectively picking the biggest and juiciest berries before laying waste to the vegetation with my trusty blade. I had discovered a nice reward system for being the lead and only bushwhacker. The only price was a very sore forearm and machete elbow for a couple of days afterwards.

The 2005 season saw my miles spike to 140 with Tami completing 110 for the year. At this point it was doubtful that I would complete my e2e within the 5-year goal and Tami hadn't even officially signed up as an e2er yet, even though she had completed around 330 miles so far. A quiet word to the relentless Ed Sidote, who got a gleam in his eye, resulted in Tami getting a packet in the mail 2 days later. When confronted, Phil answered innocently that all he had done was mention to Ed how many miles Tami had completed. Ed, as expected, took care of the rest.

Persistence turned out to be the word for 2006 as we set an ambitious schedule requiring lots of time in western New York hiking 20-25 miles per weekend, softened by the highly recommended "Just a Plane B&B", "Daily Bread B&B" and the Hornell Comfort Inn (say "hello" to Ana). Good restaurants and ice cream shoppes took the sting out of some the long hot hikes and cold rainy ones as well. Always present were the woods, fields and vistas, along with the first class companionship of Jeff and Betty Constable, Horst and Sigi Shwinge, Rich Breslin, Deb Chapin, Dick Corbin, among others, helping us complete the western miles in good

company. And who could forget climbing Delude Hill, in a full van, which proved to be the year's biggest challenge. Phil yelling, "Don't stop, keep going...don't get too close to the ditch...keep going, if you stop we'll get stuck", while Tami vigorously pressed on up the hill, colorfully questioning Phil's wisdom in recommending an unknown seasonal road, and causing surprised looks by the passengers unfamiliar with such vernacular coming from the usually placid driver. "Delude Hill" now has a special meaning in the Metzger household, and Rich B. is fond of bringing it up whenever he sees Tami, as in, "Well, at least it isn't as bad as Delude Hill, is it Tami?"

The 2006 hiking season and our 5-year FLT adventure ended with a 9-mile hike from Shear Road to Butts Road in Delaware County (Karen L. opined that this was the perfect road to end on.). Things began poorly on the final hike when the van died on the way to Delaware County. Jeff and Betty Constable came to the rescue with our other car and there was never any thought of abandoning the hike (at least for Phil and Jeff.) In five years and over 75 hikes I have always used my FLT maps to track progress, sometimes accurately. However, for the first time in all those years, I forgot my FLT maps. So there we were, out there on our last e2e hike, hiking blind... except, of course, for those handy white blazes that kept us moving in the right direction. Unable to track our progress on the mostly flat and gentle descent through and over various types of terrain and tree cover we were surprised to hit the road as soon as we did, signifying that we only had three miles left and that we were well ahead of schedule. Pit crew boss Ed Sidote was planning to meet us at the end with Jeff and Betty. As we streaked along Route 8, we encountered the pit crew, just west of Masonville, heading to pick up our car. It was close, but Jeff put the pedal down in my hybrid,

(Continued on page 34)

Phil Metzger ...

probably cutting the gas mileage from 50 mpg to 40 mpg, and he was there to get set up for photos of the home stretch. Betty also pulled up with Ed to unload in plenty of time to welcome us as we came in for our final steps. Next, we all headed for a small celebration at Michelangelo's Pizza in Sidney and J&B surprised us with an ice cream cake from Ives Cream Ice Cream Shop of Norwich. It was decorated appropriately green with a chocolate trail, all crafted by Katie Ives. Delicious! All in all it was a delightful celebration, hike, day and e2e experience.

Completing the trail e2e with a partner is about persistence and relying on others, from friends to trail stewards, to hike leaders, to hike organizers, to landowners, to car spotters, etc, but most of all it's about relying on each other. To finish the trail with my best friend was a special experience. The thing I'll never forget about that last hike was how we kept looking at each other and just smiling without any words being necessary. Sharing this experience with someone that I adore was my biggest reward, even though that ice cream cake was pretty darn good. I cannot say thank you enough to all those that helped us complete our journey and we have decided to become FLTC Family Life Members to express our appreciation. I hope the friendships are lasting and those who are still hiking for their e2e reach their finish line. Remember, it is about persistence, not speed, and it requires relying on others to help you. To Ed Sidote, we are honored to have been your 19th and 20th hikers to finish the trail in 2006. I'm glad you were around to meet us at our trail's end. Ed asked me if I felt a void after finishing and I answered truthfully, "Yes, I do." To that he replied, "Well, that's what the Branch Trails are for." So, Branch Trails, here we come. □



Eagle Scout Project on the Conservation Trail by Mary Domanski

“What goes around comes around.” Remember that old saying? Well, this one is true. I guess that's how it got to be old and well-used.

This summer Andrew Kowalski of Boy Scout Troop 8113 (West Seneca, near Buffalo) built a nature trail on the old Becker property for his Eagle Scout Project. The trail makes a horseshoe loop from the main Conservation Trail. This blue-blazed trail takes the hiker to the pond where the original dedication of the Conservation Trail took place.

So, what about the old saying? Well, this is the very property where Mabel James our own legendary “foundress” started the trail. She asked her nephew Dennis Becker to help her lay out the placement of the trail. At the time Dennis was a Boy Scout, and here it is just shy of forty five years later and

another Boy Scout, Andrew, laid out another trail. In fact the “new” nature trail uses some of the same trees for blazes that the original trail did. When you follow the blue blazes near the pond look closely at the trees. Some ancient orange blazes can still be seen.

The trail is a lovely walk through a fine forest. There is a slight upgrade, but it is gentle and not noticeable. This woods teems with wildlife if one is quiet and observant. I have seen a pileated woodpecker who must live nearby as I have seen him more than once.

See you on the trail...

—Mary □

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!

Trail Alert: Giant Hogweed

by Jessica A. Crittenden

Director of Communications, NYS Dept. of Agriculture & Markets

Thanks to Trail Medicine editor Dr. Bob Michiel for suggesting this topic and locating an authoritative source to write the article.

While enjoying the scenic outdoors, there is a strong likelihood that you or your party will encounter an “invasive species.” Invasive species are non-native plants or pests that can cause harm to either the environment, the economy, your health or all of the above.

Introduced in the 1900’s as a flowering plant favored by arboretums and Victorian gardens for its majestic appearance, Giant Hogweed will definitely catch your eye on the trail. Giant Hogweed is an invasive species that has been spotted in portions of western New York. It is a large flowering plant that can grow 8 to 15 feet tall with deeply incised leaves up to 5 feet in width. The large umbrella-shaped flower heads are up to 2½ feet wide and resemble a much larger version of Queen Anne’s Lace or Cow Parsnip. The plant stems are 2 to 4 inches in diameter with dark reddish-purple splotches and coarse hairs. Giant Hogweed prefers partially shaded, moist areas, but can grow in roadside ditches, vacant lots, and along streams and rivers.

Do not touch it! The clear watery sap of Giant Hogweed contains toxins that can cause severe skin irritation in susceptible people. Skin coming into contact with this sap becomes extremely sensitive to sunlight and may result in painful blistering. If the sap comes into contact with the eyes, it could cause blindness.

If you encounter this noxious weed, report its location to your local Extension Office or the New York State Department of Agriculture and Markets Cooperative Agricultural Pest Survey Program at 1-800-554-4501 Ext. 2087. □



Above: close-up of stem

Photos provided by Kenneth L. Carnes, State Survey Coordinator, NYS Dept. of Agriculture & Markets

2006 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 2006. 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.

\$1,000 and above

ADK Onondaga Chapter
Nancy Kleinrock/Steve Shaum
Lynda Rummel/Rolf Zerges

\$500-999

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Sheila A. Ferrari
John & Patricia Fey
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Roger & Dawn Ashworth
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James M. Beardsley/Ellen Gibson
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Lakeland Rovers Outing Club	Marcella S. Pavelka	Paula M. Strain	JoAnn R. Zurek

Revisions to Maps and Guidebooks

by Joe Dabes, FLTC GIS Guy

Since our 51 new color maps became available a year ago there have been significant changes or corrections to most of them. The following lists the maps and the latest revision date. You can also find the latest revision date on our website. Minor changes (such as spelling and sponsor changes) do not result in a new revision date. However, major changes (such as reroutes, hunting closures, and new shelters) do cause a new "Rev." date to be places to the right of the map name. Of course, rather than update particular maps, it might be easier for you to buy a whole new set (only \$35.09 for FLTC members), and the money goes to support the trail! A "-" means there have no major revisions since the maps were available in late February 2006.

Main Trail:

M-1	6/06	M-7	-	M-13	9/06	M-19	12/06	M-25	-	M-31	-
M-2	5/06	M-8	9/06	M-14	10/06	M-20	1/07	M-26	12/06	M-32	8/06
M-3	10/06	M-9	10/06	M-15	6/06	M-21	10/06	M-27	4/06	M-33	9/06
M-4	6/06	M-10	3/06	M-16	10/06	M-22	8/06	M-28	-		
M-5	4/06	M-11	8/06	M-17	9/06	M-23	12/06	M-29	-		
M-6	9/06	M-12	7/06	M-18	-	M-24	6/06	M-30	-		

Branch Trails:

B-1	7/06	CT-4	8/06	CT-7	10/06	CT-10	-	I-1	6/06	O-1	9/06
B-2	12/06	CT-5	-	CT-8	-	CT-11	-	L-1	-	QCMLT	7/06
B-3	-	CT-6	-	CT-9	4/06	CT-12	-	L-2	10/06	MFHLT	3/06

Guidebooks: Guides to Cortland, Chenango, and Delaware & Ulster Counties were all updated in 2007. The "Helpful Information for End-to-End Backpackers and Hikers on the FLT" was also updated in 2007. The "Guide to Hiking Trails in the Finger Lakes Region" (East of Hammondsport to south of Cortland) published by the Cayuga Trails Club was updated in 2006. None of the other guidebooks have been updated within the last ten years or so, but we hope that all these will be updated this year.

Wildflowers along the Trail, #17: Local knowledge

RWW Taylor

A person who has been watching wildflowers for any significant period of years is likely to know just where to go to find the strange purple stems of blue cohosh poking out of the soil in April, or what local park to visit to find a profusion of Dutchman's breeches in bloom. And, just maybe, exactly where and when to look to find a few special white trout lily blossoms among the bright-yellow specimens normally to be found across our area.

Such local knowledge doesn't help, of course, when one is hiking the trails in another county, or perhaps somewhere across a state or national boundary. But wildflower communities respect geographic and climatic boundaries rather than political ones, and much of the wildflower lore that a resident of, say, central New York may have accumulated over the years will be found to apply (with perhaps a bit of variation) to more distant terrain as well—in New England and on east through Atlantic Canada, up north in the Ontario woods and out westward around the Great Lakes, to the southward through Pennsylvania and into Virginia, and west through Ohio to regions where prairie flora begin to dominate the local environment. A humble example would be remembering to look in late spring for the common but inconspicuous blooms of Canada mayflower hiding among the roots of trailside trees.

One's store of transportable wildflower knowledge will tend to focus on plants that have themselves moved into the local neighborhood in historic times, taking advantage of fields and roadsides cleared of former local inhabitants. Many of the wildflowers and florid weeds that we are most familiar with have arrived at our doorstep from afar, perhaps halfway around the globe. Some of these (which we call invasive species) are recent arrivals still in the process of striking a balance with the native population, while others have been living in the area long enough to have begun acquiring something of a local accent.

But in any specific area there will be special "native" plants occurring, species whose introduction to the locality—if not due to natural transmission—is an event lost in time. Such plants tend to have become well-adapted to specific local soils and growing conditions and may not happily tolerate change or relocation. It is these plants that add local character to a botanical community, and are sought out and viewed with special pleasure by enthusiasts.

The question of transferability of knowledge about natural phenomena comes up directly when one is planning a trip focusing on outdoor activity. A visit to, say, Austria or China or Patagonia is not likely to carry an expectation that local flora or fauna will be found to be greatly similar to those in one's prior experience; undertaking such far-flung travel requires special study if one wants to come to any appreciation of the local nature scene, and in any case the achievable degree of immersion in the strange environment is likely to be rather limited. Given a more modest travel itinerary, though—perhaps a trip to the Ozark region of the south-central US—it is reasonable to anticipate that

the experience might represent a significant overlap in familiar patterns of flora, and that such overlap, combined with the differences that are sure to be observed, will lead to a direct extension of one's own experiential database.

Even modest travel plans, though, can benefit from study and preparation. In recent years advances in information technology have revolutionized the degree of location-specific information about nature easily accessible by the average individual. Not only are huge amounts of relevant data available today for free on the internet, but modern publishing and improvements in distribution channels have resulted in the general availability these days of a wide range of excellent, relatively inexpensive local guidebooks, often filled with stunning photographs, to the person wanting to learn about the wildflowers of a particular region.

A good example is the carefully written book "Wildflowers of Arkansas", by Carl G. Hunter (Sixth edition, 2001), which contains hundreds of absolutely beautiful photos. But the story is of course in the organization and in the technical data presented, which make it clear that anyone from our area visiting the Ozark region of Arkansas looking for wildflowers will indeed find many old friends and is likely to meet some interesting locals as well. One notable surprise to be found in researching the flora of this region is that, although trout lilies are to be found in bloom widely in the spring woods in Arkansas, just as here, the colors are opposite—in the Ozarks the white trout lily, *Erythronium albidum*, is the common variety while yellow-flowering species, including our own familiar *Erythronium americanum*, are observed far less frequently.

There is no moral here other than to learn what you can, in the expectation that every fact you absorb may someday fit satisfyingly into a larger picture. It's spring—keep your eyes open. □



FLTC Wally Wood Wildflower Walk Queen Catharine Marsh Trail

Saturday, May 12, 10 a.m.

Watkins Glen, Schuyler County (FLT map QCMT)

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

This year the annual hike in honor of FLT founder Wallace Wood will be more of a walk than a hike. Meet in the parking area at the junction of Rte. 414 and Cass Road. We will carpool to the start of the Willow Walk on Montour Falls Marina Road. Bring lunch and water. This will be a slow-paced walk to look for wildflowers and will include Rock Cabin Road to Airport Road and the Willow Walk to Montour Falls Marina Road. Approximately 6 miles.

Please call Sharon Galbraith 585/872-0327 or email
sharonbillgal@aol.com.

FLTC Annual Ed Sidote Hike

Saturday, July 28

Chenango County (FLT map M-23)

Information: Ed Sidote, 607/334-3872,
ejsidote@frontiernet.net

The hike will be held from the John and Claire Ders farm, Map M-23, 769 County Rd. 42 (connects Rte. 23 and Rte. 26), So. Otselic, NY. It is a former dairy farm.

Tentative plans are to offer two hikes: The first is a 6-mile loop hike starting at and returning to the Ders' farm, to include the Rufus Perkins Lean-to, named for Ed's long time hiking partner Rufus Perkins. The second will be a shorter 3-mile loop hike, also including the lean-to. The meeting place for both hikes will be the farm, with the tentative starting time for the longer hike 9:30 a.m.

More details to follow in the summer *FLT News*.

FLTC Annual Erv Markert Fall Hike Onondaga Branch Trail

Saturday, October 13

Details in the Summer *FLT News*.

2007 Bristol Hills Branch Trail Hike Series

Note: This is not an FLTC-sponsored event.

The 55.5 miles of the Bristol Hills Branch Trail will be hiked over a 5-month, 6-hike, car-shuttle series, finishing in September with a picnic at Ontario County Park. Hike leaders/coordinators are Sharon Galbraith, Betty Schaeffer and Kim Meacham. Note: These hikes will be on SUNDAYS, meeting at the designated access at 9 a.m., and hiking as 1 group.

April 15 Map B-3 Access 19 to Two Rod Road. Meet at parking area on TWO ROD Road and shuttle to access 19 on Harrisburg Hollow Rd - 8 miles

May 20 Map B-3 Access 12 to Two Rod Road (switch due to parking area). Meet same as April hike, on TWO ROD Road and shuttle to access 12 on CR 75 - 9.3 miles

June 10 Map B-2 Access 12 to north end of Dunn Road. Meet at parking area on DUNN Road and shuttle to access 12 on CR 75 - 10.3 miles

July - NO HIKE

August 12 Map B-2 Dunn Road to access 7 Brink Hill Road. Meet at parking area BRINK HILL Road and shuttle to north Dunn Road - 9 miles

September 29 and 30 Map B-1.

Sept 29 Access 7, Brink Hill to Access 4, Seman Road. Meet at parking area SEMAN Road and shuttle to Access 7-10.5 miles (with an ice cream stop at Bob & Ruths!)

Sept 30 Access 4 to access 1 in Ontario County Park. Meet at the parking lot by Jump Off in Ontario County Park and shuttle to access 4, Seman Rd- 8.1 miles, with picnic to follow.

Bring water and lunch. Hikes will be at a moderate pace. For questions contact Sharon at Sharonbillgal@aol.com, Betty at bettyhs@frontiernet.net or Kim at meach@infoblvd.net

Third Annual Interloken Overnight

Note: Not an FLTC-sponsored event.

September 14 - 16.

Details in the summer *FLT News*.

Information: Kim Meacham, meach@infoblvd.net



namethatmap@fingerlakestrail.org



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

Can you place this scene from along the trail? Send your guess to Jacqui Wensich at namethatmap@fingerlakestrail.org. The answers 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 10.

Warren Johnsen



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



JOIN THE FINGER LAKES TRAIL CONFERENCE

Name _____

Address _____

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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

End of Day
It's arriving now
Thru the rain I see a roof
At last! A lean-to!

— Paul Fitzsimmons,
Montour Falls

FINGER LAKES TRAIL CONFERENCE

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Mt. Morris, NY 14510
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607/835-6268 • jmz11@htva.net

Finger Lakes Trail Conference, Inc. Calendar of Events

- April 21 First hike, 2007 County Hike Series, "Crossing the Genesee". Pre-registration required. See page 7.
- May 4-6 **Annual Meeting of the Finger Lakes Trail Conference and Spring Weekend**, hosted by the Genesee Valley Hiking Club in Swain, Allegany County. Information and registration form on pages 14-17. Annual Meeting and election of the Board of Managers, May 5.
- May 12 FLTC Annual Wallace Wood Founders Hike, Queen Catharine Marsh Trail, Watkins Glen. See page 39.
- May 18 Deadline for submitting material for summer issue of the *Finger Lakes Trail News*. See box on page 1 for instructions.
- June 2 **National Trails Day**
- June 9 Western New York Trail Building Workshop. See page 21.
- June 9 10th Annual ADK Outdoor Expo, Genesee Valley Chapter, Mendon Ponds Park. www.gvc-adk.org/events/expo/expo2007.php Rochester area.
- June 11-15 Alley Cat Crew #1. Camp Sam Wood near Pike (western NY). See Trail Topics, page 20.
- June 16 FLTC Board Meeting
- July 13-20 Appalachian Trail biennial gathering at Ramapo College, Mahwah, NJ (www.ramapo2007.org)
- July 23-27 Alley Cat Crew #2. Holland Community Center (western NY). See Trail Topics, page 20
- July 28 FLTC Annual Ed Sidote Hike in Sidote Land (Chenango County). See page 39.
- August 2-5 North Country Trail Association annual meeting, Bemidji, MN (www.northcountrytrail.org)
- September 17-21 Alley Cat Crew #3. Taylor Valley State Forest (central NY). See Trail Topics, page 20.
- October 5-8 **FLT Fall Campout 2007**, Hickory Hill Campground, Bath. Save the dates.
- October 13 FLTC Annual Erv Markert Fall Hike. Onondaga Branch Trail. Details in the summer issue.
- Also on the FLT System although not official conference-sponsored events:**
- Bristol Hills Branch Series. Contact Sharon at Sharonbillgal@aol.com, Betty at bettyhs@frontiernet.net or Kim at meach@infoblvd.net. See page 39.
- September 14-16 Annual Interloken Overnight, Finger Lakes Natl Forest, Schuyler County. Hike the Interloken Trail (12 miles) over two days. Details in the summer issue.

The New "Old CCC Camp Spur Trail"

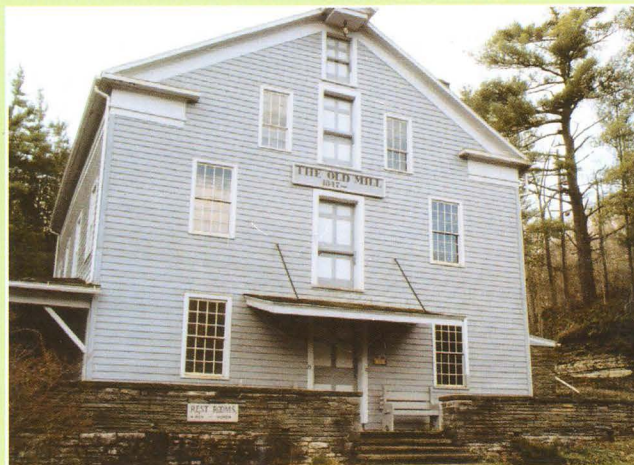
by Tom Reimers

Last October I received a phone call from a member of an organization called Friends of Robert H. Treman State Park (FLT map M-16 near Ithaca). She asked me if I would be interested in building a hiking trail through an area where Camp SP-6 of the Civilian Conservation Corps existed from 1933 to 1941. Some remains of the camp are located in woods between the Old Mill and the Finger Lakes Trail in upper Treman Park.

According to a history of the hamlet of Enfield Falls researched and written by Cayuga Trails Club member Neil Poppenseik, Company 1265 once consisted of more than 100 young men who lived in the CCC camp. They first lived in tents, but the tents were later replaced by barracks; additional structures included mess halls, latrines, shower buildings, a central flag pole ringed by painted rocks, and a swimming hole. The CCC men built cabins and stone walkways, steps, and walls in Treman as well as Buttermilk Falls and Taughannock Falls state parks.

Since I love building and maintaining hiking trails, I couldn't resist the request to build the trail. I met with Park Manager John Guilford to get permission for the trail, which he enthusiastically granted. On October 13 John, Neil, Ed Hart and Michael Turback and I scouted and flagged a route for the trail. What a treat that expedition was as Neil and John pointed out remaining artifacts of the old camp, much of which was hidden under vegetation. Less than a week later Ed, Michael, Joe Dabbs, Roger Hopkins, and I "worked" for several hours clearing the new trail, which passes several historic sites and structures and follows the bank of Fishkill Creek with its beautiful cascades. Joe measured the trail at 0.41 mile with his GPS unit. I paint-blazed the trail on October 20. The Cayuga Trails Club will continue to maintain it.

The Old CCC Camp Spur Trail not only provides a walk through history, but it also makes a beautiful connection between the Finger Lakes Trail and facilities of upper Treman State Park (e.g., toilets, drinking water, telephone, and Coke machine). The previous connection was Woodard Road and the park entrance road. The new trail can be accessed from the Finger Lakes Trail by the stone monument a short distance south of Woodard Road or from the stone steps on the right side of the Old Mill. Look for the orange blazes. The park manager said he would eventually install interpretive signs along the trail. Until then, keep your eyes open for building foundations, a stone stairway, stately Norway spruce trees planted there in the 1930s, and parts of a dam across Fishkill Creek that created the swimming hole. A short blue-blazed side trail passes by a perfect row of tall cedar trees along remains of a stone wall and ends at the base of the flag pole. Those rocks encircling the flag pole are still there. Just behind the present Old Mill



The Old Mill at Robert H. Treman State Park. The north end of the Old CCC Camp Spur Trail is accessed on the right side of the building.



The monument on the Finger Lakes Trail commemorating CCC Camp SP-6. The south end of the Old CCC Spur Trail is accessed behind the monument.

(in use from 1839-1916) the trail goes by an old bridge abutment and through a flat, relatively treeless area which was the mill pond. (You can barely make out the abutment on the other side of the creek; this long-vanished road section once was part of nearby Thomas Road.) There's a small museum inside the Old Mill telling the history of New York's CCC camps, including Camp SP-6. Lots of history and beauty here, so check it out!

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