

Finger Lakes Trail NEWS

Fall 2008



www.fingerlakestrail.org

Inside...

- ◆ Board members break ground for Great Eastern Trail segment in Steuben County - inside cover
- ◆ Surprise bequest from charter member! - page 2
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...and much more!

President's Message

The Ground-Breaking

David S. Marsh

I am pleased to report that since the last issue of the *FLT News* the Board of Managers appointed Jacqui Wensich Vice President of Membership and Marketing. Jacqui has been a very energetic Board member largely concentrating on a variety of marketing efforts as well as assisting Ed Sidote with end-to-end coordinating work. She follows Jay Zitter, another dedicated person, and the first to hold this important position.

On July 26, 2008, a work party consisting of the Board of Managers broke ground and began to clear and mark a new branch trail connecting the main FLT in Steuben County with the Mid State Trail at the Pennsylvania/N.Y. border. More specifically, this new branch trail will depart from the main FLT at the Moss Hill Lean-To (map M-13) near South Bradford and join the Mid State Trail near Cowanesque Lake. This 40+ mile branch will allow our trail to be connected to the Great Eastern Trail (GET) system stretching all the way, more than 1500 miles, to the Florida/Alabama border, and paralleling the western slopes of the Appalachian Mountains. The GET will connect many existing trail systems and include the new FLT branch. You may obtain more information about the GET at www.greateasterntrail.org.

The Great Eastern Trail Association (GETA) "...is organized to conceive, create, build, develop, and promote the Great Eastern Trail..." The FLTC is a member organization with one voting seat and one alternate seat on the GETA Board and is committed to completing construction of the new FLT "connecting" trail. Pat Monahan, an FLTC Board member, is our project manager, charged with organizing the construction of the new branch trail. Pat has made this very extensive and difficult project "sing" with progress over the past two years, and he has been doing that while also in charge of the FLTC county hike series. Prior to the Board work party in July, there was much preparation to be done, including assessing potential trail routes, obtaining permissions for trail access from state and private landowners, and determining and flagging the actual trail route. While considerable preparation work has been done to enable trail construction to begin, much more is still required to open the way for construction of the full length of the new trail.

Pat has been able to muster the assistance of many people to achieve the progress to date. Pete Fleszar, FLTC member, Mid



FLT President David Marsh speaks to the media at the GET in NY ground-breaking. More photos on page 9.

State Trail Tioga Regional Manager, GETA representative, and member of Pat's committee, provided extensive technical assistance necessitating frequent travel to Steuben County from his home near Harrisburg, PA. Members of both the Three Rivers Outing Club based in the Corning area and the FLTC, along with various N.Y. State DEC and Parks persons, have provided much necessary advice and help. Pat's organizational skills, enthusiasm, and energy level for this project were on display at the Board work party. Since much of the work would be concentrated in the areas of Pinnacle State Park, McCarthy Hill State Forest, and Village of Addison, Pat arranged for select state officials, land-owners, local government persons, and the television media to be present for the official ground-breaking ceremony. It has been the goal of the FLTC to educate the local communities to the benefits the trail will bring to their residents, businesses, and visitors, and to seek their support for the trail's development. The

attendance at the ground-breaking event is an indication of how successful Pat has been at involving the appropriate people and organizations and achieving positive publicity. While this branch trail is unnamed for now, we would like to select a name with the help of the community.

I was proud that many of the Board members, both current and past, were able to participate in this historic event, demonstrating their commitment and support for the project and also respect for Pat's efforts. It will take many work parties and much individual support to complete this branch trail. Pat already had scheduled another work party the next day composed of some 25 people from the Three Rivers Outing Club and county hike series participants. While many Board members regularly do trail work in addition to the time they spend on their Board duties, it was unusual for them to have the opportunity to roll up their sleeves and physically work together to open up a new trail. My observation is that a sense of camaraderie, satisfaction, and fun was felt by all. Who knows, maybe this will become an annual Board event! The GET is "on the move" in New York State, and if you are interested in helping in some way please contact Pat Monahan (see his contact information listed along with other Board members on the inside of the back cover).

(Continued on page 9)

Are you a Finger Lakes Trail groupie?

The FLTC has an email group (e-group) open to anyone interested. This service can be used to discuss hiking issues, inquire about trail conditions or find hiking partners. Go to the FLTC website (www.fingerlakestrail.org) to sign up.



FINGER LAKES TRAIL NEWS

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

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The Great Eastern Trail is becoming a reality in New York State. Members of the FLTC Board came out for a day of work on the trail to mark the ground-breaking, which was also attended by members of the local community. See the President's Message and pages 9 and 10.



Jacqui Wensich

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And on the back cover...

Trail Towns: Bath, *by Kirk House*

Cover: This photo was taken by Peter Bushnell in October 2007 on a section of the Bristol Hills Branch Trail that he maintains near Ontario County Park. The pond is one of his favorite hikes in the fall. He has been working the trail there for over 20 years and never tires of the view. He just wishes there was more water and the beaver were still there. Peter says he has installed a new note box to leave your impressions on the trail, attached to the hemlock adjacent to the pond.



Mike Hawkins

NCTA awards, page 17



Marjorie Pierpont, on left, in conversation with Laura McGuire, Carlton Wright, Fred Hiltz, John Barlow. FLTC Spring Conference, Lisle Conference Center, May 1965

Below: Marjorie Pierpont, 1989



Pierpont Family Association

Marjorie Pierpont, FLTC Benefactor

by Georgeanne Vyverberg, FLTC Archivist

Last summer our Executive Director Gene Bavis received notice that the FLT was named as a beneficiary of the estate of Marjorie Pierpont. This substantial bequest was unexpected and a search of our electronic database did not reveal her as a current member. Just who was this generous woman and what was her connection to the FLT? A search of the earliest archive records discovered that she was a charter member of the FLT. She is also listed as a member of the Genesee Valley Hiking Club, which sponsored those very important first meetings of the FLT. Marjorie also held memberships in the Appalachian Mountain Club and the Adirondack Mountain Club. It seems Marjorie was a lover of the natural world much of her life. She was one of the last girls to earn the Girl Scouts Golden Eaglet award, which is now known as the Gold Award and is comparable to the Eagle Award earned by Boy Scouts.

Marjorie was on the FLT Board of Managers (BOM) from 1964-1967, serving on the Conservation Committee with Wally Wood and also on the Trails Committee in 1964. She went to meetings of other trail organizations where she made presentations about our fledgling organization and gathered information on what worked best for those groups. Marjorie was a dedicated

member and even after leaving the Rochester area to work in Albany she still made it to BOM meetings and Conference Outings. Sometime before 1970 she left New York State and the FLT behind, but she obviously never forgot her experiences with the FLT.

Marjorie, as evidenced by her obituary, was a most accomplished lady in everything to which she set her mind. She received her degree in food management from Ohio State University. In 1943 she joined the Women's Army Corp and during World War II served in Germany and England running mess halls for over 5000 stationed troops. She left the Army with the rank of Captain. Marjorie volunteered nearly 4000 hours at a local hospital and as an accomplished musician played piano for church and Grange. She was a member of the Grange for 68 years. Her obituary states that she was "well known for her patience and sense of humor." Robert Kraft who succeeds Marjorie as the genealogist for the Pierpont Family had this to say about her. "Marjorie was a relatively quiet, thoughtful type of person, friendly, caring and efficient. That she would leave some funds to the Trail Conference is entirely consistent with what I know. We miss her." □

Marjorie Pierpont Bequest

On April 17, 2007, Ms. Marjorie G. Pierpont passed away in Northampton, Massachusetts, at age 91. Marjorie was an early member of the Finger Lakes Trail Conference. In her will she remembered the FLTC and made a generous bequest of 10% of her estate to the organization to further its work. The FLTC has received two distributions totaling \$83,777 from the estate and may receive a small, final distribution. At its June meeting the Board of Managers determined that the funds should be allocated to the Endowment Fund, the Sidote Stewardship Fund, and a portion to the operating fund. In anticipation of receiving these funds, Marjorie Pierpont was made a founding member of the Forever Society at last fall's Birthday Bash honoring two of her contemporaries.

— Jarret Lobb, VP Finance

The Latest Permanent Trail Easements: A Gift of Permanent Passage

by Irene Szabo

A growing string of easement successes cheers all of us who worry about keeping the trail route continuous on private land, no matter who owns properties in the future. Most recent are the first two easements on the Conservation Trail, where members of the Foothills Trail Club have heard that wonderful YES both times they've asked!

Bob and Nancy Clark own a slice of the infamous Holland ravines in southern Erie County (Map CT-6) where Alley Cat crews have worked two summers now to render trail walkable despite steep-sided gullies. The Clarks' contributions to that project were featured in the Fall '07 *FLT News*, when they welcomed the crew's parking, transported materials, and even pitched in on trail work. People who are that happy to have the trail on their property were logical candidates for The Big Question, so, realizing they would not be there forever to protect the trail's permission, the Clarks granted the first easement on the Conservation Trail.

These trail easements do not dictate future uses of the land or interfere with agriculture or forest management, but do protect the right of the trail to pass through a defined corridor forever, no matter who owns that parcel later. The Clark easement even includes an "escape route" down to the road, should an adjacent permission ever be lost.

After attending an easement how-to workshop organized by Cheryl Peluso and Annette Brzezicki for Foothills stewards, put on by Ron Navik, FLTC Vice-President of Trail Preservation, alert trail steward David Kieber noticed that **Charlotte Damian's** property was for sale, endangering the route on Map CT-7 east of Shad Road along Red Brook. David and Annette approached this longtime landowner with the notion of protecting the trail there before she sold the property, and to their stupendous happy surprise, she



Lynda Rummel

Bob and Nancy Clark, landowners in southern Erie County, granted the first permanent easement on the Conservation Trail.

asked where to sign! That protecting document has now been filed with the county clerk. Thanks for great work to David Kieber, who prevented what is more often our sad tale, losing permission from a subsequent landowner who doesn't appreciate the trail.

Meanwhile, Cayuga Trails Club has finalized two easements, one of them arranged by Tom Reimers with **Carl States**, president of a Cayuta Lake homeowners' association, to protect both main and loop trail on M-16 from Gulf Rd. to state forest along Cayuta Creek, through association property. **Deborah Keil** of Danby, who owns a patch of trail on Map M-17 south of Ithaca, first approached the Club herself about granting an easement, and Phil Dankert worked out the details for her agreement which protects trail along wonderful views near Layen Road.

Naturally Ron Navik, who has been travelling around the state offering easement tutorials to trail clubs' stewards, hasn't been idle, either.

Along his Genesee Valley Hiking Club's segment of the FLT east of the Genesee River he has obtained the following permanent easements from landowners, travelling west to east.

On Map M-7, between Smith Hill and Grey Roads, **Carl Didas**, a relatively recent permitting landowner after a reroute was required in the late 90s, granted an easement for the trail, a terrific relief after short-term landowners had caused 35-year-old trail to be moved onto Carl's land.

East of there on M-7 the trail drops south off Cheese Factory Road southwest of Dalton to follow Keshequa Creek, a delightful piece of trail. While the first two landowners south of the road are still thinking about it, **Daniel and Jennifer Vogel** have granted an easement for their portion along the creek, followed eastward by **Jeanette Gelser**, who owns the farm where the trail leaves the creek bed and heads east to State Rd. south of Dalton. She along with her late husband has been a longtime supporter

(Continued on page 4)

Easements ...

(Continued from page 3)

of the trail, so agreed to protect our east-end access to Keshequa Creek.

Follow the trail east up Fox Hill Road with its great views to the spot where the route departs the roadwalk and heads along the edge of a field and into the woods: **Victor and Beverly Remick** are new owners of that property who intentionally moved to the country so are pleased to have the trail there. They agreed to make the route permanent even though they are new!

East of there is the infamous long slog through continuous forest to Swain,

riddled with several tiring steep gullies to cross, a section that even seasoned hikers swear is far longer than the map says. Several owners provide a patchwork of permissions through those forested miles, but two of them have granted easements so far. **Arthur and Donna Gilbert** own part of that hillside trail south of NY 70 on Map M-8; their nearby cabin is not available to hikers except for emergency storm avoidance, but they do love reading register notes and have made their trail permission permanent.

Larry and Dale Bailey own another property east of there, which includes a longtime permission for the club to use

their driveway from NY 70, far below the trail, for mid-trail access during maintenance trips. Boy Scouts have even been permitted to camp in their yard while doing projects on the trail uphill. They too have made their generous permission permanent.

Beyond Swain and Garwoods, still Map M-8 in northeastern Allegany County, the landowner south of Ted Norton's previous easement for his sheep fields has been helped by Ted and his wife Kit toward the decision to grant an easement, too, thereby protecting that trail gully forever. Kit's sister **Marilyn Cronk** has therefore become our next permanent landowner southward toward Freiner Road, an addition to the Nortons' beautiful views we gratefully receive.

Without permissions across private property, our trail would not be continuous across upstate, but without the growing number of easements, many of those permissions could be cancelled by later owners. Our gratitude for the gift of permanent passage cannot be overstated. We thank the above landowners for adding their trail parcels to our growing list of protected places. □

Call for Nominations

So many people give so much of themselves to keep this hiking trail open to the public; let us remember to honor them. Who in your club is an unsung hero? Whom do you always count on when something needs fixing, or doing, or arranging? What landowner or other non-hiker has contributed to our trail's continued existence? Do not let them remain unsung.

Nominations are requested for the following awards every year; please send them to

John Andersson, chair of the Recognitions Committee, jandersson@twcny.rr.com, 1 Woodland Rd, Ithaca, NY 14850, and copy Gene Bavis, Executive Director: FLTC, 6111 Visitor Center Road, Mt Morris, NY 14510, gbavis@rochester.rr.com. Nominations, especially for the Wally Wood, are requested before the end of December.

The Wallace D. Wood Distinguished Service Award is the highest annual honor given by the FLTC to a volunteer who has contributed extraordinary quality and quantity to the ongoing health of the trail system and its organization. Pairs of people who have worked miracles together have also received this award.

The Ervin Markert Distinguished Contribution Award goes to an individual, group, or organization in the public or private sector who has made a significant contribution toward the improvement of hiking trails in New York. This could be a trail landowner, a donor, or someone working for an agency such as the NY Department of Environmental Conservation, for instance, who has been especially effective and generous.

The Clar-Willis Distinguished Trail Volunteer Award is presented to an individual (or pair) who has made a significant contribution over a period of time as a trail worker within the FLT System. The recipient(s) may be a member of the FLTC or of one of our trail-sponsoring organizations.

Our sincere thanks for a gift in memory of:

Mrs. Pyke

from

Tompkins County Employees

and for a gift in honor of:

Peter Wybron

from

Terry Swank

Holland Ravines Project, Year Two

by Annette Brzezicki

Foothills Trail Club again this year worked on the dreaded Holland Ravines on the Conservation Trail in western New York (map CT-6) in another week-long Alley Cat venture. We used the Holland Community Center as our base camp and the Holland Middle School for showers as we did last year. Mike Schlicht our volunteer CEO spent many hours working on all the details and planning for each project.

Mike has been a Foothills member for several years and has attended at least **ten** of the American Hiking Society's work weeks across the country. His planning involved several different types of stairs, steps, puncheons, and switchbacks. Although at this writing we have not yet completed the Vermont Street ravine work, we have finished most of our scheduled projects. Mother Nature did not have sunshine in mind for our week; we had rain on several days. Our completed work using treated lumber and double-hot-dipped galvanized rebar includes two Marshall stairs (a name we gave these stairs to distinguish them from other types of ladders, steps, etc.) with 16-foot sides and 12 steps each. One has a really neat designer platform. This year's projects also included one 6-foot ladder, seven 8-foot ladders, rock

steps, puncheon from felled tree (with landowner's permission, of course) and tons of switchbacks—really something to see! Still waiting to be put in are two 8-foot ladders, railings for the Marshall stairs, and more steps.

A huge thanks goes to our landowners; some allowed us to reroute the trail away from the nasty muddy ravines, while others allowed major changes. A special thanks to **Anne Verbeck**—she gave us permission to mow a path on her property to the top of the Vermont Street ravine. Each day, using her driveway and yard, we were able to work at the top of this ravine. By hauling in the generator, our wood, and all our tools and supplies it was possible to cut everything right there at the top of the ravine. Anne is a special lady, as are all of our landowners and we thank them very much.

All these improvements would not have been possible without funding from Finger Lakes Trail Conference. We thank the FLTC Board of Managers for their support.

Approximately 20 volunteers worked on the trail for a total of 670 plus work hours. Our dinners each night were wonderful and very much appreciated. Fourteen members worked very hard on these dinners. Our meals were

lasagna (meat and meatless), turkey dinner, cinnamon beef dinner, and a chicken dinner. Each meal came with all the fixings and then some, including cold strawberry soup. Mmm-mmm good.

Working together really made this a **SPECIAL** week and this would not have been possible without all of our helpers. Thanks go to Anne Beiter, Howard Beye, Georgiana Binder, Bill Brown, Annette Brzezicki, Sally Castren, Mary Domanski, Donna Flood, Kathy Foote, Donna Frantz, Tom Frantz, Helen Fredricks, Charles Goodrich, Mark Hittle, Jacob Kern, Dave Kieber, Kathy Laynor, Lucy McCabe, Dee McCarthy, Carolyn McNaney, Linda Parlato, Ben Petryszak, David Potzler, Gloria Potzler, Lynda Rummel, Sherry Schleede, Mike Schlicht, Bob Schmidt, Shari Senefelder, Dick Swank, Connie Umland, Tara Welty, and Quinn Wright. And thanks also to landowner Linda Jeanne Ruckdeschel for donating several cases of Gatorade, Propel water and spring water.

All in all, these ravines are now almost like a “walk in the park”—come check them out! □



Annette Brzezicki

Designer Platform



Annette Brzezicki

Ladder Stairs

Knowing Knotweed Helps Control the Spread of Invasive Species

by Todd Bittner

Todd Bittner is the natural areas director for Cornell Plantations (www.plantations.cornell.edu). The mission of Plantations' Natural Areas Program is to preserve, maintain, and restore representative examples of each natural community type and locally rare plant habitat within the Finger Lakes region, in order to foster natural heritage conservation, research, and education efforts.

Among the most serious threats to our local biodiversity and natural areas, invasive species rank second only to habitat destruction. The seriousness and extent of their collective impact increases every year, as existing populations spread to new sites and as new species arrive intentionally and accidentally. Prevention is the most successful method of control, but despite our best efforts, it is not always successful. Learning about the most invasive species, when and where they may show up, and what to do about them when they first appear, are essential management strategies. The following article is the first in a series aimed at helping hiking trail enthusiasts learn more about the most serious invaders. In turn, hikers can pass on this knowledge by providing early detection, informing landowners of these problematic populations, and helping with their control. Controlling the spread of invasives is most effective when naturalists, outdoor enthusiasts, conservation organizations, educational institutions, and citizens all work together—but it all begins with the critical component of early detection. With your support, we will be one step closer to reaching that goal.

Japanese knotweed (*Fallopia japonica*)

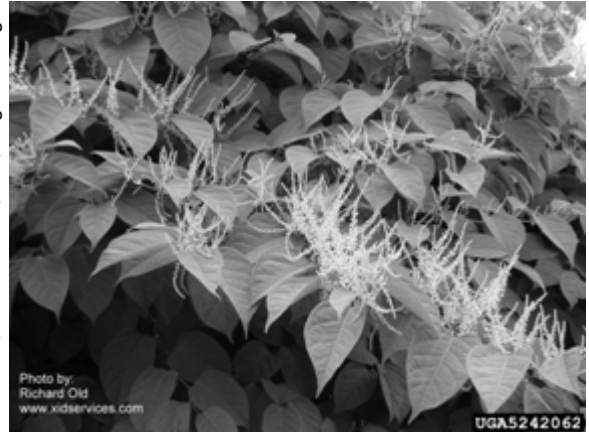
Japanese knotweed is an upright, shrub-like, herbaceous perennial that can grow to over 12 feet in height. Its stems are smooth, stout, and swollen at the joints where the leaf meets the stem. The leaves are normally about 6 inches long by 4 inches wide, broadly oval to somewhat triangular, and pointed at the tip. In late summer, its greenish-white flowers occur in attractive, branched sprays, and are followed soon after by small winged fruits. You may also identify knotweed by the large cinnamon- or copper-colored canes that remain erect during the dormant season and by the deep purple young shoots in early spring.

Japanese knotweed is native to Japan. It was introduced into North America for ornamental use in the late 1800s, and is now widely naturalized. Most commonly found lining the banks of creeks and rivers where it often forms an impenetrable wall of stems, it also grows in wetlands, waste ground, and ditches. Dense stands of knotweed exclude other plant species by shading them out, leading to very limited biological diversity in infested sites. Knotweed spreads primarily vegetatively through its tenacious underground rhizomes, which have been known to sprout through concrete. Broken or cut stems may also allow for new populations to be established, as knotweed readily roots from stem cuttings.

Since a piece from nearly any part of Japanese knotweed can yield a new plant, hand cutting or digging is not only very labor intensive, but is fairly ineffective. Except for very small infestations, the removal of all the portions of the plant is nearly

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Richard Old, XID Services, Inc., Bugwood.org



Close up of Japanese knotweed foliage and inflorescence

Tom Heutte, USFS, Bugwood.org



Japanese knotweed infestation in full bloom growing under a power line right-of-way. Knotweed is able to grow 12-15 feet tall in full sun, suffocating all the native vegetation underneath.

JK International LLC



The most effective method to control knotweed is a hollow stem injection of the herbicide glyphosate.

Japanese Knotweed ...

(Continued from page 6)

impossible. Similarly, mowing alone typically spreads an infestation. Broadcast foliar herbicide application is only partially effective, and can have harmful impacts upon desirable vegetation and other organisms.

The most effective control measure for this species includes the injection of 5ml of the herbicide glyphosate (Rodeo® in wetland habitats, which is licensed for aquatic use by licensed applicators, and Roundup® in upland habitats) into each individual knotweed stem. This allows for a targeted herbicide application by one of the safest herbicides presently on the market. The herbicide is injected into the hollow stem cavity, normally at the upper portion between the 2nd and 3rd nodes of each stem (see photo inset). The herbicide is then transported internally by the actively growing plant to its rhizome, allowing it to work within a matter of days. A recheck of the site to treat any missed stems two weeks later is recommended to achieve total control.

Help control the spread. Be on the lookout, and just say “no” to knotweed!

This article has also appeared in the newsletter of the Cayuga Trails Club.



Al Larmann

Working on a spring-loaded sapling safely

FLTC Board member Pat Monahan at the chain sawyer certification course held for two days after the Cazenovia NCTA conference, at Morrisville State College nearby, taught by the US Forest Service. Our chain sawyers are being trained by federal partners, made available to us through our affiliation with the North Country Trail.

Sheriffs' Departments along the Trail

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

New York State Sheriffs' Association

518/434-9091

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

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

From the Desk of the Executive Director

.....
Gene Bavis

Those of you who have been around for a while may remember that I lost my wife to colon cancer in 2004. If you have been attending weekend events in more recent times, you may have met a lady who has accompanied me to a few of them. Well, Elizabeth (aka Liz) is now my wife! We were married on July 5 on a wonderful sunny day in my front yard. Since Liz and I were combining two households and since we are not kids anymore, we didn't need more "stuff," so we asked our friends and family NOT to give us gifts. However, knowing that people sometimes feel awkward about a "no gifts" event, we decided to try something different. We asked people to make a donation to charity INSTEAD of giving us a gift. We thought that would make everyone feel better, AND it would help raise funds for worthwhile programs. We listed 5 organizations that were near and dear to us, plus we left it open-ended if someone wanted to donate to a charity of their choice. Our plan worked VERY well. While we don't have exact figures, we know that over \$3,000 was donated to charity, and nearly \$1,000 of that went to the FLTC. We are thankful for the thoughtfulness of our friends and family, and for those who were able to attend our ceremony.



Liz & Gene — Wed on the Fifth of July!

Thank you to those who volunteered to work at our display at the NYS Fair. Each year we staff a booth in the Adirondack Lean-to behind DEC's log cabin. Our volunteers share their hiking and backpacking knowledge with visitors while encouraging the use and support of the various hiking trails that we all love.

I'd like to give you a quick membership update. We currently have around 1,250 members which is about 100

more than last year at this time. While this is GREAT, we still need to work hard to recruit and retain members. The economy of scale improves with each new membership. If each member helps spread the word, we are likely to continue this growth trend.

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

New Life Members

David Rossiter
Alexander Dorman

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

FLTC Business Members

Downsville Motel	Al Carpenter	Downsville, NY	alsport@catskill.net	607-363-7575
Map Shop	Northfield Common	Pittsford, NY	mapmaniac8@aol.com	585-385-5850
Kevin A. Lane, Esq.	Sliwa-Lane Law Offices	Buffalo, NY	klane@sliva-lane.com	716-877-4246
Bath Veterinary Hospital		Bath, NY	bathvh@usadatanet.net	607-776-7685
William G. Becker & Sons, Inc.	Brian W. Becker, Mechanic	North Java, NY	bwbecker@starband.net	
Bristol Views Bed & Breakfast	Henry & Barb Owens	Naples, NY	howens49@rochester.rr.com	585-374-2693
In Motion Events (Bicycle Touring)	April Amodei & Al Hastings	Auburn, NY	inmotionevents@aol.com	315-406-6213

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

Addresses, contact information and links to these businesses can be found on the FLTC web site:

www.fingerlakestrail.org

President's Message ...

(Continued from inside front cover)

The FLT is “well connected” when you consider that we are a part of the North Country National Scenic Trail (NCNST) reaching all the way to North Dakota, and that through the FLT system of trails a hiker may join the Bruce Trail in Canada (via the FLT branch Conservation Trail), the Appalachian Trail (via connection to the Long Path in the Catskills), and the new Great Eastern Trail going all the way to Florida. Speaking of the NCNST, I hope many of you were able to enjoy the North Country Trail Association's (NCTA) Annual Conference in Cazenovia in August. The facility, programs, and outing activities were outstanding. The FLTC will not hold its annual Fall Campout this year because, as an affiliate of the NCTA, we hosted the NCTA Conference. Irene Szabo “poured” herself into the job of organizing the conference, and, largely thanks to her enthusiasm and years of experience, this event was a big success. If you are not an NCTA member, I hope you will consider joining this fine organization, thereby supporting a very special trail system (www.northcountrytrail.org). [Coupon for reduced-price affiliate membership on page 31.]

The enduring cycle of the seasons prompts this issue of the *FLT News*, as it does every issue. It reminds us that life goes on, what has come before passes, and we can hold expectations of new adventures, new experiences and even new trails. The trail will look different, the hillsides of our very beautiful region will sparkle with color, and the air will have a freshness that makes fall one of the finest seasons for hiking. “I have been treading on leaves all day until I am autumn-tired. God knows all the color and form of leaves I have trodden on and mired... I have safely trodden underfoot the leaves of another year...” (from *A Leaf Treader* by Robert Frost). I hope you will not let this season go by without visiting our special trail. Remember, the trail ends only in your mind. □



Nate Miller, WETM



Above: Members of the FLTC Board of Managers and the local community. View is from the top of Pinnacle State Park.

Left: Pat Monahan and Pinnacle State Park's Rob Jacobson discuss the trail.

Below, right: FLTC's Barb Navik chats with landowners and other local residents at the trail breaking ceremony.



The local media were there.

Photos by Jacqui Wensich, except as noted



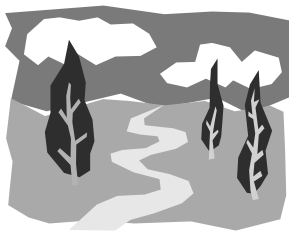
GET in NY

by Pat Monahan, Project Manager

The Great Eastern Trail (GET) in New York has had its official “trail breaking” ceremony in Addison, NY (Steuben County) on July 26, 2008. The first section of the GET in NY includes a 6-mile road walk from the PA border heading north in the Town of Tuscarora. It continues with brand new trail in the Pinnacle State Park, existing trail in McCarthy State Forest and a walk through the historic district of the Village of Addison. Private landowners in this area have been contacted and have given tentative approval for track construction in 2009. At the same time, the NYS DEC has given final approval for track development from the southernmost point in Steuben County on the FLT main trail (Moss Lean-to, Map M-13) through the South Bradford State Forest and the Meads Creek State Forest. This will require some intense side-hill work to make it trail-ready as a future FLT branch trail.

The first work for this section of trail on this yet-to-be named branch trail of the FLT was provided by 15 members of the FLTC Board of Managers and 25 community members from throughout New York State. Some of the trail will be routed on road, sidewalks, existing trail and some on brand new trail. GIS work, scouting/exploration, landowner permission, flagging, cutting and trail maintenance will continue through the four seasons into 2009. Many thanks to the following private landowners: **Addison Rural Cemetery Association, Paula Todd, Terry Towner and Shirley Harris.**

Work continues in the Addison area as well as the Town of Campbell near the FLT main trail. We will be reporting back to you from time to time on this project to connect the GET in Pennsylvania to the FLT main trail in Steuben County. □



Do you GET it in NY?

Here are some frequently asked questions about the new FLT branch trail in Steuben County that will become a connector trail and part of the Great Eastern Trail.

Q: What is the Great Eastern Trail (GET)?

A: The GET is a network of trails connected together in the western Appalachian Mountains that runs from the Florida/Alabama border to the FLT main trail in Steuben County (Map M-13). It runs parallel to and west of the well-known Appalachian Trail.

Q: How long is the trail?

A: The actual length varies depending on trail being moved on/off the road. The current length is about 1600 miles. The New York section will be about 40+ miles.

Q: What kind of trail is it?

A: It is a wilderness footpath. It is a single-use trail wherever possible.

Q: Where does it go in NYS?

A: The trail will run north from the NY/PA border at Cowanesque Lake through the Town of Tuscarora to the Pinnacle State Park in Addison. It will continue to the Erwin Wildlife Management Area in the Town of Erwin. It continues north over the Cohocton River and railroad tracks and under I-86 near Painted Post. It continues north to Watson Homestead and Conference Center and ends at the Moss Lean-to on map M-13 in South Bradford.

Q: What is going on with the GET in NY?

A: A small committee of the FLTC (GET it in NY Committee) has been doing all of the planning and execution of the details for the trail in NY. Work includes scouting/exploration of the conjectured track, flagging the track line, opening the trail and trail maintenance. The completion of this yet-to-be named branch trail will take 10-15 years.

Q: You say “unnamed”. How will it be named?

A: Community input will be taken in the next year to help determine a final name for the trail.

Q: Has anyone attempted to be a thru hiker on the GET?

A: Yes. Unfortunately, “Hammock Hanger”, a seasoned thru-hiker, was unable to complete the journey after starting in Alabama on April 1, 2007 due to health issues as well as track issues.

Q: Where can I learn more about the GET?

A: You can find out more about the GET online by going to www.greateasterntrail.org.

Q: How can I become involved in GET in NY?

A: Contact Pat Monahan, project manager, by e-mail (preferred) pmonahan@stny.rr.com or by phone (607) 936-8312.

Wildflowers along the Trail, #23: Inconspicuous flowers

RWW Taylor

No one who runs across a stand of stately elecampane flaunting itself in an odd corner of a neglected summer field is going to miss noticing the four-inch yellow flower heads or the overgrown leaves attached to the tall sturdy stems—definitely a wildflower that catches the eye! A great many of our common summer and fall wildflowers are nearly as conspicuous; think, for example, of the profusion of bold black-eyed susans that grace our meadows and roadsides as summer progresses, or the white umbels of wild carrot (otherwise known as Queen Anne's lace) in multitudinous display.

Mixed in with these common wayside blooms will almost always be the sturdy, wiry stems of chicory, bearing numerous good-sized flower heads consisting of neatly-arranged ranks of squared-off ray flowers, usually bright blue in color (leading to the alternate name "blue sailors" for these blossoms). So common and noticeable are the displays of chicory in July and August that hardly anyone, when prompted to "think of a blue summer wildflower", would be likely to name a different species.

But there are, of course, other blue flowers to be spotted in summer by the careful observer. Some, such as the common forget-me-nots that crowd damp spots, while certainly themselves of an attractive shade, are unable to stake claim to a really vivid blue hue. Other species, with blooms a genuine deep blue in color, are of solitary or retiring habit and are normally only to be spotted by those who specifically search them out.

There is another reason why what is arguably our bluest wildflower, one that can easily be found in summertime blossom in a wide range of common circumstances, generally escapes notice—its

diminutive size. The flower is the corn speedwell, which prefers growing in lawns, fields, and cleared areas of all sorts (including trailsides). Plants are typically only a few inches tall, and bear their tiny (1/8-inch) blossoms sparsely, so that to see this flower at all you need to get close to the ground, and you may need to resort to magnification in order to appreciate the blue, blue hue of the four irregular petals.

While you have your magnifying glass in hand, look around nearby for another attractive tiny flower that often grows in association with corn speedwell and shares the same habitats, thyme-leaved sandwort. The two plants are about the same size, and so are the flowers, but sandwort blooms have five pointed white petals that form an attractive star-shaped flower.

Size is not the only factor that makes wildflowers difficult to notice—another problem to the untrained eye can be that some wildflower blossoms just do not look like blossoms. Many flowering weeds fall into this category—for example common ragweed can be cited here, and also the two species of plantain that tend to proliferate in areas of disturbed ground (including our lawns and gardens). It is certainly a good idea for the hiker to learn to spot specimens of the various species of obscurely-blooming nettle and nettle-like plants, in order to avoid an unpleasant surprise when brushing aside foliage or forcing one's way through a patch of underbrush!

But even flowers that are of reasonable size and actually look like flowers can go unnoticed because of another factor—protective coloration. The big stalks of so-called Indian poke (*Veratrum viride*) that can sometimes be spotted in wet woods bear a profusion of six-parted bright green blossoms that may easily be dismissed at first glance as "obviously not flowers". A greater missed opportunity often occurs when a specimen of our most common (but not that common) wild orchid, helleborine (*Epipactis helleborine*) is immediately banished from consideration because "flowers are not brown". Not so! The fact that this plant is indeed an orchid is immediately clear from the leaf structure and from the specialized shape of the individual flowers which are usually a rich chocolate brown in color. Of course orchids of any variety never grow in quantity and should never be picked for any purpose. But if you want to be able to say that you have seen a wild orchid in bloom, watch for an inconspicuous low-growing plant with brownish flowers on your next stroll through the late-summer woodlands. Happy hunting! □



Ed Sidote Summer Hike Trip Report

The Ed Sidote Hike, one of the three annual FLTC hikes named after key and influential members of the Finger Lakes Trail Conference, was conducted on Saturday, July 26, 2008. (The other two hikes are called the Wally Wood Hike—held in the spring—and the Erv Markert Hike—to be held this coming October 18th.)

It was held on the Finger Lakes Trail (where else, of course), north of Bowman Lake State Park near North Pharsalia in Chenango County on FLT Map M-23 in the heart of “Sidoteland”.

A total of 24 hikers, including the hike's namesake Ed Sidote, came out for the 7-mile loop hike along the FLT which combined the main trail with two spur trails leading over and back to the Plymouth Lean-to. The hike, led by Claire Ders, was a family affair as three of her sisters were also in attendance.

Claire's husband got into the act, too, picking up litter at the lean-to and then stocking it with iced tea and fruit slices ahead of our arrival just in time for a mid-morning snack!

Many of the hikers were from Ed's home hiking club, the Bullthistle Club, but there were also participants from the Triple Cities Hiking Club and the Cayuga Trails Club.

Many thanks to Claire Ders for planning and leading this hike; she also ordered in some excellent weather, sandwiched in between numerous thunderstorms the day before and the day after.

And, many thanks to Fred Gee, who was credited by the group with having done a huge amount of recent weed-whacking to clear the trail for us!

— Larry Blumberg, coordinator for the 2008 FLTC “named hikes”



Larry Blumberg

Hike Leader Claire Ders and the hike's namesake Ed Sidote

Annual Erv Markert Fall Hike

Saturday, October 18

- ◆ **Location:** Dabes Diversion Loop plus Virgil Mtn. Loop (FLT Map M-19, Cortland County)
- ◆ **Meeting Place:** Bleck Rd, and Hauck Hill Rd., Cortland
- ◆ **Meeting Time:** 9:00 a.m.
- ◆ **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!

Nearby Hollenbeck's Cider Mill has 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 John Morris did with middle-schoolers for twenty years.

Ervin Markert served as the FLTC Trail Committee Chair for nearly twenty years. During that time he also served on several state and national committees and organizations involved with trails and hiking. He interfaced extremely well with many public employees in the state and federal governments that were involved with trails. This annual hike serves to honor his significant contribution to the FLT.



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

A Macadam Trail and a Mostly Forgotten Rail

by Tim Wilbur

It has been called an eyesore, an antique, a relic, a hazard, a hindrance, and an obstacle to navigate around. Some have wanted it dismantled and removed while others wanted it preserved and declared a historical site. It was a black beauty, an engineering feat of steel and rivets that has stood the test of time. Yet it is also a white elephant of sorts that all attempts to address, whether good or bad, have stalled with inaction.

The subject at hand is the aging railroad swing bridge of the New York Central & Hudson River Railroad located in the middle of Tonawanda Creek parallel to our Conservation Trail on map CT-11 just before the entrance into the Niagara River.

Date line early 1886. The New York Central Railroad already had a spur off its main line to serve the docks along the Erie Canal System that parallels the Niagara River. The Central wished to build a bridge across Tonawanda Creek to better access customers in North Tonawanda where there were other spurs including one to a huge lumber yard. With the details worked out, approval was given and a bridge was built.

In building a bridge at this location, which was also a connection to the Erie Canal System, any construction had to meet the clearance requirements of the day as there were still ships with tall masts navigating these waters. The options would have been to build a high bridge that would have required a large fill to build up to a bridge crossing, or a lift bridge that would raise the track and bridge itself out of the way of the tall masts, or a swing bridge that could be rotated out of the way when not in use eliminating the clearance issues altogether. For this location, the swing bridge was the answer.

The bridge was built by A.W. Dodge & Co. and only required two bridge tenders with their specially bent pipes as levers to position the bridge in place to allow trains to pass.

One fellow at the Tonawanda Historical Society believes the line was active up into the nineteen sixties. At this time the revenue did not justify the

continuation of a rail line and sections were cut back and some parts abandoned and salvaged for scrap. In 1975 Penn Central (successor to the New York Central) sold the bridge and seven acres of land on the north side of the bridge to a private individual.

Today there is no longer any evidence of this rail line's tracks or ties and the old grade was also completely eliminated when a new housing

(Continued on page 14)



This is the swing bridge looking from the north side of Tonawanda Creek with our Conservation Trail along the south side of the creek.



The bicycle trail with our Conservation Trail and the south side abutment

Walking through Time ...

(Continued from page 13)

development was built. The only physical evidence remaining of this line is this bridge and the abutments where it used to line up. The south side abutment right next to our Conservation Trail sports an official police sign to keep off. The old creosote timbers are weathered and decaying. Between the support timbers is a collection of trash and discarded pop bottles. Several beams carry scars of attempted arson attacks. The stone masonry is now a platform from which fishermen cast their lines. The bridge is in the open position and sits silently rusting in place and seizing up its unused mechanism. In every possible toehold weeds, wildflowers and small trees have taken root. This man-made island in the center of the creek has become an unofficial bird sanctuary. To boaters it is an obstacle around which to navigate. Another problem with this unattended structure, as noted in old newspaper articles and verified by one former participant, is that it was a rite of passage, so to speak, for the local kids to swim out to the bridge, climb up the girders and jump off it into the water below.

This is the furthest point north where a railroad line would have crossed our trail if still in operation. (You can see trains parallel to the Robert Moses Parkway but we do not cross those tracks.) As you hike along the Niagara River towards South Grand Island Bridge, the parallel road once shared the roadway with the trains for a short way (the giveaway is the levelness of this highway).

Interestingly too, although the Conservation Trail takes a left turn off Tonawanda Creek to go along the Niagara River, looking north between Tonawanda Island and the main shore is another swing bridge of similar style and in the same open-positioned state of condemned status. □



The tracks, still on the deck of the bridge awaiting the next train



The now-idle levers that used to turn the bridge and rotate it in and out of position



The base of the swing bridge showing the heavy duty wheels that rotated the bridge into position

FLT GPS News

by "Java Joe" Dabes

Coordinates for 465 FLT Trailheads Available Free

Coordinates for both the main FLT and branch trails (Conservation, Letchworth, Bristol Hills, Interloken, and Onondaga) are now available on the FLTC website. These coordinates must be manually typed into your field GPS unit or a recent automotive GPS unit (such as the Garmin Nuvi). They will take you to within 50 feet of a trailhead. Here's how to get them:

1) Go to the FLTC website: www.fingerlakestrail.org. 2) On the left, click on "Plan a Hike." 3) At the top, click on the "End to End" button. 4) Click on either [A form to use to track your hikes on the Main FLT](#) or [A form to use to track your hikes on Branch Trails](#). (These are "hot links".) 5) Choose "Save this file now" and click "OK." 6) Note the file name and the location where it will be saved and click "Save." 7) These are Excel spreadsheets that can be opened with Microsoft Excel or the spreadsheet that comes with Microsoft Works. Open the file with a compatible spreadsheet program. (You can also use these spreadsheets to easily track your end to end progress, simply by placing a comment in the "When and Who" column.) 8) Note the column labeled "Trailhead Coordinates". 9) Print out the spreadsheet and put it in your vehicle. That way you will always be able to find a trailhead. Note that going to a trailhead does not guarantee parking. For parking, check the FLT maps.

FLT Track and Trailhead Waypoint Data for Sale Soon

GPX files for downloading to recent color "field" (handheld) GPS units will soon be available. The cost will be about \$20 for FLTC members and \$25 for non-members. However, you will also need to purchase a complete set of maps if you have not purchased these within the last year. With these GPX track and trailhead waypoint files loaded into your recent color field GPS as "Saved Tracks" you are unlikely to miss a turn or get lost on the FLT!

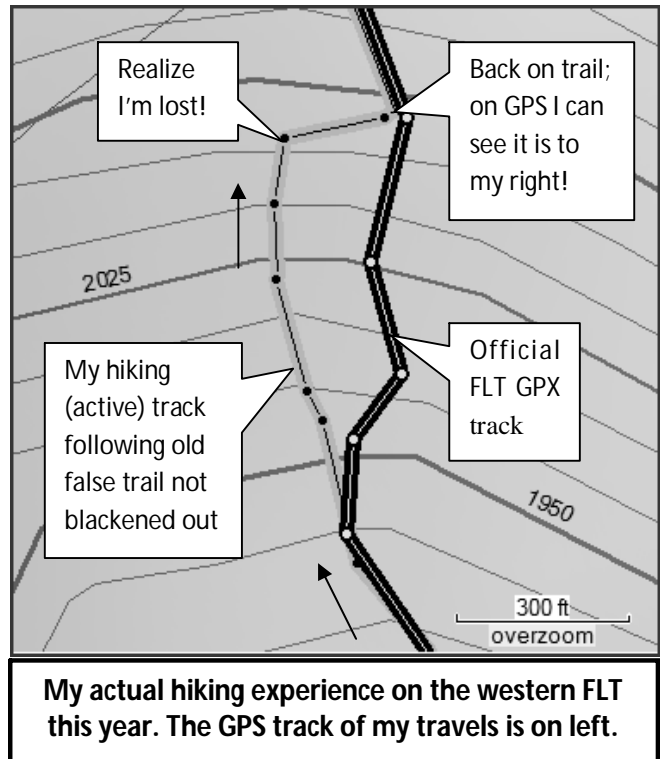
These data have been tested by sixteen field GPS users, fourteen of them with recent Garmin color field units. Here's what I personally recommend for a GPS unit and software, if you are interested in using these data:

Garmin GPSmap 60CSx, 60Cx, 76CSx, or 76Cx are recommended. (Cx units do not have magnetic compass and barometric altimeter.) These sell for \$270 - \$300 at www.amazon.com and other discounters and have a connection for an external amplified antenna (approximately \$30 if you really want accuracy with it "Velcroed" to the top of your hat). Detailed instructions for these units will be included with the FLT data. Get a 1- or 2-GB Micro SD card (about \$12) to replace the 64-Mb Micro SD card that comes with your unit and you can load topo maps for all the eastern US into your GPS.

Garmin Etrex Vista HCx and Etrex Legend HCx (\$200 - \$230) also work well with our data, but do not support an external antenna and do not have as large a display. In any case, get a Garmin model with an "x" at the end, with the high sensitivity internal antenna.

Software: With any of the above you will need Garmin MapSource Topo U.S. 2008 (about \$80) so that you can load both topo maps and the FLT trailhead waypoint and track data into your GPS unit. You can also use it to see and save tracks and waypoints of your hikes on your computer.

Recent Garmin Colorado and Oregon GPS units are not recommended because of bugs and difficulty working with our FLT data. We are still trying to determine if these GPX files can be used with other manufacturers' units and software. Ultimately the GPS owner will be responsible for determining whether the files can be used in his/her GPS unit. However, we do know that National Geographic Topo! software cannot be used to send these GPX tracks to a GPS unit. □



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New York's "Other" National Scenic Trail Takes Over Cazenovia College

by Irene Szabo, NCTA Conference Chair

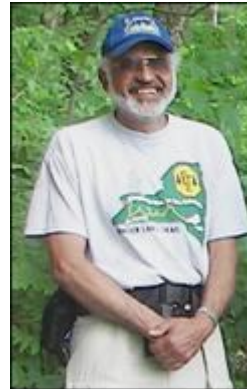
In early August New York hosted the annual conference of the North Country Trail Association, chores shared jointly by the Central NY Chapter of the NCTA, the Onondaga Chapter of the Adirondack Mountain Club, and the Finger Lakes Trail Conference. 192 attendees, some from each of the seven states of the 4600-mile trail, plus a few visitors from other states, were treated to a wide variety of hikes, including some special ones in pouring rain one day, tours to sample local history or waterfalls, a bike ride on the Old Erie Canal State Park towpath, workshops both fun and educational, and evening programs, while eating way too well at Cazenovia College.

The two local chapters had done heroic work getting both old and new trail in shape for all those visitors, despite too much rain in the final weeks, plus provided all the volunteers to lead hikes and tours, drive shuttle vans, pick up registrants from the airport and train station, and provide information on campus. The Adirondack songs of Dan Berggren and Peggy Lynn were wonderful on Friday night, while our own John A.-X. Morris, author of the Natural Connections series in this magazine, kept everybody laughing while sneaking in some nature education during his Saturday picture program of the four seasons along the FLT. On Thursday Irene Szabo presented a history program on the three versions of the Erie Canal, with a *coda* showing some of the current trails that have resulted from the branch canals and railroads which did NOT last as long as the Erie.

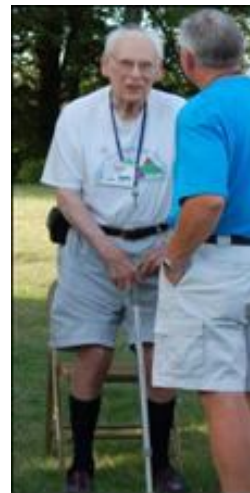
Part of the annual NCTA program includes recognition of volunteers and other benefactors. On Thursday night the National Park Service, our government partner in this huge endeavor, presented awards in appreciation of volunteer hours, which included special water bottles and decals to New Yorkers Jay Zitter,



DEC's Peter Frank and Jim Sessions



Tony Rodriguez



Harmon Strong



Scott Bowen



Jo Taylor



Peter Wybron



Pat Monahan

2008 NCTA Award Winners from New York

Jo Taylor, John Scott, Nancy McKain, Steve Kinne, Bob Covey, Peter Cann, Bill Brosseau, and Scott Bowen, and embroidered cotton shirts for 400 hours to John Morris and Pete Nye, an embroidered fleece vest to Mary Domanski for 1000 hours, and a fleece long-sleeve shirt to Joe Dabes for 2500 hours. Naturally, only those who remember to turn in their individual hours to the NCTA are recognized (easy to do on the NCTA website under "Volunteer").

Then on Saturday night special awards were made by the Association, which, like the FLTC, is the volunteer-driven umbrella organization which keeps

track of this giant trail project. The highest honor, Lifetime Achievement, went to Bill Menke from Wisconsin, known to many of us for his helpful trail-building workshops offered several times here in NY. Many from the other six states were honored, but we are especially proud of the following New Yorkers who were recognized.

Harmon Strong received the Blue Blaze Benefactor for his long steady service to both the FLT and the NCTA, as board member, financial

(Continued on page 18)

Cazenovia Conference ...

(Continued from page 17)

contributor and advisor, and for coming up with the clever idea to insure his own life, naming several worthy organizations as benefactors.

Longtime FLTC treasurer **Peter Wybron** was honored with one of the "Sweep" Awards, intended for those whose work in the background goes on silently, without fanfare, but remains absolutely critical to the organization. We agree!

Tony Rodriguez, trail chair of the ADK-Onondaga chapter, was named for one of the Chapter/Affiliate Honor Awards for his steady dedication to keeping all parts of his group's 97-mile section of the NCT/FLT in good shape through good communication and organization of all their stewards, while landowner **Scott Bowen** was nominated by the ADK-ON for the Trailbuilder Award for being not only a permitting landowner, but also helping to negotiate with other landowners AND building and maintaining trail himself.

The Outreach Award was given to **Pat Monahan** for his good work organizing the last two county hike series, which always bring new hikers to the trail, and for his wonderful work with landowners and local municipalities garnering enthusiasm for our part of the new Great Eastern Trail in Steuben County.

It seemed for years that the NCT route through the Adirondacks would languish in bureaucratic "studies" long past our lifetimes, but the helpful work of DEC Bureau Chief **Peter Frank** and Senior Forester **Jim Sessions** has brought the process near to fruition. Clare Cain, previous Director of Trail Management for the NCTA, was so impressed with their supportive and cooperative help that she nominated them for the Friend of the Trail award.

Finally, even though it will make her squirm to include this in the magazine, our editor **Jo Taylor** received the

Communicator Award. The *FLT News* is a great trail magazine, which its readers obviously treasure, since Jo receives more articles than she can publish for every issue. Speaking as the struggling editor of the NCTA's own *North Star*, my own goal is to produce a magazine ...some day... nearly as good. □

There are more photos from the Cazenovia Conference on page 25.



Kathy Woodruff

Lunch break along railbed trail south of Canastota, Jo Taylor (second from right) talking to Fred Szarka, with the NCT National Park Service in Madison, Wisconsin, Beth and Jerry Trout of Minnesota and Deb Koeplin of North Dakota.

One thing that was brought home to me on my Saturday hike on the Link Trail was that this was a **trail builders'** conference. The hike was on one of the newer sections of the CNY Chapter's route on what had been a long-abandoned and badly overgrown railbed. It was ably led by Kathy Woodruff, current President of the CNY Chapter and the steward of much of this piece of trail, and, unexpectedly, someone young enough that she had to call in her mother-in-law to babysit so she could attend the conference. My fellow hikers included Kathy Disque, maintainer of another section we hiked on, Fred Szarka of the National Park Service, and key trail builders from several states along the NCT. I was surrounded by a happy buzz of "shop talk" from people who could be properly appreciative of the enormous amount of effort required to clear this section. For me, it was an interesting peek into the world of "weed wrenches" and Pulaskis. Oh, and by the way, the trail that the CNY Chapter created here is a treat for hikers and includes a lovely scenic ravine along Canastota Creek.

— Jo Taylor

Fifteen Miles on the Finger Lakes Trail

Before Irene Szabo's talk on the Erie Canal at the Cazenovia Conference, NCTA Executive Director Bruce Matthews led the audience in singing the familiar Canal song "Low Bridge, Everybody Down." He brought down the house when he launched into this special verse at the end. What an introduction!

**We know a gal, her name's Irene.
Fifteen miles on the Finger Lakes Trail
She's a real hard worker—she's our trail-building queen!
Fifteen miles on the Finger Lakes Trail
She's bucked some blowdowns in her day,
Built some bridges, mowed some hay,
And she knows every inch of the way
From the Allegheny Forest to the Catskill Preserve!**

**Chorus:
Blow down, everybody up!
Blow down, where's my bloomin' crosscut!
And you always got a neighbor
And you're never going to fail,
If you've ever hiked with Irene on the North Country Trail!**

Welcome!

New and Returning Members May through July:

Paul Archambault	Port Hope, ON	Steve Kofron	Rochester
Boy Scout Troop 133	Rochester	Matthias Kossege	Baldwinsville
Boy Scout Troop 336	Pittsford	Rev. Dr. John J. Kotun	Trumansburg
Joseph Candela, Jr.	E. Syracuse	Jeffrey Kramer	Sherburne
Catherine Caneau	Corning	Kevin A. Lane, Esq.	Buffalo
William Coffin	Syracuse	Marilyn & James Laub	Fayetteville
Paul Deagle	Geneseo	Howard London	Ithaca
Mark Dye	Otego	Peter Marks	Brooktondale
Timothy Elder	Victor	Debbie McGrath	Franklinville
Wally Elton	Delmar	Susan Norton	Ithaca
Lonny Erb	Syracuse	Chris Olney	Albany
Barry Erickson	Fairport	John & Jenny Oshaughnessy	
Darleen M. Farley & Cynthia L. Marvin	Clifton Springs	Jason Perry	Middlesex
Mary Frank Peck Memorial Library	Marathon	David Pindel	Hamburg
Betsy Gillim	Cortland	Kym Reed	Painted Post
Robert Gosper	Phelps	Matthew Reifsteck	Rochester
John Graham	New Berlin	Kristina Rennekamp	Fairport
Ross Gridley	Hilton	Candace & Bill Ryan	Ithaca
Sarah C. Grote, DVM	Afton	William & Susan Ryan	Canandaigua
Christopher & Hazel Gunn	Geneva	John C. Sirianni	Syracuse
Terri Hallenbeck	St. George, VT	David Tobiasz	Corning
Peter Hansel	Phoenicia	Ann Tucker	North Olmsted, OH
Lindsay Harrington	Syracuse	Edward Urban	Ithaca
Jeffrey P. Herpin	Tonawanda	Robert & Mary Pat Vogel	Buffalo
Eddie & Laura Hill	Poughkeepsie	Judy von Bucher	Livonia
Everett Hunt	Castile	John Wadlin	Naples
Kimberly Johnson	Addison	Ed Wallace	Big Indian
Douglas & Mary Ann Jones	Honeoye Falls	Ron & Ellen Weathermon	Peekskill
Jean Kirsch	Ellicottville	Robert Young	Montclair, NJ
			Mechanicsburg, PA

Faces of the FLT

Mike Gebhard



Age: 46

Birthplace: Huntsville, AL

Residence: Camp Tuscarora BSA, Windsor, NY

Occupation: Camp Ranger

Favorite outdoor pursuits: Just being outside on a trail or going up a mountain is fine with me! I actually enjoying doing trail work more than the hiking part. I've done the Adk 46, and many peaks in the northeast and several of the 14'ers in the Rocky Mtns. I am pursuing the winter 46 with 10 peaks remaining. That's the big goal!

Other interests: Making Camp Tuscarora the best it can be!!

How I "met" the FLT: Actually prior to my move from Plattsburgh, NY. I had heard of the FLT but didn't really "meet" it until I had gotten active in Scouting as an adult.

Relationship to the FLT: Trails Chair for the Triple Cities Hiking Club and Catskills Central Trail Coordinator. This encompasses the trail from Bowman Lake State Park to Bainbridge, and from the Cannonsville Reservoir to Rt. 206.

Favorite section of the trail: In all honesty hiked a heck of a lot of it and I could never pick a favorite because that would be impossible. Every map and every mile has its own personality. But OK, if I must choose, I pick the section that goes past an old foundation just west of NY Rt. 8 above Deposit, NY. One of our Scouts did a re-route here for his Eagle project.

Replacement of the Paradise Garden Lean-to

Planning began over three years ago to replace two aging lean-tos. The Tamarack Lean-to on the Cayuga Trails Club section of trail, map M-17, in Tompkins County, is scheduled for replacement in 2009. The 2008 project was the lean-to at the Paradise Garden site in northern Chenango County on the Adirondack Mountain Club Onondaga Chapter (ADK-ON) section of trail on map M-22, which is located between Lincklean Road and Paradise Hill Road about 2.5 miles south of DeRuyter.

The Department of Environmental Conservation (DEC) agreed to provide the necessary logs for the walls and dimensional lumber for the purlins (horizontal roof beams), rafters, and roof boards. The trees were cut down and debarked and moved to Camp Pharsalia (prison camp) to be milled or sawed into dimensional lumber and stacked to dry for two years. The 27 logs for the walls with three extras were milled at the camp. The dimensional rough-cut lumber consisted of three purlins and ten rafters. These and the roof boards were also sawed at Camp Pharsalia.

The Finger Lakes Trail Conference provided pressure-treated timbers for the foundation, the floor boards, the twelve green metal roof panels and two metal ridge caps, plus all the needed hardware.



Tony Rodriguez

Trail Topics

**Howard S. Beye,
Chair
Trail Management
Committee**



This was the most difficult location to get materials from the unloading location to the lean-to site that an Alley Cat Trail Crew has encountered in 12 years ...

lean-to and to clear the base-camp area at the end of the DEC road about a half-mile in. It was also necessary to clear the route for the logs and other materials to be moved from the base campsite to the lean-to site, about one mile through the forest. This was done by a crew from the ADK-ON on Saturday, August 2. The ADK-ON crew leader for the entire project from beginning to end was Tony

Rodriguez, the Trail Chair for the ADK-ON.

The materials, purchased from the New Woodstock Lumber Company, were delivered to the base campsite Friday, August 15. Tony and several ADK-ON members arrived at the base campsite August 17. Their task was to start moving foundation timbers and floorboards to the

lean-to site. In this they were assisted by Bob Emerson using his six-wheel ATV to move material over the nearly one-mile forest route. The ATV has framing on the front and rear to secure lumber up to 16 feet in length as well as a high logging chain hitching point to drag the logs and other timbers. The delivery route takes a sudden downward slope of about 30 percent. We had climbing ropes and hardware available to install a hand line from the top to the bottom, about 200 feet. The plan was to allow the logs and timbers

to slide down the hill controlled by ropes attached to a snow sled on which the front of the log or timber was placed. Two workers controlled the descent of the material. This method of moving the material continued Sunday with most of the timbers and the floorboards being taken to the bottom of the hill, but still about 300 feet from the lean-to site. While this was taking place, others were setting up the dining fly under which the crew would cook and eat breakfast and supper. Trail lunches would be made and taken by workers to their work sites. Work stopped about 6:00 p.m. and seven of the eight crew members who would be staying on site each evening left to have dinner in DeRuyter at the Centios Hotel. The others went back home for the night.

Monday morning additional crew members arrived until a total of 19 were working at several tasks including sorting logs as to size, getting material and logs ready to be

(Continued on page 21)

Trail Topics ...

(Continued from page 20)

pulled by the ATV to the second staging area, moving logs and material from there down the steep hill, then moving the same items to the lean-to site, laying out and constructing the lean-to foundation, and building the picnic table at the base camp which would be used by the trail crew until Friday afternoon when it would be moved to the lean-to site. Most of this work continued into Tuesday.

On Monday the DEC alerted us that there probably would be an inmate crew available from Camp Georgetown as their work was finishing up at the State Fair grounds. I called to make arrangements, and a crew of eight inmates and a corrections officer arrived in their green bus at 9:00 a.m. on Tuesday. We now had 23 crew workers with the inmates carrying dimensional lumber as they went to the second staging area at the top of the hill. Once there they moved logs and other materials down the hill and over to



the lean-to. When they went back up to the top of the hill they carried out bags filled with old asphalt shingles, which the DEC wanted removed from the site. By the end of Tuesday about half of the logs and other material had arrived at the lean-to site. The foundation was completed and the floorboards had been nailed down.

On Wednesday the inmate crew and Alley Cat people worked at basically the same tasks as on Tuesday. By the end of Wednesday the logs on the back and two sides were at the fourth course level. We had to send a crew member to purchase some parts for the ATV including an air filter, spark plug, and drive belt. This was accomplished, and the ATV performed in top form the rest of the week.

We had 14 crew members working Thursday. Primarily, they were putting up the remaining logs for the sidewalls. Thursday finished with the purlins installed and one rafter front and back installed.

Friday saw a crew of 15 ready to work. The remaining rafters both front and rear were installed and some of the roof boards were nailed to the rafters.

On Saturday, 10 crew members were available to start working. The front roof boards were installed. With this accomplished the major work was done. The generator, ladders, and power tools were loaded on the ATV for the ride back to the initial staging area. Final cleanup was completed and the ATV loaded on its trailer at 9:30 p.m.

Tony brought a crew out Sunday to finish installing the roof boards and the metal roof panels and some other small tasks and to bring out any remaining hand tools and items.

Paradise Garden Lean-to Alley Cat Trail Crew members camping on site for the entire week were Howard Beye, Georgiana Binder, Bob Collins, Robert Emerson, Robert Kremens, Barbara Navik, Ron Navik, and Ben Petryszak. Chris Scion camped on site for part of the week. Commuting for the entire week were Michael Loftus, Horst Schwinge, Ray Sergott, Tony Rodriguez and Jim Wade. Commuting for part of the week were Ann Brosseau, Bill Brosseau, Bill Coffin, Mary Coffin, Richard Lightcap, Sieglinde Schwinge and Therese Sergott.

Members of the preliminary work crew on August 2 were Melissa Boose, Scott Bowen, Tim Davis, Anton Rodriguez, Joshua Rodriguez, Tony Rodriguez (crew leader), Tony Rodriguez, Jr., Chris Scion, Ray Sergott and Jim Wade.

Members of the final crew on Sunday, August 24, were Hal Boyce, Bill Brosseau, Mark DelPozzo, Mary Dineen, Theresa Evans, Ron Kozura, Paul Sacks, Tony Rodriguez (crew leader) and Jim Wade.

Tony Rodriguez Volunteer labor for the project totaled 892 hours, plus 106 hours driving from home to the work site and back. The value of the volunteer hours for this project, based on the rate used by the National Park Service, is over \$16,000, not counting the travel hours, which at the same rate amounted to over \$1,900.

This was the most difficult location to get materials from the unloading location to the lean-to site that an Alley Cat Trail Crew has encountered in the last 12 years while constructing nine lean-tos along the FLT and its branches. The teamwork and dedication by all who were involved, including the DEC and Department of Corrections, were outstanding. I applaud everyone involved for a job well done. □

Prostate Cancer, Exercise, and the Boiling Lake Hike

Allan P. Drew, Ph.D.

Editor's Note: *I first heard about Allan and his book, "My Race with Prostate Cancer: A Runner's Journal", in an article in the Fleet Feet newsletter (Fleet Feet is a local runner's store). I called Allan and he was kind enough to write this column. I have read his book, and I think that I am a better and more knowledgeable physician, runner, and person as a result. Most of us have contact with prostate cancer, just as with breast cancer, either personally or in acquaintances. I found Allan's discussion of his experiences and his efforts to fight and coexist with this disease to be uplifting and educational, and I would recommend his beautifully written book to all. — Bob Michiel*

I was diagnosed with prostate cancer in the summer of 1996 at the age of 53. It was the first time that I had ever had a PSA (prostate specific antigen) test and it came back at 7.3 ng/ml, well above the range considered normal for a man of my age. A subsequent biopsy of the prostate indicated the presence of cancer. My urologist recommended removal of the prostate and so that same summer I underwent a prostatectomy.

I had been a masters runner or in other words, someone who takes their running seriously, more so than a jogger. In fact, since age 39 I had competed in masters track & field, a sport that includes competition for older athletes by 5-year age groups. So, at the time of my diagnosis I had been training for summer track meets in the Syracuse area. As a member of the Syracuse Chargers Track Club, training for competitive running events in the sprints at 100, 200 and 400 meters was my idea of a good way to stay physically fit and enjoy it at the same time. Running had been my forte in high school and after a long time away from it through my 20's and 30's, I had come back to the sport I once enjoyed. As I aged, I discovered that masters swimming and cycling were equally



enjoyable sports and so diversified my physical activities.

Today, at age 65, the prostate cancer is still with me. After nearly 6 years following my prostatectomy in which it appeared that I had beaten my cancer, it recurred. In 2002, my PSA started to go up and I had radiation treatment of the prostate bed, or the location in my abdomen where it was likely that some small grouping of cancer cells still remained. My PSA went down, but then started inching back up again, indicating that the radiation treatment had been unsuccessful. Today I still deal with the cancer, now through hormone treatments designed to block my testosterone which thus removes a source of nourishment feeding the cancer cells. My PSA is thus kept low this way and I have been able to live what has been pretty much a normal life. After 12 years post diagnosis, I still have no tangible symptoms that might indicate to me the presence of the cancer. Men who do not have their PSA tested regularly lose the opportunity to detect prostate cancer early. When it is later discovered, as symptoms appear, then it may be too late to control. In my case, although medical interventions have not eliminated it from my body, thus producing a complete cure, it has been controlled and its development slowed. One in six men will develop prostate cancer sometime in their life, so having a regular physical and a simple blood test to assess PSA is a smart move.

As a result of having my cancer under control, I have been able to stay physically active. For me, staying physically fit is a way of life. In fact, it could likewise be said that having regular exercise has kept me healthy to the point that it has slowed the development of my cancer. Of course, I cannot prove this assertion, but after 26 years of running, swimming, cycling, and yes, hiking, my "real age" is more than 10 years less than my actual age (www.realage.com). When initially diagnosed, my cancer was labeled "aggressive." Yet, 12 years later, I still have not developed physical symptoms of the cancer. Physical exercise lowers blood pressure and increases the efficiency of the cardiovascular system. It strengthens the immune system. Weight bearing exercise keeps bones strong. When my urologist removed my prostate, he noted that all my small capillaries were wide open, unusual for a man in his early 50's. In most men my age, he remarked, their small blood vessels were closed off. I attribute this to a physically active lifestyle. With a stronger immune system comes increased resistance to disease, including various types of cancers.

My profession is that of a Forest Ecologist at the SUNY College of Environmental Science and Forestry in Syracuse. One of the courses I regularly teach with a colleague is Tropical Ecology, a course that has as its field component a trip to Dominica in the West Indies over students' spring break. I have taught this course for the past 18 years and each year introduce students to a variety of hikes on the island. These take us to ecosystems as varied as tropical rain forest, dry forest, montane rain forest, and elfin woodland. One of these hikes is into "Boiling Lake," located within Morne Trois Pitons National Park. The Boiling Lake hike on Dominica is one of the premier hikes in the Caribbean and attracts visitors from all over the region. Dominica possesses the largest boiling lake in the world which is

actually a flooded fumarole, a crack in the earth's surface that fills with rainwater which is in contact with molten rock, or magma, close to the surface. The water is heated to the boiling point and emerges at the surface as a 40 foot deep lake which is close to 200 degrees F. and continuously boiling. The hike into Boiling Lake is a grueling one over an eight mile trail and not for the sedentary individual or tourist who sightsees from a van or the porthole of a cruise ship. We condition our students by preparatory hikes of shorter duration over less rough terrain. When they hike into Boiling Lake, they are ready to be physically challenged and ready to experience a unique geological wonder.

The hike to Boiling Lake begins at the village of Laudat at 1690 ft. elevation in rain forest and as the trail climbs up into montane rain forest, you note the smell of rotten eggs, hydrogen sulfide gas produced from vents in the ground indicative of underlying geothermal activity. After an upwards climb of an hour, you begin a descent to the Breakfast River, so called because a hiker beginning his or her climb might consider having a breakfast break at this point along the trail. If the rains have been limited, you cross the river quite easily stepping from rock to rock. If rains have filled the river channel, then crossing the river is more problematic. Once across, you begin a steep upward climb along the slopes of Mt. Nicholls. At the top of the initial ascent where the hiker emerges along the top of a knife-edged ridge, there is a guard rail, the only one on the trail. The guardrail was placed there several years ago after a German woman stepped off the trail onto what she thought was firm ground and a place to rest, but the footing gave way and she fell hundreds of feet to her death.

The trail to Boiling Lake does not have all the usual cautionary signs and protective rails that visitors to U.S. national parks might be accustomed to finding. In fact, it has nearly none of these, which we take for granted as necessary trail accoutrements. Boiling Lake has no guard rail and if you get too close you could lose your balance

and fall in. However, the trail to the lake is well maintained by the Division of Forestry, Wildlife and Parks and the footing sure on top of cut tree fern stems laid horizontally and with planks cut from trees along the trail for steps. You need a guide to take you to the lake. On my most recent hike to Boiling Lake, I encountered a party using guide dogs—dogs who know the trail and can lead a hiker along the right path. Mostly the guides are Dominicans who make a living guiding visitors along trails in the park.

After reaching the top of Mt. Nicholls at 3168 ft. elevation and two hours into the hike, steam from Boiling Lake can be seen in the distance and the trail descends into the Valley of Desolation. This is an area of intense fumarole and hot spring activity and streams range in color from light blue, white, black to orange due to differing streamwater pH that results in precipitates of varied minerals. Mud boils and small geysers characterize the Valley of Desolation and hikers are cautioned by guides not to go off the beaten trail lest they step onto thin crust which could give way, scalding one's foot and leg. The Valley resembles parts of Yellowstone National Park for its thermal activity close to the surface of the ground. After an hour's hike through the Valley of Desolation, one reaches the Boiling Lake (elev. 2640 ft.) You have hiked about three hours at this point. Only when the wind blows and clears away the steam is it possible to see the water that bubbles and roils in the center as superheated water rises to the surface. We break out our lunches and spend about an hour at the lake, greeting several other hikers as they arrive. Our silver jewelry ends up being tarnished by the hydrogen sulfide vapors everywhere present.

The trip back takes less time than the first half due to a net drop in elevation. At my age I find I am able to keep up with the group of 17 students, although keeping company with the back half of the pack. I have no doubt that had I not prepared for this trip with my normal slate of vigorous cardiovascular exercise on a stationary bicycle and treadmill with some leg curls and leg extensions on weight machines thrown in, that I would be bringing up the rear of the group, perhaps even slowing them down. My prostate cancer did not seem to be a factor on this hike, even though my testosterone has been reduced. I was tired at the end, but not more than usual. Back at the trailhead, tired hikers indulge themselves in a hot springs or a cool swim up the Titou Gorge, a large volcanic rock that split in half as it cooled and filled with water. At one end is a waterfall and 40 feet overhead is the rain forest canopy.

It has always been my idea that prostate cancer, as it develops in the body, eventually metastasizing, must be slowed down in its development in a healthy individual relative to someone who does not eat proper foods or exercise regularly. Cancer cells must move beyond the prostate eventually and the healthier the organs, tissues and bones they encounter, the more difficult it must be for them to become established. I cannot prove this hypothesis, but it seems very sensible and intuitively correct.

I have detailed my experiences with prostate cancer, doctors and varied treatments from a runner's perspective in a book entitled, "My Race with Prostate Cancer: A Runner's Journal." It is available from www.iuniverse.com or from www.amazon.com. □

State Employees' Federated Appeal

The Finger Lakes Trail Conference is listed among eligible recipients for your payroll deduction donations through the State Employees' Federated Appeal, or SEFA. We are listed as #96-0901 under "Unaffiliated Agencies" and will be grateful for your contributions made this way.

County Hike Series Continues: Crossing the Western Frontier



Above: Clipboard lady Annette Brzezicki checks in the hikers—June, July, August. What can we expect in September?

Photos by Jackson “Jet” Thomas

The county hike series continues through the land of kamikaze hills in western New York. More than 100 hikers continue to endure the steep elevation changes in Cattaraugus County. To date, we have hiked nearly 58 miles across the county. We will have hiked over 85 miles by the last hike in October. Our most recent hikes have taken us through the Ellicottville area (ski country). As a matter of fact, one hiker, who shall remain nameless, enjoyed lunch in the chairlift atop Holimont ski area overlooking a beautiful valley viewing. In the last few months, the hikers have been looking for a different “Waldo” every month. “Waldo” has been a lost pair of snippers, an American flag and a nest of turkey eggs. Hikers have contributed more than \$260 for trail maintenance as a result of hikers depositing their contributions in the container next to “Waldo”.

Trail conditions have been greatly improved for the hike series thanks to the clearing efforts of David Potzler and Ben Petryszak. As we approach the fall, we will spend a weekend in the park (Allegany State Park, that is) to complete the 85-mile trek across Cattaraugus County. This weekend in October will include our friends from Foothills Hiking Club, our guests and of course, the county hike series hikers. We will enjoy a weekend in the park as we keep the end in sight: the western terminus of the FLT at the NY/PA border. Nearly 10 hikers will become FLT end to end hikers at the end of the county hike series. While you are waiting to find out who they are, go take a hike—on the FLT.

— Pat Monahan, Series Coordinator



Pat and Nike greet hikers as they near the end of the hike.

Jackson "Jet" Thomas



Chase Parks with his father Lee

Jackson "Jet" Thomas



For Chase

Young Hiker Helps Out

Ten-year-old Chase Parks passed out plastic bags to the hikers on the Cattaraugus Hike Series and asked them to pick up trash on the trail to raise funds for a schoolmate who has been diagnosed with bone cancer. On the July hike alone he raised more than \$80 from donations from the hikers and from returns on bottle and cans they found. He added some more money he had for a total contribution of over \$116 to the family at that time, and more cans and

bottles were collected on the August hike. Chase and his father Lee hauled out all kinds of trash, not just returnable beverage containers, leaving the trail spotless. His father says that this project was Chase's own idea.

This is Chase's third year hiking with the County Hike Series. He completed the FLT in Steuben County in 2006 on his ninth birthday. □

Casenovia Conference...

Right: Bill Coffin of the CNY Chapter leading a GPS hike. On the right: Stan Kujawa, from the Upper Peninsula of Michigan, and Joe Dabes.



Jay Zitter



Mick Hawkins, Chief Noonday Chapter, Michigan

Left: We do what Dan & Peggy tell us to do.

End-to-End Update

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

End-to-End Hikers

The following hikers completed the FLT main trail this summer:

- #243 Kristin Scott, Ithaca
- #244 Sarah Hurst, Penn Yan
- #245 Quinn Wright, Buffalo
- #246 June Granz, Norwich
- #247 Scott Lauffer, Port Crane
- #248 Lee Douglas, Endicott

There will be more finishing in August and September.

Donald Beattie of Commerce, MI recently became branch trail end-to-end hiker #48. Don does not backpack. He walks in several miles and returns the same route or on a road using only a day pack. He has also completed the whole NCT and the FLT main trail this way and has hiked thousands and thousands of miles. To do the NCT he hiked around 7800 miles, as I remember.

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

- Roger Ashworth, Bainbridge
- Larry Blumberg, Johnson City
- Susan Blumberg, Johnson City
- Richard Breslin, Greene (branch trails)

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

- | | |
|-----------------|--------------------|
| Roger Ashworth | Nancy Luger |
| Scott Bahantka | June Meyer |
| Lincoln Brown | Will Roden |
| Tom Bryden | Mary Ann Cascarino |
| Joe Dabes | Don Sutherland |
| Carrie French | Tim Sweeney |
| Jerry Lazarczyk | Dave Thurkins |
| Carl Luger | |

Branch Trail End-to-End Requirements Change

It is no longer necessary to do the Queen Catharine Marsh Trail as it is under the 10-mile criterion for a Branch Trail. However, there are now TWO maps for the Onondaga Branch Trail with a total mileage of 45.8 miles. See our web site for a Branch Trail patch application or contact me for a form. A convenient Excel spreadsheet for recording your progress, created by Joe Dabes, is also available on the web site. You can use his form or your own computer or hard-copy record.

Car Spotter Additions

- Quinn Wright - CT Maps C-5 through C-12
- Joy Gilmore- Maps M-9 & M-10

Car Spotters are badly needed for the eastern and western ends of the trail. Please give it serious consideration. You

will enjoy doing it. Hikers are expected to reimburse you for gas. The Car Spotter list is available via email from Jacqui Wensich at jwensich@rochester.rr.com or via snail mail from Sidote, 5 Clinton St., Norwich 13815. When the list is distributed, we ask that people use it only for its intended purpose and that they protect the privacy of the volunteers. That is why we don't just post it on our website.

Hiking Partners Needed

Maureen Tuttle, mtspencer@frontiernet.net, Honeoye Falls, moderate speed.

Backpackers, Please...

If you are going to be gone for several days after parking your car, I suggest you notify Sheriff and Troopers in the county where your car will be parked. The list of phones is in End-to-End Guide and available from me. It is also available on our web site under "Planning a Hike". Law enforcement officers are checking on cars left parked for several days. Make sure ALL wheels are off the pavement or your vehicle could be ticketed or towed.

New B&B in Chenango County

The Octagon Guest House (www.octagonguesthouse.com, 315/653-7271) in So. Otselic, map M-23, is now operating. Another B&B may open in So. Otselic later this year across from the bank in a huge white house.

Excerpt From a Trail Register Notebook

07-11-01: West to East thru hike, PA to Chenango County. Long Beard out here for 31 days, end in sight, Cool. Stop here to eat lunch and read register. Will do Catskill to Chenango County later in year. Makes you wonder if you can ever go back to 9:00 to 5:00 again. There's got to be a better way at 48 years old, kids are grown, single again after 27 years. I'm at the cross roads of my life. For now I will follow the white blazes. Take Care. See Ya. "LONG BEARD SAID THAT". (*I met him at Bowman Lake State Park when he completed his End-to-End and took him to his home near Norwich and the FLT. He hikes it frequently.*)

Happy Hiking!

Edward J. Sidote

5 Clinton St., Norwich, 13815-1903

607/334-3872

ejsidote@frontiernet.net

Sarah Hurst #244, Penn Yan, NY

"Are you crying back there?" came the query. "Of course not!" I retorted. This question came from my Dad some time or other throughout the day on almost all of our hikes. I declared I'd never say yes and I never did!

My Dad was the one who introduced me to the FLT and I've often been thankful for the valuable experiences it's given us. I've always enjoyed hiking, but I officially became his partner when I asked for a hiking stick. We did the whole trail over a period of four years, finishing on National Trails Day, shortly before my eighteenth birthday. Having five hundred sixty-two miles behind me means only one thing—many more hiking years to come!

Overall I was really impressed with the FLT and all the people involved. Ed Sidote provided the motivation we needed from time to time, but I don't think I'd have finished if it hadn't been for my Dad.

Following are a few of the highlights from our adventures:

One was meeting landowner Jody Raab while walking past her place. She kindly offered us water, but we didn't need it.

Nature was a great part of our experiences. The best sighting was five bears! I had only forty miles left to do on the trail and we'd never seen a bear, but on the last hike we saw five! One was a mama bear and a cub just disappearing into the bracken, but the next mama sent her two cubs into a tree and stood guard, pacing back and forth. We watched them through binoculars for about five minutes then decided it was time to get out of there! Two minutes later when Dad looked back and said, "There she comes!" my sister Ruth and I almost cleared the guard rails. Of course it wasn't true. Anybody who knows my Dad knows he's a tease.

That same hike the barred owls made our hair stand on end when they hooted

photo provided by Ed Sidote



Sarah Hurst (#244) receiving her patch from Ed Sidote

right above our tents. It was splendid to listen to them though, once you knew they were there.

Porcupines almost ate us out of house and home at Stoney Brook Lean-to. It was an educational night to say the least.

On our first couple "greenhorn" hikes we made a few stupid mistakes—for instance not boiling our water long enough and getting sick or starting off in the wrong direction for a half a mile before we noticed it.

Another learning experience was arriving at the Catskill Mountains and watching a green fog roll off the trees. We later found out it was pollen from the spruce trees.

A discovery we made at Sixtown Creek was that garbage bags are not waterproof. There was snow on the ground that day so the water was not exactly warm and we had no dry shoes to put on either.

One of our favorite sayings was "why are we doing this?!" And the other would reply "because it's there!" Or, as Dr. Seuss would say "These hills are high, these hills are tall. I do not like these hills at all!"

We had one wet-foot crossing other than Sixtown Creek and that was Julie's Crossing. Brrr, the water was frigid!

We really had an excellent time and many more memories, but in closing I wish every one of you many happy years of hiking, and I want to thank everyone involved in the FLT for all the hard work you put into the trail and shelters. And thank you, landowners, for making this trail possible. We appreciate it!

And, of course, a very special thanks to Dad and Mom for allowing me to have this experience. □

End-to-End Hiker #245 Trip Report

by Quinn Wright

I have hiked on and off for about fifty years, but until I found the Foothills Trail Club I had always been a trailblazer or someone who used an existing trail with no knowledge of how or why the trail came into existence. Through Foothills I became aware of the Finger Lakes Trail and many other trails within the U.S. created through the hard work of hiking enthusiasts. Until I joined Foothills and the Finger Lakes Trail Conference I usually hiked alone and only occasionally with a few other people. While I still hike alone about half of the time I have come to enjoy the company of so many people while hiking all of the Finger Lakes Trail, the Conservation Trail, the Letchworth Trail and the Onondaga Trail over the last four years.

My end-to-end hiking experience was exceptionally enjoyable, yet very challenging! All of these trails are beautiful and for the most part extremely well-maintained. I can recall only a few times where I lost the trail and usually it was because of my inattentiveness. I love being outdoors and appreciate whatever nature throws at me. I am not alone in this appreciation. For example, while I was on a trail in New Zealand and could not figure out how to get across a river to return to my starting point I encountered a woman who helped. She walked with me more than a mile to a bridge to show me the transition point. Along the way I asked her why she chose to be walking in this torrential rain. She replied, "I need to appreciate Mother Nature in all of her colors and go every day without exception." Our clubs seem populated by people with the same spirit and I am thankful for that. What else could explain why we hike or maintain trails year round? My hikes occurred in every month except February.



Ed Sidote

Quinn Wright crosses the finish line. With Pat Monahan (left) and Bill Chervenak (right).

I no longer like to camp and prefer to day hike only. Because of that I had to find places to stay and I found a number of pleasant motels and restaurants in communities across the state. Because I day hike and hike alone so much I was privileged to meet or get to know better eleven different people, most of whom were on the "Trail Angel" list. I could not have completed my adventure without them. I was spotted twenty-two different times. On only one instance did any of them accept money for gas. One of them, Joe Vierra, asked me to make a donation to FLTC for trail maintenance instead of gas money. I found this suggestion so compelling that I will donate one dollar for each mile (227.55) that a Trail Angel or a spotter assisted me. A special thanks to my spotters: Dave Cook, Ann Curry, Phil Dankert, Kathy Foote, Don French, Glenn French, Pat Monahan, Charlie Mowatt, Sigi Schwing, Joe Vierra, and Jay Zitter.

I think that the biggest reason that I hiked end-to-end was because of Dave Cook. I met Dave on a hike through Letchworth and he was looking for someone to hike with him while he

completed a small section of the trail. I agreed to meet him for a part of Map 18. As things so often happen in life, something small turned into something big and we did four different hiking sequences which encompassed all of Maps 22 through 32 and Map 16 (a total of 193.3 miles). Dave is an exceptional hiking partner: up early and ready to go, easy to get along with and possesses boundless energy. Dave was the catalyst for the longest hikes I've ever taken (several over 20 miles). So, I ended up saying to myself, "You've done this much already, why not accept the challenge yourself?" The remainder of the hikes (about 140 miles) was usually with groups of three or more people. My most enjoyable days were with Pat Monahan and Bill Chervenak on my last three days of hiking the trail; and I say that not because it was the conclusion of the trail travels. I say that because even though we had ten miserable miles of road walk in near ninety degree weather and about ninety minutes of boot-soaking heavy rain the following day, we spent most of our time

Quinn Wright ...

laughing and telling stories that made our time together very entertaining and fun.

There were five very memorable aspects of my hikes. First, and foremost I cannot emphasize enough how enjoyable were the people that I encountered: landowners, spotters, hikers and townspeople wherever I happened to be. Second, the trail by Mitchellsville gorge is by far the most beautiful section I encountered. Third was my treacherous ascent up the ice-

buried stairs, on my belly using my toes, knees and fingers to crawl from Glen Creek to the top. I am both assured and convinced by Lynda Rummel that I missed the blazes. I was as fearful of death as at any other point in my life. Fourth, while in the Catskills, Dave Cook and I saw a black bear. It was fortunate that we had the protection of Dave's van. Fifth, I encountered only forty-one people on the entire length of the trail who were also on the trail but not with me or a group of which I was a part. Eleven of

them were during my final hiking trip of fifty-five miles.

There were times that I wished that I had a little of the "Jet" (Jackson Thomas) in me—having a few pictures would be nice, but it's not my style to take pictures or to keep a journal. My respect for those who do is immense. A trail as beautiful as the Finger Lakes Trail deserves the glowing and beautiful documentation that is provided by the picture-takers and story-tellers of time. □

Trail Worker Patches



PRICKER PATROL 50 HOURS

POISON IVY WREATH 100 HOURS

WEED WARRIOR 200 HOURS

THISTLE CROWN 500 HOURS

BRONZE BURDOCK 1000 HOURS

Trail workers, please send your hours for the past year to Jacqui Wensich.

jwensich@rochester.rr.com
585/385-2265 or mail to: Jacqui Wensich
425 East Street
Pittsford, NY 14534



Our sincere thanks for gifts in honor of the marriage of

Steve Shaum and Nancy Kleinrock

from

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and for gifts in honor of the marriage of

Gene Bavis and Liz Place

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Article removed at author's request

A Special Deal for FLTC Members!

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

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DEC Commissioner Pete Grannis (right) with FLTC's Bill Coffin at the hiking exhibit (DEC lean to) at the NY State Fair. This exhibit is a major annual FLTC and NCTA publicity event. Bill is wearing an ADK t-shirt, NCT shirt, and FLT cap. Photo by Mary Coffin.

Club Presidents Council

The Club Presidents Council is composed of regional organizations that find strength and support through association. If you wish to join, volunteer for trail work, or participate in the activities of these organizations, contact may be made through the telephone numbers or websites listed.

Buffalo Area

ADK Niagara Frontier Chapter	www.adk-nfc.org
Foothills Trail Club	www.foothillstrailclub.org

Rochester Area

ADK Genesee Valley Chapter	www.gvc-adk.org
Genesee Valley Hiking Club	www.fingerlakestrail.org/gvhc.htm

Syracuse Area

ADK Onondaga Chapter	www.adk-on.org
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Ithaca and Elmira

ADK Finger Lakes Chapter	607/936-3988
Cayuga Trails Club	www.cayugatrailclub.org

Corning Area

Three Rivers Outing Club	607/962-5157
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Binghamton Area

Triple Cities Hiking Club	triplecitieshikingclub.org
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Chenango County

FLT-Bullthistle Hikers	www.bullthistlehiking.org
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Eastern NY

ADK Mid-Hudson Chapter	www.midhudsonadk.org
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Jacqui Wensich

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

Can you place the scene above?

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.

Only one person even ventured a guess for the old barn pictured in the Summer quiz. No one got it right. It's on map M-29 in Delaware County.









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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Terry Meacham • 7147 Tobes Hill Rd, Hornell, NY 14843 •
607/324-0374 • meach@infoblv.net

Finger Lakes Trail Conference, Inc. Calendar of Events

September 27 FLTC Board Meeting, Mt. Morris Dam Visitor Center

October Trail Maintainers Meetings. Contact Howard Beye, 585/288-7191 or fltc@frontiernet.net

Area 1	October 4	Springville
Area 3	October 12	Hammondsport
Areas 5, 6	October 25	Bainbridge

October 18 Annual FLTC Erv Markert (Fall) Hike, Dryden area (M-19). See page 12.

Oct 18-Dec 16 **Big game hunting season** along the FLT. Hikers, be sure you know the latest hunting season trail closures. Also, please take appropriate safety precautions.

October 31 Deadline for submitting material for winter issue of the *Finger Lakes Trail News*. See box on page 1 for instructions.

November 15 FLTC Board Meeting, Geneva

January 23-25, 2009... Board/Committee Retreat, Letchworth SP

March 14, 2009..... FLTC Board Meeting, Virgil

May 8-10, 2009 FLTC Spring Weekend at the Frost Valley YMCA Camp in the Catskills, to be hosted by the Triple Cities Hiking Club.

October 16-18, 2009.. Foothills Trail Club will host the Fall Campout at Camp Turner, Allegany State Park.



JOIN THE FINGER LAKES TRAIL CONFERENCE

Name _____

Address _____

City/State/Zip _____ County _____

Phone (____) _____ Email _____

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

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

Individual.....\$25 Contributing:

Family\$30

Student (full-time; give	Pathfinder	\$45
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permanent address).....\$15	Trailblazer	\$75
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Youth organization\$15	Guide	\$100
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Adult organization\$35	Life (individual) \$350 (family) \$500
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Business/Commercial (includes a listing on the FLTC website)	\$75
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Trail Towns: Bath

by Kirk House

You approach Bath on the Finger Lakes Trail in Steuben County from the north or the west and only give it a glancing blow. In 1793 Charles Williamson came up from the southeast, and went straight to the heart of the matter.

Williamson was rowing (or poling) (or paddling) up the Conhocton River. Pulling in to shore and striking a few yards into the forest, he started clearing trees where the Courthouse Square is now. When he had enough space, he named it after one of his investors back in England, the Countess of Bath.

The new US government had ravened land titles away from the Iroquois, but this was a "third world" country back then. Development capital was back in the old country, and Williamson, a Scots officer who had been a POW during the Revolution, was fronting for English investors.

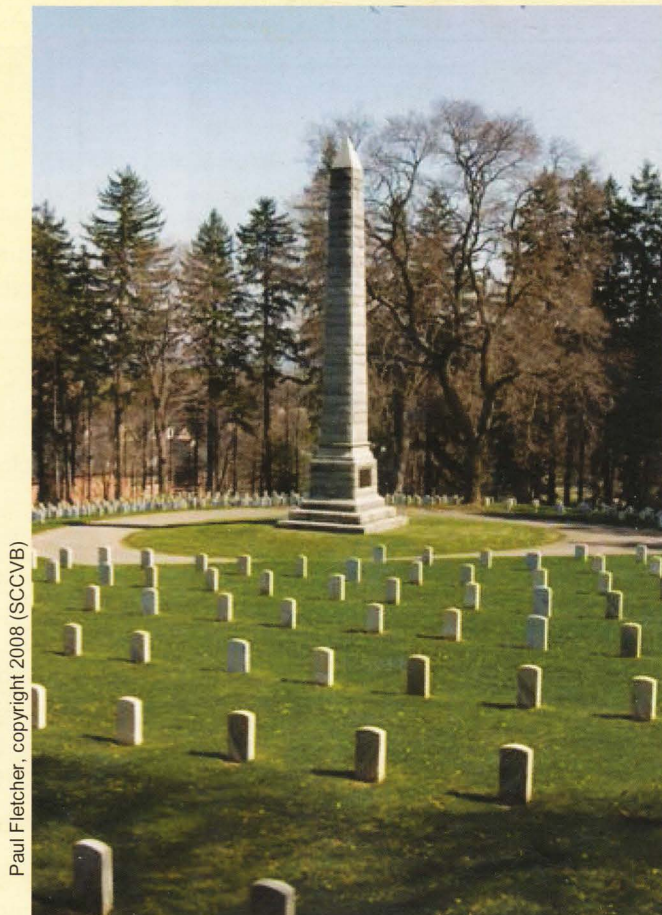
Williamson dreamed big and schemed big. He sponsored a "world's fair" and horse race that drew visitors from as far away as Virginia, Massachusetts, and Canada, and rejoiced at the arrival of a Hepplewhite cabinet, now in the Steuben County Historical Society on Cameron Street.

The only thing Williamson didn't do was turn a profit. As long as the Conhocton-Chemung-Susquehanna-Chesapeake Bay water route was the region's main highway though, the community did well. But the Erie Canal, and later the railroads, wrought tectonic shifts in traffic and economic patterns. Bath, it turned out, would not be the metropolis of western New York after all.

It still had its charms, though (along with the county seat), and shared in the nation's prosperity after the Civil War. The 1859 courthouse is still in use. The county fair is by some reckonings the oldest in America, though that is arguable; the fairgrounds are right in the middle of the village. Glenn Curtiss raced bicycles there as a boy.

In the 1870s Bath carried off the prize as seat of the New York State Soldiers and Sailors Home by pledging to underwrite large parts of the cost. This has grown into the Bath VA Medical Center and National Cemetery. The Davenport Home for girls is no more, but Mr. Davenport's endowment made Bath's Davenport Hospital possible.

The village is served by exits 38 and 39 on I-86. Still the area's market town, it enjoys three supermarkets, five motels and a hotel, numerous eateries, two pharmacies, a library (wi-fi available), banks, and a K-Mart. Just across the Conhocton to the south, a sheer wall rises up, topped by Mossy Bank Park. The view from the overlook there is so spectacular that it showed up on a popular FLT brochure even though it's no place near the trail.



Paul Fletcher, copyright 2008 (SCCVB)

Bath National Cemetery

North of the village a half-mile blue trail drops steeply down from the FLT right into Hickory Hill Camping Resort. Besides campsites Hickory Hill offers a store, showers, swimming pool, and other amenities, but only in season. Hickory Hill has been the site of several Finger Lakes Trail Conference annual spring and fall weekend gatherings.

The built-up village has 7500 residents, but early risers have occasionally been startled by both deer and bear on the broad straight boulevards intersecting spacious squares. This street arrangement, which actually predates the ones in Washington and Paris, inspired Upstate New York historian Arch Merrill to call Bath the *grande dame* of the Southern Tier. Charles Williamson wasn't very good at balancing books. But he certainly understood elegance.

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