

Finger Lakes Trail NEWS

Winter 2008



www.fingerlakestrail.org

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- ◆ FLT Forever Society Introduction Catches FLTC Spirit
- ◆ Linda Parlato Honored for Trail Stewardship
- ◆ Third Time is a Charm: Another End-to-End Hike for John A-X. Morris

...and much more!

President's Message

Yes, I do "love" New York

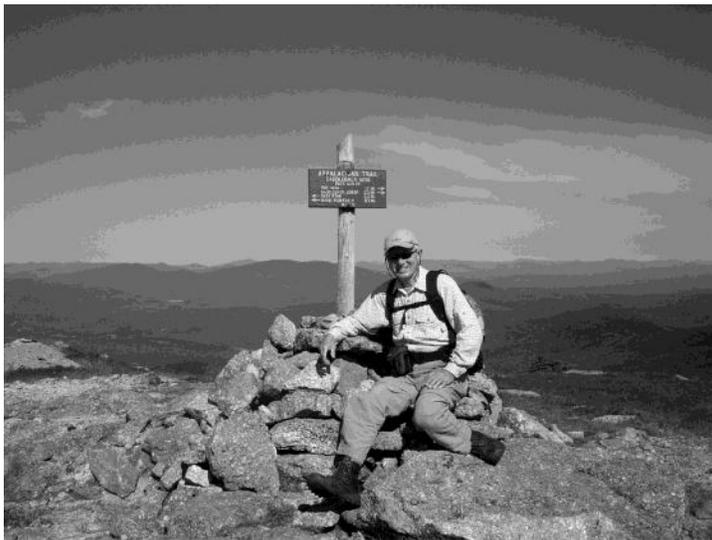
David S. Marsh

The 2007 Fall Campout is over and Ed Sidote has "rung" in his 90th year to the cheers of some 200 admirers. We bid farewell to the Hickory Hill Campground with admiration for their fine facility and gracious hospitality. Now we savor the memories of time shared with folks from the FLTC community. The hikes through the fall foliage of the southern tier, smelling the change of seasons, reveling in the warmth of the sun's rays left over from a season just passed, all remind us that this was a special event held during a spectacular season, in a beautiful geographic area. The success of the weekend is attributable to those who led hikes, conducted

workshops, and organized the many activities of the weekend. A standing ovation is due Jacqui Wensich, Phil Dankert, and Gene Bavis for their very extensive efforts. Mark your calendars: April 25, 26, and 27, 2008, are the dates for the FLTC Spring Weekend to be based at the Montour Falls Fire Academy.

I am sure we all have days when we grumble about our "Empire State": high taxes, acid rain damage, weak business climate, sprawl, college graduates leaving the state for greater job availability and better pay, bureaucracy, political battleground, etc. I suspect this grumbling is not uncommon among the residents of many states as they experience personal frustrations and generally feel powerless to improve things quickly. Perhaps it is a human condition that makes it easier to grumble than to celebrate those conditions that are exceptional.

It seems to me that here in New York State we have much to be thankful for, much to celebrate, and no, just in case you are jumping to some conclusion, I am not running for any state political position. Certainly this feeling about our state came to my mind several times during our Fall Campout, as it always does when I am out on the FLT, in the Adirondacks, in my canoe on some waterway, or just somewhere in our varied countryside. I felt it while hiking on the Emerald Necklace Hike Series sponsored by the Finger Lakes Land Trust to popularize their project to protect the beautiful lands along the FLT between the Finger Lakes National Forest and the Hammond Hill State Forest. I thought about it while hiking in Maine this past September. We live in a very beautiful state with magnificent mountains, fresh flowing streams, lush bountiful forests, and attractive farmland. Our trail winds its way up, over, and through all of this very varied and vibrant terrain. We have abundant public land with a state ethic in recent years that is supportive of land preservation for the use of the general public and ecological protection.



FLTC President David Marsh also loves Maine. Here he is atop Saddleback Mountain (4116 ft.) on the Appalachian Trail.

The southern part of the state, where our trail "lives", has undergone a general reforestation since the decline of much of the farming activity, and more and more appears "natural" and even in some places, "wild". The black bear is becoming our neighbor, the wild turkey is back in abundance, birds of the forest are becoming more numerous, and the coyote has populated the area as farmland continues to decline. This transition provides all of us who use the FLT with a continually changing and fascinating environment in which to "play". Our trail has been welcomed by state agencies and personnel into public forests, parks, and wildlife management areas

providing many opportunities for those who seek a quiet and peaceful way to surround themselves with nature. Wouldn't life be much more enjoyable if we devoted more time to "seeing" this beautiful place we live in? You can "see it" while on the Finger Lakes Trail.

Now as we near the winter solstice and move beyond into that season of white, this state and your trail continue to offer us the opportunity for new experiences and observation. The snowy hills, full of contrasts and radiant, backlit tree skeletons, barns, and homes provide appealing landscapes for the eye to study. "There's a certain slant of light, ... When it comes, the landscape listens, Shadows hold their breath..." (from "There's a Certain Slant of Light" by Emily Dickinson). Perhaps the greatest obstacle to our enjoyment of winter is the mind's reluctance to allow the body to leave the warmth of home and step into the cold, and yet, when we do, we find the body adjusts very quickly, and we are ready to enjoy ourselves. Follow the urging of a well known commercial that tells us to "just do it." Strap on those snowshoes, crampons, and skis, step into winter, and revel in the crisp fresh beauty of New York State's long distance hiking trail.

Hit the trail and think snow! Remember, the trail ends only in your mind.

P.S. I am thankful for the comments received concerning my column in the last issue of the News discussing a condition in our youth which has been termed "nature deficit disorder".

P.P.S. Our Annual Campaign is a very important source of funds to cover our operating costs. You should have received my letter request and we very much appreciate whatever you have been able to contribute.



FINGER LAKES TRAIL NEWS

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Mission Statement

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

This year's FLTC Fall Campout celebrated the 90th birthdays of the FLTC's Ed Sidote and Harmon Strong. Here End-to-End Coordinator Ed Sidote is enjoying his memory book and one of the souvenir bandanas given to all who made gifts to the Sidote Stewardship Fund in honor of his birthday. (More photos from the Fall Campout on pages 8, 9.)



Jacqui Wensich

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Jacqui Wensich

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And on the back cover...

Trail Towns: Dryden, by John A-X. Morris

Cover: Photographer Jacqui Wensich took this photo while hiking with Paul Hoffman on the Bristol Hills Branch north of Hammondsport on February 21, 2007. "A perfect winter hiking day," she says. The photo above was taken while hiking with Heidi Bellenger on July 15, 2005—perfect temperature, gorgeous day. "Cover is virtually the same shot without planning it. My perspective must be somewhat constant." Coincidentally, this is the "demanding post logging section" that trail maintainer Irene Szabo writes of in "The Dark Season," starting on page 2.

Thanks to all who made the FLT Fall Campout the LARGEST weekend event ever held by the FLTC and a huge success! As you know we honored two strong and long time supporters, Ed Sidote (the “FLT Energizer Bunny”) and Harmon Strong as they celebrated their 90th birthdays. Jacqui Wensich’s PowerPoint presentation was excellent! We had a great turnout of End-to-Enders as well as a larger than expected group who matched the “Sidote Challenge” and became members of the FLT Forever Society. More on that on page 4.

By now, FLTC members should have received the Annual Appeal letter from President David Marsh. We are proud of the fact that we are able raise enough money to function without having to “bug” people more than twice a year. THANK YOU! Those of us who send in a little extra along with membership renewal in April and/or during the Annual Appeal in November-December make it possible for us to carry out our important mission. A majority of the support for this organization comes from YOU. If you have already sent a year-end donation,



From the Desk of the Executive Director

.....
Gene Bavis

thank you. A statement of how much you have donated (dues and contributions) will be sent to those who donated \$40 or more sometime in late January. If you don’t get a statement, and want one, please contact me.

Your Board of Managers and the various committees are always interested in your thoughts and suggestions. How can WE serve you better? How can we become better stewards of the trail and of the funds that you entrust us with? What programs would you like to see us offer? (We have recently appointed Phil Dankert as our “Program Guy” with the task of overseeing our various program offerings such as hikes, weekends, etc.) How can we “grow” our membership? How can we work in cooperation with other groups such as

those clubs who maintain large sections of the trail as well as similar organizations who share the common goal of providing quality hiking trails for us to use? As Executive Director my role is to work with our Board and its committees. I will funnel your suggestions to them OR you, if you wish, may contact them directly. Their contact information is here in the *FLT News* and on our website.

I hope to see YOU at our Spring Weekend, hosted by the Cayuga Trails Club in Montour Falls on April 25-27, 2008. Please add it to your 2008 calendar. While you are at it, please add the NCTA Annual Meeting at Cazenovia College on August 7 – 11, 2008. The FLTC is hosting this event (in cooperation with the CNY Chapter of the NCTA and ADK-ON), so this will also be the FLT “Fall Campout” for 2008.

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Our website is:
www.fingerlakestrail.org

The Dark Season

by Irene Szabo

For those of us who become very familiar with a certain section of trail and the neighborhood around it, in other words, trail adopters who visit the same pathway many times annually, year after year, there is one season we tend to miss entirely, and that is the dark season from first shotguns in November through much of March.

Dark? Yes, dark because daylight is so short that we should be out of the woods by 4:30 in December, once hunting season is done. And dark simply because those of us who know that piece of trail best simply miss out on part of its annual cycle, alas.

For many of us, the drive to that piece of Finger Lakes Trail is impossible then, on those dreaded “S-word” roads, “Seasonal,” which are not maintained

in the winter, not plowed, nor graded after stormy erosions, not until more stable weather returns in spring at least. So our inability to get there makes for much longer hikes into the interior, and with shortened daylight, there seems to be no good reason to stomp long distances through snow for so little time available to do trail work, which is mostly impossible anyway, since snow covers all those pesky branches littering the ground.

And even if we ignore our typical predilection for doing real WORK instead of merely indulging ourselves with a visit to the woods, it’s still often a daunting chore to go very far along the FLT in the winter. Nor is it easy to find out how much snow is on the ground an hour from home, 1300 feet higher in elevation, and in the middle of state forest! One memorable sunny

day in February at least a dozen years ago, Bob Muller, Lois Judd, and I decided we just had to get out on the trail or combust, so we drove to the northeast corner of Cattaraugus County, planning to hike between two cars at least six miles. Well, ha! on us, because little snow cover near Rochester was at least eight inches down there, with a stiff crust, so our big plans changed to a mere two miles between Peet Hill and Stebbins Roads on map M-5 near Farmersville.

This was before I had the sense to use snowshoes, but Bob had his, so he strode along just fine, while Lois and I stomped and post-holed through the crusty stuff. We were accompanied by one extremely short but mythically huge in her own mind Jack Russell

(Continued on page 3)

Dark Season ...

(Continued from page 2)

Terrier, name of Diesel Anne, whose stubby legs were making for a hard time as she tried to lurch in and out of our footprints. Finally she cleverly realized that her twenty-two pounds could be supported by the crust, so she walked beside the trail, and even began to skate and ski when there were slopes downward. During one long descent, she began twirling slowly, bumping into trees backwards on undignified occasion, since she could stay upright but couldn't steer on her little patty paws. While it was the best of fun days, it was not what one would call a good long satisfying hike!

Naturally, I bought snowshoes immediately after that event, so felt well-equipped on another sunny but snowy occasion a few years later when I was privileged to accompany state forester Mark Keister and prospective loggers before bids were submitted on a red pine sale in Pigtail Hollow/ Urbana State Forest, map B-3 in the hills above Hammondspport, a section of trail I have tended since 1987. The loggers deserved to see the trees they were about to bid on, before they estimated their costs to cut them down, get them off the hill, and sell them for income, before they offered the state money for the opportunity.

After an hour stomping around in a half-foot of snow, I still felt good in my snowshoes, while the loggers were pretty tired. Nor had any of them had the sense to bring water or snacks, so I felt really good after the second hour passed, while the loggers were beginning to show signs of wear and tear, so the forester and I pretty much just described for them the size and distribution of red pine in the farther reaches of the tract. While I have of course been caught under-prepared in the woods, often in winter, at least on that day my years of experience were finally beginning to do me some good. Of course, if the DEC had not had a four-wheel-drive truck, I could not have gotten to that hilltop myself.

Just a very few times, though, I have visited my trail neighborhoods around the Christmas season when Decembers have been unusually mild and snow-free, and each time it has been a peek into a season I usually miss there entirely. Once on map M-4, east of Ellicottville in Cattaraugus County, I came out of hilltop maple woods into a long open bushy field walk offering a wonderful panoramic view of hilltops rolling off toward horizons both south and east, overlooking a bowl below where there is a swamp, a farm, and several homes along Fancy Tract Road.

It is a view that gives walkers pause in any season, where on group hikes we have often paused for lunch, but this day I walked at dusk and saw for the first time our permitting landowners' Christmas decorations. Central in the bowl below was a full-bore lighted sleigh, Santa, and several reindeer atop Tim and Jody Raab's roof, glowing amidst the late-day clamor of Canada geese in the nearby swamp. Usually

that neighborhood features thigh-deep snow long before or after the rest of us have anything on the ground, so this was a rare treat I will long remember.

December of 2006 offered another odd reprieve from snow cover, so I stole a sunny afternoon to do a little trail work in the demanding post-logging section visited in the late nineties with those same loggers who ended up working along "my" trail. As part of their contract they built a decently hard road up to their hilltop landing where they processed and loaded logs on a truck, and that road is now both a help getting me into the middle of a long state forest trail section, AND an easy access for seasonal hunters.

So not only was the roadway well-battered by the recent trucks of hunters, but the landing at top was slithery mud where they had turned around, and featured plentiful deer toes and ankles the dogs delighted in, and more than a

(Continued on page 7)

Shackham Brook Bridge



30-foot bridge constructed by the Syracuse-area ADK Onondaga Chapter on 9/30/07 over Shackham Brook (Onondaga Branch Trail Map 0-1). The names of the workers are (alphabetically): Scott Bowen, Bill Brosseau, Tim Davis, Mary Dineen, Judy Read, Sean Redmond, Anthony Rodriguez, Anton Rodriguez, Josh Rodriguez, Tony Rodriguez Sr., Paul Sacks, Ray Sergott, Jim Wade, Pat Whaley, Peg Whaley.



Forever Society Charter Members on stage at the Fall Campout

FLT Forever Society Induction

On Saturday evening, October 6, following Jacqui Wensich's tribute to Ed Sidote and Harmon Strong at the FLT Fall Campout, the induction of the Charter Members of the FLT Forever Society took place. In a short ceremony, nearly 25 members (in some cases a couple) who have pledged \$1250 to match the donation made by Ed Sidote to the Sidote Stewardship Fund, crowded the stage at the Hickory Hill Activity Hall to be recognized. The money will go into a fund for trail protection projects in support of the FLT "forever" mission. There are 29 Charter Members:

Gene Bavis & Liz Place
 Don Beattie
 Stan Benedict
 Howard & Dorothy Beya
 Bob & Sue Bliven
 Helen Brooks
 Richard W. Breslin
 FLT Bullthistle Hikers
 Susan S. Collier
 Sigrid Larsen Connors & James T. Connors, Jr.
 Joe Dabes
 Phil Dankert
 Mary Zuk Domanski
 Paul & Vicky Gaeta
 Dr. David Gwinn & Gina Nania
 Paul Hoffman & Jane Schryver
 Barbara Lobb
 Jarret J. Lobb
 David S. & Linda M. Marsh
 Kim & Terry Meacham
 Pat & Mary Ellen Monahan
 Marjorie Pierpont
 Sigi & Horst Schwinge
 Edward J. Sidote
 Harmon Strong
 Irene Szabo
 Triple Cities Hiking Club
 Jacqui Wensich
 Peter Wybron

It is NOT too late to join the FLT Forever Society. The decision was made by the Board of Managers to offer "charter membership" until October 6, but to make this an on-going effort. A plaque to list all present and future donors has been created. It will be displayed at major FLTC events as a tribute and a reminder of our on-going mission to protect the trail. Donors have the option of paying pledges in a lump sum or to spread payments over five years. Money may come in cash or via other assets such as stocks or as a part of estate planning. For more details, please contact Gene Bavis, Executive Director, or Jarret Lobb, VP of Finance.



From the mail: Reaction to the Fall President's Message

FLTC President David Marsh raised the question, "Will today's youth value the natural world highly enough to seek experiences there throughout their lives, thus providing the resources to assure our regeneration?"

Letter writer Bina Robinson of Swain and her husband started the Swain Ski Resort just after World War II. The walk along the old railroad bed trail-east from Swain is on the Robinson property and is part of a no-hunting preserve. When the FLT fairly recently lost permission from one of her neighbors, Bina generously granted us permission to use more of the railroad grade and added part of her driveway.

Dear Jo,

I really appreciated receiving the fall issue of "Finger Lakes Trail News." It keeps getting better and better. David Marsh's message on "the physical and emotional exercise that children enjoy when they play in nature" made me think of daughter Challice's contribution to the book that is being published on how Swain Ski and Snowboard Resort got started back in the 1940's.

"If I could turn back time for just one hour, I'd pick one in the summer," she wrote. "The area was a magical play ground for young children. Mom read us Thornton W. Burgess and I was sure Old Mother West Wind lived atop Rattlesnake Hill letting her Merry Little Breezes loose to play in the meadow between our house and the bottom of the hill. Johnny Chuck lived halfway up Old Main, and Grandfather Frog lived in The Stream at the bottom of the hill between Chute and Old Main. The Stream ran along the base of the hill and was covered at the bottom of each trail by whatever material had been handy at the time, varying from two different kinds of railroad ties to slabwood, a little precarious to walk on.

"There was a cluster of sumacs atop an old stone pile. The fescue around it looked like green sea waves and the sumac could easily be palm trees creating a Pirate Island. The base of an old kerosene lamp when filled with stream water and fescue brewed sassafras tea, which we miraculously had enough sense not to drink. A witch lived behind the red door and leaf shaped hinges of the patrol building, where she would make a soufflé (pronounced soo-ful) out of you if you weren't careful.

"The whole hill became our play ground as we got older, and I knew where all the thistles were because of my habit of running around barefoot. If you walked on the outsides of your feet avoiding too much pressure on your arches, the thistles weren't too bad.

"The very heart of the area, to me, was the old snowmaking pond, which you reached from the top of the novice lift. This was a semicircular area cut into the hill and carpeted with moss called by us for no good reason at all Injun Land. The pond was small but absolutely perfect; cattails, peepers, chugarum frogs, and newts. I loved

sitting on the rocky verge and listening to the frogs."

The book, entitled "WITH OUR OWN FOUR HANDS and a lot of help from our friends and new neighbors, a ski area came to be," is based on an account Dave wrote for members of the Swain Ski Patrol one of the oldest (and rare all-volunteer) ski patrols in the country. Bina turned it into an historical account of skiing and local history ranging from humorous to tragic as events dictated. Each of their four children contributed a chapter of their early recollections. It should be available in bookstores and ski shops before the end of the year.

No doubt about it. Children need to play outdoors and experience nature. I find it terribly sad that it is no longer safe for some of them to do so. I am always happy to see anyone using our section of FLT and especially happy to see families with young children doing so.

Signed:

Best, Bina

From: Jack VanDerzee <vanderze@ithaca.edu>
To: fingerlakestrail@yahogroups.com
Date: Oct 04 2007 - 7:26pm
Subject: [fingerlakestrail] President's Message

I received my copy of Fall 2007 FLT News today. I found David's column interesting. Since I teach at Ithaca College I come across many 18-22 year olds. It has been my observation that many of them are very interested in preservation of nature. I have many wonderful and insightful conversations with them on issues such as global warming. I believe that they are more concerned about nature and the environment than the students I had 10 years ago. I see great hope in these youth to preserve nature and trails. They might not be joining organizations which as the FLTC but as they get older I believe that they will. I didn't join until I was in my 40's

Jack VanDerzee

From the mail: "Talking Trees" again



Jackson "Jet" Thomas

Allegany County, 13 State Forests totaling just over 21,000 acres. Also the Region 9 portion of the Genesee Valley Greenway (33 miles of trail between Portageville and Hinsdale). But I'm also an FLTC member, and you can mention that as well!

In the pictures, I'm using an increment borer to determine the age of the tree. The bit is hollow, and cuts out a "core" about 1/4" in diameter. After boring the tree, I inserted the extractor, which grips the core and enables you to pull it out of the tree. By counting the annual rings on the core (a magnifying glass helps!), you can get an approximate age of the tree. In this case, the borer was shorter than the tree's radius and only went to within about 2" of the center. I counted approximately 70 rings on the core, so by extrapolation I calculated the tree's age to be between 90 and 100 years.

Incidentally, this is the "Indian Trail Tree" pictured on the lower right of Carrie's article on page 17 of the Fall 2006 *Finger Lakes Trail News* (with "Gyfa" posing atop). (It's actually in Klipnocky State Forest, not Slader Creek.) I went out and took another look at this tree (a white ash). I noticed that it's growing on a former field edge, with barbed wire in many trees as well as a row of cast fieldstones along

the fence line. So I'm quite certain that this tree dates back only to about the time the field was abandoned in the early 1900's. (The State purchased this parcel in 1941.) I'm afraid the most likely scenario for this particular tree is that it got bent over by another tree (long since rotted away) falling on it when it was a sapling, or it might have been a victim of an ice storm. If the field had still been in cultivation then, the farmer undoubtedly would have cut this tree that was encroaching into his field!

I also checked out the "Candelabra tree" (a white oak) on Bully Hill State Forest that Carrie mentioned in her article. Like the previous tree, it's also growing from a fence line along an old field edge. Increment boring revealed the candelabras to be only about 100 years old. Once again, they date back to about the time the field was abandoned in the early 1900's. (The State purchased this parcel in 1951.) Probably a similar scenario to the white ash (another tree falling on it or ice storm damage). Our earliest aerial photos, from 1938, show these fields in the early stages of reverting to forest.

Likewise for the supposed "Indian water tree" our group (Jacqui Wensich's "medium-mediums") looked at on Bully Hill State Forest during the

Editor: The photo above of Ron Abraham boring an alleged "Indian trail tree" to determine its age during May's Allegany County Hike appeared in the last issue. I had written to him asking him how he wished to be identified and for more details on his findings. His reply was far beyond what I had expected and too lengthy to include in the Fall issue, but I am sure you will find it very interesting.

Hi Jo,

My title is Senior Forester, and I work out of the DEC Lands and Forests office in Belmont. I manage the northern half of the State Forest land in



This is the same white ash that is pictured at the top of this page and in Carrie French's article in the Fall 2006 Finger Lakes Trail News.

Photos by Ron Abraham, 9/11/2007



"Candelabra tree" (a white oak) on Bully Hill State Forest

From the mail: "Talking Trees" again, continued...

April hike. It's only about 600 feet up the trail from the "Candelabra tree". I also bored that tree (a black cherry) and found it was only about 45 years old! Looking at the size of the sucker limbs that sprouted from the top side of the trunk, the tree hasn't been horizontal very long! Those sucker limbs are only about the diameter of my finger. I also noticed the upsweep on the very top branches is only a few years old. Here again, this tree is growing out of a hedgerow between two old fields. (The State purchased this parcel in 1939.)

To conclude, these "talking trees" are telling me a quite different story from what they've apparently told other folks! From what I've studied of the early history of New York, I'd say that after the American Revolution (in particular the Sullivan campaign of 1779), and the subsequent settlement of the area by Europeans, the Iroquois probably weren't spending much time training trees! So any genuine "trail trees" or "water trees" would probably have to be at least 230 years old. I'm afraid the three trees I've checked out so far don't pass that test!

Ron Abraham
9/12/2007

Hi Jo,

Just a few things to add to my previous message. I spoke with Craig Braack, the Allegany County historian. He agreed with my assumption that the Sullivan campaign of 1779 essentially ended the influence of the Iroquois in western New York, and that any authentic Indian trail trees would have to be at least that old (> 230 years).

Since I last emailed you, I've checked three other reputed Indian trees on Bully Hill State Forest (not along the FLT). Increment boring showed all three to be 60 - 70 years old. All three were growing along one State Forest boundary line, which is an old hedgerow/fence line along some former farm fields. Here again, the trees date back to about the time the fields were abandoned.

Having grown up on a farm in Wayne County, I remember the annual chore of clearing the downed trees and overhanging limbs from the field edges—anything that would have interfered with the farm machinery. These hedgerow trees and field edge trees are especially prone to damage from wind, heavy snows or ice storms, lacking the side support that trees in the interior woods normally have.

I realize that a number of people have put a great deal of time into searching out these deformed trees, and there's been some discussion about placing markers on them. The last thing I want



Dark Season ...

(Continued from page 3)

little unburied paper, if you catch my drift. The trail seemed especially heavily used, too, so we can hope the hunters appreciated all my work whacking riotous growth in post-logging clear-cuts. You bet, and then most of them signed up for memberships, too.

No matter: I was delighted to be there on a sunny day in December, temperature mid-40's, no bugs, and no snow on the ground to hinder my urge to tidy errant sticks. And as I was driving away just after sunset, down in the valley below, one home I'd passed many times before without notice caught my eye for its wonderful Christmas decorations. Next to the small house is a half-acre of woods in a triangle where side road meets main, where a dozen store-bought lighted "deer" were scattered throughout the trees amongst colored garlands. What must have been an incredible tangle of hundreds of feet of extension cord and frightening electric bills was nonetheless such a surprising treat to see! It was delightful, and I was glad for this glimpse into the dark months

to do is discredit anyone's efforts, but from a professional standpoint, I feel obligated to share what I've discovered. (Even though it probably won't win me many friends!)

If we're able to verify any authentic Indian trees on State land, we'll certainly make every effort to preserve and identify them!

Thanks again,

Ron Abraham
11/1/2007

when I don't usually see "my" trail.

The oddly mild weather in December '06 gave me sunny trail work on both Christmas and the day before. I saw a mature bald eagle across a clear-cut filled with a riot of baby trees a mile north of CR 13, map B-3! And as satisfying as the trail work was, the drive home may possibly have been illegal, it was so beautiful: on clear Christmas Eve, heading north on Interstate 390 toward Cohocton, the sky minutes after 5 p.m. was warm peach at the horizon, melting to cobalt above. A bright quarter-silver of the waxing moon was high on my left, and black tree skeletons in all their variety lined up crisply against that peachy gold sky. Eating Wegman's potato chips and listening to a CD of steam locomotive sounds, happily exhausted and grinning like a fool, I thought nothing much could be better than this.

□

... Fall Campout 2007 ...



Jay Zitter

Jacquie Wensich and the real Ed Sidote

The “Birthday Bash” for Ed Sidote and Harmon Strong, our 90 year old friends, was a HUGE success. This was THE largest FLT gathering EVER! Approximately 200 people attended, including about one-third of the FLT End to Enders! I would like to thank ALL of the VOLUNTEERS who helped: those who worked on committees, led hikes, conducted workshops, pitched in to lend a hand, etc. I also want to thank our hosts, Randy Lehman, and his staff at Hickory Hill Family Camping Resort for doing an OUTSTANDING job for us!

Congratulations to those who finished End to End Hikes this weekend, including Joe Dabes’ 7th End to End. Ed Sidote was thrilled that he got to finish it with Joe. John A-X. Morris finished his 3rd and Kathy Brennan-Dabes finished her first at the same time.

Jacquie Wensich did an OUTSTANDING PowerPoint program about Ed and Harmon...Thanks, Jacquie! It was a nice mix of serious tribute and humor.

Congratulations to Linda Parlato, the 2008 recipient of the Clar-Willis Award for outstanding service in the area of trail maintenance.

I would also like to thank those who stepped forward to match the gift that Ed Sidote made to the Sidote Stewardship Fund (our trail protection fund). These are the charter members of the FLT Forever Society.

Thanks to Bruce Matthews, Executive Director of the NCTA, and his wife, Kelly for traveling from Michigan to join us for the weekend.

Please put the following dates on your 2008 calendar: April 25-27, 2008 for the FLT Spring Weekend in Montour Falls and August 7-11, the 2008 NCTA Annual Conference at Cazenovia College. This will also be the FLT fall event for 2008. Let's continue to break attendance records.

Gene Bavis
Executive Director



Jacquie Wensich

90 years young—Ed and Harmon



Jacquie Wensich

Friday night's guest speaker, black bear expert Anne Terninko, Professor of Environmental Conservation and Horticulture at Finger Lakes Community College

Bruce Matthews, new Executive Director of the North Country Trail Association, performing the North Country Trail ballad.



Jacquie Wensich



Left: Irene Szabo's hike is ready to go.



Below: Lots of handshakes for Ed. Left to right: John Andersson, Don French, Ed Sidote, Ross Miller



Above: Relaxing after a hike.



Setting up for Jarret Lobb's orienteering workshop



Sunday: Ed resting after the big birthday celebration.

Photos by
Jacqui Wensich



**Notes from the FLT Archives:
The Bristol Hills Branch,
contd.
.....
Georgeanne Vyverberg**

I had planned to do a series of articles on the history of the Bristol Hills Branch and got off to a fair start with my last column on the section going through Naples (B-1). Well summer happened and I procrastinated and when I started looking for information on map B-2 I could only find snippets of things like the fact that all three maps of this branch trail had maps finally published in 1972. Those maps of course were not exactly how the trail is in present times but still not much of how this was accomplished is evident. There are some reports of swampy areas to be bridged and landowners to

be contacted, but these are vague. Much of the trail from Italy Hill south goes through private land and as anyone who has walked it knows it is beautiful and in some spots remote from human habitation. So how did all this work get done? Is there anyone out there who does have some knowledge and stories of these miles? Please get in touch with me. This bit of history needs to be written! Anyhow in frustration I asked Irene Szabo to come to my rescue. She has been caretaker for a number of miles at the very southern end of this wonderful trail and she has many stories to tell because she has that feeling for historical events and how and why things happen on HER trail. — Georgeanne Vyverberg, gvyverberg@pls-net.org

Nostalgia and Serendipity on the Bristol Hills Branch, by Irene Szabo

The orange-blazed north-south 52-mile Bristol Hills Branch Trail meets the white-blazed main east-west trail plunk in the middle of nowhere, in woods along an abandoned eroded stretch of old Ferris Road, high in the hills west of Hammondsport. I've been the caretaker there since 1987, but have been challenged this year to find a way to keep the route intact to that southern terminus due to a steadily deepening gully that crosses our trail. With long-term friendly landowners on either side of this currently difficult crossing, why am I working so hard to keep the route intact for those last two tenths of a mile?

a) I wouldn't dream of asking Steve Catherman, who maintains that part of the main trail where the two trails meet, to move the blankety-blank three-posted junction sign we installed (I confess: he dug and whanged and dug, while I watched, admired, and took his picture...), even though he said he would if necessary.

b) I love parts of this southernmost section, where the long-trod path has created a shallow trough through humps of mossy ground, plus the route features moldy cut ends of fallen red pines from the 1991 ice storm that Bob Muller and I cut with bowsaws. There are also little patches of trailing arbutus and low juniper that I am fond of. Besides, there is something a tad holy about a 40-year-old trail route that shouldn't be just abandoned for no good reason.

c) This property used to belong to Wally Wood.

Isn't that enough? After all, if anyone stops to wonder about these things, the Bristol Hills Branch does truly aim for the middle of nowhere. The main trail it meets now did not even EXIST until about 1990 when Bob Muller adopted it (yes, map M-12 was not even published until then!), so there must have been some mad logic to the route of the branch trail in 1967, and perhaps this explains it:

Wallace Wood, founder of the Finger Lakes Trail, owned a get-away patch of woods in Steuben County, so encouraged volunteers to build a trail to get there, and just hoped that the main trail would pass by there eventually. In fact, foot-wide very faded and grown-out orange blazes can still be discerned along the current white-blazed main trail going west on Ferris Road up to the top end of his property.

Where the main trail travels on abandoned Ferris Road, we pass a private driveway to a visible pond off to the side. That was Wally's. Downhill from there, hikers pass a clearing on the south side, rumored to have been a day camp for children once, then soon meet the sign (triple-posted, dug into stones and roots by Steve!!) declaring the junction of orange-blazed branch trail and main.

So how did I stumble upon this bit of history? Currently, we enjoy electronic display of real property maps, with lists of landowners, plus an overlay of the GPS'd route of the trail, as participants in a statewide consortium of organizations entitled to such access. However, as recently as the later 1990's, I was still taking a weekday off to visit the Steuben County Real Property office, where individual properties were recorded on yellowed heavily-thumbed index cards in file cabinets. Remember the hardship of typing on little index cards, which slipped on the typewriter rollers?

Anyway, back then, previous owners were also typed on the backs of those cards, and I just happened to turn over the one that had Wallace Wood on the back. □

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



Larry Blumberg

Linda Parlato accepting the Clar-Willis Award at the Fall Campout

2007 Clar-Willis Distinguished Trail Volunteer Award to Linda Parlato

**by John Andersson,
Recognitions Committee Chairperson**

“I love my section of trail!” That really says it all according to Linda Parlato of the Foothills Trail Club. The Finger Lakes Trail Conference recognized her with the Clar-Willis Distinguished Trail Volunteer Award at the Fall

Campout in Bath, NY, on October 6, 2007. Linda maintains 10 miles of Conservation/Finger Lakes/North Country Trail from Route 353 to 242 on Map M-3/CT-3 in the western part of the state. Her section of trail runs



At the intersection of the FLT and the new Pat McGee Trail (FLT Map M-3/CT-3) there is quite literally a sign of Linda Parlato's work on behalf of the Finger Lakes Trail. The sign, which took her two years to get permission for, invites bikers on this former railroad bed to return and hike on our trail.

through Rock City State Forest, Old Seneca CCC Camp, McCarty Hill State Forest and skirts Holimont Ski area. She has maintained this for over 10 years. Annette Brzezicki, in her nomination, points out that Linda's dedication and excellent care of her section really shows in the quality of her trail section.

Linda is a very active and long time member of Foothills Trail Club as well as the FLTC. She became a FLTC Life Member in 2002, and continues to financially support the FLTC through the annual appeals.

Mary Domanski, adding to the nomination, reports that Linda deals with problems in a professional way, and says that Linda always keeps her cool. Forced by the Department of Environmental Conservation to let a bicycle club share the trail through the forest, she has had to find ways to accommodate bikers who are not as organized or cooperative as they might be. She dealt with logging and pond construction which required many re-routes. She is always on top of things with new blazes so no one gets lost. Even being attacked with Mace while working on the trail has not deterred her!

Linda still finds time to go beyond her 10 miles; several years ago Irene Szabo, then FLTC President, asked that Foothills jump on an opportunity to make the trail known where a new railtrail crosses it. It took her two years to get permission, but Linda rose to that challenge so that now on M-3, what used to be a sleepy out-of-service railroad is now the Patricia McGee trail, with a nice parking area and bulletin board at the intersection of the McGee Trail and the Finger Lakes Trail.

Linda grew up near Chicago and attended Milwaukee-Downer College (now part of Lawrence College) in Wisconsin, majoring in Art and followed up with a MFA from University of Buffalo. She has a studio at home and has showed paintings in venues from the Adirondacks to

(Continued on page 20)

Wildflowers along the Trail, #20: Leaves

RWW Taylor

As with any complex organism, a plant—specifically a wildflower—can be viewed as a collection of parts having different functions. Most popular treatments of wildflowers tend to focus on the flower itself, as this is usually the most showy part of a plant. It is an important part, too, since it is the special job of the flower to produce seed—in most cases the critical link to future generations and the key to survival of the species. The process of pollination that is often a part of floration (sometimes in fascinatingly intricate ways) also plays a role in maintaining genetic diversity and in enabling the species to adapt to changing conditions.

However, there are other important plant parts, too. Roots, for example, doing their part invisibly underground, are needed to anchor the plant safely in place, to collect moisture and nutrients from the soil, and to store food, among other functions, and may themselves get involved in the critical reproductive effort. A plant also needs a stem, and may sport further parts such as bracts or tendrils.

It could be argued, though, that no feature plays as central a role in plant life as the leaf. It is well-known that the leaves are the breadbasket of a plant—the location in which light energy is chemically converted into nutrients to support growth, through the agency of chlorophyll (from Greek roots meaning “green leaf”). But leaves have a great number of additional roles to play during the life cycle of a plant. A leaf has been likened to a chemical factory, in that this is also the location in which all complex botanically-derived substances are produced and are normally stored. The plant-produced alkaloids that we so eagerly seek out for medical application, for example, develop in and are harvested from leaves. The

plant’s purpose in producing these substances is of course not serving the needs of our own species—the plant is primarily interested in growing an inedible (or at least unpalatable) leaf, in order to prevent the plant being consumed by one or another of the many organisms who might otherwise make it a tasty meal. There are other ways in which a leaf can defend itself (and the plant as a whole), for example by developing a tough or fibrous structure or by growing spines—thistles provide a prime example of this strategy.

In addition to defense, it is the job of the leaf to transpire, taking in oxygen through special structures. Leaves also play a major role in helping the plant to cope with environmental extremes of temperature and available moisture, providing needed shade and yielding up their own individual stores of water when the common good of the plant requires it.

With all these different functions for a leaf to perform, it is no wonder that nature has experimented wildly with the forms that individual leaves take. Plant species can be found that sport leaves of almost an unimaginable variety of size and shape, from tiny filaments to great elephant ears, from branching underwater nets to the needles of a conifer to the long linear productions of the cattail, to all the

elegant shapes we see paired or staggered along the stems of our common wildflower species.

Certainly anyone who is interested in identifying the individual plants blooming attractively across our fields and woods must pay careful attention to leaves. In some cases, a particular leaf shape may be absolutely characteristic of a species. For instance, the fuzzy rosettes of hepatica leaves that can be spotted growing on spring slopes are unmistakable. In other cases, nature—once having found a suitable model—finds it useful to employ the same pattern over and over, and a number of quite different plant species may bear leaves that are very similar in appearance. Botanists have taken advantage of this phenomenon in the past when devising scientific names to describe a particular species—thus we have the name *Solidago ulmifolia*, or the elm-leaved goldenrod, for one species of goldenrod that characteristically bears leaves that resemble those found on the typical elm tree. Note, incidentally, that the Latin word for “leaf” that is the root appearing in this name has also given the English language the word “foliage”.

More commonly, botanists use species names that describe particular features or characteristics of the species; *crassifolia* for “curly-leaved” is one such name. The challenge of describing a large genus that contains many species, such as *Aster* (recently subdivided into several different genera) tends to bring this strategy into

clear play. Among the species of aster that can be spotted along New York trailsides in fall are *A. linariifolius* (“straight-leaved”), *A. macrophyllus* (“large-leaved”), and *A. cordifolius* (“heart-leaved”), with specimens of each displaying their own typical, easily-recognized leaves alongside their bright starry blossoms. The next time you go looking for wildflowers in shy or bold bloom, spare a moment to consider as well the leafy company in which the blossoms you find dwell. □



Hiking and Pregnancy

Dr. Badawy is Professor and Chairman of the Department of Obstetrics and Gynecology, Professor of the Department of Pathology, and Director of the Division of Reproductive Endocrinology/Infertility at SUNY Upstate Medical University in Syracuse.

I have been asked by Dr. Robert Michiel to write a Trail Medicine article about hiking and pregnancy. I have reviewed some of the earlier Trail Medicine articles, and I feel that consideration of benefits and effects of exercise in various conditions is relevant and important. I will discuss the importance of understanding the significance of exercise and hiking in pregnancy.

During the past four decades exercise has become a preferred, although not universally adopted, part of the lifestyle of women and men. Certainly this has contributed to good health and fitness in individuals of all ages. Much research has addressed both positive and negative effects of exercise on our bodies. Benefits for women (and men) include improvement of bone mass and cardiovascular stability, lowering of blood pressure and blood sugar, and prevention of obesity. In addition, it has been found that exercise reduces hot flashes in postmenopausal women and is recognized as one of the alternative methods of management of these severe symptoms. Exercise has also been found to have a positive effect on the lipid profile—that is, improving the HDL (good cholesterol) and lowering the LDL (bad cholesterol), thereby protecting against development of plaques in the blood vessels.

Recognizing all these benefits of exercise, we find that active women are overall healthier. They are participating in all kinds of exercise activity: joining fitness centers, participating in marathons, gymnastic activities, and also various kinds of sports, including tennis, basketball, soccer, and swimming.

As an infertility specialist, I commonly see women who participate in these

Shawky Badawy, M.D.



activities and present to me to achieve pregnancy. When they become pregnant the question arises what to do regarding the exertional activities they have been used to for many years. Should they stop these activities? Should they continue these activities? The American College of Obstetricians and Gynecologists has evaluated this question, and indeed they recommend exercise during pregnancy provided that there are no contraindications. There is certainly a very beneficial effect of exercise during pregnancy to prevent excessive weight gain, to prevent gestational diabetes, and to prevent hypertensive disease. In addition, exercises that build muscle tone certainly help women during labor and have been shown to reduce the duration of labor.

Then we have to advise what type of exercise can be engaged in safely during pregnancy. Many exercises can be continued with moderation. However, during pregnancy there are certain changes that occur in the body that might limit some types of exercise. As pregnancy progresses, enlargement of the uterus might constitute a limitation for certain exercises like jogging, running and skiing. These probably have to be modified and changed to brisk walking in order to be able to preserve the benefits of the exercise without jeopardizing the pregnancy.

The blood volume increases and the cardiac output also increases during pregnancy. The baby, with its placental

circulation, needs to maintain proper blood flow for the nutrients and fluids to go to the baby. Women during pregnancy have to eat healthfully in order to maintain the nutrition requirements for their bodies as well as for the baby. The core temperature during exercise is usually increased by 1-2 degrees, and then it plateaus with good hydration, which will usually be safe and will negate any negative effect on the baby. Certainly, by keeping the blood pressure and the blood sugar normal with the help of exercise and good nutrition, many problems related to pregnancy can be averted.

Swimming and yoga are beneficial, and they can continue as long as you are able to do them. However, exercises in which the pregnant woman is lying on her back should be avoided because of the pressure of the uterus on the large vessels, which might interfere with the blood flow to the uterus and to the placenta. Scuba diving, although tempting, should not be done during pregnancy because of the inability of the baby to get rid of the bubbles in the circulation during this type of exercise. Hiking might be easy to do in the first trimester; however, as pregnancy progresses, it might be more difficult, and therefore, you might consider other forms of exercise such as climbing stairs, which might give you the same benefit with much more control.

There are certain contraindications to hiking and strenuous exercise. These are well known and include history of miscarriages, history of premature labor, and presence of uterine bleeding during pregnancy. Exercise also should be discontinued if you feel dizzy, have headaches, or uterine contractions with diminished fetal activity.

I certainly advise every pregnant woman to continue her activities along the lines that I have described. Importantly, she must also discuss her exercise programs with her healthcare provider and get the proper individual advice that will suit her and her condition. □

End-to-End Update

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

End-to-End Hikers

The following hikers completed the FLT main trail since the last issue:

- #230 Sieglinde Schwinge
- #231 Horst Schwinge
- #232 Sigrid Larson Connor
- #233 Kathy Brennan
- #234 John A-X. Morris (3rd hike)
- #235 Joe Dabes (7th hike)
- #236 Karen Luciani
- #237 Frederick Carranti
- #238 Laurie Dando
- #239 Roy Dando
- #240 Marilyn Beckley
- #241 Suzanne El Rayess

These End-to-Enders bring the total for 2007 to 19, one fewer than 2006. Am hoping that by the time you read this we at least tie year 2006. I had hoped for 25 in 2007, but with deer season rapidly approaching I doubt we can reach that goal.

Future End-to-Enders recently added to my list:

- Mary Ann Cascarino
- Tim Jones
- Nancy Luger
- Daniel L. Wagner
- Julie A. Wagner

If you will be finishing the FLT in 2008 with the Cattaraugus Hike Series, please let me know soon if you are not already on my list of End-to-Enders. Most end-to-end forms can now be emailed to you. Please contact me and I can have them emailed to you.

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

- | | |
|--------------------|-----------------------|
| Roger Ashworth | Greta Selin Love |
| Mary Ann Cascarino | Nancy Luger |
| Robert Collins | Tina Pabst |
| June Granz | David Preston |
| Kirk House | Will Rodin |
| Mahlon Hurst | Christopher Scion |
| Sarah Hurst | Daniel & Julie Wagner |
| Jerry Lazarczyk | |

Please send me your progress report via email or snail mail at least every three months. When you get close to finishing, please ask me for an FLT End-to-End Patch Application and a Hike Record Form.

Branch Trails

Tim Wilbur completed the branches and received the Branch Trail Patch at the Fall Outing at Hickory Hill Campground in Bath. I received a Trouble Shooter Report from David Marchner who is hiking the Conservation Trail.

Car Spotters

Phil Dankert has added Maps M-19 and M-20 so he is now covering maps M-16 through M-20. Please consider becoming a Car Spotter as I assure you that you will enjoy meeting and talking with the End-to-Enders. They are supposed to reimburse you for gas.

Trail Conditions

Important changes such as re-routes, trail closures and other information are posted to Trail Conditions on our website. Be sure to review this list if your maps are more than one month old.

Thank You

Sidote Bash at the Fall Outing

Again I would like to thank whoever originated this wonderful Celebration for my 90th birthday. It was an event to remember for a life time. My thanks to the Officers and Board of Managers for supporting the event. I also want to thank Gene and Stephanie for their involvement as I am sure it created a lot more work for them and they are over-worked as it is. I am sure that Phil Dankert was involved with both the Fall Outing preparations and the Celebration and my thanks to him also.

My special thanks to Jacqui Wensich for her work on the Memory Book and the Saturday night PowerPoint program which was excellent; it must have been time-consuming to collect pictures and make the CDs. Also my thanks to her for sending me copies and pictures of the program. Also thanks for wearing the suspenders and my extra pair of goggles at the Saturday night program.

I want to extend my thanks to the FLT-Bullthistle Hikers Club for approximately 25 members attending the Celebration which gave me a good feeling. It was a long trip to make.

I want to thank the Deans, the Constables, Kathy Brennan, Joe Dabes, John A-X. Morris, Karen Luciani and Frederick Carranti for making a special effort to finish their end-to-end hikes before, or during, the Fall Outing as a tribute to me. I appreciate your devoting all that time and effort to finishing

(Continued on page 15)

End-to-End Update ...

(Continued from page 14)

in time for the Outing. Also my thanks to the car spotters who helped you along the way so you could finish. I do not know all their names so am reluctant to list the few I know about. Many, many thanks to all 60 End-to-Enders who were able to attend the Celebration. It was great to see and talk with many of you. Sorry I was unable to talk to all of you. It was a great feeling to be surrounded by all of you when the group photo was taken. You are kind of like my "family".

My sincere thanks to the other 140 who came from far and wide to participate in the Celebration. It was really great of you to attend this special event in my honor. There were members from all across New York State as well as Canada, New Jersey, and one End-to-Enders from South Dakota en route to the ALDHA gathering stopped at my home for a couple days and treated me to two dinners.

Thank you, Bruce Matthews of the North Country Trail Association, for coming all the way from headquarters to attend the Outing and Celebration. Thanks again for the baseball cap. And I thank the Triple Cities Hiking Club for the life membership and certificate.

I also want to thank all the members who sent me birthday greetings via email, or snail mail, along with explanations as to why they were unable to attend the Celebration. I think that I replied to all of you. I am sorry that you could not come, as it would have been great to see and talk with you.

Forever Society Charter Members

When I first learned of the Forever Society plan I was very skeptical that it would be successful. I was amazed and very pleased that 29 members made the pledge to pay to the Fund \$1,250. If my figures are correct that amounts to more than \$35,000 which is way beyond what I imagined would be raised. I never anticipated my small donation would result in such a huge amount of money for the Fund.

I can't thank you enough for making this pledge. Hopefully, by your example others will join in the near future and the Fund will continue to grow. Thanks again to all of you Charter Members for your generosity and dedication to the goals of the FLT.



In conclusion, if you were involved in preparations for the Celebration and I neglected to thank you, I apologize and want you to know I appreciate your contribution to the Outing and Celebration.

Happy Hiking!

Edward J. Sidote

5 Clinton St., Norwich, 13815-1903

607/334-3872

ejsidote@frontiernet.net

Welcome!

New and Returning Members August through October:

Rebecca Abraham	Alpine	Richard Heinrich	Binghamton	Carol Meyers	LeRoy
David & Lisa Acenowr	Norwich	Dave Herboldt	Georgetown	Bill Miller	Ithaca
Richard Allen	Ithaca	Phillip & Robin Hubbard	Horseheads	Ray Mueller	Naples
Michael Baker	Baldwinsville	Abby Hungerford	Syracuse	Richard Mulvey	Rochester
Bob & Shirley Barton	Mecklenburg	Bruce Janklow	Brooklyn	Richard & Pat Ortlepp	Orchard Park
Benjamin Bernard	Stafford	Lisa Jensen	Baldwinsville	Barbara Owens	East Aurora
Doug Black	Prattsburgh	Brian Kaufman	Marcellus	Peter Passalacqua	Norwich
Barbara Blass	Crofton, MD	Joseph & Patricia Kelley	Wayne	Bernard J. Poiesz, MD	Tully
Robin Botie	Ithaca	Richard A. Lacey	New York	Robert Reid	Livonia
Richard A. Carlson	Pittsford	Steve Lampke	Ithaca	Ted Robinson	Oxford
Jerry & Cathy Cheplowitz	Rochester	David & Cynthia Lewis	Cortland	Ben Rossetter	Gardiner
G. Douglas Clarke	Alfred Station	Mary Lindeman	Hornell	Sharon Senefelder	Tonawanda
Gordon Cooper	Los Gatos, CA	Deborah Lucchesi & John Mann	Cincinnati	Ray Sergott	Liverpool
Peter DeBraal	Rochester	Joseph Mallia	Palmyra	Richard & Irene Sills	Syracuse
Rick Dorman	Cincinnati	John Mangus	New Haven, CT	Seth Spielman	Buffalo
Brad Edmondson	Ithaca	Bruce & Kelly Matthews	Ada, MI	Anthony Suchman	Rochester
Teresa & Jay Evans	Syracuse	Les Mattis	Roscoe	Jeremy Tagliaferre	Ithaca
Robert Fallon	Buffalo	Lucy McCabe	Cheektowaga	Laura Talaga	Honesdale, PA
James Fetten	Pittsford	Dee McCarthy	Buffalo	Doug & Cory Ward	Saratoga Springs
Dennis Frank	Bradford, PA	Scott McLatchy	Endicott	Darrow Wood	Brooklyn
Kathy & Gary Garcia	Geneva	& Jennifer Brownstein	Buffalo	Lea Yuhas	Painted Post
Ralph & Pat Garnish	Bergen	Brendan McMahan	Buffalo	James & Linda Ziamba	Hector
Candace & Karl Heidenreich	Franklin			& Cadan & Fenton Ziamba	

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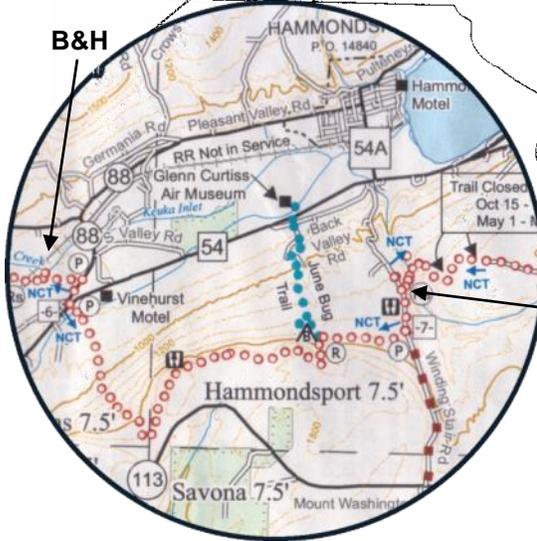
Walking Through Time in New York: #19 in a series

Keeping Track of the Central Valley Railroad by Tim Wilbur

In 1870 a railroad line had been established from Utica to Norwich, NY, in Chenango County with plans to continue on to Greene, NY. An eight-mile gap from Greene to Chenango Forks was all that was left to establish a railroad connection to Binghamton and the coal fields of Pennsylvania.

The township of Smithville had hoped to close this gap by organizing The Central Valley Railroad, surveying a route from Chenango Forks to their town. However, the rival Greene Railroad surveyed a different route along the Chenango Valley, and, by filing their application first, won the right to construct their railroad. (The Greene Railroad and all the line to Utica would become part of the Delaware, Lackawanna &

Western RR—currently the Susquehanna Railroad that our trail crosses at the South Oxford Bridge on



Map by Tim Wilbur.
Detail on left is from FLT
Map M-12.

FLT map M-25).

Still wanting a railroad connection, Smithville settled for a branch line from north of Chenango Forks ending at Smithville Flats. The branch line was completed in 1872 but after only three years of operation, and not making the

(Continued on page 18)



Crossing the overgrown Bath and Hammondsport railroad. Note the FLT blazes on the rail.



Nancy Wilbur pointing out the rusty old rail on the FLT near Winding Star Road in Steuben County (see map).

Walking through Time ...

(Continued from page 17)

anticipated revenue, creditors forced the foreclosure of the Central Valley Railroad.

The closest our trail comes to Smithville Flats is approximately six miles northeast in the Ludlow Creek State Forest area (map M-24). Where we may cross the **TRACKS** of the Central Valley Railroad can be found in the details of the foreclosure sale. The Bath and Hammondsport Railroad, several counties to the west, purchased much of the railroad equipment including the rails that they used in the construction of their railroad line.

Today we come across the now out-of-

service B&H Railroad as we hike on map M-12 in Steuben County. The rails and ties still occupy the right of way; however, weeds, bushes, and small trees are gradually filling in the open spaces. It is likely that the B&H upgraded their track since the 1870's, replacing the original Central Valley rails with heavier grade rails, and the old rails would have been sold for their scrap value.

Fellow railroad writer Irene Szabo once told me of some rails she spotted along the trail off Winding Stair Road (still on map M-12). Investigating this lead, about a quarter mile east down into a valley, the trail begins to ascend on an old laneway where we come upon a small bridge that is succumbing to the elements. The bridge is a collapsing

collection of shale rock once used for the abutments of the bridge walls. Across this span, amidst the dirt and rocks, are some rotting railroad ties and a partially visible railroad rail likely used as support for the decking. A second rail is lying freely off to one side, the likely victim of erosion.

The small size of these rails, along with their pitted, rusty, weathered look, suggests that this might well be a couple of the original tracks from the Central Valley Railroad recycled one last time to be the foundation for this bridge. □

Trail Rerouted and Improved in Allegany State Park

A reroute of the FLT in northern Allegany State Park (Map M1/CT1) is now complete! According to Joe Dabes, "This reroute is 0.9 miles long and replaces 1.4 miles of old trail, thus shortening the trail by half a mile. The new trail is much nicer as it is dry and winds through nice hardwoods. It replaces longer, hillier trail that had wet sections with stinging nettles. Clearing the new trail was done by Cheryl Peluso, Annette Brzezicki, and Nick Scarano of the Foothills Trail Club."

This reroute actually started when Bill Menke from the National Park Service laid it out many years ago based on an examination of topo maps. During an Alley Cat Crew work week in September 2005, Howard Beye, Jacqui Wensich, and Joe Dabes checked steepness with Howard's inclinometer and GPS'd

the route to approximate Bill Menke's suggested map route. Howard then walked the route with Gene Cornelius; they made a couple of minor changes near the top. Joe had to come back and re-mark the route after nearly all the flagging tape was pulled down before the summer of 2006. The proposed reroute needed Albany's approval before clearing could begin. Brad Whitcomb, the park manager, and Tom LaBlanc of the Allegany State Park Resource Management Department were instrumental in getting the route approved by the Office of Parks in Albany.

So a special thank you to everyone involved in this project.



Deb Elek

Above: Cheryl Peluso and Annette Brzezicki of the Foothills Trail Club toast their successful completion of a reroute of the FLT in Allegany State Park.

Joe Dabes sends this suggestion for those laying out of reroutes or new trail: use spray painted dots on trees if the flags are expected to be up any length of time. People, especially during hunting seasons, pull flags down, and sometimes even move them (like here, on a short section of the reroute).

Article removed at author's request

Trail Builder Award ...

(Continued from page 11)

Louisiana and Texas. She combines her art and hiking by gaining inspiration from the natural world for her paintings. The forest provides arrangements and patterns of leaves, found objects such as bones, and colors that she can work into her art. She says her greatest joy is to get out and do trail work with her dog. She always sees something new that inspires her painting. She gets on her trail at least three times per year, but each “time” may be several days. Last year, she spent 58 hours on the trail. Her favorite trail loppers “are always attached to my arm”. She credits Rose Schaub, a founder of the Foothills Trail Club, with mentoring her on trail work. She finds it not work, but joyous—strenuous but rewarding. She also enjoys meeting other people on the trail who say “thank you”. She says there is “So much to see”!

Harry Clar and Edward Willis demonstrated great dedication over a long time in building and maintaining many miles of the Finger Lakes Trail System. The award is made to an individual or pair of individuals who have made a significant contribution over a period of time as trail workers. Congratulations to Linda for joining the company of previous workers so honored. □

Our sincere thanks for a gift in memory of:
Verna Soule
from
Edward J. Sidote, Norwich

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.

Challenges Come In Bunches

We have just learned from two of our Trail Sponsors that they will need to give up huge swaths of trail they have maintained for years. The Niagara Frontier Chapter of the Adirondack Mountain Club has determined that they no longer can find enough members interested in maintaining the 29.6 miles of trail they have tended since 1972.

The Catskill Outdoor Education Corps at SUNY Delhi has been notified that their funding under the federal AmeriCorps program has not been renewed for the coming year. This means we will have 31.3 miles of trail in the Catskills to find new Trail Sponsors for. Fortunately, our burden has been reduced significantly because David DeForest, the director of the Catskill Outdoor Education Corps for the last eight years, indicated he would personally take on 10.4 miles. He plans to use help from the Outdoor Club at SUNY Delhi to perform some of the work. That leaves us with the challenge of finding trail workers for the 20.9 miles of trail west from Alder Lake.

David DeForest is also the FLTC Trail Coordinator for the Catskill-East section, which contains 50.3 miles of the FLT. He will be on the lookout for enough people to cover the four sections of trail which are now without a Trail Sponsor.

On the far western end of the FLT System in the Genesee-West Section, Trail Coordinator Marty Howden has been working to find people interested in taking on the six sections of trail which previously were part of the ADK/NF sponsorship. Through the efforts of Cheryl Peluso, the new Chair of the ADK/NF, we have received inquiries from three potential Trail Sponsors.

If you are interested in becoming a Trail Sponsor or getting more information in either of the two sections listed above, look on page 23 for a detailed description of the sections "Available for Adoption" and how to contact the responsible Trail Coordinator.

What Makes a Great Trail? ... improving it

The Finger Lakes Trail Conference works hard to have a great trail. Remember, "The mission of the Finger Lakes Trail Conference is to build, protect, and enhance a continuous footpath across New York State. Forever!" In the last issue of the *FLT News* we spoke about building the trail. Today we will give you examples of how the trail was enhanced by two youth members in the Scouting program.

The first is Matthew McCullough, a member of the Venture program, Boy Scouts of America. Matt belongs to Venture Crew 2674 in Watkins Glen and asked the Finger Lakes Trail Conference if we had a suitable project for him to take on as his Eagle Scout project. Lynda Rummel and I thought we had a good project in Sugar Hill State Forest. The

Trail Topics



Howard S. Beye,
Chair
Trail Management
Committee

Department of Environmental Conservation had just built two lean-tos about a quarter mile south of the Recreation Area where the fire tower is located. Since there was no outhouse located by the two lean-tos, we thought that would be a big improvement for that area. We

contacted Gretchen Cicora, the DEC Forester responsible, who concurred, but of course it had to be handicapped accessible, which meant a much larger outhouse. We then contacted Matt and told him what we had available for his project. He went to work getting the plans, moving the lumber the FLTC provided, arranging to secure the other materials needed, and starting to organize his work force. To make a long story short, after 1080 hours put in by Matt and many other helpers the outhouse was completed. We plan to have a story about Matt's Eagle project with pictures in the next issue of the *FLT News*.

The second project was by Mattie Catherman, daughter of Steve Catherman, who has been a long time Trail Sponsor for the FLTC. Mattie needed a project to complete the requirements for the Silver Award from the Girl Scouts of America. I received the article on the next page from Mattie, which tells the story better than I could.

On behalf of the Finger Lakes Trail Conference and myself I want to thank each of you for the excellent projects you completed along the FLT System. Many hikers will appreciate both projects for years to come.

New Trail Sponsors and Trail Stewards

Since the last issue of the *FLT News* the following changes have taken place across the 892-mile FLT System.

Tom and Donna Noteware, Trail Coordinators for the Bristol Hills Branch Trail, report that the 3.2 mile section of trail through Boy Scout Camp J. Warren Cutler is now sponsored by Jim Kersting of Springwater. The section was formerly sponsored by Carol Thiel who with expanded work obligations just could not put the time into the project that she felt it required. The Conference thanks Carol for all the work she did accomplish on the section to keep the trail in good condition.

For some time we have been looking for people to take on maintenance of the Interloken Trail, working for the Finger Lakes National Forest, the Trail Sponsor for that branch trail. Our "Still Waiting for Adoption" listing in the last issue of the *FLT News* was acted upon by James and Linda Ziemba of Hector. Living in the same town where much of the National Forest is located puts them quite close to their work area on the 11-mile Interloken Trail. Thank you for becoming Trail Stewards for the Interloken Trail.

Irene Szabo, Trail Sponsor of four separate sections of trail totaling 20.6 miles, felt it was the right time to pass on a 4.25-mile section located on map M-12 from Winding Stairs Road to North Urbana Road. Lisa Treichler, who lives only a stone's throw away from this section, will

become the new Trail Sponsor on January 1. I would like to thank Irene for all she has done to improve this section during her sponsorship, which included buying some of the land the trail is located on and putting in a bivouac camping area. The land has since been sold, but the trail route is permanently protected by a trail easement secured before it was sold. Thank you so much, Irene, for your sponsorship of this part of our system for so many years.

Alley Cat Trail Crews for 2008 Taking Shape

The 2008 Alley Cat Trail Crew schedules are nearly complete. If you are interested in working on a variety of trail projects take a look at the schedule and save the dates. Crew applications will be going out after the first of February.

June 9-13. Camp Sam Wood, Barlow Cabin, Pike, NY. Trail Improvements on Bob Emerson’s section, Gully work on Genesee Valley Hiking Club section and a complete touch up on all trail between Map 4 at Route 242 and the Genesee River.

July 21-25. Holland Community Center, Holland, NY. Improvements to the Conservation Trail in gullies on map CT -6 and other locations depending on number of workers participating.

Date to be determined for either July or August. Map M-22 in Mariposa State Forest to build a replacement for the Paradise Garden Lean-to. This project will probably require a weekend ahead of construction to prepare the site for a new lean-to.

September 15-19. Taylor Valley State Forest, Chenango Day Use Area, map M-21 assembling and installing a 58-foot, open web steel truss bridge. A prior work session will be required to construct the foundations for the bridge. □

Join the North Country Trail Association

A Special Deal for FLTC Members!

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

Name(s): _____

Address: _____

City, St Zip: _____

Phone (optional): _____

E-mail (optional): _____

I'm enclosing a check for \$16 payable to NCTA

Please charge my credit card (MasterCard, VISA or AmEx only)

Card #: _____ Exp. Date: _____

Name as it appears on card: _____

Signature: _____



Girl Scout Earns Silver Award for FLT Reroute

Following in her sister’s footsteps, Mattie Catherman, a member of Angel Turner’s Girl Scout Troop 942 from Hammondsport, earned her Silver Award for work completed on a section of the Finger Lakes Trail. As reported in this newsletter two years ago, Mattie’s sister Hannah and several other members of her troop earned their Silver Awards for rebuilding a bridge on the FLT in Birdseye Hollow State Forest.

Over the past summer and early fall, Mattie spent over thirty hours rerouting a half mile section of the June Bug Trail near Hammondsport on map M-12. This 1.25-mile-long spur trail that connects the main trail with the Glenn Curtiss Museum was created by Tom and Donna Noteware with the help of several Boy Scouts, who earned Eagle Scout badges for their work. Last year, Girl Scout Troop 942 took over maintenance of the entire trail.

The section of trail that Mattie rerouted ran entirely through open field. Although this allowed views of the valley south of Keuka Lake, it was hard to maintain with an abundance of prickles and bugs. The reroute takes hikers along the edge of the field through a wooded section at the top of a ravine. Mattie paid special attention to creating several scenic viewpoints out across the field from the new trail.

Including planning, scouting and getting approvals from the Town of Urbana (the landowner), the Finger Lakes Trail Conference and the Girl Scouts, it took Mattie almost four months to complete the reroute. She will be presented with her Silver Award at a formal ceremony early next year. In completing this project, Mattie would like to especially thank the Notewares for all of their time and input and also her Dad for his support.

Available for Adoption — Can You Help?

Catskill-East Region. The following sections of trail were most recently sponsored by the Catskill Outdoor Education Corps located at SUNY Delhi. They were maintained during 2007 and are reported to be in good condition. They are all located in the Catskill Forest Preserve.

Map M-30, Cherry Ridge Wild Forest, from NY Route 206 to Holiday and Berry Brook Road (6.2 miles)

Map M-30, Middle Mountain Wild Forest, from Mary Smith Hill Road to Beech Hill Road, (2.4 miles)

Map M-31, Middle Mountain Wild Forest, from Beach Hill Road to Big Pond Road (6.5 miles). There are also two trails to Little Pond Campground. One trail is 1.6 miles and the second is 0.9 miles.

Map M-31, Middle Mountain and Balsam Lake Mountain Wild Forests, from Big Pond Road to the east end of Alder Lake (4.2 miles)

The Trail Coordinator for the Catskill-East Region is David DeForest, who like to hear from anyone interested in trail up for adoption. David can be reached at SUNY Delhi at 607/746-4112 or by email at deforeda@delhi.edu

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 mvggebhard@hughes.net

Catskill-West Region. An individual trail sponsor is needed for the following trail section:

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

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

Genesee-West Region. The following sections of former Niagara Frontier Chapter, Adirondack Mountain Club, sponsorship are available. They have all been completely maintained with blazing redone where needed and the trail route cleared of obstruction.

Map M-4, Boyce Hill State Forest from NY Route 242 to County Road 17 (3.1 miles)

Map M-4, Bear Creek State Forest from Access Point 3 on Bear Creek Road to eastern exit from the forest onto Bear Creek Road (2.1 miles)

Map M-4, Private land from NY Route 98 to Access Point 5 Kingsbury Hill Road (2.8 miles)

Map M-5, Approximately half on private land from Access Point 1 on Kingsbury Hill Road to Access Point 2 on Peat Hill Road. The eastern half is on Cattaraugus County Forest and Bush Hill State Forest (3.0 miles)

Map M-5, Bush Hill State Forest from Access Point 2 on Peat Hill Road to Stebbins Road on north end (2.9 miles)

Map M-5, Farmersville State Forest from Access Point 3 on West Branch Road to Access Point 4 on Huyck Road (2.75 miles)

Map M-5, Swift Hill State Forest from Rushford Road to Access Point 6 on Hancock Road and on Map M-6 Swift Hill State Forest and private land from Access Point 1 on Hancock Road to Access point 2 on Ballard Road (3.3 miles)

The Trail Coordinator for the Genesee-West Region is Marty Howden. He would be glad to talk with anyone interested in learning more about being a Trail Sponsor. Marty can be reach 8:30 to 4:00 at 585/964-2462 or evenings at 585/964-7331 or at howser51@yahoo.com

Recommended in Franklinville

After finishing an after-dark hike on M-5 this past Friday night Carol and I discovered Zeno's Pizzeria in Franklinville (Cattaraugus County). For those fortunate enough to remember the old Rafters on M-19, these are the best wings since George migrated to Florida!!!! Absolutely great! And outstanding burgers, too. Unfortunately, they moved, on Sunday, to the square in "downtown" Franklinville and weren't open yet when I dragged into camp on Monday. They re-open in another week. Those 3 dozen wings and a burger that I was going to order when I finished backpacking will have to wait.

John A-X. Morris, 9/20/2007

Hiking West: Crossing the Genesee



That was easy!

The 2007 county hike series, “Hiking West: Crossing the Genesee”, came to a close in September with a final hike and a picnic in Letchworth State Park. Nearly 100 hikers completed the 65-mile trek across Allegany County and received a patch for their efforts. During our monthly hikes, “Waldo” was hidden on the trail for hikers to spot. (On the last hike, “Waldo” was an “easy” button—see the photo on the left.) We collected \$230.20 and 1 euro from this game, which was given to the FLTC for trail maintenance. I think that everyone had a great time on the trail as well as catching up with old friends and making new ones. This series will go in the book as one of the best for weather with every hike on a sunny day. Thanks to all of the volunteers who helped to make this a great experience for everyone. Next year, we will continue “Hiking West: Across the Western Frontier” to the western terminus in Allegany State Park.

— Pat Monahan, Series Coordinator

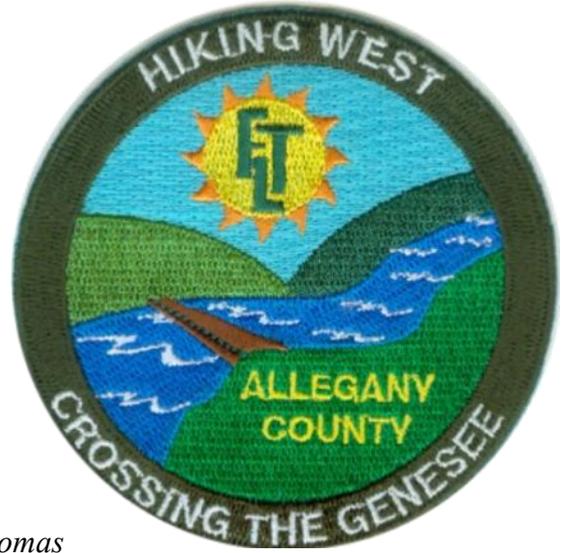


*Signing a
“thank you”
for Pat*





The traditional awards were given, both serious and in fun. "Nature appreciative group" leader Patti Millard merited both kinds.



Hike Series: The Celebration

Photos by Jackson "Jet" Thomas



Show your FLT Pride!

The Finger Lakes Trail Conference now has a "backpatch." It is an oversized version (6.5"x7.5") of our standard FLT patch. It is available for purchase on our website or by contacting the FLT Service Center. The price is \$12 but if you buy it in combination with the other 2 FLT patches, the set is only \$18 (a \$1.50 savings over buying the three separately, AND FLT members get a 20% discount). Sales tax and shipping and handling charges apply. www.fingerlakestrail.org

Letchworth Branch Trail 10-22-2007

Jacqui Wensich



"We photographed a Bald Eagle soaring above Inspiration Point during our break for lunch ... several hundred feet above the Genesee River"

— Jackson "Jet" Thomas

Look!

Jacqui Wensich, camera at her side



Jackson "Jet" Thomas

End-to-End Album

Sigi and Horst Schwinge, End-to-End Hikers #230 and #231

The end-to-end journey started when my husband Horst and I began to actively hike with ADK-Onondaga. We rode with others out to a trail through villages and areas we had never seen or heard of, and most of the time we had no idea where we were—but we enjoyed the beautiful scenery and the camaraderie and talks on the trail. I remember our first hike with the group because at the end Anne Brosseau said “You are hikers, come again.”

At one time someone looked at a blue sheet of paper, and I found that trail maps existed and could be bought from the FLTC, and that we were hiking on the FLT. My curiosity was piqued and soon I heard that there was a three-day hiking weekend in Bath, near Keuka Lake. That is a name and place I knew, and with all the information from Cindy and George Zacharek, who handed Horst a registration form on the spot, we attended the Fall 2003 conference at Hickory Hill campground, and bought a set of maps. Friday afternoon we started up Hickory Hill, and most hikers passed by me as I got winded on the very steep hill. (We hiked that stretch again this fall, but this time as part of a much longer trail section.) I also hiked my longest walk in a long time that weekend with hike leader Kim Meacham, 5.8 miles, mostly in the rain. I remember her father meeting us halfway, near Hornell, with water (we really needed that?!) and a bowl of M&M's. That got me hooked. The next day we had a very historically informative hike with Irene Szabo. This year we hiked with Irene again from Hickory Hill to finish the Bristol Hills Branch Trail. (And yes, a few people still passed me by on the steep hill, but only a few!) After about five years of steady hiking, my knee problems went away, and I am much fitter and leaner than I have been for a long time.

With a set of maps and a yellow marker we started marking sections of trail that we had begun in 2003 and thereafter.

We soon also began going on trail work hikes with Tony Rodriguez, and marked those sections also. With other conferences and weekend or longer day hikes the maps soon became more yellow. But doing the whole thing? That was clearly too much and we greatly admired the people being recognized at the conferences. But slowly the thought crept in that those people only had two legs and did not look in much better shape than we were.

Spring 2004 we signed up for the Tompkins County hike series with Sigrid and Jim Connors and also set out on our own to complete Onondaga County. In 2005 Schuyler County followed with the Connors and all the wonderful people we met in the medium-fast group, especially Susan Collier. In 2006 we hiked Steuben



Judy Erwin

County with Kim and Terry Meacham, and did the Letchworth Trail with Sue and Tom Bliven. We hiked with Carol

(Continued on page 27)



Horst (#231) and Sigi (#230) Schwinge finishing their end-to-end journey on the last hike of the Allegany County Hike Series.

Smith and Beth and Greg Dean on maps 2 to 4, with Tami and Phil Metzger, Betty and Jeff Constable, and in the Catskills with Paul Hoffman and Nancy Luger. I thank them and all the others from ADK-ON and the Bullthistle Hiking Club (too numerous to name) who organized hikes and kept us company on the trail.

Horst and I went out on our own with two cars or with one, then hiking in opposite directions. Horst, that scooter I wanted would have been very handy. We tried to bring bikes once, but when Paul Hoffman heard about it, he quickly came to spot us as we had chosen the hilliest section of the trail.

I heard more birds than I saw. I tried to remember the names of the trees and flowers I learned from many hikers. I saw many small critters, but only heard a bear in the Catskills. Horst spotted a fox crossing (appropriately) Fox Hill Rd. on map 7. I was sometimes afraid of dogs that ran out on the street after us (and hid behind Horst). I always had at least one hiking pole with me.

Most of the FLT is in really good condition, but I always clear some obstructions or just use my hiking pole to flick away branches, trying to leave the trail in better condition than I find it. On map 2 we struggled a few times where there was a big blow-down and poor blazing, but usually when we did not see a blaze it was because we were too busy talking and missed a turnoff. I thank all the trail stewards for their hard work and try to remember that when we go out and work on our trail sections on maps 21, 22 and O-2. We also thank all the landowners for letting us enjoy such beautiful countryside. Not having grown up in New York State, I have come to know many beautiful places on the trail and getting to the trail in all four seasons, and those sections of the trail that we hiked several times over the years in different seasons always seem fresh and beautiful. Naturally we tried to go out when the weather was agreeable, and naturally I cursed the heavy rain, the mosquitoes, deer flies, and other insects that seemed to favor me more than Horst. Not having a camera with me

most of the time, I just savored the moment or the view and extended it as long as I could to saturate my memory.

Horst and I finished the main trail at Whiskey Bridge on the Genesee River on map 6 with my group of the Allegany County hiking series on the last hike of the series, and we were elated when presented #230 and #231 end-to-end patches at the picnic at

Letchworth State Park afterwards. I am a little sad it is "over," but want to continue hiking on the trail and working on it. Don't the branch trails need to feel my boot prints? Now there's a challenge!

Keep hiking!
Sigi Schwinge

Long-distance hiker Verna Soule will be missed

by Edward J. Sidote

Verna Soule, 82, of Michigan Center, Michigan, known to other Appalachian Trail thru-hikers as "Gran-Ma Soule", passed away on September 5th.

Verna Soule was one of my End-to-Enders. She was #59 and finished in 1996. She was 71 when she hiked the FLT. She brought her pick-up truck from Michigan and used car spotters to help her across the state. Also she would ask campers in campgrounds if they would car spot for her and she had good luck doing this. When she got to Cortland County and Chenango County I car spotted for her. I stayed out on the trail as I had a Suburban station wagon at the time that I could sleep in, and she had her pick-up rigged with a bed so she could sleep in it. We did Cortland and Chenango Counties that way using her pick-up and my Suburban daily. When she got to Bainbridge I turned her over to Jim DeWan who helped her most of the rest of the distance.

Back in those days she was a very strong hiker. I hiked some with her and I could not keep up with her and she got a big kick out of the fact that she could out-hike me. She and Marge LaFayette (#18) were very close friends. They used to get together about once a year and go to the Appalachian Trail to backpack a section for a couple of weeks. They are both gone now, but maybe they are hiking in cyberspace together again. Her husband Ken will miss her very much. He was a golfer and not a hiker, but he supported her hiking ventures.

She was very well known in the ALDHA organization (Appalachian Long Distance Hikers Association). In 1990 she and three other thru-hikers, all in their 60s, were featured in a documentary "27 Days: A Backpacking Adventure on Vermont's Long Trail." It is an excellent video and I think that we have it in our FLT Library.

She kept in touch with me during her final illness and would let me know how she was doing. Towards the end her husband Ken would keep me advised. She used to write to Marge LaFayette when Marge was in the Vet's Home in Oxford but Marge could not write back to answer her letters so I used to keep Verna updated on Marge's condition, as I called on Marge weekly at least. I will miss both of them. They both had a great love for the outdoors.

According to an obituary in the Jackson, Michigan, Citizen Patriot, Verna Soule thru-hiked the Appalachian Trail in 1987 at age 62. After her first AT hike in 1979, she returned to the Appalachian Trail every year but one for the next 21 years. In 2000, thirteen years after her first thru-hike she nearly became the oldest woman to thru-hike the Appalachian Trail at age 75. She hiked more than 1600 miles from Georgia to Vermont but was forced to quit when she became ill with Lyme disease. There is a beautiful tribute to her on the ALDHA website (www.aldha.org/soule07.htm), Beloved 'Gran-Ma Soule' has died.

Third Time is a Charm

by John A-X. Morris

Somewhere in the hollows of my mind rattles the memory of a wise man advising that to see something new, take the path you took yesterday. I did and I did.

My third end-to-end started with a one-hundred-eighty-degree turn when I finished my second. I, of course, remembered the hills and dales of this stretch of trail from just a few moments earlier, but, even so, the light revealed new forms as it filtered through leaves. Fungi and ferns hidden by trunks when I was outbound stood out in sharp relief as I was inbound, and turkeys that had been well off this beaten path now crossed my path.

The newness of the trail when walked in the opposite direction and the nuances when walked in the same direction continued for the whole five-hundred sixty miles. It was like visiting an old friend and reliving fond memories, enhanced with quaffs around campfires and stories told and retold.

Of course, there are always new experiences and new things to see: an unnerving experience with a bear and her two cubs; acres and acres scented by ripe grapes; humongous ice crystals in the privy at Fox Fire Lean-to on a sub-zero morning; and my last formal observation as a teacher before I retired, also at Fox Fire, and with sixty kids, their parents, and miscellaneous four-footed critters in attendance.

I always marveled at how Java Joe Dabes remembered pieces of the trail from each of his seven end-to-ends, but I now find myself also remembering pieces and their special times, good or frustrating. I must confess that I never sufficiently appreciated the immense amount of dedicated work of so many people in marking and maintaining the trail until the end of my first end-to-end. With each successive hike, I revisited sections that continue to be exemplars of their sponsors. The

Jacqui Wensich



Ed Sidote congratulates the finishers, Kava Kathy (1st), Java Joe Dabes (7th), and John Bird Man Morris (3rd)

landlocked Bermuda Triangles have become fewer in number and severity. My greatest thanks goes out to you paint-covered, thorn-slashed folks who keep the trail open and hikers on track.

Thanks also go out to the charitable landowners who allow the trail on their property. As a landowner myself, I appreciate their concerns about misuse by ATV-ers, some hunters, a few horseback riders, and others. Their generosity is all the greater because of these concerns.

One of the reasons I have always enjoyed hiking the far reaches of the trail is the trail towns. Without the Finger Lakes Trail, I would never have eaten elk in Swain or drunk the dark, malty, chocolatey, coffee-flavored brew of the Ellicottville Brew Pub. I would have missed sun-filled breakfasts at the De Bruce Country Inn, the antiquity of Scott's Oquaga Inn, and a charming dinner with Ed Sidote in Oxford.

Ed was there at the end of my second end-to-end and the beginning of my

third. He also, by my extreme good fortune, hiked along with Java Joe Dabes as he finished his seventh, Kathy Brennan as she finished her first, and me as I finished my third. The three of us, along with my wife, Carol, had hiked many miles and shared many campfires together. We had agreed to save a short piece by Birdseye Hollow to finish together. The four of us, plus Jacqui Wensich and Joe's two dogs, Riley and Pumpkin, had a very pleasant walk on an early fall afternoon. Ed regaled us with stories from the early days of the trail, Pumpkin and Riley explored every fleeting scent in the autumn air, and we all savored our time together on the trail.

It was a good day on the trail. Every day on the trail is a good day. I hope to have, and I hope all of you have, many more. □

The Beginning, the Middle, and the End

by #236 Karen Luciani

When I first moved back to the area from Texas over five years ago, I was simply looking to join a hiking club and acquaint myself with the hills of New York State. I noticed a posting on a local village website for the Chenango County Series, registered, and soon the first few steps of my 562-mile journey began.

The Beginning

It was a cold spring day in 2002. I stood amongst strangers after riding a bus to the trailhead. I felt like I was 11 years old again. I had survived the bus, but would I survive the first day at school? The hike began with a climb. I puffed my way to the top, collecting burrs on my pants and gloves along the way. I reached the top of the hill—barely—and I remembered thinking that I had willingly signed myself up for this open-air form of self-torture.

Was there an end-to-end plan in mind? At that point, I had only hoped that there would be an end to that first hike.

There was an end, but I had doubts if I was strong enough to continue with the series. My inner voice piped in “you are not a quitter” and the words of encouragement from those strangers along the trail that first day convinced me that I could in fact do this.

So, the next month after more prep and a cheering section to boot, I began the hike ritual again. And again. And again.

Ed and Fred

Chenango County, I later learned, was Ed Sidote country, so it was inevitable that I would encounter the legend during that series. Just how is but a mystery. Mr. Ed Sidote simply appeared on the trail one day with his suspenders and walking sticks in tow. And then just as mysteriously, dissolved back into the woods. There was no official meeting, and yet I felt as if I had been introduced to my own

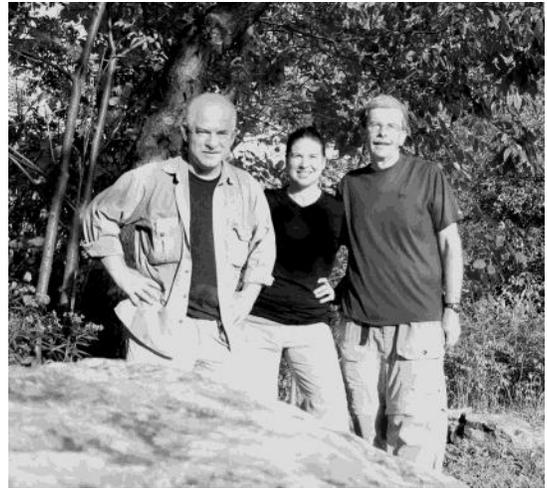
personal trail guide. Thank you, Ed.

On that same Chenango County series I also met Fred Carranti. I don’t recall the exact meeting but believe it began as bus chatter. I quickly learned that Fred had experience on the trail and I was able to pick up a few tricks. He advised what to wear, what to bring and most importantly, how you get a longer break if you keep pace with the leader. Fred continued to provide tips like carry a Snickers at all times and hike with a walking stick. He offered occasional words of encouragement as well as politically incorrect chatter. He would also provide a record of miles logged, organized plans outside of the county series, an introduction to the mandolin, and more politically incorrect chatter. Thank you, Fred.

In addition to Ed and Fred, there was trail leader Dave Conner. Dave with his boundless energy entertained us with his adventure stories and was the person who got me thinking that I could actually become an end2ender. Dave was our Ulster/Delaware County trail guide. Thank you, Dave.

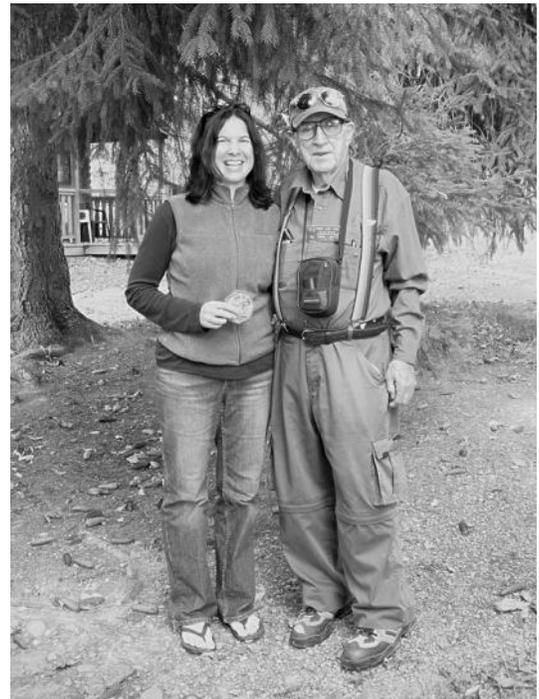
The Middle

After Chenango County there was Cortland. Then Tompkins. Then Schuyler, Steuben and Allegany. It was in the middle that I really started to appreciate New York State again. The long winding country roads, the gentle and the sometimes not so gentle rolling hills, the charming small towns rich in history, and it all became familiar again.



Rich Breslin

Near the invisible pond M-4. Fred Carranti e2e #237, Karen Luciani #236, Rich Breslin #212



Rich Breslin

Karen Luciani receiving the coveted e2e patch from Ed Sidote at the Fall Campout.

Each county unveiled its own set of characteristics and colors, as well as a

(Continued on page 30)

End-to-End Album

End-to-End: Luciani ...

(Continued from page 29)

cast of characters.

It is in the middle that I considered my trail mates strangers no more. They now had names. Crazy names. Names like Traildawg, Clipboard Lady, Field Marshall and Wandering Wojech. We would compare experiences, update each other on our end2end goals and exchange GORP recipes. There are far too many trail mates to mention, but each and every one of them was a part of making this such a rich experience for me. Thank you, all.

I would also like to thank the countless behind-the-trail volunteers who devote their endless energy, their time and their land, which makes this beautiful walk across New York possible for us all. Thank you.

The Ending

I had hopes to make the big finish by the fall 2006 Campout along with trail mates Deb Chapin, Rich Breslin and the Metzgers and add my name to Ed's

long list of "20" finishers. It was not meant to be. So, I would join the next county series and begin to plot a big finish for the following year. Then the announcement came that there would be a 90th birthday celebration honoring Mr. Ed Sidote and Harmon Strong. I found my inspiration. Rich Breslin stepped in to provide trail guide as well as documentary photo services for Cattaraugus County. Thank you, Rich.

And, oh, what a challenging county it was. Enough said about Cattaraugus.

Those last few hikes you couldn't help but think back to all the steps you had taken, and the paths that brought you to where you were now standing. After all, it isn't the big finish at the trail's end, but what the trail has taught you along the way. It is about giving everything you've got to get up that hill. It is about pausing for breath and taking in breath-taking views. It is about sometimes falling and then regaining your step—sometimes with the help of trail mates. It is all of these things, and so much more.

I came around the bend on that last leg of trail searching, searching for the invisible pond on M-4. And then, it appeared. I had reached the end and at the same time, I had acquired the knowledge that the end was simply another beginning. I had also earned my trail name: Pathfinder. End2Ender #236.

My list of MOSTs:

MOST thankful sag wagon treat: hilltop watermelon in July

MOST memorable photo: Butts Road in the Catskills

MOST memorable view: Alder Lake descending Balsam Mountain in the Catskills County with the MOST newts: Steuben

County where I consumed the MOST Snickers bars: Cattaraugus

County with the MOST attack dogs on patrol: Cattaraugus

County with the MOST scat sightings: Cattaraugus

Answer to the Fall "Name that Map!" quiz

The answer is the Abbott Loop, M-17, Michigan Hollow, Tompkins County.

Correct answers came from (in the order received):

Irene Szabo
Ed Sidote
Tony Preus
Larry Blumberg
John Oldweiler
William Perkett
Todd Miner
Joe Daley
Doris Abbott
Carol Mallison
Doug Gausman
John Andersson
Thomas Reimers
Sarah Hurst
Mahlon Hurst



Dear Jacqui,

Diane's Crossing is in Michigan Hollow in Tompkins County. A small group of Cayuga Club members replaced the bridge, along with the help of some Cornell Outdoor students in 1989 after the former bridge collapsed in the middle, making it unsafe for hikers to cross. Ed came over from Norwich to help.

In case you are wondering how the bridge got its name, one of the Cornell students, Diane (don't remember her last name), took charge of designing and supervising the construction of the bridge, hence we named it after her. In 1989, only the tread of the bridge was constructed, using two telephone poles as main supports. The railings were added later on.

Sincerely,

Doris Abbott

Editor: The Abbott Loop is named for Doris and Cliff Abbott, who designed and built it.

Fred Carranti, End-to-End Hiker #237, Report

First, of course, are the many folks that I need to thank for help, support, scolding, and tolerance of my bad jokes over the past six seasons—all of the noble and selfless volunteers who helped to organize the six cross-county series in which I participated, as well as the two FLTC Campouts: Marie and Dave (Chenango); Marie, Irene and Joe (Cortland); Jim, Sigrid and Joe (Tompkins); Jim and Sigrid (Schuyler); Kim and Terry (Steuben), and Pat and Susan (Allegany).

We organized the Catskills hikes ourselves as a small group with the kind and knowledgeable help of the tireless Dave Conner, who also led us through most of Chenango County, as well as many snowshoeing adventures in the High Peaks.

There are, however, three folks who are most deserving of my gratitude: my hiking partner for virtually all of the trail, Karen Luciani (it was her goal to finish for the celebration of Ed Sidote's birthday bash that really got us moving); next, the ever-prodding (and ever present) Ed Sidote (one simply cannot say "no" to Ed); and, last but certainly not least, that bleeding-heart conservative, Rich Breslin, who guided us through Cattaraugus at considerable giving of himself. Rich is the most dedicated hiker I have ever met.

Then there are the many, now familiar and dear, faces of the hikers on the monthly series' hikes, far too many to mention here, but I am grateful to them all. For many of us, it is comforting to know that we have formed the type of bond that now transcends regular encounters. I am confident that the span of time will not damage those bonds. We have seen each other at our best and at our worst.

I have many favorite sections of the trail, and each county has something beautiful to offer. However, I find my self going back to Chenango County and the Catskills more often than other portions, and I "cut my teeth" on the



Fred Carranti (#237) receiving his patch from Ed Sidote

Onondaga Trail, so it has sentimental value. Cortland County is also very dear to me (if home to some very tough climbing) as I spent many happy childhood days in Marathon and on the Tioughnioga.

I Love New York (it's not a clichéd slogan to me), and I feel like folks who use the FLT (especially end-to-enders) share in an intimacy with our state that is hard to describe to the non-hiker. Surely, the flavor of Connecticut Hill or Hoxie Gorge is very different from Balsam Mountain or Alder Lake. And some of us have seen every inch. It was (is) a defining experience for me to have finished the trail. (At 54, I thought I had already had most of my defining experiences; it's good to know there are more. And Ed would think that a ridiculous idea.)

I also have some fears and regrets: I was afraid to actually finish because I didn't want to "be finished" with hiking (an irrational fear, I expect). I

regret, sometimes, that pace at which we were often moved to keep, because I felt like much of the trail went unseen, except for the tops of boots. I will try to be more reflective and observant the second time through. The county series are a wonderful way to hike, they greatly accelerated our progress towards end-to-end status, and they get the unsure and the untested out into the woods. But, they are certainly not the only way.

To sit and to actually "become" part of the woods is an experience I relish, akin to meditation, or listening to music. I look forward to returning to my trail maintenance in Hoxie Gorge (sadly neglected this year) and to exploring certain trail segments in a more reflective way.

Anyway, it's great to be an End-to-End as long as it's not also End-to-Ended. See you on the trail. □

Frederick Carranti, # 237



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

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








FLT Regional Club List

These are the clubs 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.

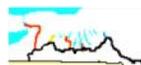
Affiliate Clubs	Website	Area
ADK Genesee Valley Chapter	http://www.gvc-adk.org	Rochester Area
ADK Mid-Hudson Chapter	http://www.midhudsonadk.org	Eastern NY
ADK Niagara Frontier Chapter	http://www.adk-nfc.org	Buffalo Area
ADK Onondaga Chapter	http://www.adk-on.org	Syracuse Area
Cayuga Trails Club	http://www.cayugatrailsclub.org	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



Scott Banhanka

Can you place this scene? Send your guess to Jacqui Wensich at jwensich@rochester.rr.com. 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 Fall quiz can be found on page 30.

NAME THAT MAP!
 So, you hiked the FLT or parts of it. Let's see how observant you were!
 Send your guess to:



jwensich@rochester.rr.com

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

- January 18-20.....FLTC Board/Officer/Committee Retreat,
Letchworth SP
 - February 23Trail Management Committee Meeting,
Canandaigua
 - February 8Deadline for submitting material for spring
issue of the *Finger Lakes Trail News*. See
box on page 1 for instructions.
 - March 15.....FLTC Board Meeting, Virgil Town Hall
 - March 22.....Presidents Council Meeting, Geneva,
meeting of presidents of FLTC-affiliated clubs
 - April 25-27Annual Meeting of the Finger Lakes Trail
Conference and Spring Weekend**, hosted
by the Cayuga Trails Club at the Montour
Falls Fire Academy. Mark your calendar now.
 - June 1National Trails Day**
 - August 7-11North Country Trail Association Annual
Meeting, Cazenovia**. This will take the place
of the Fall Campout this year. **Save the date.**
- Cross-county Hike Series (Cattaraugus):** April 19, May 17,
June 21, July 19, August 16, September 20, October 4 (a weekend
in Allegany State Park in collaboration with the Foothills Hiking
Club). Advance registration required. Details in the spring issue.

In the interest of legally protecting those landowners who have
permitted us to build our trail across their land, the Finger Lakes
Trail System will be closed on all private lands for 24 hours on
Monday, February 4, 2008.

JOIN THE FINGER LAKES TRAIL CONFERENCE

Name _____

Address _____

City/State/Zip _____ County _____

Phone (_____) _____ Email _____

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

Annual dues (Membership year runs from April 1 to March 1. Dues
paid after Dec. 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

Trail Towns: Dryden

by John A-X. Morris

The Appalachian Trail has been labeled "The Long Green Tunnel" because of bouts of claustrophobia endured by through-hikers. Not so the Finger Lakes Trail, whose pastoral splendor affords frequent vistas. As you near the end of FLT map M-18 on the eastern edge of Tompkins County, through the trees you can catch brief glimpses of a silvered Dryden Lake and its steep-sided, wide bottomed glacial through-valley. Map M-19 starts on Purvis Road on the western side of the valley and marches eastward. This section of the FLT is maintained by Alex and Michelle Gonzalez, and is, of course, impeccably maintained.

At 0.6 miles the trail passes a leatherleaf bog—closed to the public—on the left. Turn right onto Willow Crossing Road (...beware of the willows; they never seem to look right and left before crossing...), and, in a few yards, turn north (left) onto the southern terminus of the Jim Schug Trail (JST 4.0 mile point, FLT 0.8 mile point). Built on the bed of the former Lehigh Valley RR, this trail gets substantial use by walkers, runners, cyclists, cross-country skiers, and equestrians. Each half-mile point is marked with a bench and an informational plaque. JST 2.5 marks the location of a former ice house that harvested ice from Dryden Lake, insulated it with sawdust, and then used it to cool milk, butter, and eggs during rail shipment to cities. A few yards south of this marker, a trail leads off to the east and then north to the picnic area and the outlet. Jeremiah Dwight built a saw mill here in 1820. JST 0.5 marks the former location of the Borden Milk Plant that serviced local dairy farms from 1905 until about 1960.

At the FLT 1.4 mi. and JST 3.6 mi., the FLT and the JST part ways. The FLT turns north (right) on Lake Road and soon climbs the eastern valley wall and affords fine views of Dryden Lake, a kettle lake formed when a chunk of glacier broke off and melted, forming a depression surrounded by glacial debris. Thousands of years later, Cayuga Indians used its shores as hunting and fishing encampments. The JST continues north, passing alder thickets, sedge-grass marshes, cattail marshes, and Dryden Lake. This trail is a favorite of local birders, who get up-close views of Baltimore Orioles, Cedar Waxwings, vireos, several species of warblers, and many others. Great Blue Herons stalk lake and marsh edges, chattering Kingfishers dive for prey, and flotillas of Canada Geese and Mallards bob about. Bald Eagles, phalaropes, loons, and scoters have been observed during migration.

After four flat miles on the JST, you will arrive at the trail's kiosk on Main Street (Rte. 13) in Dryden. On your left is the Dryden Agway where through-hikers can obtain denatured alcohol and propane canisters, but not, unfortunately, liquid gas.



Dryden's Fountain

A turn to the east (right) will take you into the heart of town, and within 0.5 miles you will pass the Dryden Hotel (pub grub and live music on weekends), the Candlelight Inn Bed and Breakfast, the post office, and Todi's Pizzeria. The latter has, arguably, the best pizza and calzones in the area.

Were you to continue straight at the light onto Rte. 392, in 6.0 miles you would reach Virgil and Hollenbeck's Cider Mill, one of the gems of the area. On Saturdays and Sundays, you can buy just-made, hot donuts. On any day, you can purchase jams, killer fudge, super sharp cheddar and other cheeses, cider, apples, and several varieties of freshly baked pies. The FLT is concurrent with Rte. 392 about 3.4 miles to the east.

Back at the light in Dryden, nestled between two churches, is a replica of the fountain that once graced the village green on land donated by Edward Griswold. If you turn north (left) (still Rte. 13) onto the cleverly-named North Street, within the next half mile you will pass Song Tao, Dunkin' Donuts, Clark's Shur-Fine (home of the two-foot-long sub, grinder, or hero, depending on your state of origin), McDonald's, and the Queen Diner. (It's not what you think; it's named after Queen's County, New York.) For those who are looking for a more substantial meal, the A-1 Restaurant is between the second and third traffic lights. It features generous portions of Italian and Greek cuisine. At the third traffic light, Dedrick's Fruit and Vegetable Stand plies its trade from May until late October.

Hiking fosters large appetites; once you have enjoyed the flora and fauna along the trails and ruminated on the meaning of life, ruminate on some of the varied foods and drinks offered in Dryden.

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