

Finger Lakes Trail NEWS

Spring 2008



www.fingerlakestrail.org

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complete information and registration form – pages 13-17
- ◆ Cross-county hike series:
Cattaraugus County in 8 hikes, 85 miles
- ◆ Celebrating 10 years of “Trail Medicine”:
An interview with Dr. Bob Michiel

President's Message



Pillow Talk

l. to r.: Vice President Membership and Marketing Jay Zitter, President David Marsh, and newest Board member John Morris. Jay made the pillow out of two of the commemorative bandanas from last fall's FLTC Fall Campout/Sidote Birthday Bash..

The daylight hours lengthen, maple tree sap flows, buds expand, the sunshine has greater warmth as the angle of the sun changes, and we are filled with anticipation thinking about all that is to come once again with springtime. We think of the spring season as a happy time because of the promise of the emergence of life and growth to follow. It is the season of hope, hope that life will go on and flourish.

*Hope is the spring
That flows eternal,*

*...
It is a dream
That can guide us.
Never give up hope,
For if we stop hoping,
Then we stop dreaming,
And if we stop dreaming,
Then we stop living.*

(from "Hope", by A. Rahn)

Spring is a time when we are energized to make plans and achieve, a time of confidence that we will succeed. With spring and the events of the year ahead of us, the Board of Managers of the Finger Lakes Trail Conference holds a retreat weekend in January of each year. This is our time to review progress toward our goals, make revisions, and develop implementation plans. In January of 2007 we established goals for the organization and reported them to you in the spring 2007 *FLT News*. We feel our progress has been very satisfying. At our January 2008 Retreat our overarching strategy was not changed, our desired future conditions were modified

Hope "Springs" Us Forward

David S. Marsh

slightly, and our goals were revised. They are all listed for your review on page 5 of this issue of the *FLT News*.

Considering the talent and energy of this Board of Managers, and all of our volunteers, we have reason to **HOPE** that:

- you, our members, are pleased with the FLTC and will continue to renew your membership. You, through your membership, give us life. You are a vital part of enlisting new members and helping us to grow.
- our landowners are pleased with the FLTC, its volunteer trail maintainers, and with the behavior of all those who use the trail. You, our landowners, make the Trail possible.
- we are able to attract sufficient funding for our trail maintenance, trail building, and trail protection projects.
- the FLTC is successful in bringing all of our "affiliated" clubs together in a Club Presidents Council, and, that all member organizations will benefit from each other in a closer working relationship.
- volunteers continue to be attracted to trail maintenance and administrative work, and remain satisfied that their contribution is worth their valuable time.
- we are successful in protecting the FLT forever through securing trail access.
- we are successful in gaining access to appropriate lands and enlisting community support to complete the new branch trail connecting the FLT and the Mid State Trail at the NY/PA Border. This will become an important segment of the exciting new Great Eastern Trail that will extend from the FLT to the Florida/Alabama border.
- our marketing efforts will be successful in attracting new members, communities, and businesses to support and strengthen the FLT.
- the FLTC will be able to attract dedicated and hard working officers and Board members.
- our administrative activities will become more efficient, effective, and customer-oriented, and enhance the image of the FLTC.
- youth and young adults will be attracted to nature, hiking, trail work, and the FLTC.
- we will be successful in moving the FLT off of roads.
- our "partner" the North Country Trail Association (NCTA) will be successful in gaining access and completing the extension of the North Country National Scenic Trail through the Adirondacks to its planned destination.
- the FLTC will be able to complete NCTA certification for the applicable sections of the FLT.

The FLTC Board, office staff, members, and volunteers give me HOPE and confidence in the future. We are building a foundation with the long term in mind. We have expanded our office staff to increase efficiency by the addition of part-time employee Jennifer Hopper, obtained trail easements, increased membership, certified more trail, attracted funds for trail protection, obtained more local government and community support, planned the new FLT branch (GET segment) trail route, and generally increased the visibility of the FLT to residents and tourists.

I HOPE you are pleased with our performance. I HOPE to see you at our Spring Weekend on April 25-27 organized by the Cayuga Trails Club, where you will be able to participate in a variety of hiking opportunities and socialize with others who share your interest in the outdoors. Please notice that we have a column appearing for the first time in this issue, Faces of the FLT. Through this column we will call your attention to some of the fascinating people who provide for and use the trail. Look for it in future issues.

Thank you for giving us reason to HOPE. You certainly must find the time to enjoy this wonderful trail that will help open your eyes to the beauty and promises of yet another spring season. Remember, the trail ends only in your mind. □



FINGER LAKES TRAIL NEWS

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Spring 2008

Volume 47 Number 1

Mission Statement

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

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Michael Doan

Three-year-old Eadin loves to hike.

Cover: Dryden mid-schoolers and their families enjoy a National Trails Day event on the Finger Lakes Trail in this photo by John A-X. Morris, recently retired mid-school science teacher and newest member of the FLTC Board. "Have we been missing the point of National Trails Day?" Irene Szabo asks in her article on page 3, pointing out that the primary purpose of National Trails Day is **outreach**. Not John! For years his students and their families have been joining him on hikes.

Welcome to Jennifer, our new part-time employee, who is helping us with accounting and database tasks. See her picture and other information on page 34.

It has been another successful year for the Finger Lakes Trail Conference. Our membership continues to grow. We ended 2006 with 1178 members which was a 10.4% growth over 2005. We believe that growth can be mostly attributed to the new maps being offered that year along with a 20% discount for members. We also did more follow-up that year with those who did not send in their renewals, as well as more aggressive marketing. At the end of 2007 we had 1276 members, or 8.3% growth over 2006. This past year's growth is a result, I believe, of continuing marketing and retention efforts. The Board, in cooperation with the Membership Committee, has set a 5% per year goal for membership growth. We believe that is very realistic and hope that we can exceed it as we have done in the past two years. SO, our goal for 2008 is to have AT LEAST 1340 members by 12/31/08.

If we are to achieve our membership goal, it is **ESSENTIAL** that **MOST** of our current members **RENEW** their memberships. We have held the line on dues for this coming year and appreciate the fact that some of you are able to join at the Pathfinder, Trailblazer, or Guide level. We also appreciate the fact that over 200 of you were able to contribute to our 2007 Annual Appeal. By now, you probably have received your renewal notice. Please respond soon and save us from needing to send a second renewal notice. If you are a new member, life member, or class 1 member whose membership does not expire on 3/31/08, you should also have received a mailing. Please check your contact information including email and phone numbers, and if they are incorrect, please let us know. If you are not a life member now, please consider becoming one.

In other places in this issue of the *FLT News*, you will find announcements of our various programs for 2008,



From the Desk of the Executive Director

.....
Gene Bavis

including our annual meeting and our hosting of the NCTA annual meeting. Our weekend events are becoming more popular than ever before. You may recall that we set a new FLT attendance record last fall with the Sidote Birthday Bash. These events give hikers a chance to meet others, to take part in wonderful hikes, to enjoy well-presented programs, and to show their support for hiking trails. We hope that **YOU** will attend **BOTH** of our weekend events this year. I look forward to seeing folks that I've met before as well as the "newbies." Give it a try!

As always, we rely on feedback from our membership. Please don't hesitate to contact me or members of our Board if you have ideas, questions, or concerns. Our goal is to carry out the mission of maintaining our beautiful FLT forever! We can only do that with **YOUR** support. Thanks for all you have done and will do in the future.

To our permitting landowners, affiliate clubs, agency partners, and our **MANY** volunteers: a big **THANK YOU!** . □

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

FLTC OFFICE HOURS: We are normally open Mondays and Thursdays, 9:30 to 3:30, but there are frequent exceptions, so call ahead if you want to be sure. 585/658-9320

HELP WANTED: The FLTC is seeking a person or persons with good writing skills and perhaps some experience in producing press releases to assist us in preparing news releases for local papers all across the state. This would include such things as announcements of newly elected officers and board members, awards presented to FLT members or affiliates, end-to-end stories in that person's local paper, etc. Contact Gene Bavis, Executive Director for more details if you are interested.

gbavis@rochester.rr.com or 315-986-1474 (home office).

Our sincere thanks for gifts in honor of:

FLTC President David Marsh

from

Thomas & Stephanie Marsh, Falls Church, VA

Ken and Margaret Reek

from

Lakeland Rovers Outing Club of Canandaigua

National Trails Day — June 7

Have we been missing the point?

by Irene Szabo

The American Hiking Society started this day with the intention that we trail groups all across the United States would use the occasion to PROMOTE hiking and our trails, and to invite NEW people to hiking. Outreach was the primary goal, whether by luring new people to walking outside, or by getting good news coverage through local media.

So why have so many of our club and local group events consisted of a club hike, followed perhaps by a pot luck picnic? Did we entice anybody new to the trail? Did we put a notice in trail-area newspapers about the hike? Did anybody know it was National Trails Day except each other?

Yet we wonder why local people barely know there is a trail in their neighborhoods. Remember how startled Steuben County residents were to learn that the FLT was there when the County DPW put up green hiker signs?

And many clubs worry that their membership is aging, with no replacement generation of new members coming in.

Above all, children spend less time outside than ever, as Dave Marsh has pointed out in a recent President's Message, echoing the same concerns voiced in books, articles, and TV commentary.

Meanwhile, some groups are taking NTD very seriously as an outreach mission. One small chapter of the North Country Trail Association is a great example. Spirit of the Woods Chapter in the lower peninsula of Michigan has managed to involve plus or minus ONE HUNDRED guests for a half-dozen years now, almost 20% of them children, and this in an area of very small towns and rural poverty.

Every year they publicize a wide range of events for every taste, half-day hikes in the Manistee National Forest, kids' nature walks with games and

interpretive materials along the way, canoe trips on the Pere Marquette River, demonstrations and skill workshops, a big picnic, and whenever possible, one central attraction. For instance, one year they invited a club that likes to play *voyageur* in huge replica native war canoes with a long crew of paddlers to show off their skills and even give a few rides.

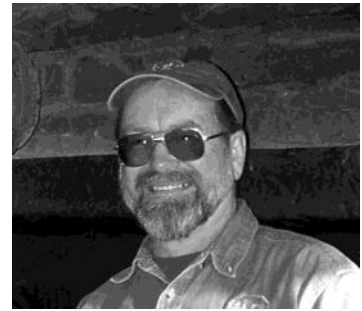
While only a few new members result from these events, a seed has been planted in each participant, and we must trust that those seeds will bear fruit someday, somewhere. After all, if I hadn't gone to Girl Scout camp as a kid, I'd not have been so easily lured into the woods once I stumbled upon a little marker that said "Finger Lakes Trail" twenty years later.

Your Board of Managers is dedicated to encouraging multiple local outreach events for National Trails Day, this and every year. We are hosting a third Club Presidents' Council in March for the leadership of all the local groups who take care of the FLT, and one of our agenda items will be to encourage local NTD outreach events.

Nor do you have to create such events in a vacuum! Ample advice is available on the website of the American Hiking Society, including "event planning" and "promote your events" tabs under the National Trails Day section at www.americanhiking.org. The AHS website section on NTD also offers free opportunities to register your event, so that others can find you under the "search your area" tab. Of course, most citizens who aren't already tuned in to hiking trails don't know to look here, which is why local publicity is vital, and they guide you through that process, too.

This is one time the FLTC cannot logically host an event as the umbrella organization, but must rely on its many statewide partners and parts to host local outreach events. Let's spread the good word. □

John A-X. Morris: New Board Member



John A-X. Morris, well-known to our readers as the author of the Natural Connections columns, was recently appointed to fill a vacancy on the Board of Managers. As an appointed board member, he was not required to submit a bio, but we asked him to introduce himself to our members.

I was awarded a Bachelor's degree from the University of Scranton, a Master's from Cornell, on-the-job training from the 3200 middle school, high school, and college students I was privileged to have in class, and equanimity from miles and miles on the Trail. Over the years, more than 2000 students, parents, siblings, and canines joined me for hikes on the FLT, a number of them while I was enjoying my three End-to-End hikes.

After dabbling in marathons, triathlons, and ultra-distance cycling, I shucked it all to spend more time with my son. We looked after each other on the Trail and shared hot dogs and Bush's beans, blister treatments, cozy shelters in the rain and snow, and warm campfires under starry skies.

Stephan has now fledged, happily leading rock-climbing, kayaking, and cycling trips; my wife, Carol, is still inspiring college students; and I no longer have the pleasures of the classroom. I now have more time to give back to the Trail, and, in addition to continuing to write the Natural Connections column, I'm really looking forward to working with the FLTC Board of Managers in whatever capacity is most useful. They are truly an august group of folks, twelve months a year. □



Recently an FLTC member asked me to look for some information about an event which took place in the late 1960's. I found that information in one of those old three-ring scrapbooks where things were filed in a more or less chronological order. These scrapbooks are full of news clippings, meeting notes, old maps and photos, some of which are not dated nor are the people pictured identified. They are however a treasure trove of just what it was like for our fledgling organization. What strikes me is how much we have grown and accomplished, but also how some of our initial goals still remain. Trail protection and recruiting new members were just a couple of those concerns that still remain foremost on our goals list.

The neat thing about these scrapbooks is that some of the older ones contain the correspondence of the Presidents and Trail Committee chairs. In 1969 Bob La Belle was FLT President and Erv Markert was Trails Committee Chairman. The newsletter was in a state of flux for nearly two years. Wally Wood took over the editorship of the newsletter for several issues

Notes from the FLT Archives: Looking Back to 1969 and 1970

.....
Georgeanne Vyverberg

when the previous editor left unexpectedly. Charlotte Pratt took over after Wally but needed to leave it in other hands a short year later.

As President, Mr. La Belle wrote numerous letters to legislators and foresters about the trail as well as letters to landowners who allowed the trail to meander through their properties. In one he thanked the landowners for allowing him to camp in a wooded ravine near their home and spoke about his hopes of the FLT being as widely known as the AT. He said of hikers that "mostly they are harmless and good and kindly folks like yourself, but usually without the continuous exposure to the beauties of the countryside that you may take for granted".

Erv Markert, who was instrumental in the beginnings of New York States Trails Council, also instituted the practice of a Quarterly Trail Letter. As Trail Chairman in 1970 he compiled a report showing just how many miles had been built since the organization's official beginnings in 1962. Here are those statistics.

Finished Miles	278.6
Under construction	93.1
Sponsored	86.3
Total miles	458.0

The sponsored miles were not actually miles yet flagged or worked. Of the total miles about 150 were on Branch

Trails. The types of ownership of the lands traversed by the trail were as follows.

State lands	182.3
Private lands	150.5
US Forest land	14.4
*Other types(?)	19.8

* Other types are not explained in the report.

So in the span of less than 10 years nearly half of what we now know as the FLT was in the works and over a third was finished.

In his President's message of July 1970, Bob La Belle states "We have entered this tenth year with our trail building effort somewhere in midstream so to speak. And if its completion-that distant shore-still seems remote and the problems many and troublesome as with current deep and swift- then take a reassuring look backward to see how far we have come."

Now look how far we have come. □

A reminder: May is hunting season, too...

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

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

FLTC Long Term Planning

Revised and approved: January 20, 2008

What is the overarching strategy?

Our overarching strategy is to concentrate Board efforts to provide financial security for the FLTC and protection for the entire trail.

What are the desired future conditions of the Finger Lakes Trail Conference that will tell us we have accomplished our strategy?

- No external threat or internal weakness can destroy the trail.
- We live within our means.
 1. Administrative and member services expenditures are completely self funded.
 2. We secure funding for Trail Management and Preservation projects in advance.
- The trail is completely protected.
- Our partnerships with government and related agencies are secure; they have bought into the idea of protecting the trail.
- The trail is widely recognized by residents of and visitors to New York State as measured by interviews, trail registers, number of hikes on FLT, membership, and number of end-to-enders.

What are the long term goals in each area for the next three to five years?

BOARD OF MANAGERS GOVERNANCE

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

ADMINISTRATIVE STAFF

- Determine and assure that accounting tasks are efficiently organized, mechanized, and integrated into office operations.
- Develop ED position to focus on the public face of the organization.
- Develop appropriate personnel policies.

MEMBERSHIP

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

REPUTATION/RECOGNITION/RELATIONSHIPS

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

VOLUNTEERS

- Identify need for and recruit volunteers.
- Develop a volunteer coordinating model.

FINANCE

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

TRAIL PRESERVATION

- Make trail protection a Board priority, aiming for two new easements on private land per year.

TRAIL MANAGEMENT

- Complete Great Eastern Trail route definition within one year and complete five miles by January 2010.
- Establish a program to move trail off-road one segment per year.
- Complete NCST certification of three miles of FLT between January 2007 and January 2010.

OUTSIDE INFLUENCE AND COMPETITION

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

State Forest Plantations “Coming of Age”

by Ronald G. Abraham, Senior Forester,
New York State D.E.C.

If you’ve done much hiking at all on the Finger Lakes Trail, chances are you’ve set foot on at least a few State Forest areas. If so, you’ve probably also noticed some places where entire stands of pines have been harvested. In case you were wondering “how” and “why” this is happening on State land, read on!

By the 1920’s, many thousands of acres of submarginal farmland across New York State had been abandoned, and that pace accelerated with the onset of the Great Depression. With the passage of the State Reforestation Law of 1929 and the Hewitt Amendment of 1931, the State began acquiring these abandoned farms for “reforestation and the establishment and maintenance thereon of forests for watershed protection, the production of timber, and for recreation and kindred purposes”. Unlike the millions of acres of Forest Preserve lands in the Adirondacks and Catskills which are managed as “forever wild”, the roughly 700,000 acres of State Forests, much of it scattered throughout the Southern Tier and adjacent counties, are actively managed for “multiple use” benefits. The Finger Lakes Trail passes through many State Forests as it wends its way across New York.

At the time of acquisition, about half of the total State Forest acreage consisted of abandoned farm fields, the other half woodlands. Using State employees and Civilian Conservation Corps (CCC) workers, the abandoned fields were planted with a variety of tree species, mainly conifers (“softwoods”) such as red pine, white pine, Norway spruce, white spruce and larch. Thus began the process of restoring the worn-out farmland to a forested, productive condition, and avoiding the thornapple and brush stage that can take over an old field for decades.

Here in 2008 we have the advantage of 20-20 hindsight, but back in the 1930’s the early foresters apparently didn’t realize that the shallow, poorly-drained soils so common throughout the Southern Tier uplands were not well suited for some species like red pine. Shallow-rooted species such as Norway spruce do well on these soils; however, red pine’s deeper root system can’t penetrate the hardpan that typically exists 12-18 inches beneath the surface. Usually by age 50-60, the red pines start showing major problems due to the restricted root systems. Growth rates slow dramatically and individual trees begin to die

and blow down, creating a “domino effect”—one tree tips over and the new opening exposes the adjacent trees to more wind, which in turn blows down more trees. When the plantations approach this stage, there are usually but two options: let nature take its course and lose most of the trees to blowdown and decay, or harvest the timber and utilize the material while it’s still sound.

Thanks to good markets for the products, DEC has an active softwood timber sale program on State Forests. The larger trees are typically used for lumber, utility poles and cabin logs, while the smaller diameter trees become paper or particleboard. Nowadays much of the softwood logging on State land is accomplished using mechanized “cut-to-length” harvesters. The operator sits in a protected cab, and the machine grasps and cuts the tree, de-limbs the trunk, and with the aid of a computer and measuring wheels, cuts the tree into the optimum log lengths according to the demands of the marketplace. A forwarder then picks up the logs and

(Continued on page 33)



“State of the art” tree harvester working on a State Forest timber sale. Pines are being removed to favor the native hardwoods. (David Zlomek photo)



Forwarder has wide tires and tracks on the rear tires to reduce impact on the soil. Young hardwood trees remain to form the new forest. Scattered limbs and debris protect the site, reduce browsing of hardwood seedlings by deer and return nutrients to the soil as they decompose. (David Zlomek photo)

Cazenovia 2008: North Country Trail Annual Conference In Our Ancestors' Footsteps...

by Irene Szabo, chair

In 1884, the Elmira, Cortland & Northern Railroad was getting bad press because locomotives kept derailing on the tracks between Cazenovia and Canastota, a village where the Erie Canal had been a major thoroughfare since 1825. In March, one specific passenger complaint related that a "passenger train running between the same two villages derailed, with the locomotive and tender plunging ten feet into a ditch, although fortunately the passenger car remained upright and no one was injured. The conductor was forced to return to Cazenovia on foot to obtain a second locomotive and car. This relief train in turn derailed on its return to Cazenovia with the rescued passengers from the first mishap. At this point, some of the male passengers walked the rest of the way to the village, one of them thoughtfully mailing a description of the incident to the state's railroad commissioners."*

These frustrated passengers may have been the first hikers along what is now a piece of the North Country Trail.

Next August, 7th through 10th, the North Country Trail Association will hold its annual conference at Cazenovia College, hosted by the combined efforts of the CNY Chapter of the NCTA, the Adirondack Mountain Club-Onondaga Chapter, and the Finger Lakes Trail Conference. The location rotates through the seven



A boy walks mules along the towpath of the early Erie Canal, while the captain toots his horn to alert an upcoming lock tender. North Country Trail walkers tread there today. Picture courtesy of the Chittenango Landing Canal Boat Museum.

states of this trail's 4600-mile breadth, so every seventh year New York hosts NCTA members from North Dakota, Minnesota, Wisconsin, Michigan, Ohio, Pennsylvania, and, of course, New York.

Our 2008 meeting will reverberate with the echoes of history in this neighborhood, where now the NCT, having departed the Finger Lakes Trail, leaves hilly forests for old country railbeds, long abandoned and now forested themselves, and canal towpaths steeped in history...both the famed Erie Canal, and feeder canals to the north along the Black River, where mere children walked a dozen and more miles a day, mostly barefoot, leading mules along the towpath.

Our scheduled hikes will retrace these ancestral steps and our programs will reflect these historic crossroads.

Evening programs will put the icing on daytime tours, workshops, and hikes, while the NCTA will offer both chainsaw training and trail building sessions fore and aft of the scheduled conference. Brand new trail created by both ADK-Onondaga and the CNY Chapter will be available to us, and Cazenovia College, already proven for its hospitality in 2001, will again feed us magnificently.

The full program and registration materials will be published in this magazine's next issue, and will be on our website even before the next *News* reaches your mailbox. Save the dates!

□

* "The Gangly Country Cousin (The Lehigh Valley's Auburn Division)" by Herbert V. Trice, pg 69

Generous Landowners Donate Easements

We would like to thank three additional landowners who donated permanent easements during the past year.

- Cayuta Lakes Property Association on their property in the Cayuta Gulf.
- Nunda Lumber company on their property near Dalton.
- Deborah Keil on her property near Danby.

It is because of wonderful landowners like these that the trail exists, and these three have chosen to make it a permanent legacy that their communities will enjoy forever.



Walking Through Time in New York:

#20 in a series

Our Conservation Trail's "rail trails"

by Irene Szabo

While it is hard to make clear just how dependent we once were on railroads, before roads were grand public money projects, perhaps this historic tidbit from Clarence Center will illustrate. Even as early as the 1850's, there were one or two-room schoolhouses every two miles in any direction all over upstate New York, but none of them took education past eighth grade. For any additional schooling, the rare student often had to board in a distant town, returning home on weekends at best. In the 1920's, however, students from Clarence Center in Erie County could take a passenger train on "the peanut" ten miles to North Tonawanda, even though the high school in Clarence Hollow was only three miles south.

The train was simply easier to take to school than getting oneself three miles in all weather over rude roads by foot.

"Peanut?" Yes, this lowly branch of the mighty New York Central, from Canandaigua to Niagara Falls, is STILL referred to as "the peanut tracks" even though the last of its rails were removed in the 1980's, lots of it long before. In 1969 I lived in East Pembroke in a rented shack on NY 5; at the back of those ten acres was a raised sandy dirt embankment through general swampiness, with a power line overhead, and everybody local called that linear lump "the peanut tracks."

We met the old 4-track mainline NY Central in WTT #6, where it still offers frequent high-speed CSX and Amtrak trains on two tracks where our trail crosses west of Corfu on map CT-8. That busy line from New York City to Chicago aroused envy from paralleling towns, so branches sprouted everywhere, and the undercapitalized little companies which started them were often gobbled up by NY Central itself. Thus when some annoying problem arose on this 1850's parallel branch line

from Canandaigua through Batavia to Niagara Falls vexed the NY Central Vice President of Operations, Batavia's own Dean Richmond, he dismissed the line as "only a little peanut." The name stuck, and even outlived the railroad.

On our FLT branch maps CT-9, 10, and 11 of the Conservation Trail, traveling from Genesee County westward across Erie County toward the Niagara River, most of our route is along old railbeds whose right-of-way has happily been preserved by local towns. What was a dirt track between high honeysuckle tangles in 1996 when first I walked there is now a series of paved town trails with wide mowed segments on each side, and gates and signs at road crossings, ideal for bicycling. The opportunity to sell goods and services to visiting walkers and bikers has not been lost on local entrepreneurs: trailside signs range from invitations to enjoy bottled water on ice a few houses down the road to one from an adjacent golf course restaurant.

On map CT-9, soon after walking under the Thruway at Pembroke, our route turns west for several miles onto a dirt path under power lines, once the route of NYC's "peanut tracks" arriving from Batavia. Then after a lovely walk through Akron Falls Park, we join a paved trail, but this one is the route of the West Shore! While this RR line paralleling the main NY Central started out as bold competition in 1881, it, too, was consumed by the huge rival within a few years. The New York West Shore and Buffalo Railway dared build a competing line up the west side of the Hudson (hence its name) to Albany, and then westward to Buffalo, but its investors were throwing spitballs at dragons, such as NY Central's power by that time. Currently much of the parallel line is gone, except for a bypass just south of

Rochester that is still active CSX, and the single-track busy freight line up the west side of the Hudson River continues its marvelous route under sheer cliffs and across river bays. The route of the Canalway Trail, still a-building along the Erie Canal for bicyclists and walkers, uses many miles of the old West Shore east of Utica, some of them now visible to Thruway drivers.

In our trail neighborhood, the West Shore slanted southwest from Rochester to cut diagonally through Clarence on NY 5, the larger village more properly known as Clarence Hollow, a few miles south of Clarence Center on map CT-10. Because this upstart RR was built thirty years after the rest of neighboring railroads, AND because it had to slant right through the dip into Clarence Hollow to stay on a level grade, its construction caused no end of upheaval in the long-established village. Old landmarks and fine buildings had to be destroyed or moved, prompting one old-timer to say that "Our peaceful little village looks like the day after Resurrection." New-fangled steam drills and shovels were used, while farmers made cash using their teams and selling wood for ties and trestles.

Excitement ran high when the first freight passed through in November of 1883 and the first passenger train on New Year's Day, 1884. Coal and farm implements could at last be shipped into town, and the day would come when local apple harvest time grew into such a major business that not enough railroad cars could be found when needed, giving rise to a local barrel factory. An ancillary benefit of the railroad's arrival was a telegraph system, quite a modern addition for Clarence Hollow. In December of 1883 more Christmas messages were sent to distant friends than ever before or possibly since! A manned crossing shanty on Main Street, now NY 5, was put into service to help people and carriages cross the tracks in safety.

Walking through Time ...

Even though rail traffic was dwindling, Sandy Warner of Foothills Trail Club remembers guiding her kids across the West Shore downtown in 1973; Conrail, a government-created company which took over most of the bankrupt northeastern railroads, abandoned the West Shore in the 1980's.

Our trail route on the West Shore just west of Akron comes to a junction right along the seam between maps CT-9

and 10; it was here that the "peanut tracks" and the West Shore, both owned by NY Central, crossed one another "at grade." A lot of signals were required at such a place in order to let engineers know if their way was clear since it takes a long time to stop a train. One railroad could also transfer to the other, so there were sidings and switches. All that remains of this busy spot is a wide mowed area where the "peanut" trail heads straight westward from the diagonal West Shore trail, and a few shallow concrete blobs in the

ground that must have held up semaphores and signal lights once upon a time.

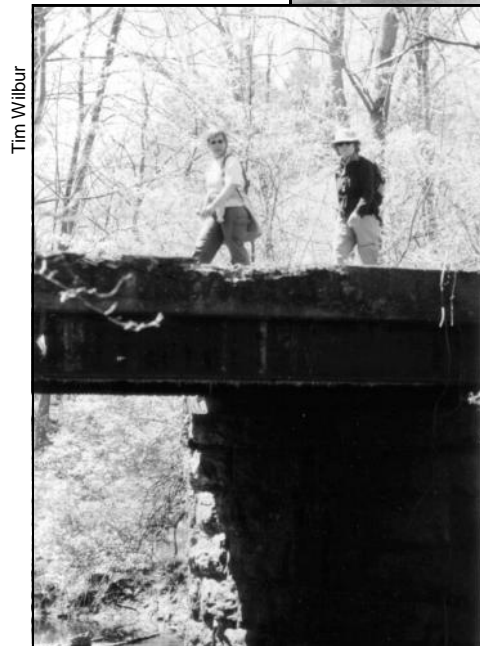
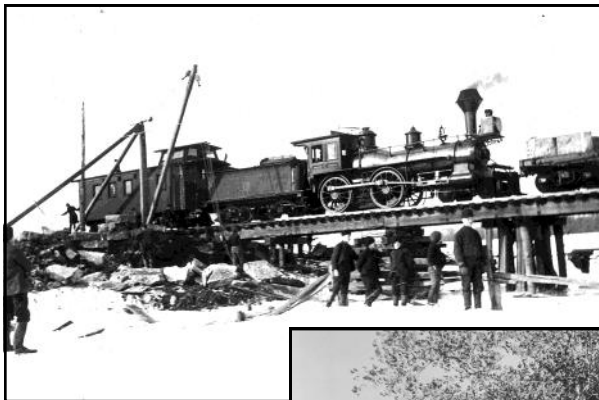
We turn west here, leaving the West Shore for the "peanut" again, and continue for many paved miles, through Clarence Center and beyond to Amherst. This railroad had been serving its string of small towns since the 1850's, giving them modern transportation for thirty years before Clarence Hollow arrived in the railroad era. Gypsum and cement were the mainstays of the local economy from Akron through Clarence Center for a hundred years, and those bulky cargoes were perfect for rail service.

The limestone layer running east-west through this part of New York is evident in many places, sometimes as simple but clear as big lumpy porous rocks lining driveways in housing developments along this trail, or the string of quarries along NY 5 eastward to Caledonia. And a limestone layer indicates that gypsum can be mined here, too, a crystalline substance which ends up as white sand that can be turned into drywall, plaster, fertilizer, plaster of Paris, or blackboard chalk. Two local plants had rail spurs dropping southward from the "peanut" toward Roll Road for much of the 1900's: Atlas Cement mined and used gypsum in cement, but closed in the 1960's, while National Gypsum was open until 1982, one of the twenty largest mining companies in its day.

Now the historic line to Atlas has disappeared as a paved bike path south into a housing development, just west of Thompson Rd., while a power line two tenths of a mile west of Shimerville Rd. follows the old right-of-way to National Gypsum. Naturally I crawled through the thick bushes beneath the power line, and, yes, found rotting old wooden railroad ties, much to my delight. Rusting skeletons of buildings can still be seen from Roll Road at the opposite end.

Development of expensive housing tracts has galloped at such a rate between Akron and Buffalo's suburbs

(Continued on page 33)



Tim Wilbur

Railroad bridge over Ransom Creek, west of Shimerville Rd, map CT-10, viewed over time.

An early version is being upgraded with improved stone abutments, followed by a later summer view from the stream below. Today's trail crosses the latest version of the railroad bridge.

Historic pictures courtesy of the Clarence Hollow Historical Society.

Hiking and Arthritis

by Pat Riccardi , M.D.

Editor's note: This is Pat's third Trail Medicine article. He is a fine rheumatologist, arthritis specialist, in Syracuse. He is also a fellow runner, who runs both road races and does trail running.—Bob Michiel

There is a frequent misconception that vigorous weight bearing exercise activities can lead to premature degenerative arthritis. In fact, many studies have looked at this carefully, and have shown this NOT to be the case. The latest study¹ looked at two groups of people with no preexisting arthritis. One group (the control group) was comprised of sedentary individuals. Individuals in the other group engaged in regular aerobic exercise (including running, biking, walking). After nine years, x-rays and arthritis histories showed no difference in knee degeneration between the two groups. A similar lack of association between exercise and osteoarthritis (degenerative arthritis) of the hip was seen in a German review article² looking at 13 different studies of runners compared to non-runners. Furthermore, a study³ done on 22 pairs of identical twins (done to control for genetic variables) showed no difference in spine degeneration, when measured by both MRI studies and spine arthritis symptoms in twins who had dissimilar lifetime exercise habits.

Those who blame running or other high impact activities such as vigorous hiking, for causing their arthritis are mistaken. The real culprits are probably genetic factors, aging, obesity, or a history of previous joint injury. The enormous benefits of all aerobic activities on blood pressure⁴, diabetes⁵, cardiovascular disease⁶, mental health⁷ and obesity⁸ far outweigh the theoretical risks associated with these activities. As a longtime runner, I am reassured by the ongoing Stanford study⁹ showing that vigorous exercise at middle and older ages is strongly associated with less disability in later life as well as a significant survival advantage.



However, for those who have arthritis of one sort or another affecting weight bearing joints, and for those with a history of significant structural problems (scoliosis, traumatic injury to spine, hip, knee, ankle or feet), high impact activities are really not a viable option simply because they usually promote too much pain and stiffness to be tolerated on a regular basis. The

References:

- 1) Arthritis and Rheumatism 2007:57(1):6-12
- 2) Z Ortho Ihre Grenzgeb 2004:142:213-220
- 3) Medicine and Science in Sports Medicine 29:10:1350-1356
- 4) Cardiology Clinician 2001:19:507-16 "Exercise as Hypertension Therapy"
- 5) J Clin Epidemiology 2007:60:309-17
- 6) J Women's Health 2006:15:271-280
- 7) Cochrane database Syst Rev 2006:3:CD004691
- 8) Annals of Rheumatic Disease 2007:66:433-9
- 9) Arch Intern Med 2002:162:2285-94 "Reduced Disability and Mortality Among Runners". 21 year data updated in abstract Arthritis and Rheumatism Nov. 2006

type and duration of your hiking will determine how much you can tolerate. Particularly stressful to the weight bearing joints is downhill hiking, especially down steep and rocky hills. Hikers with significant arthritis should look for hikes on softer trails with less elevation. Also, using poles will help to reduce the downhill weight bearing impact and will help prevent falls. Post hiking, cold pack application to knees and use of over-the-counter anti-inflammatory medicines (provided there are no gastric-stomach, kidney or liver issues) can also help with your hiking tolerance.

No matter how you analyze it, we all experience a better quality of life with regular exercise. Neither the fear of developing arthritis or arthritis itself should deter you from participating in hiking if done with common sense. □

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New York State outdoors news from FLTC members Sue and Rich Freeman

Article removed at author's request

Ten Years of Trail Medicine with Dr. Bob Michiel by John Andersson



Bob Michiel. His friend, Lisa Druke, is signing the register.

Mary Coffin

Dr. Bob Michiel, a cardiologist from Syracuse, worries about obesity, diabetes and other negative impacts on health due to inactivity, especially on young people. He is concerned that people are not pursuing an active lifestyle or availing themselves of activities like hiking on

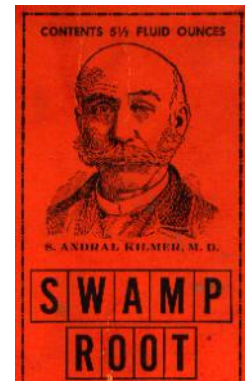
trails. He says “The FLT and FLTC are two of the few totally good things in life, and I hope to continue using the FLT as long as I remain capable and healthy, and to continue supporting the FLTC.” Besides having a busy medical practice, a

family, and being a lifetime member of the FLTC, Dr. Bob takes the time every few months to edit his “Trail Medicine” column for the *Finger Lakes Trail News*.

Do you remember the Summer 1998 issue (Volume 37, #2)? It is twenty pages of black text on cream paper with chestnut headlines and four black and white photos (how far the *News* has come)! One photo shows perennial favorite Ed Sidote with a plaid flannel shirt and trademark suspenders. Articles include news about the new FLTC President Chuck McLellan and Past President Steph Spittal; that Tom Reimers won the Wallace D. Wood Distinguished Service Award, and, of course, articles by those word generators Irene Szabo and Howard Beye. But on page 4 there is something new: a logo of a stethoscope and clipboard imprinted with “Trail Medicine”. The introduction began “Bob Michiel has

(Continued on page 31)

Article removed at author's request



Dr. Kilmer's Famous Physiognomy

Eaten raw, in a salad, let's say, the calcium oxalate crystals in the leaves causes a really strong burning

(Continued on page 32)

Finger Lakes Trail Conference – 2008 Spring Annual Meeting
April 25 – 27, 2008 – Hosted by the Cayuga Trails Club
The New York State Academy of Fire Science, Montour Falls, New York

Schedule of Events

Friday, April 25

NYS Academy of Fire Science

11:00 – 5:00 PM

Registration – Chapel

12:00 – 2:00 PM

Gather for Scheduled Hikes – Chapel

4:30 PM

Social Hour – Chapel

5:30 – 6:15 PM

Buffet Dinner – Cafeteria

7:00 PM

Special Presentation – *Walk, Look and Learn: The Importance of Understanding Forest History*, by Peter Marks, Professor Emeritus, Cornell Department of Ecology & Evolutionary Biology

Saturday, April 26

NYS Academy of Fire Science

7:00 – 7:45 AM

Buffet Breakfast – Cafeteria

8:15 – 9:00 AM

Registration – Chapel

8:30 – 9:00 AM

Pick up Trail Lunches – Chapel

9:00 – 9:30 AM

Gather for Scheduled Hikes – Chapel

3:00 – 4:00 PM

Annual FLTC Business Meeting – Classroom #TBD – *all encouraged to attend*

4:00 – 5:00 PM

Board of Managers Meeting – Conference Room

4:30 – 5:30 PM

Social Hour – Chapel

5:30 – 6:15 PM

Buffet Dinner – Cafeteria

7:00 PM

Awards and Presentations

7:30 PM

Special Presentation – *The Uncommon Crow: The Hidden Life of a Familiar Bird*, by Kevin McGowan, PhD, Cornell Laboratory of Ornithology

Sunday, April 27

NYS Academy of Fire Science

7:00 – 7:45 AM

Buffet Breakfast – Cafeteria

8:15 – 9:00 AM

Pick up Trail Lunches – Chapel

8:30 – 9:30 AM

Gather for Scheduled Hikes – Chapel

Directions – The NYS Academy of Fire Science, 600 College Ave, is located at the intersection of Rt 14 and College Ave in Montour Falls. www.dos.state.ny.us/fire/acadmap.html

From the North, NYS Thruway – Exit 41, take Rt 14 South or Exit 42, take Rt 414 South to Rt 14 South. Both exits are ~ 40 miles from Montour Falls

From the South, I-86 (old Rt 17) – Exit 52, take Rt 14 North ~15 miles to Montour Falls

From the East, Ithaca, Rt 13 South, 16 miles to Alpine Junction, turn Right on Rt 224, 9 miles North West to Montour Falls, turn left, Academy will be on your left

From the West, I-86 (old Rt 17) – Exit 46, take Rt 414 North ~20 miles, turn Right on Rt 14 South to Montour Falls

Parking is available behind the Academy

Classes & exams are being held during the conference; please be considerate of the students.

Questions? Contact Jim or Sigrid Connors, 607-898-4163 (evenings or weekends)
jconnors@twcnny.rr.com or sconnors@twcnny.rr.com

FLTC Spring 2008 Annual Meeting – Hike Schedule

Gather for all hikes at the Fire Academy Chapel located just inside the Main Entrance

Friday, April 25

1. Queen Catharine Marsh Loop Trail, FLTC map QCMLT, 7.6 miles

This branch trail hike of the Finger Lakes Trail (FLT) system is maintained by the Queen Catharine Marsh Fellows. The hike will start at the parking area at the intersection of NYS Route 414 and Cass Road just east of Clute Park. You will follow the main FLT white blazed trail through the village of Watkins Glen for 1.2 miles then on to the orange blazed historic QCMLT. Gather at **noon**. Hike Leader: Jacqui Wensich. **Hike rated easy.**

2. Montour Falls Historic Loop Trail, FLTC map MFHLT, 5.8 miles

This branch trail of the Finger Lakes Trail system, maintained by the Queen Catharine Marsh Fellows, includes 23 historic and natural features of Montour Falls. The hike will start at the South Genesee Street kiosk. Gather at **12:30 p.m.** Hike leader: Sharon Galbraith. Sweep: Tim Wilbur. **Hike rated easy.**

3. Connecticut Hill Wildlife Management Area, FLTC map M16, 8.8 miles

This section of the FLT goes over Connecticut Hill, a tract of land once claimed by the state of Connecticut but given to New York in a financial settlement. The hike takes you from the summit of Connecticut Hill to the parking area on County Route 6. Gather at **noon**. Hike leaders: Carol Mallison and Gary Mallow. **Hike rated moderate.**

4.1 Excelsior Glen, FLTC map M15, 1.3 miles

This short hike is prolific in terrain and includes hiking the rim of the glen, down and back up the gorge with a waterfall in between. Hike will start and end at map access point 3 on Jolly Road. Gather at **2:00 p.m.** Hike leader: Roger Hopkins. **Hike rated easy but there are sections of narrow trail along the glen.**

4.2 Forest History Walk, Look and Learn Hike. Location to be Determined

Cornell Professor Emeritus Peter Marks from the Dept. of Ecology & Evolutionary Biology joins John Andersson in leading a 2-3 hour local area hike to observe and discuss evidence of forest history related to his talk on Friday evening. Gather at **noon**. **Hike rated easy.**

Saturday April 26

5. "History Hike" on Portions of the Catharine Valley and Montour Falls Historic Loop Trails and village of Montour Falls, 2 miles

Local Newfield High School history teacher Gary Emerson and author of "A Link in the Great Chain - A History of the Chemung Canal" will lead an educational hike along a section of trail shared by the Catharine Valley and Montour Falls Historic Loop Trails and then on into the village of Montour Falls. The 2 mile round trip hike will start and end at the Genesee Street kiosk, FLT Map sheet MFHLT access point 12. Come prepared to learn a bit about the local canal system, railroad and revolutionary war history. Just who is this "Queen Catharine?" Come on this hike and you may find out! Gather at **9:30 a.m.** Hike leader: Gary Emerson. **Hike rated easy.**

6. Texas Hollow State Forest, FLTC map M15, 9.5 miles

Hike will start at the south end of Finger Lakes National Forest at map access point 8 and proceed through Texas Hollow State Forest ending at map access point 15. The terrain is hilly in this Seneca Lake section of the FLT but the sights are rewarding. Gather at **9:00 a.m.** Hike Leaders: Marsha Zgola and Gary Mallow. **Hike rated rigorous.**

7. Van Lone Loop Trail, Connecticut Hill Wildlife Management Area, FLTC map M16, 5.8 miles

This beautiful, rugged route that winds through several gorges will combine sections of the FLT, Cayuta Gulf Trail, the Swan Hill Trail and the Van Lone Hill trail to complete the loop. Hike will start and finish at the parking area near the intersection of County Route 6 & Gulf Road. Gather at **9:30 a.m.** Hike leaders: Chris Proulx & Varya Siegel. **Hike rated moderate w/ several steep grades.**

8. Bob Cameron Loop, Connecticut Hill Wildlife Management Area, FLTC map M16, 2.6 miles

Bob Cameron was a former manager of the Connecticut Hill WMA. This short hike will start at the summit of Connecticut Hill at the Tower Road parking area (near the radio towers) and take you through beautiful hardwood, pine and hemlock forests. Gather at **9:30 a.m.** Hike leader: Tom Reimers. **Hike rated easy to moderate.**

9. Watkins Glen Park Hike, FLTC map M14, 5.6 miles

Hike will start just east of Ebenezer's Crossing at map access point 3 and proceed downhill through Watkins Glen State park to map access point 5. Gather at **9:30 a.m.** Hike leaders: Pamela Henderson and Marcia Herrick. **Hike rated easy.**

10. Goundry Hill and Sugar Hill State Forests Hike, FLTC map M13, 11 miles

The rolling hills on this hike take you through Goundry Hill and Sugar Hill State Forests, starting at map access point 5 and ending at access point 8. Hike will pass through South Bradford – Switzer Hill areas where several deep and productive gas wells have been drilled. A fine view of Lamoka Lake is in store for hikers near the end of this hike. Gather at **9:00 a.m.** Hike leaders: Larry Blumberg and Jack VanDerzee. **Hike rated rigorous.**

11. Finger Lakes National Forest, FLTC map M15, 5.7 miles

Hike will start at the south end of Finger Lakes National Forest at map access point 8 and proceed through private property, abandoned vineyards and end at the unique “Twin Tunnels” near Burdett at access point 4. Gather at **9:30 a.m.** Hike Leader: Susan Collier. **Hike rated moderate.**

Sunday, April 27

12. Queen Catharine Marsh Loop Trail, FLTC map QCMLT, 7.6 miles

A repeat of the Friday hike for those unable to make it in time. This hike of a branch trail of the FLT system will start at the parking area at the intersection of NYS Route 414 and Cass Road just east of Clute Park. You will follow the main FLT white blazed trail through the village of Watkins Glen for 1.2 miles then on to the orange blazed historic QCMLT. Gather at **9:00 a.m.** Hike Leader: Sharon Galbraith. **Hike rated easy.**

13. Willow Walk Wild Wander (aka The W⁴ Hike), FLTC map QCMLT

Tom Reimers leads this leisurely bird and wildflower hike, which will start by the gate on Airport Road at the south end of Rock Cabin Road. Participants should bring binoculars and field guides for birds and wildflowers if they have them. Plan 2 to 3 hours for the “wander”. Gather between **8:30 - 8:45 a.m.** Hike Leader: Tom Reimers. **Hike rated easy.**

14. Interloken Trail, FLTC map I1, 11.9 miles

This branch trail of the Finger Lakes Trail system is a north-south trail that runs along the Hector Backbone, which is a ridge that occupies the plateau between Seneca and Cayuga lakes. It is entirely within the Finger Lakes National Forest. The hike will start at the north end of the trail on Parmenter Road and finish on Burnt Hill Road, just south of its intersection with Wycoff Road. Gather at **9:00 a.m.** Hike leaders: Kim & Terry Meacham. **Hike is easy walking on rolling terrain.**

15. Sugar Hill Fire Tower Hike, FLTC map M14, 3.5 miles

Hike will start and end at access point 1 on map sheet M14. Hike gradually uphill on the FLT then take the Mohawk and Seneca trails to the Fire Tower area. This area boasts a large archery field where several national championships have taken place. Hiking back down will be on the Mohawk Trail, which is designated by the DEC for horse and snowmobile use. Pending trail conditions the hike leader may decide to take the FLT back to access point 1. Gather at **9:30 a.m.** Hike leader: Jacqui Wensich. **Hike rated moderate.**

16. Arnot Forest, Townships of Newfield and VanEtten, Tompkins & Schuyler County, 4.5 miles

“The Arnot” is a research and teaching forest located in the hilly forested Southern Tier that is owned by Cornell University and managed by their Department of Natural Resources in the College of Agriculture and Life Sciences. Mature forests, grasslands, softwood plantations, 400 species of vascular plants, 135 species of birds, numerous amphibians, reptiles, mammals, and other wildlife inhabit The Arnot. Hike will start at the north gate and end at the south gate. Gather at **9:30 a.m.** Hike leader: Roger Hopkins. **Hike rated easy.**

Meals – All meals are served cafeteria style and are very substantial. Breakfast is a full buffet; lunch and dinners include soup, salad bar, dessert, coffee, tea, soda and water. ***Don’t miss a meal, buffet service starts and ends on time!***

Friday Buffet dinner – ‘Entrée choices include: Pasta Bar including spaghetti or rigatoni with white and red sauces, meatballs or sausage; Chicken Bruschetta; or Broiled Fish (Haddock or Flounder).

Breakfast – Coffee, tea, juice, fruit, yogurt, eggs, bacon, sausage, turkey bacon, French toast, fusion smoothies, hot and cold cereals, granola, muffins, English muffins, whole grain bread, bagels & cream cheese & Danish pastries.

Trail bag lunches – Fresh fruit, granola bar, cookie, bottled water and your choice of a Vegetarian Feta Wrap, Ham Wrap or a Chicken Wrap. All include lettuce & tomatoes.

Saturday dinner – Buffet Entrée choices include: Roast Beef w gravy, mashed potatoes & vegetables; Vegetable Lasagna or Seafood Newburg.

Social Hour – All welcome to bring wine, beer, etc., consumption to be limited to the Chapel.

Lodging

The Academy – all beds include linens, blankets, pillows, towel/washcloth

- 25 double rooms (each include a private bath and 2 single beds) @ \$48/night
- 12 single beds in women's dorm room, with nearby bathroom/shower facilities @ \$24/night
- 12 single beds in men's dorm room, with nearby bathroom/shower facilities @ \$24/night

Rooms and beds reserved first-come, first-serve. You **MUST** email or telephone Sigrid or Jim first for availability. **Jim or Sigrid Connors, 607-898-4163 (evenings or weekends) jconnors@twcny.rr.com or sconnors@twcny.rr.com**

Montour Falls, New York – distance included from Academy

- **The Falls Motel, www.thefallsmotel.com** 239 N. Genesee St, 1/2 mile, 35 room
607-535-7262 \$80 to \$95
- **Relax Inn, www.relaxinnny.org** Junction of Rt 224/Rt 14, 1/4 mile, 12 rooms, AAA
607-535-7183 \$45 to \$65

Watkins Glen, New York ~ 3 to 5 miles from Academy

- **Anchor Inn, www.watkinsglenmotels.com** 3425 Salt Point Rd, 15 rooms, AAA
607-535-4159 \$99 to \$119
- **Budget Inn, www.budgetinnwatkinsglen.com** 435 S. Franklin St, 20 rooms, AAA
607-535-4800 \$65
- **Colonial Inn & Motel, www.colonialinntheglen.com** 701 N. Franklin St, 14 rooms
607-535-7545 \$95 to \$110
- **Echoes of the Glen B&B, www.echoesoftheglen.com** 300 S. Franklin St, 5 rooms
607-535-2896 \$99 to \$135
- **Madison Guest House B&B, www.lightlink.com/madison** 413/415 S. Madison Ave, 2 bedroom unit sleeps up to 7 people @ \$119.50 and a 3 bedroom unit sleeps up to 10 @ \$139.50
607-535-9096
- **Longhouse Lodge Motel, www.longhouselodge.com** 3625 Rt 14 & Abrams Rd, 21 rooms, AAA
607-535-2565 \$104 to \$144
- **Seneca Clipper Inn, www.senecaclipperinn.com** 436 S. Franklin St, 15 rooms, AAA
607-535-2441 \$60
- **Seneca Lodge, www.senecalodge.com** Rt 329 near South entrance of State Park, 56 units
607-535-2014 \$67 to \$72
- **Tudor Rose B&B, www.tudorrosebnb.com** 102 Durland Place, 5 rooms
607-535-6768 \$85 to \$125
- **Villager Motel, www.wgvillagemotel.com** 106 E. 4th St Rt 414, 42 rooms in 3 buildings
607-535-7159 \$70 to \$140

Or more options are available at www.schuylerny.com and www.watkinsglenlodging.com. All rates shown above are per day and subject to change.

Camping

- **Finger Lakes National Forest, www.fs.fed.us/r9/gmfl** Hector, Rt 414, primitive
607-546-4470 Free (refer to rules on website)
- **KOA Campground, www.watkinsglenkoa.com** Rt 414 S, Watkins Glen 607-535-4511 \$32 to \$55

Other Area Attractions

- **Spring Wine & Cheese Weekend, www.senecalakewine.com** April 26 & 27, \$10/day
- **Annual Polar Bear Dip, Anchor Inn (contact info above), American Red Cross benefit, ~ 2 p.m. April 26**

FLTC Spring 2008 Annual Meeting – Registration Form

April 25, 26 & 27 – Montour Falls, New York

Registration form also available at www.cayugatrailclub.org or www.fingerlakestrail.org

Name(s) _____

Address _____

City/Town _____ State _____ County _____ ZipCode _____

Phone(s) _____

Email(s) _____

In case of emergency notify: Name _____ Relationship _____

Phone _____

Local Hiking Club/Affiliation _____ End to End Badge # _____

Any special needs we should be aware of? _____

REGISTRATION FEE - non-refundable and required for any part of the weekend

FLTC member _____ x \$ 6.00 = \$ _____

Non-member _____ x \$ 8.00 = \$ _____

Please note: Meals and Academy lodging costs are non-refundable after April 11

FRIDAY – circle choices

Dinner Buffet Pasta/Chicken/Fish _____ x \$ 10.00 = \$ _____

Hikes #1 #2 #3 #4.1 #4.2

SATURDAY – circle choices

Breakfast Buffet _____ x \$ 4.50 = \$ _____

Trail Lunch Veggie/Ham/Turkey _____ x \$ 5.00 = \$ _____

Buffet Dinner Lasagna/Roast Beef/Newburg _____ x \$ 10.00 = \$ _____

Hikes #5 #6 #7 #8 #9 #10 #11

SUNDAY – circle choices

Breakfast Buffet _____ x \$ 4.50 = \$ _____

Trail Lunch Veggie/Ham/Turkey _____ x \$ 5.00 = \$ _____

Hikes #12 #13 #14 #15 #16

ACADEMY LODGING due to space limitations, you MUST contact Jim or Sigrid Connors first for availability— 607-898-4163 (evenings or weekends) jconnors@twcny.rr.com or sconnors@twcny.rr.com

sconnors@twcny.rr.com

Double Room Friday 25th _____ x \$ 48.00 = \$ _____

Saturday 26th _____ x \$ 48.00 = \$ _____

Dorm Single Room circle: Men Women

Friday 25th _____ x \$ 24.00 = \$ _____

Saturday 26th _____ x \$ 24.00 = \$ _____

Total Enclosed \$ _____

Mail form & check payable to Cayuga Trails Club to, The Connors, 102 Old Stage Rd, Groton, NY, 13073

Please read and Sign the following:

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

Print

Name _____ **Signature** _____ **Date** _____

Print

Name _____ **Signature** _____ **Date** _____

Invitation to the Annual Meeting

All members of the FLTC are invited to the Annual Business Meeting of the Finger Lakes Trail Conference, Inc. on April 26th at 3 p.m. at the NYS Academy of Fire Science in Montour Falls, NY. Among other matters to be discussed and reports to the membership, members will vote on the nominees (names published in this issue of the *Finger Lakes Trail News*) for the Board of Managers. Other nominations may be made according to our bylaws. The membership will be asked to modify the bylaws. A proxy form for those unable to attend the meeting as well as the details of the proposed bylaw modifications will be mailed to members in March. Further information may be requested from the FLTC Service Center at 585/658-9320.

Nominees for the FLTC Board of Managers

Class of 2011

The Constitution of the Finger Lakes Trail Conference states that one-third of the Board of Managers shall be elected annually for a term of three years by majority vote of the members at the annual business meeting. The following have agreed to be placed in nomination for the Board of Managers and seek members' votes on April 26, 2008 at the annual business meeting in Montour Falls, NY. Members who cannot be present are urged to mail the proxy form they receive with their membership renewal letter.

Jon Bowen. I was born in Western New York where my parents took us camping and hiking every year in Allegany State Park. My wife and I have always hiked, and we joined ADK-ON in the early 1980s but did not actively participate in group hikes until the past few years. Since retiring from C.W. Baker High School in Baldwinsville, I have been on the Executive Board of the Friends of Beaver Lake Nature Center (Onondaga County) and served as Vice Chair, Outings Committee member, Trail Steward and hike leader for ADK-ON. After becoming a trail steward for a section of the FLT, I became interested in the FLTC. As with many of us, I received more "education" from Bill and Mary Coffin and am now a member of the NCTA.

Currently I plan to finish the ADK Fire Tower Challenge this spring as well as the ADK Quest and will continue climbing the 46 High Peaks (20 remaining). Completing the FLT is another goal for the future.

Bill Coffin. I have worked on hiking trails for more than 30 years and believe that they should be single use and single track as much as possible to provide the most primitive hiking experience. I have served twice on the FLTC and ADK boards and am presently chair of the FLTC Off Road Sub-Committee. I served for 20 years on the ADK Trails Committee, including three years as its chair. I am a former chapter chair and trails chair of the ADK Onondaga chapter and have helped negotiate and build nearly 50 miles of hiking trails in Central New York.

Linda Cruttenden. I have been a member of the Finger Lakes Trail Conference since 1992 when I discovered the beauty of the trail and decided to hike it. It is one of the "hidden gems" of New York State. I became an end-to-ender in 2002. In the past, I have led hikes (the kinder, gentler variety), helped with some FLTC projects, and most recently have served on the FLTC Board of Managers. My goal has been to increase membership in the FLTC and awareness of the natural wonders of the trail. My background in education and organizational management has helped me with service to the FLTC. I plan to retire this August, and I want to devote more time to the FLTC. My continued service to the trail which gave so much to me is one of my most coveted goals.

Terry Meacham. I reside in Hornell (Steuben County) and am fortunate to live just a stone's throw away from the main FLT on map M-10. I have been a registered nurse for 20 plus years and currently manage the University of Rochester Eye Institute.

My wife Kim and I are proud to be End-to-Enders of both the Main Trail and Branch Trail system. In 2006 we were the hike coordinators of the Steuben County Cross County Series and we have been the Hike Coordinators for the Annual FLTC hikes for several years. Last year we also coordinated the hikes for the Fall Campout/Ed Sidote Birthday Bash and helped organize and lead a Bristol Hills Branch Trail series last summer.

Kim and I rerouted a section of trail off road, necessitating obtaining landowner permission as well as mapping out the new route. We have successfully worked with several area landowners in complying with their wishes for route changes, not only maintaining friendly landowner relations but also working to provide a satisfactory hiking experience for those using the trail. We currently maintain a section on M-10 that is part of the ABC Ranch (longest privately owned stretch of the trail).

(Continued on page 19)

Board of Managers Nominees ...

(Continued from page 18)

I am committed to the preservation and maintenance of this "forever trail" and have had the honor of serving the FLTC as a member of the Board of Managers, specifically as the Chair of the Human Resources Committee, for the past three years, and hope to continue in that capacity for another term.

Jacqui Wensich. I have been on the BOM since 2004 when I was appointed to fill a vacancy. Since then, I have organized outreach hikes from our office at the Mt. Morris dam, attended all but one of the FLTC board meetings and traveled all over the state giving PowerPoint shows on the FLTC. I am a regular contributor to the *FLT News* including "name that map", which I enjoy as I get meet many new FLT folks. I am building a "landowner story" file.

I am an active member of the Membership and Marketing Committee that Jay Zitter has expertly superintended. I have also made it a point to gather in new photographers for the *News* and the FLT Shows. I also assist Ed Sidote with all of the end-to-end forms, keeping his car spotter list and making the end-to-end cards and certificates. I organize the Mendon ADK expo for the FLTC.

Presenting the 'Happy Hiking' PowerPoint for Ed's 90th Birthday Bash was an honor and a joy. I am currently working on scanning as many of the archival photos as possible, including keeping up Mary Years's wonderful End to End album that Ed allows me to keep. I work with our knowledgeable archivist, Georgeanne Vyverberg. I want to have as much of our history in accessible computer files as possible.

Lastly, I have been active in leading organized hikes. Working with Pat Monahan has been rewarding and pleasant. I have made many hiking buddies on these hikes. I am a trail steward for two miles of the Conservation Trail under the leadership of the tireless Richard Gastauer. I continue to work on the Queen Catharine and the Montour Falls Historic loop trails with my Marshfellow friends.

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

1. The name of the insurance carrier is Executive Risk Indemnity, Inc. (Chubb Insurance Group).
2. The cost of the insurance to be paid during the 2008 fiscal year is \$850.00.
3. The indemnification insurance contract covers any person who has been, now is, or shall become a duly elected director or trustee, a duly elected or appointed officer, an employee, committee member, whether or not they are salaried, any other person acting on behalf of the Conference or at the direction of an officer or board of managers of the Conference.

Welcome!

New and Returning Members November '07 through January '08:

Shawky Z. A. Badawy, MD	Syracuse	Wendy & Jorg Helbig		Kevin Mussack	Clifton Springs
Douglas Barnard	Hornell	& Steven Helbig	Ontario	Eric Nisch	Rensselaerville
Joanne & Bill Bean	Tully	Jan S. Hesbon	Ithaca	Nowhere Hiking Group	Hammondsport
Bob Berch	Rochester	Jim & Kim Hessel	Derby	Fred Parker	Geneseo
Debra Borer	East Aurora	Joshua Hoke	Marcellus	James L. Pitt	Bath
Boy Scout Troop 26	Avon	Richard Hoyt	Lyons	Linda Procopio	Baldwinsville
Greg Couillard	Ithaca	Tracy Humphrey	Fairport	Sandy Rue	North Syracuse
Jody Duggan-Lay	Pavillion	Robert Husband	Central Square	James P. Russell & Family	Ontario
Earlville Free Library	Earlville	Susan Jones	Prattsburgh	John Scollan	Auburn
Alan L. Finney	Binghamton	Tom & Sue Jones	Oswego	Lawrence Stewart	Fayetteville
June Fisher	Canandaigua	Mollie Klepack	Burlington, VT	Richard Swank	Eden
Michael Flynn	Binghamton	Joel Lee	Endicott	Terry Taylor	Tully
John M. Frandsen, Jr.	Spencer	Joe Lill	Rochester	Laurence & Karen Torpey	Wayland
Kevin Fridman	East Aurora	Julie Lundeen		Michael Torpey	Honeoye Falls
Marci Frutkoff	Geneseo	& Hannah & Beck	Homer	Dr. Scott Waldeis	Naples
Guy Gerard	Ithaca	Jeffrey Marshall	Dansville	Joe Wallner	Corning
Tony Greco	Rochester	Debbie Meritsky	Hammondsport	Paul Wenderlich	Seneca Falls
Marion Haskins	DeRuyter	Kevin J. Millar	Owego	John & Nancy Wheeler	Lake Pleasant

Challenges Come In Bunches, An Update Since December '07

Marty Howden, Genesee-West Regional Trail Coordinator, reports that we have made major progress in meeting the challenge of finding sponsors for the entire open 30 miles of FLT/NCT in the Genesee-West Region. Individual members of the Niagara Frontier Chapter of the Adirondack Mountain Club have come forward to assume Trail Sponsorship of all sections of the trail in the Region. From west to east we have the following signed up and ready to go full swing this spring: **David Potzler** of West Falls, 5 miles; **John Yates**, Buffalo, 3.2 miles; **Debra & Joe Borer and family**, East Aurora, 6.6 mile; **Kevin & Deb Fridman**, East Aurora, 7.1 miles; **Edward & Barbara McKee**, East Amherst, 5.15 miles and **Marty Howden**, Hamlin, 3.3 miles.

In the Catskill-West Region, Regional Trail Coordinator **Jim DeWan** now has all of his section manned by Trail Sponsors, the latest being **Rick Heinrich**, of Binghamton, who has taken over the 3-mile section from NY Route 8 to Dry Brook Road.

Our Regional Trail Coordinator, **Mike Gebhard**, from the Catskill-Central Region is working with **Rick Roberts** of Hamden to see if we can get some trail off road onto New York City watershed land. Mike also reports **Tom Gallagher** of Downsville has agreed to become the Trail Sponsor for the 3 miles of trail on map M-30 between Campbell Brook Road and the Campbell Mt. Lean-to. The two remaining trail sections in his region that were listed for adoption in the winter edition of the *FLT News* are still available.

Trail Topics



Howard S. Beye,
Chair
Trail Management
Committee

Nor has there been any success so far finding volunteers for all the openings in the Catskill-East Region. **David DeForest**, the Regional Coordinator, has been trying to find volunteers for four trail sections.

If you are interested in becoming a Trail Sponsor or getting more information, see "Available for Adoption" below for a detailed description of the sections and how to contact the responsible Trail Coordinator.

Lynda Rummel, Regional Trail Coordinator for the Watkins Glen-West Region, reported the retirement of Trail Sponsors **Thom & Mary Lou Belasky**, who were responsible for 2.6 miles of trail on map M-13 in Birdseye Hollow State Forest between Munson Road at Birdseye Hollow Road and the parking area on County Road 16. The Belaskys had this section since October 1997. The new Trail Sponsor is the **Nowhere Group**. This is a group of hikers principally from the Hammondsport area. The sparkplugs behind this group are long-time Trail Conference volunteers **Tom and Donna Noteware**. Thank you, Thom and Mary Lou, for a job well done and welcome to the Nowhere Group.

Lynda also reports that **John Q. and Joani Smith**, caretakers of 5.2 miles of trail on map M-14 between VanZandt Hollow Road and Route 14 in the Village of Watkins Glen, have asked to be replaced. Taking over for them will be **John Conklin** of Horseheads. The Smiths, of Montour Falls, have been Trail Sponsors in their own right since September of 2006. Prior to that they were Trail Stewards for the Finger Lakes Chapter of the Adirondack Mountain Club. I would like to thank John and Joani for their many years of dedicated service on this section of trail. John Conklin, the new Trail Sponsor, is already

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)

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

looking for ways to solve the problem with the trail located along the eroding hillside above Glen Creek.

The Bristol Hills Regional Trail Coordinators **Tom and Donna Noteware** report that long-time Trail Sponsor **Richard Starr** has asked to be replaced on the 3.8-mile section of trail he has maintained since September 1993. Richard's section of trail was between Access Point 9 (Italy Turnpike) and Sweeney Road near Italy Hill on map B-2. Thank you, Dick, for the faithful service you have put in taking care of your section of trail for more than 14 years.

What's Growing Near the Trail?

If you have recently been out in areas near the trail, you may have noticed some strange-looking trees taller than the giant redwood, at 370 feet. They also only have three branch limbs. They are the next invasion of the skyline now that we have gotten accustomed to seeing those other tall slender trees about 100 feet tall with an array of small branches coming out from the trunk midway up to the tip top of the tree. We know these as cell towers. By now I suspect you know what the new taller trees might be. That's correct; the trees with the big pod at the top of the trunk (steel column) and with three limbs (blades) are wind turbines, each with a capacity of generating about one megawatt of electricity. It seems they are being installed in many locations, called wind farms, across the state where the Finger Lakes Trail System is located. Wind farms usually range in size from about 10 to as many as 30 to 40 generating units each with their own tower.

To define areas in which trails are located, the US Forest Service developed what is called the Recreation Opportunity Spectrum (ROS) classification. Most trails of the FLT System are located in Rural/Roaded Natural Areas. Those not fitting that definition would be our urban areas where we pass through more heavily populated communities like Watkins Glen and at the other end of the spectrum are those in the Semi-Primitive and Primitive areas which we have in parts of the Catskill State Park. Since the majority of the trails in the FLT System are in Rural/Roaded Natural Areas, the appearance of cell towers and wind turbines might be expected. The Finger Lakes Trail Conference decided, when the wind turbine farms were first being discussed, that we would take a neutral position for one basic reason. In areas of potential wind farms we have landowners who may or may not have land on which sites may be desired by companies planning on building and operating generation facilities. Being primarily outsiders to these areas and probably having trail located on property of landowners both for and against wind farms put us in a difficult position on taking a position on these proposed projects. We concluded it would be best for the local people, who actually own land in the area, to make a case for or against and we would respect their decision, hoping the trail would not be seriously impacted if actual tower locations were selected near the existing trail route. We certainly would desire the trail to continue with as little modification in route as possible.

Alley Cat Trail Crews for 2008

For those of you who may not know what the FLT Alley Cat Trail Crews are all about, let me give a quick explanation. These are trail work crews, made up of from 8 to 12 adults who will be living at a base camp site and others who will commute from home to the base camp each day. Youth 16 or older can attend with a parent or adult guardian. All persons, regardless of current skills, are welcome to join a crew. You should be in reasonably good physical condition to perform manual work. We share in the food preparation and clean up. The food and lodging are provided at no cost. Transportation from base camp to work sites is provided, as well as transportation, for those requiring it, to and from the airport, train or bus station closest to base camp. All crew members must be members of the Finger Lakes Trail Conference.

Schedule for crews in 2008:

Crew #1 June 9-13, Pike, NY. Camp Sam Wood, Barlow Cabin. Map M-4. Trail improvement work on Bob Emerson's section of trail on map M-6 and on the Genesee Valley Hiking Club section between Maps M-7 and M-9 to improve crossing of gullies and tread work. Work also will include the Letchworth Trail Map L-2 near Portageville to repair trail in the slide area.

Crew #2 July 21-25, Holland, NY. Base camp at Holland Community Center Map CT6. Trail improvement work on map CT-6. Work will be to make travel easier through several gullies by reducing slope, trail side hilling and steps where necessary

Crew #3 Date TBD from one of the following weeks: July 7-11 or 14-18 or August 18-22 or 25-29. Map M-22 Mariposa State Forest to build a replacement lean-to for the present Paradise Garden Lean-to. This project will probably require a weekend ahead of construction to prepare site for new lean-to. The base camp will be using trail tents. If you are interested working on Crew #3, mark the weeks you could work. When we finalize the week, we will get back to all who marked that date to confirm their continued interest.

Crew #4 September 15-19 Taylor Valley State Forest, Chenango Day Use Area. Located on Map M-21. The base camp will be using tents with a large pavilion to cook and eat under. Project will be assembling and installing 60 foot, open web steel truss bridge. A prior work session will be required to construct the foundations for the bridge and to put a finish coat of paint on all metal parts.

Interested persons should request an announcement and application from the FLTC Trail Operations Office at fltcf@frontiernet.net or 585/288-7191. Since food and lodging space are being provided, please indicate the days you will be staying overnight. We will provide your evening meal and breakfast unless you indicate differently. Individuals interested in working on a crew, but commuting each day, are welcome to sign up for as many days as desired. □

End-to-End Update

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

End-to-End Hikers

One hiker has completed the main trail since the Winter issue:

#242 Mahlon Hurst, Penn Yan

Mahlon made it possible to tie the record of 2006 for 20 hikers. Thank you, Mahlon. In view of the western county hike series this year, I am hoping for 25 End-to-Enders in 2008.

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

Tina Pabst, Mt. Upton

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

Tom Bryden	Tim Jones
Debbie Chapin	Jerry Lazarczyk
Lee Douglas	Ken Lewaine
Kevin Doupe	Dick Lightcap
Kathy Foote	Don McCabe
June Granz	Pat Monahan
Sarah Hurst	David Preston

Please send your Progress Reports every three months at least. When you get close to finishing email me, or snail mail me for an FLT End to End Patch Application and Hike Record form. If you get these forms from the FLT website, please let me know your finish date as I might be able to be present with your patches.

Branch Trails Progress Reports

Jeff Constable	Karen Luciani
Betty Constable	Phil Metzger
Phil Dankert	Tami Metzger
Tom Homa	Penny and Gary Shaw

Please let me know if you are hiking the branch trails so I can add you to the list. There is a Branch Trail Patch form on our website now or you can get it from me.

Car Spotters Additions

Steve Shufelt, Map M-20 North and all of Map M-21

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

Trail Conditions

Even if you have FLT maps, you should review the Trail Conditions section of our website for re-routes, trail closures, and general pertinent information added since you purchased your maps. I cannot over-emphasize this. If you don't have a computer of your own, you can access our website at your local library.

Trail Registers

Please check on trail registers if you have one on your section, and if they have decayed or have fallen on the ground, replace them. Be sure that there is a notebook in the box along with PENS, not pencils. Pencil writing is very difficult to read, and mostly impossible. Send full trail register notebooks to me and I will reimburse you for postage. I read these registers thoroughly and answer any questions in them. I also look for unusual quotes to add to the end of these updates. I can provide trail registers and also trail register notebooks.

Cell Phones

If you have a cell phone, carry it with you. It might work when you have an emergency.

Chenango County

We have 72 miles of FLT in Chenango County, my home county. I am closest to Map M-23 and Map M-24 (approximately 11 to 12 miles from the trail).

Call me, leave a message where you are, or where you expect to be at end of your day's hike, and I will try to meet you. I am 12 miles from Bowman Lake State Park and there is a phone outside and in front of the Park Office at the park entrance. Going west to east you will have to hike all the way through the park to the entrance to get to the phone.

"Helpful Information for End-to-End Backpackers and Hikers on the FLT"

If you plan to backpack the FLT, you should purchase a copy of this guide which is revised annually using information reported by day hikers and backpackers. If you purchase a guide and discover a change, please report it to Joe Dabes or me. The guide is available for purchase from our website. Order a copy as it is very informative; the cost is nominal.

Excerpt From a Trail Register Notebook

09-04-07: Beautiful Day to be out here. Any day is beautiful here. I return and I return. I believe I've turned into a "slave to the Path". Take care and remember "don't feed the bears, feed a hiker instead". Long Beard said that. (End-to-End #140, finished 2002)

Happy Hiking!

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

Betty and Jeff Constable

End-to-End Hikers #226 and 227

We started hiking the FLT in 1995 when our children were young. We had planned on the family hiking our home territory, Chenango County, before they were on their own. Over the next few years we got in a few hikes (about 10 miles) in between soccer games, swim meets, camping and scouting. The next thing we knew our children were in college, and we had time for ourselves. Our dear friends Tami and Phil Metzger suggested we do the Tompkins County Series Hikes with them. We thought it would be a great way to enjoy the outdoors and one of us could avoid the empty nest syndrome!

May 2004 we started the Tompkins County Series going uphill in the mud around large rocks. One of us (Jeff) was pumped and ready to complete the whole trail within the next two weeks. This was going to be a rejuvenation of the early years spent hiking and backpacking. But, the other half (Betty) was wondering what she had gotten herself into. However, we were back the next month for the second hike in the series. We concentrated on the beautiful surroundings that New York has to offer. In addition, during the hike we met some wonderful people from across the state. Lively conversations along the trail made the miles go quickly. However there were still moments when Betty wondered if this is really worth it. One not so good day we were doing a make-up hike from Comfort Road to Route 13. We had driven both our vehicles out leaving one at each end of the hike. It was 80° plus, sunny and very little shade. About 6 miles into the hike (near Jersey Hill Road) we realized the keys for our vehicle at the trail end were sitting on the dash of the vehicle at the trail head. UGH! We did not have another key with us. So back we went to the start of the hike. We finished the remaining 4 miles a few



Betty and Jeff receiving their patches from End-to-End Coordinator, Ed Sidote

days later. By the end of the Tompkins County series Betty was willing to sign up for Schuyler County but still did not aspire to being an end-to-ender.

During the remainder of 2004 we did some organized hikes with the newly formed Bullthistle Hiking Club. We learned beautiful trails could be found within a few minutes of home. We hiked a little over 100 miles for the year. One of us thought that was pretty impressive, while the other was contemplating retirement to hike everyday. (That never worked out...)

We started 2005 doing some road hikes in Delaware County. The lack of snow and tourists made for easier hiking. When the Schuyler County Hike Series started we both felt in shape for the upcoming fair-weather season. We hiked in the medium fast group with Joe Dabes as our trusty leader. The series hikes went well with little rain, but many of the hikes were hot and humid. When not hiking in Schuyler County, we did some more hikes in the Catskills. Ed Sidote was the trail angel on several of the trips. We took advantage of the FLT Fall Campout in Allegany State Park to knock off some more trail miles. We ended 2005 having hiked about 133 miles. One of

us still did not have her sights on completing the trail.

As usual another well-organized cross county series began our 2006 hiking season in Steuben County. Tami and Phil suggested that for the County Series hikes we stay overnight and complete another hike on Sunday. We put the plan into motion – County hike Saturdays followed by a nice dinner, then an early breakfast and shorter hike Sundays before heading back to Norwich. They made for some wonderful mini vacations. Our all-time favorite place to stay was Just a Plane Bed and Breakfast in Fillmore. It offered wonderful accommodations and yummy breakfasts served up by Audrey.

The weather on the weekends we hiked usually had the word rain in them. It either rained the day before the hike or during it, and the trails were usually very muddy. There was one particular hike in a steady rain where Phil told the girls we only had a couple more miles to go. Much later we still had a couple more miles to go. Phil realized that he had been looking at the map wrong. At the time one of us did not think she would forgive him for the error, but he redeemed himself on the Claryville Bridge to Balsam Lake hike. Since it is an hour long trip by car from end to start, Phil suggested that we divide the hikers into two groups. The two groups went to opposite ends of the trail and then hiked towards each other exchanging keys when we met and then we continued to the end of the trail. This saved us many hours in the car.

We continued hiking other sections not in the county series whenever we could. Betty still had not officially made the commitment to complete the trail but was headed in that direction. By the end of 2006 we had completed another 200 miles. That meant about 450 miles completed and only 112 miles to go. We could not believe we

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Laurie and Roy Dando End-to-End Hikers #238 and 239

As we started what might be our second end-to-end hike on an unseasonably mild Saturday in October, we reflected on our first. We dodged the raindrops from Route 12 in Oxford to Ludlow Lean-to for a wonderful evening by the fire and slept to the constant roar of nearby waterfalls. Sunday we walked from the lean-to through sun and sleet to Bowman Lake State Park before hopping on our mountain bikes, packs and all, and riding back to the car. We do not know if a second end-to-end is truly in the works, but we do know that the experiences over four years to complete our first have changed our lives forever.

Our trip began harmlessly enough on Mother's Day, 2004. We had been nipped by the hiking bug during a few weekend excursions with friends on The Long Trail in Vermont. We wondered if a hiking trail was closer than the four-hour drive to the Green Mountains. Another friend hinted at the FLT as a possibility. \$35 worth of maps later we were walking through Tremans State Park in Ithaca wondering if it were possible to actually cover all 562 miles in one lifetime. We had not heard of the term end-to-end, nor of the third person to have accomplished the feat, Mr. "happy hiking" himself, Ed Sidote. A year of day hikes near our home in Endwell, NY netted us about 100 miles. After joining the FLT Conference we read our first quarterly newsletter and learned that other people had actually hiked the whole trail and that Ed was the person in charge of keeping track of all the names and hike data. We informed him of our intent, and to this day, he has not stopped tracking our progress. He also mentioned that a section of trail near Mary Smith Hill was overgrown with brambles. We offered to clear those three miles of trail in the Catskills and had such a "good time" that we wondered if we could do more in the future. Two days later it was suggested



that we steward four miles of trail on map 24 through the guidance of the Triple Cities Hiking Club. Being a trail steward gives one the opportunity to exercise in the outdoors with the added benefit of feeling that you contributed to a worthy cause.

As our lives became more tied to the trail, we found ourselves pushing even harder to get the end-to-end finished. I guess hiking and being goal oriented tend to go well together. Living near the center (east-west) of the trail, we found ourselves having to drive greater distances toward each terminus. In August 2005, we decided to tackle the westernmost three maps by van camping in Allegany State Park. We still accomplished our miles by dropping our bicycles 10-20 miles away from each day's hike and walking to them before riding the roads back to the van. This method of transportation allows us avoid reliance on a car spotter. During this summer we also experienced longer hiking trips by

walking the state of Massachusetts along the Appalachian Trail. This gave us the idea that we could knock off longer sections of the FLT by backpacking over long weekends. In the summer of 2006 we took three long weekend trips (50 miles apiece). We finished the Catskills area and covered the section from Watkins Glen west to Bully Hill State Forest.

Summer 2007 was over before we knew it as we hiked the 150 miles of AT in Vermont and spent a month tandem bicycling around the island of Newfoundland but had only hiked 20 miles toward our goal of finishing the FLT. We made it a priority to spend long weekends during the fall finishing up maps 4 through 9 so Ed could present us our patches at the fall campout. We almost made it but actually had to hike our last 30 miles over the same weekend as the campout. This Columbus Day weekend will be a memory forever. We camped out of our van at the trail head off Jackson Road on Map 4 in Boyce Hill State Forest. The colors were awesome, the temperatures in the 50-60 degree range and one night provided a spectacular thunder and lightning show as we listened to the rain hitting the van roof. We split the hike into three separate 10-mile hikes. We parked our trusty Hyundai at the end of each hike so we could drive back to the van. We never knew that there were so many DEC forest roads wandering through the back hills of upstate New York. Although road walking is not usually the highlight of a hike, these roads were so beautiful that we found ourselves enjoying sections when the trail overlapped these roads. It pains us, never mind our wallets, to take two vehicles on any trip but with the days getting shorter (and maybe us a bit lazier!) we opted out of the mountain bike as transportation back to the van. At

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Dando End-to-End ...

(Continued from page 24)

exactly noon on Monday, October 8, we hiked up a small incline to Podonque Road to see—as was the case in many of our previous hikes—our vehicle magically appear long before we figured the hike for the day would end. Time flies when you are having fun. We gave each other a hug and a kiss before taking a few pictures and driving back to Endwell.

Now that one adventure is complete we must decide which to tackle next. Will it be the Long Path from Albany to NYC? Will it be the branch tails of the FLT? Maybe even weekends on the AT in New Jersey and Pennsylvania. One thing is for sure; we will still spend lots of time re-hiking sections of the FLT for many years to come and our guess is that it will probably result in another end to end. Who knows, maybe this one will be a thru-hike?

In closing, we would like to give thanks to many people: The land owners, without whose generous gift, the FLT would not be possible. The people, past and present, at the Finger Lakes Trail Conference, as their nearly half-century of diligence and hard work started and continues to keep the trail viable. The trail maintainers who put countless time and effort into keeping the trail clear and well marked. Mike and Mike Flynn (father and son) who infected us with the hiking bug years ago back in Vermont. Steve Busch for recommending the FLT as a nearby source of outdoor activity. Ed Sidote for his countless hours spent keeping track of all these journeys, as well as his big heart. How many people can you feel close to when you have only met them in person twice? Last, but not least, each other, as we could have, but would not have completed this trip without each other. As Winnie the Pooh coined the phrase, “You and me makes WE”. □

Constable End-to-End ...

(Continued from page 23)

were saying only 112 miles to go, and that it would be a breeze to complete. By the end of 2006 we were almost end-to-enders. As we sit writing this report, one of us (guess who?) found out that she had been registered with Ed all along! The other one is figuring out how to wiggle out of this predicament. (Blame Phil??!!)

Our first hike in 2007 was a snowshoe hike from Stoney Brook Road to Paradise Hill Road. Dot Rice joined us for the snowshoeing. We knew Chenango County had just received about a foot of snow but did not realize how much more the trail had gotten. The trail from Route 12 to Paradise (1.6 miles) took us 3 hours to complete. Each step we took meant sinking into the snow to our knees, even with snowshoes on. Jeff blazed the trail almost the whole way. When the girls tried they only lasted for a couple of minutes. Physically and mentally this hike had to be the most challenging and the most rewarding hike on the FLT. The remainder of 2007 we spent completing Cortland county and western New York. It was usually Dot Rice and Warren Doolittle there with us on the Cortland section and Beth and Greg Dean meeting us out west to hike whenever our schedules matched up.

Our last hike was from Baker Schoolhouse Road to Telephone Road in Cortland County. It was one of the best maintained sections of trail we’ve been on. It was such a beautiful day. Some friends hiked with us and others joined us at the end of the trail for celebration. We topped the end of the hike off with our usual stop for ice cream.

Our hike across New York would not have been possible without the support of friends and fellow hiker enthusiasts. We would like to say thank you to all for the wonderful support.

- Our most important support was each other. I gave Betty the con-

stant support and encouragement to continue this endeavor. And, I gave Jeff the chance to rekindle one of his boyhood passions.

- Dear friends Phil and Tami Metzger who always made our weekends an adventure by searching for local restaurants and lodging that would be memorable.
- Beth and Greg Dean who helped us complete all our loose ends this summer, and who put up with some not so nice lodging we booked. (Do not trust the pictures on the internet.)
- Our fellow Bullthistle Hikers along with Ed Sidote who organized local hikes and let us know about all the hiking opportunities.
- The cross-county hike series organizers and volunteers (Tompkins, Schuyler, and Steuben) who planned and executed hikes: Jim and Sigrid Connors, Kim and Terry Meacham, Joe Dabes and Sue Collier always keep us “on track”.
- Car spotters Alma Dunham, Ray Zinn, and Glenn and Carrie French not only provided us transportation but shared their knowledge of the area we were hiking.
- We want to thank all the trail stewards who, though rarely seen in person, make the trails easy to navigate.
- Lastly, but in many ways the most important, thank you to all the private land owners who allow us to traverse their property and allow us to see how truly beautiful our state is.

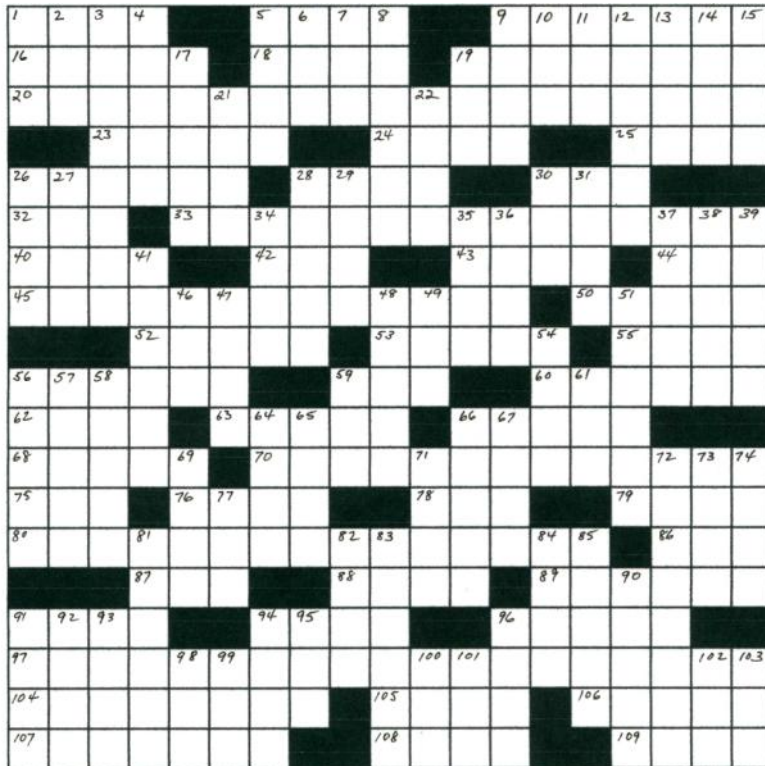
Becoming an end-to-ender was never on our list of things to do in life but it has become one of the accomplishments that we most treasure. There are only 225 people who went before us, but we hope there are many more to follow. □

Our FLT E2E Crossword Puzzle

by Amoeba (Marilyn Beckley #240) and Spinner (Suzanne El Rayess #241)

ACROSS

- 1 Wallace (Wally) _____, founder of 20 ACROSS
- 5 *Allium tricoccum*, wild onion, wild leek. It grows beside 20 ACROSS.
- 9 President of the FLTC, E2E #161
- 16 20 ACROSS passes through at least 2 USDA plant hardiness _____
- 18 Toward the side opposite the wind
- 19 Patriarch of 20 ACROSS, E2E #3
- 20 Subject of this puzzle!!!
- 23 Soft drinks
- 24 Backpacking gear should have not one but many _____
- 25 19 ACROSS is my _____
- 26 Aram Asatryan album, Pailog _____
- 28 Assuming an assertion to be true
- 30 Have rightful possession of property
- 32 Land reptile unlikely to be seen on 20 ACROSS
- 33 8 DOWN currently serves on the FLTC _____, her term expires in 2010
- 40 On their E2E hike, Spinner and Amoeba saw a beautiful orange wood lily, *Lilium philadelphicum*, an example of FLT flora which grows from a _____
- 42 Poetic form AABAAB. B consists of only 2 syllables.
- 43 _____ Kadette
- 44 Auntie Mame, Rosalind ("____") Russell



- 45 FLT work groups, name derived from 72 DOWN and 104 ACROSS
- 50 Algerian city
- 52 Tamed mammal certain to be seen from 20 ACROSS
- 53 Switchback shapes
- 55 _____ tube
- 56 Lacking melanin
- 59 Female sheep
- 60 One FLT lodging choice, a _____
- 62 Small alpine lake
- 63 Muscle-powered water craft
- 66 FLT treadway, duff, rocks, sand, gravel, leaves, wooden walkways, asphalt and _____
- 68 Water will _____ a footpath very quickly
- 70 39 DOWN's hiking companions
- 75 Logo found on portions of 20 ACROSS
- 76 Cindy _____, AT and PCT thru-hiker, featured speaker at 20 ACROSS's 30th anniversary, celebrated at Ithaca College in June, 1992
- 78 Yes (in French)
- 79 _____ gin fizz
- 80 With 97 ACROSS footpath that coincides with many sections of 20 ACROSS
- 86 An outdoor ethic that promotes ways to minimize human impact on the environment (abbrev)
- 87 Employ
- 88 Invisible force or atmosphere surrounding someone or something
- 89 "____ ah ah ting tang walla walla bing bang", the witch doctor's advice.
- 91 From the same place or source (in Latin, abbrev)
- 94 Wild young mammal likely to be seen on 20 ACROSS
- 96 Trail hazard, getting _____
- 97 See 80 ACROSS
- 104 Eastern terminus of 20 ACROSS, _____ State Park
- 105 Opposite of "odd"
- 106 Concentrated solution of 2 main sugars and small amounts of other sugars, water, acids, minerals, pigments and flavoring.

- | | | | |
|--|--|---|---|
| 107 _____ in distress | 19 Used with “out”, obtain or augment with great effort | 49 Compass direction from Masonville to eastern end of 20 ACROSS | 82 Sounds made by certain FLT birds |
| 108 The FLTC Store sells maps in _____ | 21 Welsh vehicle, 100 mpg | 51 Degrades, humiliates | 83 When backpacking, always try to shave _____ |
| 109 Stringed instrument known to have been used in ancient Greece | 22 _____ October 28, 2007, there were 241 recorded FLT End-to-End hikes, Amoeba #240 and Spinner #241 | 54 Lost balance on a slick surface | 84 College-based program producing commissioned officers for US Armed Forces |
| DOWN | | | |
| 1 Noisy Baltimore-based quartet, _____ (pronounced “wet”) Hearts | 26 _____ rhyme scheme | 57 Tree seen along 20 ACROSS | 85 45 ACROSS is one way to bring _____ into the FLTC fold |
| 2 Exclamation of admiration or delight | 27 Heart and _____ | 58 Breads (in German) | 90 Enlist (var. spelling used in Commonwealth English) |
| 3 Most FLT privies have _____ | 28 Angry | 59 Long geological time period | 91 Ancient trail, the _____ Trail |
| 4 Remove condensation from | 29 Bank account guarantor | 61 Tiny Dutch town 15 km south of Assen | 92 The 59 ACROSS bleated and _____ |
| 5 _____ to riches | 30 _____, two, three, four, five | 64 Helper (abbrev) | 93 May 8 is the feast day of Saint _____ (AKA Ida, Iduberga) |
| 6 Beverage similar to beer | 31 June 12, 1987, “Mr. Gorbachev, tear down this _____.” | 65 Ogden _____, playful pithy poet | 94 Lose balance and drop to the ground |
| 7 Sea (in French) | 34 Woe is me | 66 This might feel good after a cold day hike | 95 Every one, every thing |
| 8 Cheryl _____, Annette Brzezicki, Nick Scarano, (Map 1) trail relocators | 35 39 DOWN regularly _____ the bivouac area (Map 12) with her Troy-Built | 67 I’ll get right _____ | 96 Transgressions |
| 9 Ike, and others | 36 Semicircular projection from a building, especially a church | 69 Greek god of love | 98 Approves |
| 10 Males 18-25 must register with the _____ (abbrev) | 37 To _____ the side of caution | 71 “Get _____ kicks on Route 66” | 99 Never (in German) |
| 11 East Coast University (abbrev) | 38 Anthro- (or zoo-) morphic machine | 72 Western terminus of 20 ACROSS, _____ State Park | 100 Eden-dweller |
| 12 Piece of hardware shaped like 4 th letter of the alphabet | 39 Past President of FLTC, E2E #30, Irene _____, also see 35 DOWN and 70 ACROSS | 73 Kenyan long-distance runner, Henry _____ | 101 Mesh |
| 13 FLT has scenic and pleasant _____ walks | 41 In back of | 74 Mother of Apollo and Artemis | 102 Comparative suffix, indicating “more” |
| 14 Town in Salerno, Italy | 46 Far away, but still in sight | 77 Rock or aggregate from which valuable metal can be extracted | 103 Potassium carbonate from wood ashes plus calcium hydroxide (slaked lime) produces potassium hydroxide, also known as potash _____, used in making soft soap |
| 15 “_____ hath no fury like a...” | 47 Aquatic reptile unlikely to be seen on the FLT. In its plural form, the hiking footwear worn by Spinner and Amoeba on their FLT E2E’s | 81 Hiking on summer solstice day, June 20 th /or 21 st , one might encounter _____ (an AT thru-hiker tradition) | |
| 17 Surface of 7-inch vinyl platter that contains a secondary, not the featured, song | 48 Marry again | | |

Amoeba and Spinner: Close friends since college...

Still friends after 50-odd days hiking together every inch of the FLT!

Amoeba kept an online journal which details each FLT E2E hiking day, at www.trailjournals.com. You can access it by searching the trail name Amoeba on that site, and selecting “2006 Finger Lakes Trail Journal”.

When asked to write an article for the *FLT News* about our E2E adventure, we thought it might be fun to offer

something different. Lo, this puzzle. Sincere apologies to everyone who helped us or inspired us whose name doesn’t appear. Special apologies to Jacqui Wensich and Java Joe!! Amateur puzzle-makers have trouble finding spots for less common letters, like Q and J and Z, though, Irene, we did manage to find a spot for one Z!

Wishing everyone Happy Hiking and Happy Puzzling!
Hint: 26 ACROSS is “astger”.

Wildflowers along the Trail, #21: Color

RWW Taylor

Thoughts of bright colors tend to evoke images of flowers, and vice versa. But these are images of garden flowers, which owe their propagation over time to the attractive hues and shapes they can display to their human cultivators. Just as it has been said that a chicken is nothing but an egg's way of producing another egg, so might it be supposed that the purpose of the dazzling forms and colors that can be seen in our gardens, nurseries and florist shops is simply to induce our species to take steps to preserve and pass along the seeds, shoots and bulbs that are the basis for this display.

Wildflowers are on their own, however. It is true that some of the showier species cross over to take a place among the seed packets that begin appearing in the aisles as winter wanes, or may be included in the plantings of ambitious gardeners or have quantities of their seed broadcast along roadsides by highway departments. These are just "wildflowers by courtesy," however. The true wildflower is one that is planted by no-one—like Topsy it "just grew," and only comes to human attention by accident of observation.

Some wildflowers do, with no human encouragement, form on their own brightly-colored displays that are hard to overlook. We can think of a patch of stunningly purple violets in spring; a summer meadow filled with deep-pink thistles and blue blooms of chicory interspersed with yellow touches of sow thistle or birdfoot trefoil; the eye-catching, various sweeps of goldenrod and asters blazing across our fields in fall. Many another appealing concentration of natural color is possible, as we may be shown in travel brochures and the pages of calendars and books.

But, as much as we may enjoy these shows, the colors are not there for the purpose of drawing human eyes. The plants that produce these bright hues are, instead, aiming at attracting a quite different population—the various

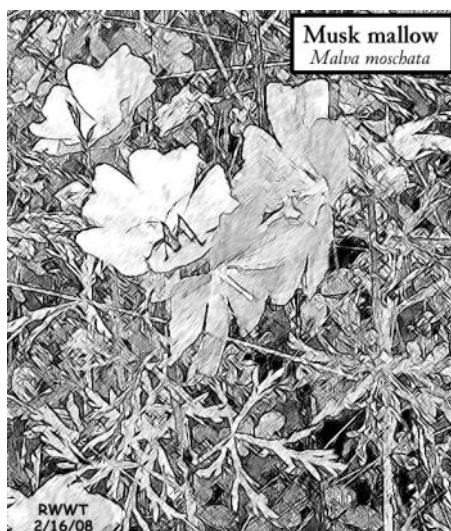
species of butterflies, moths, bees, wasps, flies (and even birds) that they depend on to carry out the critical work of pollination that the plants cannot accomplish for themselves, so that the plants can produce seed for the future. Proof that it is not our eyes that are being aimed at lies in the fact that some flowers display most brightly in response to light of wavelengths beyond the range of human vision.

Attracting a visitor through a bright display of color is only the first step—to keep the visitors coming the plant must offer a suitable reward for being found, usually in the form of nectar or pollen that can be consumed or carried away. Close study of the marvelous variety of plant life our planet supports shows that certain species of plants get along by "cheating" in this regard—managing to mimic the characteristic display of some more generous species and thereby attracting the necessary supply of visitors, but themselves not bothering to go through the work of producing the "goodies" that the visitors expect. This imitative strategy may be one of the reasons why the word "false" appears so often in the indexes of our wildflower guides.

Color is not the only enticement that wildflowers offer to potential pollinators. Another powerful signal, for example, is scent. While we as

humans can sometimes appreciate the perfume spread by plants in eager bloom, in some cases the plant may have "learned" through adaptation over time to produce a fragrance that we ourselves cannot detect, or even one that we find unpleasant and which we avoid (sometimes to the plant's advantage) but which is still appealing to its intended clientele. A plant that depends on scent as a strategy to attract visitors may well have no need of any conspicuous colored display, which explains why one of the first things that an individual new to the study of wildflowers needs to learn is that certain species to be found in nature do not resemble garden flowers in any way, their blossoms being green or brown in color and perhaps quite inconspicuous to the human eye, sometimes taking on forms that do not seem at first to be very "flowery" at all.

In this context, green is the equivalent of "no color" to our eyes—the role played in everyday life by white, which we tend to think of as simply the absence of color. But in the world of wildflowers white is very much a color; sporting snowy petals seems to be a particularly effective tactic for those plants that depend for pollination by nighttime visits from moths. An interesting phenomenon that can be observed is that some species will produce both brightly-colored and white blossoms, sometimes on the same plant. A good example of this phenomenon is musk mallow (*Malva moschata*) which is normally found growing indiscriminately in both white and pink forms in the same meadow locations, a tactic we might well call "having it both ways." Yes, wildflowers can be found—to our pleasure—bearing blossoms in hues of deep purple, bright blue, golden yellow, glowing crimson, and bright white, and also every subdued shading in between. Try looking a bit harder to spot the greens and browns, though—these are just as much a part of the fascinating natural variety spread before us as all the more showy samples we normally delight in. □



Winter Scenes along the FLT/NCT on O-1 and O-2

Mary Coffin 1/1/08

Wonderful snowshoeing opportunities exist along the new trail sections of the FLT/NCT in Central New York. The Onondaga Trail has been extended from 20 to 40-ish miles by the Onondaga Chapter of the Adirondack Mountain Club. End to enders are never quite finished. Map O-1 was revised by Joe Dabes and a new O-2 was created to include the new mileage. We encourage hikers to sign the registers and tell how they like the trail.

If you didn't have a chance to snowshoe these new sections this winter, consider attending the NCTA and FLTC Conference in August in Cazenovia. All new sections will be featured during the conference.



Above left: Highland Forest. Above right: New Shackham Brook bridge enroute to Hemlock Glen Lean-to.

Photos above and right by Mary Coffin

Discover a new section of the North Country Trail this season!

This year the NCTA and the National Park Service are sponsoring seven "volunteer adventures" on the Trail in beautiful north country settings. One of these seven vacations will take place in New York, August 2-7.

Join trail friends, area volunteers and NCTA staff in the field to build and rehab sections of the North Country Trail in Morgan Hill and DeRuyter State Forests.

No previous experience is needed; we provide the tools, the food, and the experts. You bring your healthy attitude and old work boots and we'll build the Trail together!

These projects are suitable for all abilities and are family-friendly.

Come out and enjoy the backwoods, put your tool to the ground, and help us build the dream of the North Country Trail!

For additional information and to register, contact Clare at clarecain@northcountrytrail.org or 616-897-5987!



Morgan Hill State Forest north of Onondaga One Rd.

59 End-to-Enders identified... (see back cover)



- | | | | |
|--------------------------------|---------------------------------|----------------------------|-----------------------------|
| 1. Kathy Brennan (233) | 16. Irene Szabo (30) | 32. Ruth Dorrough (179) | 48. Jack VanDerzee (76,215) |
| 2. Deb Whelsky (196) | 17. Howard Beye (200) | 33. Carol Smith (218) | 49. Jeff Constable (227) |
| 3. Jacqui Wensich (178) | 18. Marie Inglee (125) | 34. Bob Younger (162) | 50. Kim Meacham (149) |
| 4. Ron Navik (43) | 19. Beth Dean (228) | 35. Dave Cook (225) | 51. Paul Gaeta (108) |
| 5. Phil Metzger (221) | 20. Greg Dean (229) | 36. Fred Carranti (237) | 52. Betty Constable (226) |
| 6. Tami Metzger (220) | 21. Mike Whelsky (197) | 37. Jim Connors (171) | 53. Larry Lepak (224) |
| 7. Horst Schwinge (231) | 22. Phil Dankert (79) | 38. Rich Breslin (212) | 54. Vicki Gaeta (107) |
| 8. Jane Conklin (68) | 23. Irv Ellenbogen (50) | 39. Dave Marsh (161) | 55. Sigi Schwinge (230) |
| 9. Ed Walsh (102) | 24. Dan Dorrough (180) | 40. Karen Luciani (236) | 56. Jay Zitter (168) |
| 10. George Zacharek (132) | 25. Pete Stapleton (153) | 41. Shelia Ferrari (217) | 57. Tim Wilbur (120) |
| 11. Paul Hoffman (216) | 26. Colleen Stapleton (152) | 42. Susan Yee (33) | 58. Joe Dabes |
| 12. Linda Mattice (92) | 27. Michele Gonzales (174) | 43. Pat Hengstler (81) | (2,8,113,131,167,198,235) |
| 13. Jennifer Wilson (145) | 28. Alexander Gonzales (12,175) | 44. Sigrid Connors (232) | 59. Barb Navik (44) |
| 14. Georgeanne Vyverberg (208) | 29. Sue Bliven (202) | 45. Phyllis Youngmans (32) | |
| 15. Jo Taylor (185) | 30. Bob Bliven (203) | 46. Ed Sidote (3) | |
| | 31. Terry Meacham (150) | 47. John Andersson (101) | |

Thanks to Our Trail Landowners

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

Dr. Bob Michiel ...

(Continued from page 12)

offered to write the first column (he's a cardiologist) and to obtain contributions from his friends who are specialists in the fields of medicine." He began "This is the first ...column devoted to medical topics pertaining to hiking. As I am a cardiologist, I will discuss the heart in relation to hiking. Most members of the FLTC will have less need for a cardiologist than the general public..."

Thirty-nine columns have followed so far. Somehow he has convinced 32 friends to help him out: besides Dr. Bob, with 4 credits, only three others have doubled or tripled. I asked him how he knew so many people he could convince to write for him. He modestly replied "I go to a number of medical conferences and lectures, which give me ideas." Since he has been in medical practice since 1979, he says "...I know a lot of people and have seen a lot of problems, both in my practice and while hiking. I have had numerous guest columnists...Most of the writers are friends and colleagues. A number of non-physicians have written articles, including nurses, nurse-practitioners, dieticians, physical therapists, veterinarian, podiatrist, medical librarian." He says he has learned much from the articles. "I recently referred back to an article written by David Arkin, a podiatrist and FLTC member, about Plantar Fasciitis (Winter 2001), which I am suffering from now."

One of his favorite articles was written by Colene O'Neill, RN, NP about the psychological benefits of hiking "Toning the Psyche" (Spring 2001); Dr Bob says "I have given copies of this article to many of my patients, who have been inspired by it. I take it as a compliment that copies of articles and Newsletters that I place in my office reception room usually disappear quickly."

Dr. Bob appreciates feedback and has received especially meaningful comments from people who are actually helped by the articles. He

recently learned about a hiker who was falling frequently after suffering from vertigo, but started using a walking stick after reading the article on "Balance" (Summer 2006) by Dana Oviatt, Ph.D., eliminating the falls.

Dr. Bob categorizes the articles around four areas: the benefits of hiking and exercise; the risks and problems encountered during hiking; how-to types of articles involving environmental conditions such as heat and cold, water management, diet and water safety; and hiking and walking for people with various conditions, be it heart disease, pregnancy, diabetes, or arthritis.

Dr. Bob credits Howard Beye's persuasion and patience for the column. Howard asked Dr. Bob to write a medical column in the mid 1980's, but he declined at that time. Howard asked again a little over 10 years ago, and he took the challenge then. He says that some of his contributors need very little help, but other articles need more tweaking. He expresses great appreciation to Jo Taylor and Tom Reimers (current and past *FLT News* editors) for help with grammar and overall presentation of the articles. He says he "...enjoys and is honored to edit the Trail Medicine column."

Dr. Bob was born in Brooklyn, and his parents would take the family to parks including Central Park and Cunningham Park in New York City. "We would go camping and walking. I made several trips to Shenandoah National Park with my father, where we camped and walked and hiked. We went to National Parks in other parts of the country. I got really interested in hiking when I came to Syracuse. In the early 80's, I became active in the ADK-Onondaga, including a stint as a trail steward. That led me to the FLT and FLTC. I joined the FLTC shortly after as a life-member. I have been an avid hiker in Central New York and the Adirondacks since the early 1980's." His parents now live in Central New York and he walks with his father every weekend.

Dr. Bob was educated at Franklin and

Marshall College and the University of Pennsylvania School of Medicine. He came to Upstate Medical Center for a Residency and Fellowship in 1974, with Bernie Poiesz, a recent "Trail Medicine" contributor who is now Chief of Hematology /Oncology at Upstate Medical Center in Syracuse. (Dr. Bob was also first attracted to Hematology, before getting interested in Cardiology.) He first roomed with Bernie, and they came about two weeks early and visited every park, lake, and beach they could find. The outdoors was one reason he decided to stay in Syracuse.

He has been in private practice since 1979 and still finds things interesting and constantly changing. "It seems like every 5-10 years I find myself doing things differently." Even though in practice by himself, he does get some time off on weekends since he is associated with a group that has an on-call system. But the hours are long when he is on call.

Dr. Bob's hobbies include running and reading. He says most of his friends are hikers and runners. Dr. Bob's quote from the beginning of the article: "The FLT and FLTC are two of the few totally good things in life, and I hope to continue using the FLT as long as I remain capable and healthy, and to continue supporting the FLTC" resonates with most FLTC members. We appreciate his efforts to keep us all capable and healthy so we can all use the FLT many more years! □

Natural Connections ...

(Continued from page 12)

sensation in the mouth and esophagus. This can be eliminated from the leaves – and from the sliced tuber --by drying for about six months in a hot attic. The leaves can then be crumbled and used as a seasoning and the tubers can be ground and added to wheat flour to make a supposedly delicious pancake mix.

Not all animals have our sensitivity to the calcium oxalate. Turkeys (feathered) and Canada geese eat the young leaves, buds, and tubers. Black Bears, once they're done yawning, often eat the young shoots as a spring tonic.

"Spring tonic" is a term that is often used, but whose original usage is slowly being lost. After a winter of subsisting on preserved meats and heavy vegetables, it was believed that a spring tonic was need to cleanse the liver, blood, kidneys, bladder, and urinary tract of accumulated toxins. Traditionally, many spring tonics consisted of bitter herbs such as dandelion greens, wild mustards, and watercress. It certainly didn't hurt that these were also rich in vitamins and minerals that were missing in winter fare. And I don't doubt for a minute that the sudden influx of greens really did get the body moving.

Of course, tonics were not limited to the spring. Anytime one felt sluggish, one reached for a bottle of tonic, such as Dr. Kilmer's *Swamp Root*. Dr. Andrel S. Kilmer graduated from the Buffalo Medical College, and then, in 1878, from Chicago's Bennett College of Eclectic Medicine and Surgery. "Eclectic Medicine and Surgery" gives new meaning to the term "liberal arts education." He and his brother, Jonas, set up business in Binghamton, NY. Soon after, Jonas' son, Willis, finished courses in modern advertising at Cornell and joined the firm. Through Willis's efforts, the image of Dr. Kilmer on the bottles of *Swamp Root* became more familiar to the rural folks of the United States than that of their president.

In 1924, Willis took the reins, eventually becoming fabulously wealthy. He owned several estates, a yacht, and a stud farm. When his horse was scratched from the 1918 Kentucky Derby, Willis entered Exterminator instead. At the time, geldings were not respected; Exterminator proved his detractors wrong. He won that Derby, and of his lifetime 99 starts, he won 50 times. Willis introduced golf to the Binghamton area, and the results could have been reported in the *Binghamton Press*. He founded it in 1904.

Swamp Root contains fifteen herbal ingredients from around the world, and three of them might be seen along the trail this time of year: Golden Seal, Mandrake, and Virginia Skullcap. Golden Seal (*Hydrastis canadensis*) has become the victim of its own popularity. Native Americans used the yellow juice of the plant to stain their faces and to dye their clothes. A cold infusion of the root was used to wash sore and inflamed eyes. This information was passed on to early settlers, and, by 1847, the demand created by the eclectic school of practitioners made the root an item of commerce. As has been true with so many other wild plants that have found their way into pharmacopeias, this has caused a scarcity of Golden Seal throughout its range.

The Mandrake, or May-Apple (*Podophyllum peltatum*), however, is far from rare. This biennial has one or two lobed, umbrella-like leaves. If the plant has one leaf, it is in its first year. If the plant has two, it is an adult and can partake in consensual sex. The single, nodding, pale white flower forms in the "Y" where the stem divides. The pale yellow fruit forms by mid-summer, and is reported to be sweet and edible. Other reports say that it is poisonous until after the first frost, while still others relate that the rind and seeds are poisonous, but the flesh is just fine. If I ever find one that the squirrels haven't already pillaged, I'll have to try it.

Whatever the actual status of the fruit, it is undeniable that the rest of the plant is highly poisonous in large doses, causing nausea, vomiting, and, as has often been requested by those kneeling before the porcelain goddess, even death. In moderate doses it is a drastic purgative, meaning that you really had better stay close to the bathroom. The English version is called Manroot. It was believed that its screams when pulled from the ground would cause a man to become permanently insane.

The plant does have its upside. Resin from the root has been used to treat warts; fruits have been made into jams, jellies, and pies; and the plant contains podophyllin, a chemical compound that is being tested for anti-cancer properties because it might be able to interfere with the cell division of cancer cells.

If the May-Apple isn't sufficiently scary, how about trying a plant called skullcap, especially when an alternate name is Mad Dog Weed? This late-blooming member of the mint family derives its name from the bluish-violet, helmet-shaped flower's resemblance to a helmet with the visor raised, called a "skullcap" by early colonists. The "Mad Dog" appellation is derived from its former use in treating rabies patients. It was totally worthless in this regard, but its ability to ease frayed nerves and control hysteria perhaps allowed rabies victims to go gentle into that good night.

Dr. Kilmer's *Swamp Root* is still sold, costing about ten or twelve dollars for a four-ounce bottle. The solution is ten-and-one-half per cent alcohol, so one way or another, you should end up happy. But if old-time tonics or collecting and sautéing dandelions is not your thing, then try mine: walking. Lace up a pair of comfortable boots, pull on whatever clothing the fickle April weather demands, grab your walking stick, and take a hike. April rains will cleanse your soul, and April sunshine will warm your heart. Who could ask for more? □

State Forest Plantations..

(Continued from page 6)

transports them to the trucks waiting at the roadside landing. Every stage of the process is providing employment and a boost to the economy.

State forest product sales over \$500 in value must be competitively bid. Most sales also require the buyer to post a performance bond to assure a satisfactory harvest and cleanup. Up to 25% of the sale's value can be paid for with in-kind services, or "sale-related work". DEC policy requires that the work be closely tied to the needs of the immediate sale area. This might include boundary line surveying, road building and improvement, or construction of parking areas.

The FLTC's 2007 Allegany County hike series passed by one recent softwood sale on Swift Hill State Forest, and the morning refreshment stop was at a new parking area that was built as part of the timber sale contract. FLT hikers now have a safe alternative to parking along the road shoulder near the crest of a hill. A mile further down the trail, the hikers passed through a similar area that was logged in 1989. Here they could see just how much the



Log landing on Swift Hill State Forest being improved into a parking area adjacent to the Finger Lakes Trail. (Ron Abraham photo)

cut-over area had regenerated in 18 years. Were it not for an interpretive sign along the trail, many of the hikers might not have realized they were walking through an old clearcut!

With so many acres of conifer plantations reaching maturity, the harvesting in some places looks rather drastic. However, as the Allegany County hikers got to see first-hand, the apparent "devastation" is only temporary. Most noticeable right after harvesting is an "explosion" of sun-loving raspberries and blackberries, but within a few years the areas are taken over by vigorous native hardwoods,

contributing to the diversity of species and age classes across the landscape. The "early-successional" areas provide important habitat for a variety of wildlife species such as white-tailed deer, wild turkeys, ruffed grouse and woodcock. Many songbird species such as chestnut-sided warblers, catbirds and brown thrashers prefer this dense young cover as well.

Next time you're out on the FLT, spend some time at these harvested areas, and notice the subtle, year-to-year changes taking place as they grow into the next forest. □

Walking Through Time ...

(Continued from page 9)

that this previous farmland would probably prove an impossible place to keep our trail route intact by now. So we must be grateful for the trail continuity afforded by these abandoned railroads, while simultaneously sniffing a bit in sad nostalgia for the vital role these lines played in their small trackside towns.

Remember when our parents' homes had two mail deliveries daily before Christmas (when stamps were a purple Statue of Liberty at 3 cents)? Well, in Clarence Center, plunk in the middle of map CT-10, mail was delivered twice daily by two of the four daily

trains all year, and trundled from the RR depot a few blocks to the post office in a hand cart. People around here used to set their clocks by the daily 3:30 p.m. dynamite blast in the mines, but when National Gypsum closed in 1982, the loss of hundreds of cars' worth of freight caused the railroad to cancel service.

In many a small town where there may no longer be any railroad, take note of how many lumber yards or feed stores are lined up where their bulky cargoes were once handled by trains. Find the Agway, and surely there will be a linear ghost out back. Jurek Lumber on Transit Road (NY 78) was the last customer on the "peanut," but after 1982 had to receive their material by

truckloads, not carloads, an expensive difference. Many a hiker along the Conservation Trail has enjoyed a break sitting on fragrant piles of "hem-fir" dimension lumber along the back edge of Jurek's sheds, where we still walk the route once travelled by trains carrying carloads of Pacific lumber or local dry cement by the ton, but even Jurek Lumber is gone now, its owner retired since 2006.

Thanks to Mary Domanski for historical information from the FLTC guidebook to the Conservation Trail, and to the Historical Society of the Town of Clarence, especially Sandy Warner, their treasurer and our FLTC member. □

We Welcome Jennifer Hopper to the FLT Family



Gene Bavis

As the FLTC continues to grow, the workload for both volunteers and office staff has increased. After long consideration, the Board of Managers upon recommendation of the Finance and Personnel Committees decided to hire another part time employee. The position was posted as an Accounting/Database Assistant, a job that we predict will be 6-8 hours per week. We received applications from several well-qualified individuals from the area near the FLTC Service Center and, after reviewing resumes and interviewing candidates, Jennifer Hopper was selected by the screening committee. She began work on January 21.

Jennifer, her husband, Larry, and two children, Katie and Erin, live in Perry. Jennifer has been a stay-at-home mother to her daughters since Katie was born, working part-time when Katie was two and then staying home again after Erin was born. Since they live so close to Letchworth State Park, the Hopper family enjoys having picnics at the park and hiking the trails. Jennifer also likes touring historical homes. Visiting Tennessee to spend time with her parents is another of her favorite things to do. Reading and playing with her daughters occupies much of Jennifer's time. Larry works as a union carpenter in Rochester and is also a volunteer firefighter. Katie is in 1st grade and Erin is a toddler, keeping their mom busy. □

Linda Parlato and "Mace to the Face"

by John Andersson

The Winter issue described why the FLTC awarded the Clar-Willis Distinguished Trail Volunteer Award to Linda Parlato of the Foothills Trail Club. For over ten years Linda has successfully overcome all the problems related to maintaining the section of trail running through Rock City State Forest, Old Seneca CCC Camp, and McCarty Hill State Forest near the Holimont Ski area. The article stated "Even being attacked with Mace while working on the trail has not deterred her!" Curious readers cried "foul" for not expanding on such a curious line, so I asked Linda to elaborate and here is her response (slightly edited):

Hi John,

I can save us both a lot of time by giving you a synopsis of the event! I was doing trail work (lopping) with my large black dog named Bear just north of Little Rock City; a backpacker came around a rocky outcropping some distance away and I shouted "Bear, come here Bear!. Please wait until I get him on the leash." I ran to get the dog and when I had him leashed, called out "It's okay now, he's on the leash". The hiker had gone back behind the rocks and did not appear. I sat down and waited a few minutes, still no hiker, so I continued on with my lopping. Ten to fifteen minutes later he appeared again and I called out "Wait until I get him on the leash" and ran to do so. Just before I reached him, Bear's hair "stood on end" making him look enormous. The hiker just kept walking towards us with hand extended, reaching the dog before I did and held out his hand and sprayed. The dog immediately dropped, whining, and the man continued walking and spraying me in the face as I reached for the dog. I wear a large brimmed hat so it didn't get in my eyes but it did reach my nose and mouth. I couldn't breathe or move my mouth and my eyes quickly began to water as I dropped to the ground. The hiker just continued to walk down the trail. I dragged the dog off the sprayed area and squirted water from my camelback into his eyes (mine, too) to flush them. After a while the feeling returned to my face and the dog stood up and we shakily went to the car. I did let out many of the words that came to mind as he sprayed us; the thing that bothered me most was he didn't say a word the whole time!

After Irene's prodding, I did report it to the police and they had had no further incidents like that. The only explanation I can think of is that he thought the dog was a bear and was extremely frightened and then angry at me! I never pass that spot without thinking of the incident but it is the only really negative interaction I have had in all these years and I would never think of doing trail work without one of my dogs! Hope this helps!

Linda

So there's the "rest of the story" and beware of silent strangers!

Editor: Special thanks to Alex Gonzalez for sending me back to get the full story.

Trail Conditions Report—Much expanded Claryville Store

11/30/07 Ed Sidote - Map M-33 (Catskills) The Claryville General Store has moved 0.3 mile east to the former site of the Blue Hill Inn. The building was completely remodeled into a restaurant, deli, and pizza parlor, with groceries, ice cream, etc. The FLTC trail Register notebook is on the window sill of the store. Liquor license is pending. Also the motel behind the General Store is now open after being completely renovated. Map M-33 has been modified to reflect this information.

Alfred NY Scouts Contribute Two More Eagle Scout Projects

by Ron Navik

This past summer Boy Scout Troop 19 from Alfred, NY contributed two more Eagle Scout projects to the FLT. The first project was managed by Travis Bellows and involved installing and filling gabion baskets along one of the many gullies crossing the trail near Swain, so that a bridge could be built across the creek. The project also included installing several sets of puncheon bridging across a swampy area nearby.

Noting that the gully was still difficult to cross, Brendan McDonough brought a crew back later in the summer and built stone steps into and out of the gully as his Eagle Scout project.

This adds two more projects to the growing list of contributions from Troop 19. They really enjoy hiking and camping and have given back a lot to the trail so others can enjoy it too. □



Boy Scout Troup 19 on the creek bridge

Geneseo Students Help the Trail

by Ron Navik

Fifteen incoming freshmen from SUNY Geneseo chose to spend a long weekend working on the Finger Lakes Trail near Swain under the guidance of local outfitter, Pack Paddle and Ski. The first day they backpacked several miles to the campsite, set up tents and still had enough energy to hike to the work area and move a telephone-pole-size log into position for a major side-hilling project. The individuals, who hadn't ever met before, began working as a team as they figured out how to move the huge weight. The two guides from Pack Paddle and Ski also built teamwork through several group problem-solving games, such as how to get 15 people on a two foot diameter stump. They also worked in some important lessons on backcountry etiquette and camping skills.



The second day the group hiked back to the worksite and completed some major earth-moving for the side-hilling and built some major rock steps. The teamwork learned the day before was applied to moving some very large rocks. The third day they were able to do some hiking and see more of the beautiful country the FLT traverses.

These students worked hard, played hard, and quickly made some new friends. Several said they would definitely be back for some more hiking on the FLT. We thank them for all their work in improving the trail, and the guides from Pack Paddle and Ski for introducing a group of young people to the wonders of the outdoors. □

2007 Contributions

The Finger Lakes Trail Conference gratefully acknowledges the support of all our members and donors, and especially wishes to recognize the following individuals, businesses and organizations for their generous support during 2007. The amounts listed include dues and contributions to any FLTC fund. We have done our best to be accurate in spelling names as well as making sure we got everybody in the right categories. We apologize if some mistakes have crept in.

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Answers to the Winter "Name that Map!" quiz

Correctly identified Templar Falls (M-14, Schuyler County):

Irene Szabo
Robin Hubbard
Jay Zitter
Heidi Bellenger
Pat Monahan



We had three M-6 guesses: Sixtown Creek.

Saturday, June 7th – **NATIONAL TRAILS DAY** – hike, dedication & potluck.

Foothills Trail Club invites you to join us in dedicating our new sign (thanks to Bob Emerson of FLTC) at the trail junction of the Conservation Trail and the FLT Main Trail. The old sign has fallen apart and sorry to say I do not know when it was put into place. We will meet 9 a.m. at the parking lot on the Cobb Property - Route 242, map M-4 between Access 1 and 2. We will hike approx. 6 miles on the Conservation Trail (CT-4) and the Main Trail (M-4); stopping en route for the dedication, and ending with a potluck lunch at the shelter on CT-4. Come join in the fun. Contact Annette Brzezicki – 716/685-2183 - anet42brz@aol.com

(Sorry, No Dogs allowed on Foothills Hikes)

Faces of the FLT

Jo Taylor



Age: Over 40.

Birthplace:
Baltimore. Grew up
in Bethlehem, PA.

Residence:
Rochester.

Occupation: Computer software developer for Qarbon.

Favorite outdoor pursuits: Wildflowering (40 years), Cross-country skiing (20 years), Hiking (10 years), Birding (5 years).

Other interests: Ethnic foods of all sorts (Thai, Ethiopian, Indian, Mexican...)

How I "met" the FLT: Found the 1997 cross-Cattaraugus County hike series when searching the Internet for trail activities for the three seasons without snow on the ground.

Relationship to the FLT: Editor, *Finger Lakes Trail News*, Fall 2002 to the present. End-to-Enders #185.

Favorite section of the trail: Anywhere with hemlocks growing along a stream.

Memorable FLT experience: Hearing ravens in the Catskills as I walked with friends along the Neversink River down the road from the eastern terminus of the trail into Claryville on a beautiful sunny day in early June. Nothing could beat that.

2008 Cattaraugus County Hike Series

**Registration forms may be
obtained at
www.fingerlakestrail.org
or by calling the FLT
office at 585/658-9320**

Hiking West: Crossing the Western Frontier 2008 Cattaraugus County Hike Series

The Finger Lakes Trail Conference invites you to participate in the 2008 county hike series, "Hiking West: Crossing the Western Frontier". This series of 8 guided hikes will cross Cattaraugus County, two watersheds (Genesee and Allegany) and cover nearly 85 miles on the Finger Lakes Trail. Hikes are scheduled for the third Saturday of every month from April to September as well as a weekend in Allegany State Park in October. Registration for lodging, meals and guests for the weekend in the park will occur later. This hike series can be considered a moderate/strenuous level of hiking with some steep altitude gains/losses in the westernmost segments. Hikes will vary from 7.0 to 12.5 miles.

Each hike will begin with all hikers assembling at the end point. Buses will transport you to the beginning point for the hike so you will be able to hike at a comfortable hiking speed and enjoy the beauty of the trail. Experienced hikers will guide the individual groups from the beginning back to their cars. Hiking groups will range from "nature appreciative" to medium to fast hiking "speeds." There will be a "sag wagon" strategically placed at crossroads with water and snacks. The sag wagon can give you a ride back to your car if you become exhausted on the hike.

The series will end at the western terminus in Allegany State Park with a catered picnic at Camp Turner for all hikers/guests to celebrate personal accomplishments on the footpath. Enjoy food and drink, an awards ceremony (to receive your embroidered patch for completing the series) and some great conversation with friends that you met on the trail. A special guest has been invited to give out end-to-end awards.

Registration is required and will be limited to 180 hikers for this series.

Dates (rain or shine):

April 19	June 21	August 16	October 4
May 17	July 19	September 20	October 5
Buses leave at 9:15am			
No pets			

All registrations are due by April 9, 2008. First come, first serve. Cost for the entire series is \$35 per person (children, accompanied by responsible adult, \$30). Those who register after the quota is filled will be put on a waiting list. Unless otherwise directed, those on the waiting list will be notified by April 17 if we can accommodate you, or your check will be returned. **Refund policy is: Full refund will be made minus a \$2 handling charge if you cancel your reservation by April 14. NO refunds will be made after that date.**

The hike plot for the entire series with parking locations will be sent to paid registrants.

Important: while we will provide sunshine, guides, sag wagons, buses and helpers, **you must:**

- Exercise on the trail, street, or track with some hills or incline before the hike series starts.
- Bring plenty of water and your own lunch.
- Wear sturdy hiking boots with comfortable socks, not sandals, flip flops, or flimsy footwear.
- Dress for the weather-hats, coats, shorts, sunblock, bug spray or even mittens!

For more information, please feel free to contact the "Hiking West: Crossing the Western Frontier" hike leader, Pat Monahan by e-mail pmonahan@stny.rr.com (preferred) or by phone (607-936-8312).

FLTC Annual Spring, Summer, and Fall Hikes

The primary purpose of these hikes is to honor these FLT “icons” for whom they are named by increasing awareness of the Finger Lakes Trail system within the greater hiking community. Wally Wood was the founder of the FLT; Ed Sidote is of course alive and well, a past president from years ago who is now serving as the FLT's end-to-end hike coordinator; Erv Markert was another early FLTC pioneer and president.

Wally Wood Hike (Spring)

Saturday, May 10, 2008

Scenic Bristol Hills Branch Trail (FLT Map B-1)

Hike leader - Jacqui Wensich,
jwensich@rochester.rr.com, 585/385-2265

Meet at Ontario County Park FLT sign rain or shine.

Wally Wood founded the FLT in 1962. He was also a landowner and steward on the Bristol Hills Branch Trail.

Hike: Ontario County Park to Route 33 parking area to Clement Rd and continuing on to access point 4 on Seman Rd. (Access point 1-2: **3.1** miles/Access point 2-3: **3.2**/Access point 3-4: **1.8** miles) You can hike 1, 2 or all three segments.

Co-sponsored by Eastern Mountain Sports Pittsford Store. Hikers will receive an EMS bandana.

Ed Sidote Hike (Summer)

Saturday, July 26, 2008

North Pharsalia (FLT Map M-23,- Chenango County)

Hike leader - Claire Ders, 315/653-7776,
claireeders@yahoo.com

Meet 8:30 a.m. at the parking area at Fred Stewart and Center roads

Or meet at 8:00 a.m. at Ho-Jo's Motel in Norwich to carpool with Ed Sidote

This loop hike will be seven miles through the beautiful New Michigan State Forest in the Town of Pharsalia over gently rolling terrain. The loop starts at the meeting point and is completed by heading south on the main FLT and returning via the blue-blazed trail to Plymouth Lean-to, where we will be stopping for a snack break. Hike will take place rain or shine.

Looking forward to a great turnout for Ed's special hike!

See also...

Foothills Trail Club National Trails Day hike (page 37) and the Cross-County Hike Series (page 38)

Erv Markert Hike (Fall)

Saturday, October 18, 2008, 9:00 a.m.

Dabes Diversion Loop plus Virgil Mtn. Loop (FLT Map M-19, Cortland County)

Classification: Moderate

Hike leader - John Morris, jaxmbird43@aol.com,
607/753-7256

This year's annual Erv Markert Fall Hike is a 9.15 mile figure-eight over rolling hilltops and through mixed hardwoods and conifer plantations. A sunny day will afford fine views of autumn colors from atop Greek Peak. A rainy day will afford soggy views. At the Geological Survey on Virgil Mountain, an explanation of why it is no longer the highest point in Cortland County will be proffered. Lunch will be at the Foxfire Lean-to, about 6.5 miles into the hike. There are wet stream crossings, so be prepared!

Directions: See FLT map M 19 or DeLorme, pp 61 & 47.

Easiest Way: Use your vehicle GPS unit (Garmin Street Pilot or similar), choose “intersections”, for city type “Cortland”, for road intersection type “Bleck” and “Hauck Hill”, and press “Go” button.

From the north, exit I-81 at the McGraw exit. Take Rte. 11 south for about 7 miles to a right-hand (west) turn onto **Rte. 392**. Drive about 7 miles, past the Greek Peak ski area, and to a left-hand (south) turn onto **Van Donsel Rd.** [If you reach the 4-way stop, you've gone a tad too far.] Proceed up the hill for about 1.1 miles. Turn right (south) onto Bleck Rd. and drive about 0.9 miles. Park at the intersection with Hauck Hill Rd.

N 42° 29.312'; W 76° 10.626'

From the south, exit I-81 in Marathon. At the end of the ramp, turn right (west) and drive a couple of tenths to the traffic light. Turn right (north) onto Rte. 11 and drive about 4.1 miles to a left-hand (west) turn onto Rte. 392. Follow directions above.

From Dryden. Drive east on Rte. 392 for about 6 miles to the 4-way stop in Virgil. Turn right (east). Drive about 0.2 miles and turn right (south) onto Van Donsel Rd. Follow directions above.

Hollenbeck's Cider Mill is about 0.05 miles to the west of your entry on Van Donsel Rd. They have excellent cider, fresh apples, a fine selection of cheeses and chocolates, and incredible fruit pies. On weekends you can buy fresh, hot, just-made doughnuts. Bruce Hollenbeck, the owner, supported the Fall Foliage Hikes I did with middle-schoolers for twenty years.

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.cayugatrailclub.org	Ithaca Area
FLT-Bullthistle Hikers	http://www.bullthistlehiking.org	Chenango County
Foothills Trail Club	http://www.foothillstrailclub.org	Buffalo Area
Genesee Valley Hiking Club	http://www.fingerlakestrail.org/gvhc.htm	Rochester Area
Triple Cities Hiking Club	http://www.triplecitieshikingclub.org	Binghamton Area

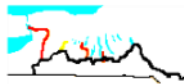
Marilyn Beckley



Can you place the scene on the left? 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 Winter quiz can be found on page 37.

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

JOIN THE FINGER LAKES TRAIL CONFERENCE

Name _____

Address _____

City/State/Zip _____ County _____

Phone (_____) _____ Email _____

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

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

Individual\$25 Contributing: receives enamel pin

Family\$30 designating contributing level

Student (full-time; give Pathfinder (emerald) \$45

permanent address)\$15 Trailblazer (ruby) \$75

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

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

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



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

FINGER LAKES TRAIL CONFERENCE

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Mt. Morris, NY 14510
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FLTinfo@fingerlakestrail.org

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net.org

George Zacharek • 3125 Fiddlehead Glen, Baldwinsville,
NY 13027 • 315/635-8438 • hikinggz@verizon.net

Finger Lakes Trail Conference, Inc. Calendar of Events

- March 22 Club Presidents Council Meeting, Geneva,
meeting of leaders of FLTC-affiliated clubs
- April 25-27 Annual Meeting of the Finger Lakes Trail
Conference and Spring Weekend**, hosted
by the Cayuga Trails Club at the Montour
Falls Fire Academy. See pgs. 14-18. Annual
Business Meeting, Saturday 3:00, FLTC
Board Meeting, Saturday 4:00.
- May 9 Deadline for submitting material for summer
issue of the *Finger Lakes Trail News*. See
box on page 1 for instructions.
- May 10 Annual FLTC Wally Wood (Spring) Hike,
Bristol Hills Branch Trail. See page 39.
- June 7 National Trails Day**
- June 9-13 Alley Cat Crew at Camp Sam Wood, Pike,
NY. See Trail Topics, page 21
- June 14 ADK Outdoor Expo, Genesee Valley Chapter,
Mendon Ponds Park near Rochester.
www.gvc-adk.org/events/expo/expo2008.php
- June 14 FLTC Board Meeting
- July 21-25 Alley Cat Crew at Holland Community Ctr.
See Trail Topics, page 21
- July 26 Annual FLTC Ed Sidote (Summer) Hike,
North Pharsalia (M-23). See page 39.
- August 7-11 North Country Trail Association Annual
Meeting, Cazenovia**. This will take the place
of the Fall Campout this year. See p. 7
- August 15 Deadline for fall issue of the *Finger Lakes
Trail News*.
- Aug. 21-Sept. 1 New York State Fair Display, Syracuse
- September 15-19 Alley Cat Crew bridge project, Taylor Valley
State Forest. See Trail Topics, page 21
- September 27 FLTC Board Meeting
- October 18 Annual FLTC Erv Markert (Fall) Hike, Dryden
area (M-19).
- October 31 Deadline for the winter *Finger Lakes Trail
News*.
- November 15 FLTC Board Meeting, Geneva
- TBD Alley Cat Crew at Paradise Garden Lean-to.
See Trail Topics, page 21
- 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 Trail
Club). Advance registration required. Details on page 38.

59 Finger Lakes Trail End-to-Enders

Here are 59 of our 242 end-to-enders in one place all at once! Each of these people has hiked the entire length of the Finger Lakes Trail (about 560 miles) as it winds its way across the beautiful southern tier of New York State.



October, 2007—Fall Campout in honor of End-to-End Coordinator Ed Sidote's 90th Birthday

*Photo by Larry Blumberg
Jacqui Wensich and Marie Inglee identified the hikers
(See numbered key on page 30)*

Finger Lakes Trail Conference, Inc.
6111 Visitor Center Road
Mt. Morris, NY 14510

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