

Finger Lakes Trail NEWS

Winter 2008



www.fingerlakestrail.org

Inside...

- ◆ Memorial tributes to two FLT giants
- ◆ FLTC Spring Weekend in the Catskills: Complete information and registration form
- ◆ Reports from End-to-End Hikers

...and much more!

President's Message

For Others to Enjoy

David S. Marsh



Photo by Jacqui Wensich

Linda and I were vacationing in Maine in September and one day when we returned to our rented cottage there was a message on the answering machine from Gene Bavis that said, "David, call me, we have an urgent situation." That urgent situation was the sudden and unexpected death of our long time Vice President of Trails, Howard Beye. The "big guy" had left us. My experience has been that most small not-for-profit organizations have a couple of members that are "steel-like" supports on which the organization literally hangs. Howard was one of the FLTC's "steel supports". One of our main supports indeed had broken. Somehow we would have to find a way to recover, to keep the trail maintenance activity going, to adjust the organization for the long run, and to heal our great sense of loss.

While driving home from Maine I thought a great deal about Howard, what he was like, how he would be missed, and how I wished that personally I had had more time with him. Even though the amount of work Howard produced was amazing, it seemed to me that Howard's character and determination would be remembered most. Have you ever seen those huge oak trees out in the pasture land near Geneseo, hundreds of years old, massive reach, weathered many storms, there for all seasons? That was Howard. The big guy! Always there for all occasions!

Howard's work ethic was legendary, and not just for the FLTC. He was a Scoutmaster of Troup 55 for 50 years, and very active in his church, serving in many capacities. Howard put in long hours every day for the FLTC, and we marvel at how any individual could find the time and energy for all of this service activity. Yet, while he managed a complex trail maintenance organization of more than 400 workers, he always volunteered to help others with their jobs or projects. Howard had a knack for getting people involved. People just wanted to help him. Somehow he got you pointed in a direction and later you realized you had the "ball" and were committed. The "big guy" was a gentle giant. What happy memories he has left all of us of a great person who led a full and successful life. Howard's spirit is alive. His trail will go on. (See Irene's article about Howard on page 8).

Compensating for the loss of Howard will place heavy demands on the Board of Managers. You just don't replace a person like Howard; you find other ways to do the work. In the short run, Irene Szabo is juggling the most urgent items on Howard's desk, and with Lynda Rummel's and Gene Bavis' help the immediate demands are being met. For the longer run, it appears the FLTC will be faced with making organizational changes and I am expecting that serious planning discussions will be held on

the matter at the Board's January Retreat. In the meantime, we are asking all of you for your support and patience as we work our way through this very difficult time.

Howard's life story is one of service to others, a level of service that few are willing and able to offer. Those who do volunteer work know what satisfaction this can bring. Howard set an example for all of us—not that we would work as long or as hard, but that we would give a portion of our most important asset, our time, to support, maintain, or build something **FOR OTHERS TO ENJOY**. I believe that many of our FLTC volunteers must feel that satisfaction. Are you one of them? Howard must have loved his work and his trail. Why else would he work so hard and

so long? If you are motivated by Howard's example and would like to offer some of your time, please call us at the Service Center (585/658-9320), and we will offer you an assignment that fits within your available time, where you can make an important contribution and find personal satisfaction.

The FLTC lost another long time supporter with the death of Harmon Strong at the age of 91. Harmon regularly attended our FLTC functions over the years, and when he was no longer able to join in on the hikes, he mingled with the attendees. He also was a regular attendee at NCTA events. Harmon was a fascinating and well informed person. We will miss his quiet but personable presence in our FLTC family. (See Barb Navik's article about Harmon on page 9.)

Once again we have marveled at nature's fall display, but leaves are not the only things that have been falling before our very eyes. The change in seasons this year has been accompanied by a virtual collapse of our country's financial system; investment values, pension assets, and confidence levels have all declined, raising serious concerns about the coming months and years. This is an unsettling time and we know all of us will be affected. The FLTC is financially sound; however, we will establish the 2009 budget very cautiously with all of this in mind. We hope that you were able to support our annual appeal this fall, and, that you will renew your membership in the spring. Your partnership remains vital to the continuation of the Trail, "Forever". In the midst of this unsettled time, the trail is always there for you to enjoy and escape the frustrations and pain of everyday life. While this may be the "Winter of Our Discontent" relative to financial matters, the peace and solitude of the trail may be just what you need to relax and help to restore your confidence. This could be your "Winter of Discovery". Strap on those hiking boots, snowshoes, and skis and plow through the snow on the FLT. Remember, the trail ends only in your mind. □

Are you a Finger Lakes Trail groupie?

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



Mission Statement

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

FINGER LAKES TRAIL NEWS Volume 47 Number 4 Winter 2008

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Finger Lakes Trail News is the official publication of the Finger Lakes Trail Conference, Inc, and is published four times each year by the Finger Lakes Trail Conference, 6111 Visitor Center Road, Mt. Morris, NY 14510. Comments and original contributions are welcome and may be submitted to Jo Taylor, 967 Meigs Street, Rochester, NY 14620. Phone 585/473-6729.

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FINGER LAKES TRAIL NEWS

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

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Right: three-year-old Eadin. Yes, the cover photo really was taken on the FLT.

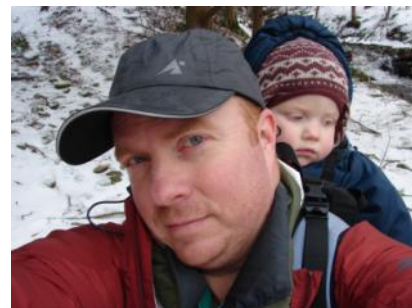
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- Trail Towns: Ellicottville, by Irene Szabo

Michael Doan



Cover photographer, Michael Doan, and Breanna

Cover: This picture was taken in early February, 2008, by Michael Doan. Mike's email tells the story:

Eadin has been "hiking" one way or another since he was 3 mos. old, when we carefully packed him into our Sherpani backpack and went for a walk. When he was 18 mos. old he hiked the entire gorge trail at Taughannock falls (one way) by himself. Last summer we went to the Adirondacks and he hiked 3 miles carrying a backpack which he would not let us take (it held his snack and one change of clothes). He had to be like his older brother and sisters. We love the FLT and one of our goals is to eventually do the whole thing. My 8 year old Isaiah accompanies me on hikes, as well, and he also snowshoes. Eadin's little sister, Breanna, still gets carried in her backpack, but squawks to get down; I'm sure this spring and summer she will be raring to go.

We went today for over an hour next to Greek Peak. It was a bit icy here and there, but he did great, stamping his feet so his crampons bit in when needed. I found 3 things on this hike, as verified by the pictures: 1) Keeping a hat on a 3-year old is as hard as trying to keep a rabbit from jumping. 2) Eadin likes finding sticks as much as hiking. 3) He really loves to be out there—when we were all done, he gave me a high-5 and said, "That was good hikin', Dad!"

Where do I start? These past few months have been different! Elsewhere in this issue are memorial tributes to Howard Beye and Harmon Strong who contributed SO much to the FLT and society in general. We are working hard to try to figure out how to replace irreplaceable Howard. Just recently we moved the Trail Operations Office from his house to Mt. Morris. Thanks to Irene Szabo, Lynda Rummel, David Marsh, Ken Reek, Tim & Nancey Wilbur, Jacqui Wensich, and Paul Hoffman who helped me move all the files and trail equipment. Thanks also to my wife Liz who prepared lunch for the hungry crew when they got to Mt. Morris and to our office staff, Steph Spittal and Jen Hopper, for pitching in with the unloading. Until more work is done by the Board to decide the future of Trail Operations, Irene Szabo will be the "point-person." Lynda Rummel is actively involved in helping us develop a new system as well as helping Irene stay on top of trail issues. Thankfully we have so many wonderful trail maintainers, so I'm sure we will be able to keep the momentum going, but this sure has created a new challenge for us. We sure do miss Howard!

I also need to thank many people for various reasons. Thanks to all of the volunteers who helped the FLTC host the North Country Trail Association Annual Meeting in Cazenovia in August. A special thanks goes to the Onondaga Chapter of ADK and to the CNY Chapter of NCTA for co-hosting with us. Thanks to the volunteers who staffed our annual display at the NYS Fair. We were there for twelve days sharing information about hiking and backpacking opportunities on the FLT and other trails. Thanks to those who worked on our behalf at the DEC Region 8 Hunting & Fishing Days in late September. At this event, we used our NEW display banner for the very first time. Those who have seen it have said that it is "eye-catching" so we hope to use it at various events around the state in our efforts to recruit new members. Thanks to those who donated to the FLTC in memory of



From the Desk of the Executive Director

.....
Gene Bavis

Howard Beye and Harmon Strong. Finally, I'd like to thank all of those who have been able to contribute to our Annual Appeal in these difficult economic times. Our operations budget includes \$14,000 from the appeal. As of October 31, we were at just a little over 60% of goal. If you have not yet contributed to the 2008 campaign, we hope that you will consider a gift to help us achieve that goal. As you know, we don't ask for donations every month, like some do. Our fund-raising requests come only twice a year, at membership renewal time in March and in October. In the past, our members have been very generous and have made it possible for us to balance our budget for the past several years. We hope to do so again this year.

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

As we look to the future, please save the dates listed for our Spring Weekend in the Catskills (hosted by the Triple Cities Hiking Club) and our Fall Campout in Allegany State Park (hosted by the Foothills Trail Club). Hike Series plans for 2009 are still "in the works." They will be posted on our website and announced in the Spring issue of the FLT News. We look forward to growing our membership by 5% per year. We've been able to do that for the past couple of years, but we'll need your help to keep the momentum going. Please encourage your hiking friends to join the FLTC, and be sure to renew your own membership when it comes due in March, 2009. Thanks for your help! □



Moving the Trails Operations Office from Howard Beye's home to its current location at the FLTC office in Mt. Morris. Front: Steph Spittal, Jen Hopper. Rear: Ken Reek, Lynda Rummel, David Marsh, Gene Bavis, Paul Hoffman, Nancey and Tim Wilbur. Photo by Jacqui Wensich.

Notes from the Field

Irene Szabo

Violent wind overnight on September 14th left many trail volunteers feeling like Sisyphus, that poor soul from mythology doomed to pushing a rock uphill for eternity, only to watch it roll back down again. And again. Almost every mile of trail we had thought was all picked up by Labor Day for hikers' fall pleasure needed re-doing, some "merely" littered with new sticks, other miles so plugged with major branches and fallen trees that a single volunteer could need three to five hours to pick up one little mile!

Then the wind blew fiercely again on October 28th, plus 10" of wet snow fell in the middle of the state. There are still leaves on some trees, a tremendous burden when there is an early wet snow.

So thank your neighborhood trail caretaker, and remember: every stick you step on becomes three for somebody else to pick up, somebody who is NOT your mother.

Ohio visitors backpacked part of the Bristol Hills Branch Trail in October. Former New Yorker Guenther Thiedemann of Ohio returns every fall and invites others to come with him, so seven backpackers enjoyed the perfect weather of Columbus Day weekend, while another Ohio group spent the following week scouting out trailheads for their planned trip next year. It's wonderful to see our trail's reputation spreading beyond the borders.

Trail Tenders' Regional Meetings: trail stewards and sponsors are invited to one of five regional meetings every other year, where Lynda Rummel, Irene Szabo, and Ron Navik present topics of interest and concern to that specific neighborhood. This year's meetings, Oct. 12th and 25th, and Nov. 1st, were scattered about the state, and each included distribution of trail signs, including NEW correct address stickers for all those out-of-date trailhead signs out there. Ron presented both encouragement and instructions

for obtaining permanent easements from private landowners. Thank your neighborhood trail caretaker yet AGAIN for sitting still through a meeting!

Trail Conditions Reports: two reminders, both of them for hikers.

(A) Don't forget to check the Trail Conditions section of the website before you head into the woods; even with a brand-new map in hand, something could have changed in the last week, like a washed-out highway bridge or a re-route or a new off-road permission (or its sad opposite).

(B) PLEASE share reports of problems with those responsible for the trail you use! For example, I have been astonished to learn that even people I know have seen a terrible crash on my trail, but never mentioned it to me, because they "assumed I'd be there soon anyway." BAD REASONING. If I had just gone through that piece of trail, I might not come back there again for one or two months, which would force many hikers to struggle through a mess needlessly. Please remember that a trail caretaker prioritizes where she'll do trail work on any given day, so a timely report of trouble sure does get it cleaned up sooner rather than later. Ed Sidote tells me that hikers he asks to send in trouble reports have sometimes objected, thinking they are "squealing" on the steward. BAD REASONING. In fact, you are helping other hikers AND the steward by sharing the information.

Report unexpected logging, crashed trees, bad blazes, or damage from

raging water, for instance, to the FLTC office at FLTinfo@fingerlakestrail.org, 585/658-9320. Location of problem is critical. Help us help you!

Trail Tenders News is a separate short newsletter with topics of interest to trail caretakers, sent either by email (preferred for obvious reasons of economy) or by postal service. Thanks go to Lynda Rummel for dragging this newsletter into the welcome era of desktop publishing, with color, new formatting, and even some tongue-in-cheek fun articles.

ADK-Onondaga Chapter has added more miles to the growing new map O-2, the extension of the Onondaga Trail to carry the North Country Trail eastward toward Madison County's Central NY Chapter of the NCTA. Benching the up-and-down new trail into an endless series of glacial ridges has taken a lot of time and effort, but some of the best hiking in our whole system has resulted. A revised O-2 showing new trail across DeRuyter State Forest will be published in spring.

Schuyler County's Map M-13 features some radically rebuilt trail, providing civilized trail up some of the steepest hills on our main trail. A federal grant enabled the FLTC to pay an Adirondack Mountain Club (ADK) professional crew to do this wonderful work this past September; look for an article by Lynda Rummel in a future issue. □

Chenango County Grant Aids Lean-to Construction

A grant of \$2000 from the Chenango County Economic Development Fund was used to purchase \$1100 worth of lumber from the New Woodstock Lumber Company to replace the aging Paradise Garden Lean-to, a big Alley Cat project described in Trail Topics in the last issue of the *News* [Fall 2008]. The remaining \$900 was used to erect FLT signs in Chenango County.

Hiking, Electrolytes, and High Blood Pressure

by Pawan Rao, M.D.

Dr. Rao is a nephrology (kidney) and hypertension specialist who has been assisting me in the care of my patients for years.

On a personal note, I will miss Howard Beye. The "Trail Medicine" column is Howard's brainchild. I valued my encounters with him. His enthusiasm, unassuming competence, and especially his joy of life were uplifting.

— Bob Michiel



High blood pressure and benefits of hiking: Walking is a great way for the overweight and obese to begin an exercise program because it can be done with little instruction or equipment and is low in cost. Benefits of brisk walking also extend to people at-risk for high blood pressure. A British study looked at borderline hypertensive middle-aged men after they walked at various intensities and durations, to determine which type of walking reduced blood pressure the most. Walking 30 minutes at 50 percent effort was most effective, reducing blood pressure for at least four hours. The American College of Sports Medicine recommends at least 30 minutes of moderate physical activity five days per week for healthy adults. The guidelines also state that physical activity can be broken up into 10-minute bouts and be as effective as one longer session, a recommendation confirmed by another study on the effects of brisk walking on high blood pressure.

Hydration. Water vs. Sports drinks: Which drink is better? In general, water is best. After all, humans and almost all other land animals except a few rare desert species have evolved to thrive on water—not sports drinks. However, in certain situations, usually when doing prolonged and strenuous activity in hot weather, you may sweat so much that your body's electrolyte balance is compromised. That's when sports drinks come in. Stay well hydrated. You should urinate frequently and the urine should be clear or light colored.

Dehydration can cause low blood pressure and kidney failure especially when you are on blood pressure medication.

Low blood sodium level: Also known as hyponatremia, this is a dangerous condition in which hikers sweat so much that their electrolyte composition is disturbed. Exertional hyponatremia usually occurs when strenuous exercise takes place in extreme heat, and it's more common among ultra-endurance athletes and high-mileage long-distance hikers than among casual day hikers, although day hikers can be affected when they overexert themselves in severe heat. Drinking water alone doesn't solve the problem. In fact, drinking too much water after depleting your electrolytes actually makes things worse and makes you prone to develop hyponatremia. Symptoms of hyponatremia include headaches, cramps, dizziness, alteration in mental status and in severe cases seizures. It is a serious condition that can lead to kidney failure, coma, and death—it is a true medical emergency and requires immediate medical attention.

BP Medications: In general, there is no need to change the dose or frequency of blood pressure medications when going on a hike. The exception is diuretics (water pills). If you are on a diuretic for high blood pressure or for a heart condition, it is probably better to hold it till after the hike to avoid dehydration especially in hot weather

where heavy sweating may occur. Having said that, the decision regarding this should be made after consultation with your physician. If you are a regular hiker and take a diuretic for blood pressure control, you may want to consult your physician to try an alternative medication. Medications such as Angiotensin converting enzyme inhibitors (ACE-I), Angiotensin receptor blockers (ARB's), or calcium channel blockers (CCB's) might be preferable for people pursuing this lifestyle. Also, regular walking has been shown to lower blood pressure. If you are a regular hiker or do brisk walking several days of the week and have high blood pressure, it is advisable to monitor your blood pressure at home. If your blood pressure is consistently in an acceptable range as determined by your physician, your medications can be cut back and in some cases people can go off BP medications.

Over the counter medications: Regular use of common analgesics, such as aspirin, acetaminophen, or NSAIDs (non-steroidal anti-inflammatory drugs) appears to increase the risk for high blood pressure especially in older men, according to a study published in 2007. The most commonly used NSAIDs are ibuprofen (brand names such as Motrin and Advil), naproxen (brand names Naprosyn, Aleve) and nabumetone (Relafen). Acetaminophen is sold under many brand names, including Tylenol, Anacin-3 and Panadol. These medications are frequently taken for aches and pains associated with sports including hiking. While we tend to see these over-the-counter drugs as fairly harmless, the above-mentioned study has cast some doubt on that assumption. These medications can also blunt the effects of many blood pressure medications including popular blood pressure medications like Angiotensin converting enzyme inhibitors (ACE-I) and Angiotensin

(Continued on page 5)

Trail Medicine ...

(Continued from page 4)

receptor blockers (ARB's). Combination of these medications and prolonged use of NSAIDs can cause kidney failure. NSAIDs can also make you prone to develop low blood sodium and cause kidney failure especially in patients who are dehydrated. Cox-2 inhibitors (brand names Vioxx, Bextra and Celebrex) which are prescription pain medications similar to NSAIDs, have also been implicated in increasing the risk for high blood pressure and also in blunting the effects of several BP medications. It is therefore advisable to consult with your physician if you need to take more than a few doses of these pain killers. If you do have to take pain medications, short term use of aspirin and acetaminophen, in moderation, are preferable.

Announcement

FLT Board Establishes a Special Events Policy

At its September meeting the FLTC Board of Managers approved a policy for special events held on the Finger Lakes Trail. The policy defines a special event as an organized outing, gathering, or activity, whether a part of a regularly scheduled series or a one of a kind event, coordinated by an individual, organization, or commercial entity.

The increased use of the FLT for special events led to the formation of an ad hoc committee to study the current situation, research the policies of other trail organizations, and make recommendations to the FLTC Board for an appropriate policy. Lynda Rummel led this committee, and, with the assistance of Phil Dankert and Rich Breslin, issued a very comprehensive report. The FLTC Board approved the committee's recommendations and adopted a policy that was designed to protect the trail's landowners and

In conclusion: The benefits of hiking are endless, consisting of mental as well as physical health benefits such as losing excess pounds, preventing heart disease, decreasing blood pressure, improving and maintaining mental health, slowing the aging process, increasing longevity, preventing osteoporosis, and preventing and controlling diabetes. Keeping well hydrated, avoiding over-exertion, avoiding NSAIDs and perhaps holding diuretic medications till after the hike are some key things to remember if you have high blood pressure. As with most things, common sense should prevail in most situations and consultation with your physician regarding your medications is important. □

ensure trail use commensurate with their requirements, protect the FLTC from unnecessary risk, and help assure the enjoyment and safety of FLT users. The FLTC values highly the privilege of trail access extended to it by both private and public landowners. The privilege extended is to build and maintain a "foot trail" exclusively for pedestrian use, unless other arrangements have been required by or agreed to by the landowner.

The Policy for Special Events on the FLT may be viewed on the FLTC website at www.fingerlakestrail.org, or a copy may be requested by contacting the FLTC office in Mt. Morris by phone at 585/658-9320, or e-mail at FLTinfo@fingerlakestrail.org. We encourage all those who are contemplating a special event on the FLT to consult this policy and notify the FLTC office well in advance of plans for the event. □

Faces of the FLT

Sharon L. Galbraith



Age: 67

Birthplace:
Marion, NY

Residence:
Webster, NY

Occupation:
Retired teacher,
8th grade Social

Studies and English/Language Arts

Favorite outdoor pursuits: So many! hiking, primitive camping, kayaking, birding, gardening.

Other interests: In addition to my family and friends, learning, reading, attending lectures, movies.

How I "met" the FLT: In 1997, I read about the Cattaraugus County hike series. I signed up and was HOOKED!

Relationship to the FLT: Member since 1997; along with others, trail steward for the Queen Catharine Marsh Trail. Sometimes, editorial assistant for the *FLT News*. End-to-Enders #187; also FLT Branch Trail End-to-Enders.

Favorite section of the trail: Hmmmm...I really like the Bristol and Letchworth branches, but also like all of Chenango County. And I really liked Delaware/Ulster counties. Almost, wherever I am hiking I like it!

Memorable FLT experience: Just one???? Well, I like the people I have met—some have become good friends and we have been hiking together since '97. The animals—dogs which follow us for miles, becoming trail buddies and forcing us to find their homes. Hiking in the rain—being soaked is so much fun. Hiking in the snow. The whole FLT is a memorable experience.

Attention: Trail Management Committee and Subcommittee members! Our normal annual meeting will take place on February 21st in Canandaigua. Save the date.

Irene Szabo Wins Trail Advocate Award

American Trails is the only non-profit national organization dedicated to promotion of ALL kinds of trails, for users from hiking through four-wheel drive trucks and everything in between. At their annual national symposium, held this year in Arkansas in mid-November, they presented awards to trail volunteers and organizations, including one Trail Advocate Award per state.

Trail Advocate "nominee(s) must have demonstrated successful efforts to influence public policy relating to trail planning, trail protection, trail development, or maintenance." Robert Reinhardt, senior planner with NY's Office of Parks, Recreation, and Historic Preservation in Albany, nominated Irene Szabo, based on his long acquaintance with her work on the NY State Trails Council, which also includes trail users from foot-powered through motorized. A review of past Trail Advocate winners reveals very few hiking-only trail volunteers, adding some shine to this recognition.

Friends of the Genesee Valley Greenway won the Trail Worker Award for New York, so Fran Gotcsik, FLT member, past Executive Director of FOGVG, and currently Program Director for Parks and Trails NY, accepted awards for both Irene and FOGVG at the Arkansas ceremony. □

NEW! GPS Data NOW available.

In response to member suggestions, our Maps & Guides Subcommittee studied the feasibility of making FLT track and waypoint data for handheld GPS units available to hikers. We are happy to report that the FLT Board of Managers approved their proposals at a recent meeting. You may now order a CD containing FLT GPS data from our website or by contacting the FLTC Service Center. As with all FLT maps and publications, this data is copyrighted and you must agree to honor the copyright conditions prior to purchase. Also, since not all necessary information is on the data disk, you must also purchase the complete set of maps. (See specifics on our website.) The cost of the GPS data disk with a complete set of maps is \$65 for non-members and \$52 for FLT members (20% discount). Questions may directed to our "Map Guy," Joe Dabes (kabjnd@msn.com). Income from the sale of maps accounts for around 10% of our budget, which supports the FLT mission.

Our sincere thanks for gifts in memory of:

Howard Beye

from

Georgiana & Eugene Binder
Bill & Mary Coffin
Mary Z. Domanski
Bill Fair & Jay Zitter
Paul & Vicky Gaeta
George & Fran Gotcsik
Ronald & Kathryn Hand
Ethyl Hittle
David S. & Linda Marsh
June Meyer & Lincoln Brown
Ken & Margaret Reek
Edward J. Sidote
Stephanie Spittal
Harold & Jean Stacey
Joseph A. Vieira
Georgeanne Vyverberg
Jacqui Wensich
Susan Yee

Harmon Strong

from

Gene & Liz Bavis
William S. & Mary Coffin
Mary Domanski
Paul L & Theresa V Gaeta
Edward J. Sidote
Stephanie Spittal
Georgeanne Vyverberg

Our sincere thanks for gifts in honor of
Paul Hoffman's 60th birthday

from

**Dawn Burdick & Sherrie Reilly,
Dansville**

Georgeanne Vyverberg, Naples

Trail Up for Adoption

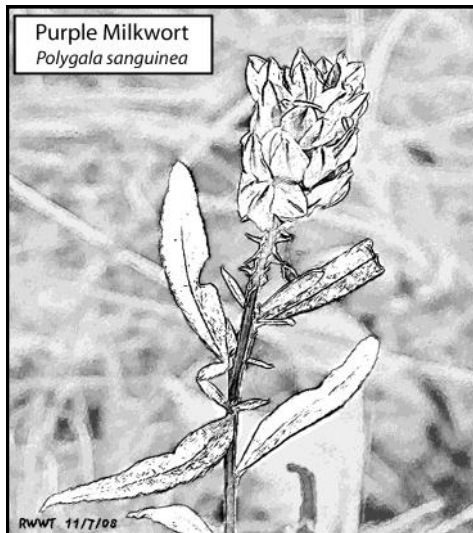
Letchworth Branch Trail, blue spurs off primary yellow-blazed trail need some love. Two at 0.4 miles each, but several mile walk to get to them, both between access points E and F, Map L-1. Guidance and training available. Contact Ron Navik, ron.navik@frontiernet.net, 585/377-1812

Wildflowers along the Trail, #24: Keeping your eyes open RW/W Taylor

The annual swing of seasons in our temperate locale famously dominates our visual interaction with the world of flowering plants—as leaves change color and drop from the trees in the fall and we reluctantly close down our fading home gardens, a corresponding change occurs in the wildflowers seen in bloom across our fields, roadsides and woodlands. The masses of brightly-colored goldenrods and asters that have been on blatant display through the fall fade into dull remnants, and the hopeful wildflower observer must be content with noting the persistent but less-showy blossoms of Queen Anne's lace, occasional stubbornly-still-in-bloom stalks of bull thistle, and perhaps, low to the ground, a peppergrass plant busily producing a final quota of seed for the season.

The floral calendar we live by in our small corner of the globe shades imperceptibly off into variants, and then alternatives, farther and farther away from our particular clime, but time of year remains the main factor to keep in mind in any wildflower quest. The calendar is not a total arbiter, of course—a variety of factors may play a part in the date of first observed flowering of a given species in any particular year, and once the first flowers have appeared on one plant in some favored location more plants of that species in bloom may well be spotted locally from then on. But the floration period for some species may be quite brief. This is true in particular, for example, for many members of the poppy family—if you don't catch the sudden rush of snowy white bloodroot blossoms popping open when the first warm April days arrive, if you wait until the weekend to go looking, you may just find these flowers are already gone for the year.

Other wildflower species do not set such limited windows for themselves; once an individual plant matures sufficiently to begin producing flowers for the season it may go quietly on blooming away week after



week, month after month, until the cold winds and early snows of late autumn absolutely force it to give up on its progenitive aspirations. It is for this reason that wildflower spotting often becomes a more interesting game as summer moves along, and that—if you keep your eyes open—a wildflower walk can still be an interesting activity even deep into the fall.

An end-of-the hiking-season campout in Allegany State Park provides a good illustration of this point. Frosty overnight weather arrives early at that higher-altitude location, but warm days still invite leisurely exploration of the miles and miles of roads and trails that spiderweb this much-visited but still-mostly-wild park. A promising display of pale blue forget-me-nots flourishing around a water pump suggests first taking a close look immediately around one's cabin and pursuing a careful search of the roadsides and patches of woods on the short walk down to the camp store, and indeed dozens of different species of wildflowers still in quiet bloom are easily spottable along the way.

Many more species still in bloom await tracking down beside the two-lane paved roads, bordering the dirt lanes leading to remoter campsites, around the trailheads, over open fields, past beaver ponds and along the great stretches of lakeshore to be found in this magnificent natural

location. In October, the most immediately impressive displays on view are the half dozen different varieties of asters in bright bloom in patches everywhere. Enough also remains of the year's show of goldenrod to allow, with a bit of study, identification of several different species of this plant also, growing neighborly up against a further range of expected and unexpected botanical companions.

Heavy use of this park as a vacation facility during the summer season forces the local flora into a degree of compromise with human activity—dirt roads must be regularly graded and sometimes graveled while highway margins, open fields, and areas of lawn receive regular mowing throughout the seasons. Popular blazed park trails get well trampled down each summer. Flowers just have to grow as best they can in the middle of all this activity. Such interplay between the wild and tame of course can itself add some botanical interest for the curious individual, providing insight into the many ways that natural impulses can succeed in coexisting with the pressures of civilization.

Exploration of a “waste area”—land that has been cleared but left idle and open to free colonization by the full range of local plant species—can be especially interesting. Examination of such a spot (perhaps the margins of an unused bit of park road) may in fact disclose plants in bloom not observable elsewhere in the park. It may even happen that a final quick glance, at the end of a satisfying wildflower excursion, will provide a real surprise, such as discovering that what seems at first to be a single blossom of common red clover growing curiously by itself in a weedy patch of ground is (on second glance) actually a sturdy, solitary blossom of the rarely-spotted purple milkwort (*Polygala sanguinea*), a find well worth a long, close look and a bunch of camera shots. Keep your eyes open, indeed! □

Harmon Strong

July 11, 1917 — September 30, 2008

by Barbara Navik

Have you noticed how the glint of fall sun on the leaves of a red maple make the tree stand out from everything around it? An invisible breeze allows the leaves to bob and twist giving the entire tree an iridescent glow.

Harmon Strong was that invisible breeze. His quiet presence enabled many organizations and individuals to grow and will continue to make a difference for years to come. He was a world traveler with a wide variety of interests including Catskill watershed issues, as well as church activities and lectures at local museums and universities.

His quiet presence was there when the fledgling hiking trail organization matured into the Finger Lakes Trail Conference, and he followed it all the way to North Dakota as the FLT joined the North Country Trail Association. In

2008 NCTA honored Harm with the Blue Blaze Benefactor award “for his long steady service to both the FLT and the NCTA, as board member, financial contributor and advisor, and for coming up with the clever idea to insure his own life, naming several worthy organizations as benefactors.”

Lest we thought we knew Harmon Strong, we now know that a gentle flurry filled a city classroom every Tuesday as Harm situated himself in a big ole arm chair and read to kindergartners. Their teacher recalls the joy each child had when it was his or her turn to read with Mr. Strong and from the smile on Harmon’s face, the feeling was mutual.

When you see a red maple, colorful leaves twisting and bobbing with a special iridescent glow, think of Harmon and how his quiet presence graced us all. □



Harmon Strong (on right) receiving the Wally Wood Distinguished Service Award from Howard Beye in 2003. Photo by Gene Bavis.

Howard Beye: An Appreciation

by Irene Szabo

Howard had the most astounding...and maddening...capacity to work at thankless desk tasks for long hours, typing away two-fingered. Before he retired from Rochester Gas & Electric, he’d be at his FLT desk in his basement until 1 a.m. and start in again at 5. It never occurred to him he shouldn’t call people late in the evening, but once he was on the phone, even if it neared 10 p.m., you couldn’t wash him off with kerosene.

“Howard, I’m late for an appointment and my hair is on fire.”

“Okay. Just one more thing...”

However, he ironed his own Boy Scout uniform and sewed on his own patches. This counts in his favor.

When the man who had been our trail manager forever died suddenly from a stroke during his Boy Scout troop

meeting in September at the age of 75, mere weeks after building a shelter during his last Alley Cat week, I was stunned, couldn’t believe it and still can’t, and was horrified at how suddenly a whole life can end with a snap. What I didn’t realize was how thoroughly Howard had soaked into my head over the years.

Georgeanne Vyverberg and I drove to Rochester for calling hours and stood in a long line behind a troop of little Scouts in their uniforms. There were also men in that line who had first known Howard as their Scout leader 50 years ago. Next to Dorothy Beye was a coat tree full of his hats and jackets, each covered with embroidered patches from Boy Scouts, the Finger Lakes Trail, and the North Country Trail. On the floor below were his huge hiking

(Continued on page 10)

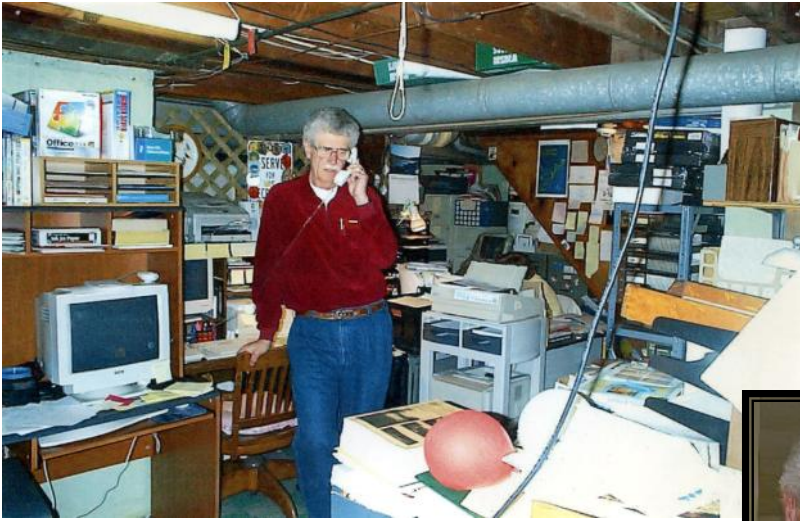
Thank you, FLTC

The family of Howard Beye wishes to thank the Finger Lakes Trail Conference for the beautiful floral arrangement that was sent for Howard’s service. It was there for calling hours and two weeks later at his memorial service. A picture was taken and will be placed in his memory book. Also many thanks for the cards and comments we received. I will treasure each and every one of them. Howard and Wally Wood are probably having grand chats about how the trail started and how it has grown to where it is now. He did love to talk trail stuff.

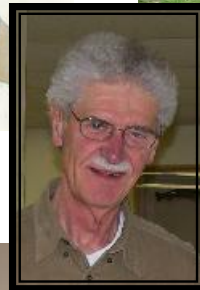
—Dorothy and Family

Learning to Carry On Without Howard

by Irene Szabo



Jacqui Wensich



The Finger Lakes Trail across upstate NY was started 46 years ago, and for nearly 25 of those years, Howard Beye was THE major volunteer for the organization that tends it. He was a deeply involved trail chair, keeping track of map updates, organizing and training those who adopt portions of our 880-mile trail system, tracking volunteer hours for every one of them during an annual “census,” arranging Challenge Cost Share projects, and organizing every one of our three to four special work-week projects, the annual “Alley Cats,” and handling the majority of correspondence with the state agencies who host many miles of our trail.

Until seven years ago, the entire office for the Finger Lakes Trail Conference had also been in his home for seventeen years, where he and his wife Dorothy filled map and T-shirt orders, answered phone and mail questions, and kept our early data base while performing all the normal office functions required! Needless to say, Howard and Dorothy received the Wally Wood Award as a couple back in 1991, and subsequently the Howard Beye Lifetime Distinguished Service Award was created. He was the second recipient of that rare honor.

Once the North Country Trail started up and the FLT became part of that great dream, Howard jumped in with both feet, serving on the NCTA board many years and acting as the primary FLTC coordinator with various NCT programs over the years. In 2001, his picture graced the cover of their magazine *North Star* when he was awarded the NCTA Lifetime Achievement Award. Obviously Howard exhibited



Jacqui Wensich

incredible long-term dependability and dedication; those qualities coupled with his manic capacity for endless hours of detail work at his desk along with his unflagging enthusiasm for big Alley Cat projects like building bridges and log shelters made Howard that one -in-a-million volunteer who can never be replaced.

In other words, it's hard to imagine how the Finger Lakes Trail Conference would have grown up through its formative last few decades into the capable organization it is now without a super-volunteer like Howard. Thus it is crushingly difficult to imagine how

(Continued on page 10)

Without Howard ...

(Continued from page 9)

we will fill his shoes: in September during a Boy Scout troop meeting in his 50th year as a Scout leader, he suffered a massive stroke and was dead within days.

The Board of Managers had tried to prepare for Howard's eventual second retirement, the one from FLT duties. After all, we opened an office and hired part-time staff. Map production was moved to other volunteers, and a few of the trail management functions have gradually been assumed by others,

relative "youngsters" maybe a decade younger than Howard's 75. Every piece of equipment in his home trail office that belonged to the FLTC was marked thus, and we have moved all of the files, equipment, and oh, yes, the trail tools out of his house and garage.

However, we simply do not know who will fill all the roles Howard played for so long. Several "jobs" have been identified and offered in this issue, but as big as some of them are (Alley Cat Coordinator! Challenge Cost Share Planner!), we know these don't cover everything Howard did or knew or just plain HANDLED. □

Howard Appreciation ...

(Continued from page 8)

boots, next to tiny brown baby shoes. Dorothy was radiant and smiling, determined to celebrate his life with their daughters.

On the way there, Georgeanne said that Howard was the first human she ever talked to about the FLT, and I realized the same was true for me, too. In those days he was the only person at the other end of a phone for the whole trail, so he became THE trail to each of us. After all, he and Dorothy ran the entire operation from their basement office for seventeen years, where they answered the phone and letters, even the phone call at 2 a.m. from a couple near Ellicottville who wanted to know how to find the trailhead since they were lost. Huh?

Even after we moved the office to a house at the Mt. Morris Dam in 2001, Howard continued the trail management office. Look at the "Immediate Volunteer Openings" advertised on the next page for a small fraction of what he handled for us. The rest of the trail management jobs, plus trying to retrieve the balance of his accumulated knowledge...well, your Board of Managers certainly has a meaty agenda for the January retreat.

My biggest surprise came when I began to realize how thoroughly the man haunted the interior of my head. A week after he died I was doing trail work, and was amazed at how many times I caught little semi-conscious thoughts popping in unbidden, sort of an ongoing mental conversation with Howard, reporting in, so to speak, about what I was doing, how many hours I'd spent that day, what I still had to do. Even a full month later, I caught myself being faintly ashamed for Howard to see the sloppy blaze I'd just painted. It just won't stop.

It's like Georgeanne said—he was the first person of the FLT we'd ever known. Once I started hiking, map by map, I enthusiastically sent in trail

(Continued on page 20)

IMMEDIATE VOLUNTEER OPENINGS

These are jobs for this winter, openings created by the loss of Howard Bey.

Alley Cat Coordinator: two projects for 2009 are already partially planned (replace Tamarack lean-to and build bridge over creek in Taylor Valley) but need wrapping up, while at least one more Alley Cat week needs projects planned. Coordinator does NOT need to participate or even plan details of each project, but needs to ensure that each has a capable local captain who is equipped with tools, materials, workers, and a place for workers to stay. In other words, the FLTC needs one person who sifts through potential projects, chooses a few, and makes sure that somebody is organizing each one for the next season. Alley Cat experience helpful.

Challenge Cost Share Coordinator: materials for many of our projects ... bog bridging, shelters, bridges, for example ... can be paid for by the CCS program with the National Park Service along any portion of trail eligible as the route of the North Country Trail. Applications are simple, but a volunteer is needed to prepare them after sifting through project requests. Follow-up record-keeping is required, also, especially reporting our volunteer hours which count as our share of each project.

Compiler of 2008 Volunteer Hours: receive trail sponsors' annual reports of mileage and trail work hours, compile totals for FLTC, NCTA, and DEC regions. Busy tabulation job in February only. Includes nagging delinquent trail sponsors.

Good news! The "Compiler" job has been filled. Roy Tocha of the Foothills Trail Club agreed to perform this function for the FLTC at the western regional trail worker meeting.

...and in case you didn't notice, each of these is only PART of what Howard Bey did for us every year.

Questions? Irene Szabo, 585/658-4321 treeweenie@aol.com

To volunteer, contact the FLTC office, 585/658-9320

FLTinfo@fingerlakestrail.org

Spring FLTC "FROST VALLEY" Weekend Registration - May 8 – 10, 2009

Join Us At Frost Valley in the Catskills Friday, May 8 to Sunday, May 10

The **Spring FLTC weekend** will be held at the 6,000 acre Frost Valley YMCA campus, nestled in the beautiful Forever Wild Forest Preserve of the southern Catskill Mountains. Frost Valley is on FLT Map M-33, Ulster Cty Rte 47, and the host Binghamton-based Triple Cities Hiking Club invites you to join us for a weekend that promises excellent programs, fellowship, and FLT/Catskill Mtn. hiking along clear streams, climbs to mountaintops with spectacular views, and trailsides bursting out with spring flowers.

We have reserved a large block of RV spaces, tents, cabins, dorms, and hotel rooms; however, payment for these is due to Frost Valley 90 days in advance of our event. Therefore, on February 8 we will pay for those "spots" for which we have received registrations, and we will then release the remainder of our reserved spaces back to Frost Valley. While we will continue to take reservations up until May 1st, it is possible that Frost Valley will fill with other groups and can no longer accept any more reservations from us. Therefore, **to ensure a spot at the conference we urge you to register by February 5.**

Please note that Frost Valley requires that each participant pay BOTH a lodging and a meal fee.

Questions ??? Write or call Larry Blumberg, (e-mail LBlumberg@stny.rr.com, phone 607-797-0912).

PROGRAM SCHEDULE

FRIDAY, May 8

1:30 and 2 pm	Hikes meet on Denning Rd between Claryville General Store and Fire Station
4 pm	Check-in begins at Frost Valley
7 to 11 pm	Friday night "soup and salad" - Dining Hall
7:30 pm	Frost Valley campus tour - meet at Dining Hall entrance
8:30 pm	Evening Program - Geyer Hall
	Jacqui Wensich "Salute to Howard Beye, 1933 - 2008"

SATURDAY, May 9

8 to 8:45 am	Breakfast - Dining Hall / pick up trail lunches from TCHC
8:45 am	First hikes leave Frost Valley
3 pm	FLTC Annual Membership meeting - Geyer Hall
4 pm	Board Meeting
5:30 to 6:15 pm	Dinner - Dining Hall
7 pm	Evening Program and Annual FLTC awards presentation - Geyer Hall
	Guest speakers - authors and hikers Dave and Carol White
	"High Peaks of the Adirondacks, Catskills, and Whites in All Seasons"

SUNDAY, May 10

8 to 8:45 am	Breakfast - Dining Hall / pick up trail lunches from TCHC
9:00 am	First hikes leave Frost Valley

DIRECTIONS TO FROST VALLEY

There is no gas after leaving NY 17, so fill up in Binghamton, Deposit, Hancock, or Livingston Manor. If you get lost en route, call Frost Valley (845) 985-2291. Check Mapquest.com or a Catskills regional map to familiarize yourself with these directions.

Almost everyone will approach Frost Valley from the west on NY 17. Take Exit 96 (Livingston Manor), turn right at the end of the exit ramp for one block, then left for one block, then left again onto Cty Rte 81 (DeBruce Rd). You will follow DeBruce Rd all the way to Frost Valley Rd (Cty Rte 47), however DeBruce Rd will change names several times to Willowemoc Rd to Pole Rd and to Sand Pond Rd. Cty Rte 81 will also change to Cty Rte 82 and to Cty Rte 83. At Frost Valley Rd (Cty Rte 47) take a sharp left and follow Cty Rte 47 for about five miles to Frost Valley. It will be on your left.

Frost Valley can also be approached from the north (NY Rte 28) by turning south on Cty Rte 47 at Big Indian. Go 14 miles to Frost Valley, it will be on your right. From the NJ/NY City area take NY Rte 17 West to Exit 100A (Liberty) and at the end of the exit ramp turn right onto NY Route 55 east. Take Route 55 east ten miles to Curry. Turn left onto County Rte 19 and go four miles to Claryville. Turn left onto County Rte 157 (it becomes County Rte 47) and drive seven miles to Frost Valley.

Spring FLTC "FROST VALLEY" Weekend Registration - May 8 – 10, 2009

FROST VALLEY LODGING OPTIONS

- Lodging prices cover **both Friday & Saturday** nights whether you are in attendance Friday night or not.
- Prices are per person (except for RV's and Castle Inn, see below). Register early to ensure your choice!
- Each type of lodging unit has:
Communal bathroom and shower; bring your own towels (private bath & towels provided in Castle Inn)
Mattresses and cots; bring your own sleeping bag and pillow (twin beds with linens provided in Castle Inn)
- Roommates will be assigned; please indicate if there is someone you would like to room with.

A) Recreational Vehicles

- Up to 15 RV's will be allowed by Frost Valley. Set up is in the parking area near Geyer Hall.
- No hookups available for RV's; bathrooms are in Geyer Hall.
- Cost is \$31 per RV. Please provide list of occupants; each occupant must register.

B) Frost Valley platform tents

- There are nine platform tents available; each sleeps up to 4 people. We must use Frost Valley's tents.
- Per person price: \$15

C) Frost Valley cabins

- Two types of cabins are available; each individual cabin sleeps up to 10 people.
- Per person price: \$25 (Renovated Cabins, #'s 24 - 25) and \$35 (New Cabins, #'s 13 - 16)

D) Frost Valley Dorm Rooms (Biscuit and Pigeon)

- Dorm rooms sleep either 4 or 6 people; most of the rooms sleep 4 people.
- Per person price for a dorm room bed is \$40.

E) Castle Inn

- All rooms in the Castle Inn are double occupancy with private bath. There are two twin beds in each room.
- Room Price: \$203. This price covers lodging for two people.

GROUP PRICING: Form your own group and save money,. Please indicate who will be staying in the unit; each occupant must register and purchase their own meal package option.

- Platform tent - sleeps up to 4: \$31
- Cabin - sleeps up to 10: \$159 (Renovated Cabins, #'s 24 - 25) or \$250 (New Cabins, #'s 13 - 16)
- Dorm room - Group of 4: \$120. Group of 6: \$180

FROST VALLEY MEALS

Meals are served in a central dining hall facility. All participants must purchase either option #1 or #2:

Frost Valley meal package option #1 (\$55 per person)

Friday night "soup and salad"
Saturday breakfast and dinner
Sunday breakfast

Frost Valley meal package option #2 (\$39 per person)

Saturday dinner
Sunday breakfast

Sat/Sun lunches (\$5 - peanut butter/jelly wraps, beef jerky, snacks) will be provided by the TCHC.

"SURVIVAL TIPS" and OTHER INFORMATION

- All participants must check in upon arrival at the Administrative Office. Check-in on Friday is between 4 pm and 11 pm, and anytime after 8 am on Saturday.
- Participants must vacate their lodging quarters by noon on Sunday.
- There is no cell phone service available at Frost Valley,
- Smoking is prohibited inside any buildings or next to building entrances, and alcohol is only allowed in the privacy of your room.
- Pets are not allowed. There is a kennel 10 miles away (phone 845-985-2431).
- The Frost Valley YMCA store is in the dining hall; it sells basic toiletries, OTC drugs, and souvenirs.
- Fishing - NY license not required; both spin casting and fly-fishing are available.
- It's a huge campus, a long ways between buildings, and dark at night, so bring a flashlight or headlamp.
- For top bunk beds, bring non-slip footwear to use for climbing up the ladder to your bunk.
- The Friday afternoon hikes meet near the Claryville General Store where pizza, sandwiches, and soft drinks can be purchased before and after your hike.
- Catskills in May are known for their black flies, mosquitoes, and other pests. Bring insect repellent; head nets are also recommended.

Hikes

Refer to FLT Maps M-28, M-29, and M-31 to M-33

FRIDAY

Meet at Map M-33 milepost 12, Denning Rd between Claryville General Store & Fire Station

Fri-1 FLT Map M-33 Claryville to eastern terminus of the FLT (and return to Denning parking area)

1:30 Distance: 7.5 road miles + 2.4 trail miles Hike rating: easy

A mostly level road walk from milepost 12 (approx) to 20.5, and then a backtrack from 20.5 (eastern terminus of the FLT) to 19.3 (Denning parking area). Hike parallels East Branch of the Neversink.

Fri-2 Red Hill Fire Tower (elevation 2990')

2:00 Distance: 2.7 miles roundtrip Hike rating: moderate to strenuous

A short, but quite steep hike with an 850-foot climb to the tower, beautiful view.

SATURDAY

Meet in picnic pavilion below the Dining Hall

Sat-1 FLT Map M-32 & M-31 Balsam Lake Mtn Parking Area (M-32, mile 7.3) to Alder Lake (M-31, mile 7.4)

8:45 Distance: 8.1 trail miles Hike rating: very strenuous

This hike is for experienced hikers only. It includes an 1100 ft climb of Balsam Lake Mtn. A long car shuttle is also involved, so the hike pace will have to be fast to be back by dinner time. Many have said this is one of the FLT's toughest sections of trail!

Sat-2 FLT Map M-33 North end of Wild Meadow Rd to Balsam Lake parking area and return

8:45 Distance: 1.5 road mile + 11 trail miles Hike rating: moderate

To avoid an extreme car shuttle distance, this hike will be an out-and-back. The start of the hike will be near the northern tip of Wild Mountain Rd (approx milepost 6.3, on state land 3/4 mile from the northern end of the road).

Sat-3 Slide Mtn (elevation 4200') - from Denning parking area, via the Curtis-Ormsbee Trail

9:00 Distance: 10.5 trail miles (roundtrip) Hike rating: strenuous (1800 foot climb)

At 4200', Slide Mtn is the highest of the 35 Catskill high peaks. Since this hike starts at the Denning parking area, it will also include the easternmost 1.2 miles of the FLT between the Denning parking area and its eastern terminus.

Sat-4 Table and Peekamoose (elevation 3850') from Denning parking area

9:00 Distance: 10 trail miles (roundtrip) Hike rating: strenuous (1700 foot climb to Table Mtn)

Since this hike starts at the Denning parking area, it will also include the easternmost 1.2 miles of the FLT between the Denning parking area and its eastern terminus. From there the trail climbs steeply and sharply to the summit of Table Mtn. Peekamoose is a relatively easy 1 mile beyond Table.

Saturday Hikes continued on the next page...

Hikes, continued

Sat-5 Mt Tremper Fire Tower (elevation 2740') from Phoenicia

9:15 Distance: 5.5 trail miles (roundtrip) Hike rating: strenuous (2000 foot climb)

As is to be expected, you'll have a beautiful view from the Mt Tremper Fire Tower. This tower is one of five towers in the Catskills. This hike returns in time for the 3 pm annual meeting.

Sat-6 Frost Valley grounds

10:00 Distance: Approx 5 trail miles Hike rating: easy

We'll take a very leisurely walk around the Frost Valley property; exact hike route and distance will be determined by the group. This hike returns in time for the 3 pm annual meeting.

SUNDAY

Meet in picnic pavilion below Dining Hall. Some hikes do not return to Frost Valley.

Sun-1 FLT Map M-31 Alder Lake to Beach Hill Rd

9:00 Distance: 7.2 trail miles Hike rating: strenuous

Many ups and downs, including Touch-Me-Not Mtn at 2760' and Cabot Mtn at 2970', are found on this hike which runs between mileposts 7.4 and 0.2. This hike will not return to Frost Valley.

Sun-2 Slide Mtn (elevation 4200') from Slide Mtn Parking Area (elevation 2400')

9:00 Distance: 5.4 trail miles (roundtrip) Hike rating: strenuous

While this has the same destination as Saturday's hike Sat-3, it will be via a shorter and quicker approach.

Sun-3 FLT Map M-28 and M-29 Bear Spring Mountain Wildlife Management Area

9:15 Distance: 3.5 road miles + 5.4 trail miles Hike rating: moderate

This FLT hike is a mix of extremely rural roads coupled with a very nice stretch of wide open trail through Bear Spring Mtn WMA. The hike is between milepost 12.0 on Map M-28 and milepost 5.4 on Map M-29. Spring flowers should be nicely in bloom. This hike will not return to Frost Valley.

Sun-4 FLT Map M33 - Claryville to north end of Wild Meadow Rd

9:15 Distance: 6 road miles Hike rating: easy

Except for a short stretch along Cty Routes 157 and 47, this hike is on very rural roads with little or no traffic. The hike itself is between milepost 12.0 (approx) and 6.0 (approx) on Map M-33. This hike will not return to Frost Valley.

Sun-5 Giant Ledge (elevation 3200') and Panther (elevation 3720') from hairpin turn parking area

9:15 Distance: 6.6 trail miles (roundtrip) Hike rating: strenuous

Beautiful views over toward the Slide Mtn range await you from the narrow Giant Ledge ridgetop; Panther, one of the 35 Catskill high peaks, is another 1.5 miles beyond.

Spring FLTC "FROST VALLEY" Weekend Registration - May 8 – 10, 2009

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

Name(s) _____
E-Mail(s) _____
Street address _____
Phone No. _____
Local club affiliation _____
Emergency Contact (if any) _____
Name / Relationship _____
Phone No. _____

Any allergies, medications, or illnesses you would like to disclose for your own personal safety?

CONFERENCE REGISTRATION

FLT Member \$6, Non-member \$8

People \$ Am't

IMPORTANT - Frost Valley **REQUIRES** purchase of **BOTH** a lodging package (a) & meal package (b)

a) FROST VALLEY LODGING

People \$ Am't

Frost Valley tents \$ 15 pp _____
Renovated Cabins \$ 25 pp _____
New Cabins \$ 35 pp _____
Dorm rooms \$ 40 pp _____
Sleep in your own RV \$ 31 / RV _____
Castle-dbl. occ., 2 twin beds/room \$203 / room _____

GROUP PRICING

Form your own group / save on lodging / see write-up for prices

Name of Group leader _____

Type of group lodging _____

Amount enclosed (if you are a group leader) _____

Remember - each participant must still register!

b) MEAL PACKAGE

People \$ Am't

Frost Valley Package option #1 \$ 55 pp _____
Frost Valley Package option #2 \$ 39 pp _____

Lunches are optional; they will be supplied by the TCHC

"Hikers" trail lunch

- Saturday \$ 5 pp _____

- Sunday \$ 5 pp _____

TOTAL ENCLOSED (registration, lodging, and meals) _____

Friday afternoon hike choice

Fri-1 _____

Fri-2 _____

Saturday hike choice

Sat-1 _____

Sat-2 _____

Sat-3 _____

Sat-4 _____

Sat-5 _____

Sat-6 _____

Sunday hike choice

Sun-1 _____

Sun-2 _____

Sun-3 _____

Sun-4 _____

Sun-5 _____

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

Print _____ Signature _____ Date _____

Print _____ Signature _____ Date _____

Make all checks payable to **Triple Cities Hiking Club**, mail your completed form by **February 5, 2009** to:

Triple Cities Hiking Club / FLTC conference

PO Box 22,

Johnson City, NY 13790

Article removed at author's request



End-to-End Album

A season that saw a record twenty-six hikers complete the main trail as of October celebrated a glorious conclusion at Allegany State Park where eleven patches were given out at the final picnic of the county hike series.

Above: l. to r., Gail Merian, Erica LaBuz, Dan Wagner, June Meyer, Julie Wagner, Lincoln Brown, Susan Collier, Doris Houghton, Kathy Foote, Pat Monahan and Nike, Carl Luger. Seated: End-to-end Coordinator Ed Sidote.



Photos by Jackson "Jet" Thomas

End-to-End Update

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

Record Year for End-to-End Hikers

The following hikers have completed the FLT main trail since the Fall issue:

#249 Nancy Luger
#250 Wes Ernsberger
#251 Peggy Waterman
#252 David Waterman
#253 Susan S. Collier
#254 Michele Gonzalez
#255 Alex Gonzalez
#256 Kathy Foote
#257 Doris Houghton
#258 Carl Luger
#259 Pat Monahan
#260 Julie Meyer
#261 Lincoln Brown
#262 Julie Wagner
#263 Dan Wagner
#264 Erica LaBuz
#265 Gail Merian
#266 Brad Alexander
#267 L. Lance Alexander
#268 Roger Ashworth

Michele Gonzalez has hiked the FLT twice and is the first woman to hike it for the second time. Congratulations! Alex Gonzalez is Michele's husband and has hiked the FLT three times.

My goal for 2008 was to have 25 hikers finish the main trail. However, we actually reached **twenty-six** hikers on Oct. 27th, **so we have a record year**. Our previous record was 20. I hope that 2009 is a record year also.

In the envelope with your congratulatory card there is a letter about "Giving Back to the Trail". Please read it and review the jobs listed in the *FLT News* or call the FLTC Service Center (585/658-9320) to find out more about volunteer opportunities.

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

Susan Blumberg
Larry Blumberg

Additions to the branch trail list since the Fall issue:

Kevin Henderson
Peter Steltmann
Gerry Benedict
Marilyn Beckley

I have received progress reports from the following hikers on my end-to-end list since the Fall issue:

Bill Allen John A-X. Morris
Scott Bahantka Will Roden
Mary Ann Cascarino Don Sutherland

Joe Dabes
Gail Ellsworth
Tim Jones
Jerry Lazarczyk
Eric Malmberg

Tim Sweeney
Susan Thomas
Carol Webb
Joe Wertyschyn
Jennifer Wilson

Car Spotters

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

Trail Register Notebooks

If you are a Trail Steward try to remember to bring a new notebook with you when you go to your trail section to work. If the book is full, please mail it to me and I will reimburse you for the postage. I will even mail you a new book if you request it. Hikers, consider carrying a notebook with you so that if you are unable to sign the register because it is full you will have a new book with you. Mail the full book to me. Thank you.

ALDHA Gathering

With the help of Jacqui Wensich, our Marketing Vice President, FLT End-to-End Marilyn Beckley was able to have a display table at the Appalachian Long Distance Hikers' Association Gathering over the Columbus Day Weekend in West Virginia. She talked with a lot of ALDHA members, answered questions, and gave out lots of brochures. Using her laptop computer, she also showed slides that she took while doing her end-to-end hike.

Trail Register Excerpts

(From the Willow Bay, Pennsylvania, Rte. 346, FLT/NCT trailhead register)

#1: My name is Streniffee, and I am 6. I hiked to N.Y. with my dad.

#2: It is better to remain silent [and be thought a fool] than to speak and remove all doubt (*quoting Abraham Lincoln*).

Happy Hiking!

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

Lee Douglas: End - to - End Hiker # 248

On my job I see people who cannot walk for various reasons. The struggles these people go through has been one of the greatest motivations for me to hike the Finger Lakes Trail. When I hike I celebrate the gift of walking that God gives to us. In the middle 1990's I got some maps and started doing some day hikes. Over ten years and three pairs of boots later I finished the journey on August 16, 2008, at the entrance of Bowman Lake State Park. Ed Sidote was there to greet me. I would like to thank Ed and the many volunteers who maintain the trail and the landowners who graciously share their land with us.

Three Funniest Moments

#3) Never look off into the distance where you see a large hill and say to yourself, "Hope we do not have to go up over that hill" because you will go over that hill.

#2) Coming out of the woods into a farmer's field there were white buckets on wooden poles. I thought to myself the trail is well marked here. I followed the markers and they led me in a big circle. After a couple laps around the field I realized that the farmer put them there to mark woodchuck holes.

#1) My mother told me to beware of strangers who try to give you a ride. Several times after hiking a section of trail I would take a short cut back to the car by walking along the roads. Strangers would stop and ask me if I wanted a ride. I politely said no and would walk on. Eventually I learned that these people were "Trail Angels" and "Car Spotters".

Three Most Dangerous Situations I Encountered

#3) Not getting out of the woods soon enough before dark.

#2) Cruising along on the trail through a field with high grass, my right leg went into a woodchuck hole. I went

sprawling forward. Fortunately the hole was big enough so that I did not get injured. I found some dead snags in a hedgerow nearby and marked the hole for future hikers.

#1) Most domestic dogs are friendly, but the greatest threat on the trail was from the few that were not.

Things I Saw For The First Time

Bay-Breasted Warbler. Blackburnian Warbler. Hooded Warbler. Spring Salamander. Black Squirrel. Canada Warbler. Dwarf Rattlesnake Plantain.

Three Toughest Hills

#3) Eastman Hill on Map M-18. It was 90 degrees that day.

#2) Cabot Mountain on Map M-31. I expected some steep climbs in the Catskills and Cabot Mountain did not disappoint.

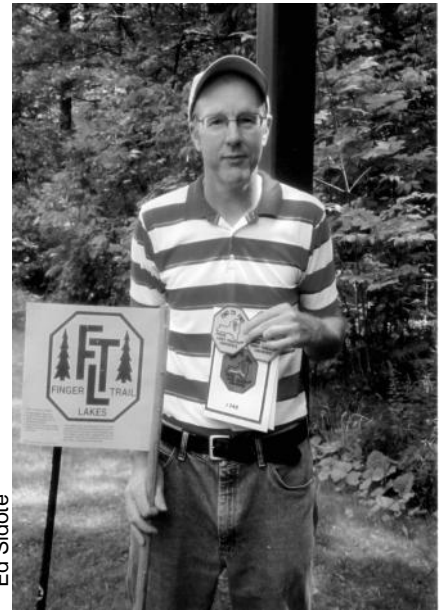
#1) North of Ellicottville between access points 8 and 9 on Map M-3. September 16, 2006. I was well warned of this hill before I climbed it. Take a real steep hill and add a logging operation that obliterates the trail and you have a hill that is a trail steward's nightmare.

Seven Best Hikes

The right combination of circumstances came together to make these great hikes.

#7) Oquaga Creek State Park to Masonville. Map M-27. March 14, 2002. Bright sunny day, deep blue sky, and spring fever. Sparkling streams from fresh snow melt. Add some wind in the red pines and finish with a bald eagle flying over Arctic Lake.

#6) Mount Roderick to Taylor Valley. Map M-21. I have hiked this three times. A good climb and great woods in the Taylor Valley State Forest. Trilliums in the spring, warblers in the summer, and colorful sugar maples in the fall. Always something to see



Ed Sidote

including snapping turtles and bee trees.

#5) Alder Lake to Balsam Lake Mountain State Fire Tower. Map M-32. August 23, 2004. Take the Catskills, Alder Lake with its trout, bear sightings, and the famous Balsam Lake Mountain Fire Tower, and you will have one of the most awesome and challenging hikes of the trail.

#4) Bowman Lake State Park. Map M-24. November 8, 2005. Hooded Mergansers on Bowman Lake on a beautiful cool November day. A great view from the Berry Hill Fire Tower. (Last I knew you could not climb the tower. Still a beautiful view though). The road walk back to the car passes an old country cemetery where there are graves from the early settlers and the Civil War. Throw in a majestic eight-point buck and you have one of the top seven hikes on the trail.

#3) Sugar Hill to Watkins Glen. Map M-14. From the Sugar Hill Fire Tower to Watkins Glen the trail is mostly all down hill. The natural beauty of falls and glens with the work of the Civilian Conservation Corps makes this stretch of trail one of the most

(Continued on page 20)

End-to-End Album

Lee Douglas ...

(Continued from page 19)

beautiful places on earth. You can wrap up this hike at the park at the southern tip of Seneca Lake. With a hike like that, what hikes could be better?

#2) Trout Creek - West Walton. M-28. How can a road walk make the second best hike? You do it in the Catskills in the winter when there is a lot of snow. I hiked it on January 10, 2003, after some big snows in December. The scenery was breath-taking. The trees on the mountains were coated with ice that sparkled in the bright sun. Add a great friend as a companion and it was a hike for the memories.

#1) Virgil Mountain. M-19. October 15, 1997. Just days before, the sugar maple forest lost its leaves. That

meant the bright yellow leaves carpeted the ground and made a beautiful contrast to the deep blue sky. On the hike there was a farmer's honey stand. The crisp autumn air, a

vigorous walk, the brilliant fall colors, and some sweet honey, were all part of a simple hike that got me hooked on doing the Finger Lakes Trail. □



Lee Douglas

A roadwalk was the second best hike — Roadwalk in the Catskills, January 10, 2003.

Howard Appreciation ...

(Continued from page 10)

condition reports to him, and he'd always respond. Pretty soon he recognized a likely suspect (he was very good at that) and offered me my first section of trail to adopt. At the end of every year, each trail sponsor reports volunteer hours, accomplishments, and plans for next year, so no wonder I developed the unconscious habit of "reporting in" to Howard.

I just never realized that I still did it all the time, twenty-two seasons later.

One thing I'll never know is why Howard worked so hard for the trail, since he never exhibited any passion that I could see. But Lynda Rummel had a wonderful peek at what made him tick just before he died: a land-

owner was seriously considering closing a section of trail that was especially critical to our route through an adjacent preserve, so Howard and Tom and Donna Noteware met with the landowner and talked about his concerns. As it turned out, it was Lynda who called Howard to congratulate him that their negotiations had been successful. She said, "He was ebullient...I mean, downright *thrilled*....that they had succeeded. I had been feeling guilty about not being able to go until I heard the enthusiasm and happiness in Howard's voice. I will forever remember how excited and happy he was, and be grateful that Lady Luck made sure that he (and not I) did this particular job."

Those who worked with Howard on the Paradise Garden shelter this past summer have expressed special

sadness at his loss, so I guess working with him on an Alley Cat project was another dimension I missed. Lynda again:

The year we built the Buck Settlement shelter near Watkins Glen, the crew began leaving on Friday afternoon but there were still materials and tools to carry out. I waited in the woods with some tools; as darkness fell, and feeling a little abandoned, I put on my dim headlamp and stumbled out to the road. There was Howard, waiting and ready to help after he had shuttled workers and tools back to the main camp. Howard helped me load the remaining lumber on a truck and deliver it to the next work site a few miles away. We finished around 11 p.m., and he still had to drive two hours to get home. I was never so glad to see anyone in my life, and of course Howard had not abandoned me...and never would have.



Nancy Luger (#249)

I really surprised myself by completing the 562 miles of the Finger Lakes Trail. I'm old, so I am told. Fortunately I've had lots of folks helping me. The first time I ever hiked with a group was at the FLT Spring Campout in Ellicottville with Irene Szabo on the Cobb property that she maintains. Even though she yelled at me to stay on the trail without dodging mud and streams, I was really impressed with all the work she had done on the trail and bivouac area. Many of the people in the group were very helpful, informing me about hiking equipment including using trekking poles. I started hiking more with my husband Carl on the trail in Allegany County.

I was so enthusiastic about this beautiful trail and how well maintained it was, I shared this information with anyone who might be interested. A couple of these people were my friends, Jane Schryver and Paul Hoffman. Paul admits he was quite the "couch potato," but with encouragement from Jane and me, he started hiking. Meanwhile Carl and I signed up for the Schuyler County Series. I remember the first hike was so tough that my left knee was hurting badly and Marcia Herrick gave me Ibuprofen for the pain. At the next sag wagon I had to quit hiking that day. (A week later, Carl and I finished the last mile.) During the whole Schuyler County Series, I think I only completed one or two hikes on the scheduled day. Thank you to Jim and Sigrid Connors for the great job organizing the series!

I did like the idea of County Hike Series so Carl and I signed up for the Steuben County Series. Terry and Kim Meacham did a super job except for all the precipitation on many of the hikes. Actually it was a good way to check out our rain/snow gear. By this year Paul Hoffman had become

(Continued on page 22)



Carl Luger (#258)

My hiking career started early, even before I could walk. My parents, immigrants from Germany, had a long tradition of hiking and, weather permitting, swimming and picnicking every Sunday. When I joined Boy Scouts, hiking and camping were part of the program and I earned the hiking merit badge on my way to the rank of Eagle. As a Scout leader, I helped organize many trips, the most notable being a hike up Mount Marcy, a three-day event with the Explorer post.

After college, marriage and military service, Nancy and I spent summers near Old Forge in the Adirondacks and hiked trails in the area, most frequently Rondaxe Mountain, commonly known as "Bald Mountain." The youngest child would be on my shoulders while the older one would, hopefully, be holding my hand. After our move to Alfred, we hiked trails in and around Allegany County until we discovered the Finger Lakes Trail.

I don't recall how we learned about the FLT, but it was probably through the local newspaper. I usually hiked alone on Sunday whenever Nan had a concert or an open house for real estate.

After a year or two, I joined the FLTC, realized the length of the trail, and decided to record my hikes. I also made a deal with Nan: I'd buy breakfast if she would take her car and drop me off. After some deliberation, we decided to go to the May 2003 FLTC Campout at Allegany State Park. I hiked from M-1 access 4 to the Pennsylvania border, while Nan decided she could handle one or two short hikes in the Park. As I remember it, one hike was led by the famous Irene who scolded her for getting off the trail.

(Continued on page 22)

Nancy Luger ...

an experienced hiker and became my “Big Brother,” pre-hiking many of the scheduled hikes with me so I could be more familiar with the trail and be a “sweep” for a Medium-Medium group. Carl and I signed up for the Allegany and Cattaraugus County Hike Series, with Pat Monahan doing a great job coordinating the hikes. I’d also like to thank the Triple Cities Hiking Club for allowing us to hike with them.

Since Carl had already hiked most of the Catskill FLT area, Paul Hoffman, Jeanne Williams, Sarah Hoffman, and Horst and Sigi Schwinge hiked with me in that area. By June of this year, I found out our youngest son and his wife were expecting their first child, my fifteenth grandchild. Peter and Jun asked me to “help out” when the baby arrived. (He was due on my birthday, September 2nd.) With much encouragement from Jane Schryver, Ed Sidote, Jacqui Wensich, and Georgeanne Vyverberg, I tried to finish my end-to-end before September so I could help with the newest grandchild. Thanks go to Jim and Sharon Stamp, Doris Houghton and Dan Speakman for hiking with me in Chenango and Delaware Counties. During the weeks to follow, Paul Hoffman, who by now was e2e #216, hiked with me in the areas I needed to finish. Many thanks to Jeanne Williams, Sarah Hoffman, Scott Lauffer, Paul Hoffman, Greg and Beth Dean, and Ed Sidote for walking the last hike with me to complete my e2e on August 25, 2008. One month later Carl completed his e2e. Also I’d like to thank all the car spotters who helped make this possible: Joe Dabes, Jay Zitter, Bob and Sue Bliven, Phil Dankert, Bill Allen, Charlie Mowatt, Gary Klee and Scott Lauffer. (If I missed your name – thank you.)

Now the branch trails! □

*Left: Surprise poster on Nancy’s back door
August 25th, made by Therese LeGro.*

Carl Luger ...

During those years my goal was to hike the three counties around our home since going end-to-end seemed out of reach with all our other summer commitments.

One Sunday, hiking alone the day before shotgun season opened, I found myself face to face with a beautiful buck. I stopped dead in my tracks; he looked at me and I looked at him. He stood right in the trail, and me with no camera. Finally after what seemed like 15 or 20 minutes but was probably no more than one or two, I started to move very slowly toward him. He just turned and slowly walked away. As I got to about where he had been, I heard a loud voice: THANKS A LOT, BUDDY. I looked up and high up in a tree was a bow hunter in a camouflage suit. He was not happy that I spoiled his shot. I left so quickly that I lost the trail.

I hiked Cattaraugus County mostly in 2004, following a stormy winter and spring. There were heavy blowdowns especially in the ravines that are common on maps M-2 and M-3. I hiked the area again this past summer and appreciated the tremendous improvements in the trail thanks to the Alley Cat Crews, new trail maintainers and Pat Monahan and his crew.

In 2005, Nan and I decided to join the Schuyler County hike series and attended the Spring Campout at the Fire Academy in Montour Falls. These hikes helped build her confidence and strengthened her knees

and legs so she could hike more miles. Since then we have joined the hike series every summer, heading west to the western terminus. We also worked our way to the east. In 2006 we hiked Tompkins County; Phil Dankert and Jay Zitter helped us with car spotting. In 2007 we hiked Cortland County; Jay Zitter and Joe Dabes car spotted for us.

Since I had hiked from Alder Lake (M-31) to the eastern terminus at the Fall 2004 Campout, I had just Delaware and Chenango Counties yet to hike. So we “advertised” on the website for hiking partners and organized hikes this past summer. Many thanks to those who joined me, especially to my wife Nancy, Jim and Sharon Stamp, and Doris Houghton. But super thanks to Dan Speakman who waited over two hours for me when I got lost between Beech Hill Road and Holiday and Berry Brook Road. Hopefully conditions there have improved since last June.

Of the trail that I’ve hiked more than once, the most recent hike generally found the trail in better condition than the first hike. As hikers, we should report any problems so that corrective action can be taken. We should also record when the trail is in exceptionally good condition so the trail maintainers can be recognized. In fact, why not have an annual contest for the best section of trail?

It’s been a real challenge to finish the trail. The next challenge is to give back to other hikers by improving and maintaining the trail. Hopefully I can do some of that in the years to come.

□

Neither of them mentions it, but there was a friendly competition going between Nancy and Carl. Nancy vowed to finish at the same time or before Carl, and she did.



Michele and Alex Gonzalez's End-to-End Essay

While we were celebrating Ed Sidote's 90th birthday in 2007, I noticed that among all the end-to-enders gathered for the now-famous photograph (thanks to Jacqui Wensich) the only ones to have repeated the feat were all men. Since Michele and I had already re-hiked about 30% of the FLT with our friends Bill Buxton and Michelle Kelly, it occurred to me that if Michele repeated she might be the first woman to do so, and Ed confirmed that that would indeed be the case. When I asked her if she'd be interested in such a thing, she replied that she'd never in her life been the first to do anything and would like to give this a try. So that was a good deal of the motivation to do it all over again.

This was my third end-to-end trip, so we both had places in mind that we were glad to see again. In fact, it was fun to be hiking an ordinary piece of FLT woodlands and suddenly remembering it for no clear reason at all. Sometimes we recollected it an hour or two after we'd hiked it. It was also sad, at times, to remember beautiful places and realize that the trail no longer goes that way—lost permissions, we assumed. One of the more unusual of specific places we re-enjoyed was the spot on M-6 (about a quarter-mile north of NY Rte. 19) where there is a circle of three enormous thrones—with equally huge ottomans!—chain-sawed out from gigantic sections of a “girthy” old oak tree. The thrones were the worse for wear after four years, but still impressive, though the ottomans had been piled into the center by someone and seemed to be rotting quickly.

Most of our vivid memories will be culled from the sections we hiked most recently. The spring/summer



Ed Sidote

prickly vegetation growth in the Catskills was amazing, a real trial to get through during a particularly hot June and made worse by caterpillar defoliation, which encouraged the insane growth and deprived us of shade as we worked our way up steep Catskill hills. The bull in the field near Higgins (M-6) scared the daylights out of Michele, who has been chased on the FLT before by a bull, a herd of cows, and even an amorous horse! The bull just placidly sat there and looked at us without getting up, so, after we climbed over the entrance stile, this time it was only Michele's pulse that was racing!

As for wild animals, this was a great trip. After my first end-to-end I complained in these pages about not having seen a bear for the whole 560 miles. This time we saw three. The first was east of Alder Lake (M-32), the second near Claryville (M-33), and the third near South Woods Road (M-10). Actually, Michele got to see the first one scramble down a nearby tree, showering claw-loosened bark everywhere, but, because I was lagging on the trail, all I got to see was some rump fur as it ran off into the undergrowth. We got a majestic view of a bald eagle flying for a while before it landed on a large tree branch, also

near Claryville (M-33). Of course there was also the usual porcupine activity in the Allegany area (M-1 to M-4), including one that intruded while we were by our campfire.

What's next for us? Probably the branch trails (at a leisurely pace—one or two per year), the Long Path extension north from Thacher State Park, the Link Trail, and anything new that should strike us.

We wish to thank all of the FLT management system in addition to the dedicated sponsors and maintainers; all of these people are working hard for the trail, not just the obvious ones carrying loppers or pushing mowers. Speaking of which, we want to thank the following clubs for mowing very precisely to the call of duty: Cayuga Trails Club, Genesee Valley Hiking Club, Triple Cities Hiking Club, and the Bullthistlers. These clubs particularly had every one of their grassy sections nicely mowed and welcoming. And that's what we walked on the day we finished—long stretches of Bullthistler-mowed trailbed that, when the sections were completed, led us right to a waiting Ed Sidote. This was the first time that either of us had arranged to have Ed meet us at the finish. Great to see him and give him a big Spanish-to-Italian (or vice-versa) hug! I've known Ed now for about eighteen or twenty years. We deserve some sort of blockhead award, however, for forgetting to get a photo of us WITH Ed—and we had a photographer present in the form of David Gwinn (end-to-ender #10), who was visiting Ed. Duh!

On September 19th at about 12:05 p.m., Ed Sidote met us at Stone Quarry Hill Road (M-24) and gave us our end-to-end numbers, upon which Michele became the first woman to have hiked the whole FLT more than once. I hate to take us back to the 1970s, but Michele really HAS come a long way, baby, to get where she's got to today. It's literally true! Thank God it had nothing to do with cigarettes! □

FLTC County Hike Series Reaches the Western Terminus

by Pat Monahan

The county hike series reached its goal on October 5: the western terminus of the FLT. During September/October, nearly 100 hikers finished the kamikaze hills near Ellicottville (Holimont, Holiday Valley, "The Wall" and "Heartache Hill") without a single casualty. We pressed on across the Seneca Nation, across the railroad tracks, over the Allegheny River, under Interstate 86 and into Allegany State Park.

Our plan to complete the 85.7 mile trek included a "Weekend in the Park" for our final two hikes. Many of the hikers stayed at the base (Camp Turner) to enjoy campfires, board games, star gazing, viewings of the international space station, night hikes, a discussion about the construction of the Great Eastern Trail in Steuben County, and lots of conversation with new and old friends alike.

As the hikers went out for the Oct. 4 hike, it was a beautiful fall day—cool, crisp and sunny with all of the fall colors in the woods. We continued on past multiple blowdowns from an earlier windstorm. Many thanks go out to Ben Petryszak and David Potzler who cleaned up over 20 messes in less than 15 miles! The wind took its toll on many beautiful old cherry trees. Waldo, a raccoon(?) coat, was found and hiker donations for trail maintenance totaled \$175 that was doubled to \$350 thanks to an anonymous donation.

Our final hike on Oct. 5 ended at the NY/PA border with a surprise celebration for everyone who completed the hike series and for the many who became end-to-enders. Thanks, Foothills Trail Club, for the applause, balloons, pictures and the bubbly. After another beautiful day on the trail, 154 hikers and guests were treated to a catered picnic at Camp Turner to celebrate and bring the series to a close. In addition to all of the silly awards enjoyed by the crowd, genuine awards were given out, including certificates for those completing all seven of the county hike series starting in Chenango County, end-to-end certificates awarded by none other than Ed Sidote, and county patches for those completing the series. The "Where's Waldo" game to find an object on the trail netted a total of \$901.70, which was donated to the FLT for trail construction expenses on the Great Eastern Trail in NY. The hikers gave cards, a cash gift and a standing ovation to Pat Monahan for his leadership over the last two years as county hike leader.

As the final details were taken care of for the series, plans were being considered for a winter "reunion" for those on the county hike series. And, for those of you with inquiring minds (hikers)... the county hike series will continue in 2009 somewhere on the eastern end of the trail.

Note: It has been a pleasure to volunteer as the FLTC county hike leader over the past two years. I have met more people in the hiking community than I would have ever seen in all of the hundreds of miles I've hiked or the hundreds of miles on the trails in the future. Thank you to all of the volunteers who assisted in the many capacities to make the series a success. I encourage each of you to find a way to give back to the trail in whatever way you can.

In the meantime, "Go take a hike."



*Clipboard lady
Annette Brzezicki.
Above: September
Left: Oct. Saturday
Below: Oct. Sunday*



*Below: A tricky
descent off a
gravel railbed.*



*Left: Hikers
thank trail
maintainer
extraordinaire
Ben Petryszak*

Photos by Jackson "Jet" Thomas

What a great journey: Kathy Foote (#256)

In 1996 I hiked the Conservation Trail End-to-End with the Foothills Trail Club. At the time, hiking the entire Finger Lakes Trail seemed unlikely. The closest the trail is to Buffalo is an hour's drive away.

I had taken hiking trips all over the US and Canada. However, after 9/11, I decided to stay close to home and explore NYS. What better way than on foot! That winter I read about the Chenango County Hike Series and my journey soon began in South Otselic. My first thanks goes to Clair Ders. The Green Room in her B&B became my home away from home. I continued on by visiting Cincinnatus, Greene and Bainbridge. The following year Homer became my base. My thanks go to Annette & Lee and their Quagmire Manor B&B. My sister, Patti, started joining me for one long weekend a series. It was fun to have her with me.

In 2004 I stayed in Candor many times. Eva May & Frank made me feel right at home at The Edge of Thyme B&B. I finally spent some time in Ithaca and had dinner at the famous Moosewood Restaurant. The next year I moved on to Montour Falls and Watkins Glen including a visit to Corning. In 2006 I stayed in Bath and Hammondsport. I enjoyed my times at Carol & Arlen's Button's Creekside Farm B&B in Cohocton while going to Naples for dinner.

Memories of the series: Chenango—bee attack, locking my keys in my trunk (I couldn't have been luckier that a repair shop was right down the country road we were on); Cortland—rain, a wild car ride with Marie after a detour took us off our route; Tompkins—Buttermilk Falls, the gap hike on a hot & humid day (thank you, Jack V.); Schuyler—Seneca Lake, the "Houghton Hiking Hotel"; Steuben—Keuka Lake, the Buffalo October surprise snowstorm; Allegany—what happened to Quinn?, no rain; Cattaraugus—our cabin at



After I walked my last step on the FLT, I hit Pat's Easy Button, "That was easy!"

ASP, Foothills Trail Club celebration at the NY/PA border.

Of course, I can't forget about the Catskills. I would like to thank Julie & Dan Wagner, Pat Monahan, Erica LaBuz, Lois Justice, Linda Busko, June Meyer and Lincoln Brown for hiking with me and making it such a fun experience. I'd also like to thank Frank Carranti for providing me with the list of twelve hikes that we followed on our three four-day trips. Some memories of those trips: Walton area—flood damage, Pat, Lois & Linda bushwhacking (it's a miracle we all ended up at the same spot), apple muffins; Downsville area—more flood damage, more apple muffins (thanks, Erica), taking a side trail by mistake and adding 4.6 miles to our hike (we finished just as darkness was setting in); Roscoe area—bear scat, Pat & I having dinner with Ed Sidote on his 91st birthday. Also, I'd like to thank Bill Bruning for driving us to the end of Denning Road. We really appreciated it.

I must commend the county hike series leaders for all their hard work:

Marie Inglee, Irene Szabo, Sigrid & Jim Connors, Kim & Terry Meacham and Pat Monahan. They certainly made hiking the FLT an enjoyable experience.

I would especially like to thank all the landowners who allowed us to hike on their property. NYS has so much to offer: mountains, lakes, waterfalls, babbling brooks, ravines, farmland, etc. It really is a beautiful countryside to hike. I'd also like to thank the trail stewards for doing such a great job keeping the trail open.

Last, but not least, I'd like to thank Ed Sidote for creating the hike series concept. Without the series, I know I never would have tackled the whole trail. I appreciated his notes of encouragement after I sent in my yearly reports. You're an inspiration, Ed!

Well, now that I've finished the main trail, I look forward to hiking the branch trails and revisiting some of the places I've stayed over the last several years. After I walked my last step on the FLT, I hit Pat's "Easy Button". It wasn't always easy, but what a great journey! □

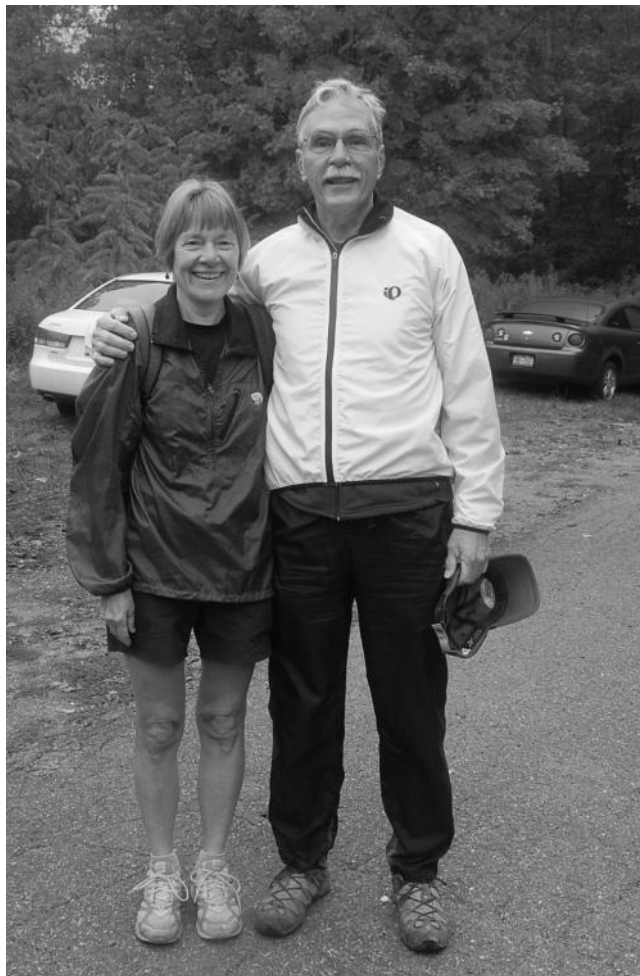
**New end-to-enders as of 10/5/08:
June Meyer (#260) and Lincoln Brown (#261)**

We moved to the Ithaca area in August of 2002 upon retirement, having lived our adult lives in one place or another in New Jersey. Friends thought it a strange move, since retirees are expected to go south. We had “interviewed” a number of possible areas to spend our retirement years, and Ithaca won, based largely on the fact that it was a college town in a beautiful area, where there appeared to be lots of places for pursuing our outdoor interests of biking, hiking and kayaking.

It was actually Ithaca's gorges that won us, since we had never heard of the Finger Lakes Trail. However, we soon found ourselves on sections of a well-maintained trail with white blazes, which led to questions and answers, the latter including the trail's length (formidable) and the fact that people actually end-to-ended the trail. With little thought of doing that, we figured we'd at least hike the sections in the Cayuga Trails Club Guide near our home and keep track of them. Our first entry was 9/11/2002, by chance the one year anniversary of a different kind of adventure for Lincoln, who had had to find a way home from Manhattan on that terrible day.

So, without knowing it, we were hooked. Finding trail start and end points proved to be a good way to get to know our new area, and it was fun to be accomplishing something. Sure, we had to drive two cars an increasing distance each time we did a new segment, but it wasn't too bad.

After two years of this, now well out of the areas covered in the local book, we pretty much stopped doing the



Jackson “Jet” Thomas

trail, and recorded no entries at all in 2005. But the idea of finishing was always there, somewhere, and we discovered two truly great concepts: the county hike series and trail angels. We could work our way west county by county with other hikers (using school busses instead of our second car!), and we could do the east (and make up missed hikes in the west) with one car by asking kind folk to spot us for the hikes.

There are a number of people, including Ed Sidote, we'd like to thank for helping in this way, but must single out two couples for special

praise. To the east, Bob and Sue Bliven drove many miles to get us started—we kept calling and they kept saying “yes”; to the west, Ken and Margaret Reek came all the way from Rochester many times not just to spot us but to hike with us. Thanks so much to them and to the others.

Not all our memories of hikes are positive. Clearly our least favorite day was in eastern Delaware County, where we hiked a section with many hills but almost didn't notice them among the nettles as we were forever sweeping the hanging caterpillars out of our faces and hair. (We advised others to wait until fall for this section!) And did we really want to drive 100 miles east to walk all day on roads? Is there ever a day when trails in Cortland County are mud free?

But for each one of these days, there were ten when we found the trail interesting and/or the day perfect. And what a way to end—we finished on the weekend of the final Cattaraugus County hikes series in Allegany State Park in beautiful fall weather, on great all-in-the-woods trails, with a final crossing into Pennsylvania to cheering and balloons.

What a wonderful way to spend our retirement! Will we now start over? Not a chance—now we look forward to redoing sections near Ithaca without the long drives and without road walks. But, when the county hike series works its way back to Cortland, or maybe even Chenango Counties, we'll be out there again! □

FLT End to Enders, Julie Wagner (262) & Dan Wagner (263)

In 2002 we started Finger Lakes Trail (FLT) hikes near our home in Chenango County. At that time we had no intention of completing the FLT and didn't really know what the FLT was. We just thought we'd try the local hikes being organized by Ed Sidote. The first unofficial "teaser" hike was a relatively short jaunt in the Bowman Lake area. That initial hike was a lot of fun. Ed had us hooked on the FLT, but we didn't know it.

All of the Chenango hikes were quietly exciting because the concept of organized group hikes was so new to us, and the other hikers were so chatty and friendly. We learned by observing the experienced hikers in our medium-fast paced group. One woman had some sort of drinking tube device protruding from her backpack. She didn't have to slow down and retrieve a water bottle from her pack. When we asked about it, she eagerly explained and demonstrated the CamelbaK system. We purchased our own CamelbaK packs before the next monthly hike. We also realized that good hiking boots and a hiking pole were worthwhile investments. Those items were procured before the next hike.

Looking back at the dozen or so hikers in the 2002 medium-fast group for the Chenango Co. series, 8 of those hikers are now end-to-enders. Six of the 8 remained with the organized county hike series and completed the FLT with us in 2008. Those 6, plus 3 or 4 other hikers who joined the county hike series in 2003 or 2004 became our core hike group. They remained good friends that we typically saw just once a month from April to October.

In Chenango Co. we took for granted how convenient it was to drive a relatively few minutes to the designated parking spot at the end of each hike, catch the bus to the starting point, complete the hike, enjoy a victory beer, and be home and

Jackson "Jet" Thomas



showered by mid-afternoon. We were also spoiled by the generous and hospitable sag wagon volunteers who provided us with Gatorade, water, trail mix, fruit, M&Ms, cookies, etc. at a couple of road crossings during each hike. That lavish treatment continued during each county hike series.

We continued hiking the FLT as members of the organized hikes, one county each year.

2002	Chenango
2003	Cortland
2004	Tompkins
2005	Schuyler
2006	Steuben
2007	Allegany
2008	Cattaraugus

As we continued hiking westward across the state our routine became a 3 or 4 or more hour drive, starting pre-dawn on Saturday or after work on Friday, followed by the Saturday hike and then a long drive home.

In 2003 we still had no concept of completing the FLT. We just enjoyed hiking the trail with our new friends one Saturday a month during the spring, summer and fall. At some point during the 2004 or 2005 county hikes we made the decision to finish the FLT. It became a goal, and we were always relieved and grateful

when one amazing hike coordinator after another volunteered for the following year's series.

Since we had now become serious about completing the FLT, in 2006 we also started hiking the extreme eastern end of the FLT in Delaware and Ulster counties. Some of our core group of county series hikers, plus a few others, hiked those counties together. We completed the last of the twelve hikes in 2008.

As we started hiking Cattaraugus Co. in 2008 we knew it would be a bittersweet experience. Yes, we would accomplish our goal of finishing the entire 563 miles of the FLT, but at the same time the fantastic organized hikes would be coming to an end. On October 5, 2008, Ed Sidote personally presented us with our FLT end-to-end certificate and badge. That ceremony was particularly meaningful to us because Ed was the person most responsible for starting us on our FLT journey in 2002.

What's next for us in the hiking world? We've already made tentative plans to hike with some of our FLT friends in 2009 and beyond. And we'll probably start to tackle some of the numerous FLT branch tails that we haven't yet taken time to explore. □

Gail Merian FLT, End-to-End #265, October 2008

In 2002, I was asked by co-workers Dave Connors and Lynn McCall to join a hike across Chenango County. Little did I know that this would start a snowball effect and that I would end up completing the entire seven season hike series as well as the whole FLT!

The first hike in the western part of the Chenango County was rainy and UP!!! All I could think about was what had I gotten myself into. For every foot forward, you went two back. Then near the end of the season over by Bainbridge, we were warned about the BEES! Well, we all marched along. Dave was our leader. We stopped for a moment and Dave said, "I think we are getting close to where the bees were spotted." I looked down and they were coming out of the ground under my feet. I said, "I think we found them." Pandemonium broke loose as we all tried to save ourselves. I got 8 zingers out of that one! As the season ended, the hike for Cortland County was already being planned.

Season 2 – Cortland County began in **2003**. Tom Homa became our leader for several counties. He was better known as the "Mushroom Man". Every time we came across mushrooms, we would stop and look at them. They ranged from chanterelles to death angels. Our motto was "If it is raining, we must be hiking." I had talked my friend Jean Blackburn into joining the series this year. The 3rd hike out, the trail was like grease and Jean went face down in the mud, earning her the nickname 'Mud Pie'. The wonder of it is that she still speaks to me. The trail up over Greek Peak is also in our memories. The rain (we were hiking right?) turned into a thunder and lightning storm. We couldn't decide who was the tallest so that they could be sent out in front of the group with a metal hiking stick. Then there was the "Lost Hike" with the trillium. The



Jackson "Jet" Thomas

Read Gail's t-shirt, "The Finger Lakes Trail, To finish is to win"

bridge was out. In order not to walk through the stream, we were told to walk down and hang a left and go up the dirt road past the trilliums. Which left? Well, MILES later up a BIG hill we found we had made the wrong turn and had to walk all the way back. Of course, this was the one HOT, SUNNY day and on the road to boot!

Season 3 -- Tompkins County came along in **2004**. The first hike was like old home week, greeting everyone (Marcia, Pam, June, Candy, Diane, Ralph, Jean, Allie, Arnie, Kate, Wade, Kathy, Sue, Erica, Theresa, to name a few) and finding out what they had been up to over the winter. We had all become used to June and her "Hootie Hoo's." One of the things I remember was that I had to make up a hike with Lynn McCall. We ran into some Thespians—knights in shining armor and damsels in long gowns. They were looking for a dragon to slay. Who knew there were dragons in central New York?

Also in 2004 a number of us decided we needed to be "pure" and trek through Tioga County to do what became known as the "Bridge Hike."

The date was arranged and different speed groups formed. The hike started. As the day progressed, it became hotter and hotter. We were all complaining about the heat. Every time we came across a stream, we were wetting our kerchiefs and applying the wet cloths around our necks. Then we thought it would be nice if it rained to cool things off. Be careful what you wish for! About a mile before the end, the heavens let loose!!! We were literally drenched. I needed windshield wipers for my glasses. When we got to the end of the hike, we had one car to transport us back. There were about 8 of us. Candy had the only vehicle. And it was still pouring. Did I mention that we were wet? Did I mention that Candy's car was new—BRAND NEW? WITH LEATHER SEATS!!! We all had to cram into her Subaru. I was one of the ones in the trunk. Candy drove us to where our cars were parked. We proceeded to pile out of the vehicle. Along with us, water came out like a waterfall.

In **2005** we began Season 4 - Schuyler County. The spring flowers (Jack-in-

the-Pulpits and trillium) on the Ridge Road to Steam Mill Road leg of the hike were beautiful. This was also one of the hottest counties that I hiked. During one hike in particular, my companions were concerned about my very hot, very red face. The hike through Watkins Glen was as they say “gorgeous.”

Our hikes were now starting further and further west. The drive out, the hike and then the return trip were getting to be a bit much. So we broke down and started driving out on Friday night. This, too, led to some wonderful adventures: a beautiful sunset by Howard, the hotels—especially the one with the exercise room in the lobby and of course, there was the Budget Motel that always welcomed us by name. And then there were the restaurants—Jack’s Place or the wonderful seafood buffet at Ponderosa and we always looked forward to dinner at the Moon Winks restaurant and the E.B.C. Brew Pub!

Season 5 - Steuben County in **2006** was when the Blivens entered the scene. Sue became our leader and was a gazelle on the trail. This was the series where we “forded” the streams such as Sinclair Creek. I have several pictures of flooded creeks where you could see the disbelief on people’s faces knowing that they had to cross the swollen waters. Of course, once we were over, it was a rush to take pictures of those behind to see if anyone fell.

Now things started to get serious. If I thought about doing the whole trail, I would have to do the Delaware and Ulster County hikes. In 2002 I toyed with the idea of hiking these counties and did a couple hikes. Then I put it off. In the winter of 2005, the Chenango Bullthistle Hiking Club started doing many of the road walks. After that, when I could find no one else, I would coerce my friend Jean into joining me. When I hiked in to where the Peek A Moose trail was, I remembered thinking, “What a let down. No big YOU ARE HERE sign.” But I did

stop at the little store to sign the book in Claryville and read all the entries of previous hikers. What was more impressive was I recognized many of their names. On the Balsam Lake to Claryville route, we had two groups, where we exchanged car keys along the way. (We had spare keys just in case.) The hardest part for me was Balsam Mountain. The neatest parts were the giant rocks at Rock Point on M-27 and the numerous stone fences.

Then in **2007** (Season 6) we started Hiking West Across the Genesee. This ended up being my favorite county. This county series had scenic views, horses and rock formations. It had a beautiful rim trail that overlooked the Genesee River. **HOWEVER**, to our left, we could look down and see the trail markers on trees in the ravine that were growing at a 90 degree angle from the side of the trail.

Season 7 - Cattaraugus County in **2008**. Well, I’d come this far, so I had to finish, even if I crawled. And I turned 60. I decided that a wonderful way to remember this year would be to complete the FLT when I was 60 years old. Shirley and Jackson were our leaders. Jackson memorialized many of our events on his trusty camera. The weather was good and Rock City was one of the highlights of the trail. But here again, the thunder and lightning storm around us was a little nerve-racking as we all tried to

take photos. Of course, my camera **HAD** to jam up! On one hike two dogs followed us and had to be returned to their home.

The last hike of the 2008 season was phenomenal! My team was holding me back as my energy was making me jittery to finish. As we came to the end, balloons started to appear on trees. Finally the finish line with many balloons and the congratulations sign came in sight. Our hosts raised their hiking sticks like swords as we all walked across the end of the FLT into Pennsylvania. Then we were welcomed with a glass of pink sparking ginger ale. We were all so giddy it **COULD** have been champagne. Then my hiking companions Pam, Ralph, Marcia, Kate, Shirley, Jean, and Arnie, to name a few, made me feel so proud when they said, “We have our **OWN** end-to-ender in our group!”

What a wonderful sense of accomplishment! The people who hosted each of the county series went out of their way to make each county special and memorable. In addition, there was an enormous amount of work that went into the preparation for each hike that kept us on track and safe. And I want to thank each and every person I hiked with—they all made the trail enjoyable with many memories that I will cherish for the rest of my life. □



The hikers above completed the whole seven-year cycle of county hikes from Chenango to Cattaraugus. Front: Julie Wagner, Emory Morris, Gail Merian, Susan Collier. Rear: Dan Wagner, Kate Maginnity, Erica LaBuz, Dan and Ruth Dorrough, Kathy Foote, Paul Gaeta. Missing from the photo: Vicky Gaeta and Ralph Lynn.

Article removed at author's request

Video: Basic techniques for using trekking poles

For a brief but useful video on techniques for using trekking poles from MountainZone.com, see the Smoky Mountain Hiking Blog posting at http://hikinginthesmokys.blogspot.com/2008/10/video-basic-techniques-for-using_14.html. Sorry, I can't give you a live link, but googling for "Basic techniques for using trekking poles" (in quotes) will get you there.

I found out about this video from FLTC members Rich and Sue Freeman's New York Outdoors Blog, <http://newyorkoutdoors.wordpress.com/>, sort of a modern clipping service for outdoors information about New York State.

— Jo Taylor

Answer to the Fall "Name that Map!" quiz

Correctly locating the skull bridge on M-17 near Robert H. Treman State Park, Ithaca:

Irene Szabo (Norfolk Southern Railroad carrying coal up to Milliken Power Plant on Cayuga Lake)

Diane Melveney (trail maintainer)

Tom Reimers

DG Rossiter (lives in Netherlands but returns to visit)

Mahlon Hurst

Sarah Hurst

Neil Zaslaw

Ellen Zaslaw

Scott Bahantka

Heidi Bellenger

Diane Bellenger

Gary Mallow

Calvin D. Smith

Tim Wilbur



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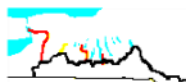
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Welcome!

New and Returning Members February '08 through April '08:

Brett Ahrens	Hornell	Patricia Forton & David Warden	Dan Nowark	Newfane
Christopher & Wendy Armitage		Ithaca	Xan Penrose	Binghamton
Christopher, Jr. & John		Charles Goodrich	Gerald (Gus) Phillips	Hamburg
	Endicott	Gregg Hartvigsen	Willa Powell	Rochester
Tristan Baier	Newark	William Hawkins	Larry Reister	Rochester
Sean & Pat Brady	Binghamton	Leslie Keller	Leona Russell	Scottsville
Brian Castner	Grand Island	Scott Kelly	Jennifer Schlick	Jamestown
Kevin Connors	Buffalo	Anna La Force	Kathleen Schwarz	Ithaca
Brain Doyle	Clinton	Rockne Locey	Lowell Turner	Ithaca
Allan Drew	Jamesville	Lake	Chanda Vincent	Manlius
Gerlind Lynn Dubey	Ellicottville	Tom & Jo Lochner	Bill Whyland	Syracuse
Joanne Facci	Webster	Robert Marquez	Micheline Zion	Trumansburg
		Janice Mirisoloff	Chris Zukowski	Wantagh

Can you place this scene? Send your guess to Jacqui Wensich at jwensich@rochester.rr.com. The answers will appear in the next issue of the *News* along with the names of those who sent in correct answers. The answer to the Fall quiz can be found on page 31.



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

Scott Bahanka



Dust of Snow

by Robert Frost

The way a crow
Shook down on me
The dust of snow
From a hemlock tree

Has given my heart
A change of mood
And saved some part
Of a day I had rued.



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

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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Thank You



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607/324-0374 • meach@infoblvd.net

Finger Lakes Trail Conference, Inc.

Calendar of Events

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

February 6 Deadline for submitting material for spring
issue of the *Finger Lakes Trail News*. See
box on page 1 for instructions.

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

**May 8-10..... FLTC Spring Weekend at the Frost Valley
YMCA Camp in the Catskills, to be hosted
by the Triple Cities Hiking Club.** See pages
11-15. Annual Business Meeting, Saturday
3:00. FLTC Board Meeting, Saturday 4:00.

May 22 Deadline for the summer issue of the *Finger
Lakes Trail News*

June 6 National Trails Day

June 20 FLTC Board Meeting, Lysander

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

Please check the FLT website (www.fingerlakestrail.org) for
up-to-date calendar information.

In the interest of legally protecting those landowners who have
permitted us to build our trail across their land, the Finger Lakes
Trail System will be closed on all private lands for 24 hours on
Monday, February 2, 2008.

JOIN THE FINGER LAKES TRAIL CONFERENCE

Name _____

Address _____

City/State/Zip _____ County _____

Phone (____) _____ Email _____

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

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

Individual.....\$25 Contributing:

Family\$30

Student (full-time; give Pathfinder \$45

permanent address).....\$15 Trailblazer \$75

Youth organization\$15 Guide \$100

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

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

Trail Towns: Ellicottville

by Irene Szabo

When I endured the surprise of shuffling through maples leaves covered with two inches of wet snow this 30th of October near Ellicottville, in order to do trail work, there were many citizens of this village who were happy as could be. And as I climbed the blue trail along the west edge of the Cobb property on FLT Map M-4 to the point where I could look west and see the whitened ski slopes visible down valley a few miles, the reason for their contentment was clear.

Ellicottville has three natural resources—timber, gravity in extreme doses, and unholy amounts of snow blown in from Lake Erie. Foresters and lumber companies continue to make good use of the maple and cherry native to these hills, while entrepreneurs have made E'ville a sensational ski center with multiple slopes and their attendant resorts.

The Finger Lakes Trail drops into this steep-sided valley from a state forest to the south by paralleling one ski slope, then climbs out again over a series of sharp climbs and descents, for this area was the south edge of the last advancing glacier. Since the glacier stopped at the Allegheny River, nearby valleys were never ground down and smoothed out, giving hikers a fierce workout with occasional fabulous views and giving skiers endless steep slopes far more fun in proportion to their height than would ever be expected.

Naturally, the successes visited upon this rural village from winter visitors who ate, skied, and even built second homes were attractive enough that Ellicottville has made it a mission to be a magnet for visitors all year. Festivals are held here with astounding frequency; while most small towns might have one or two festivals per year, Ellicottville offers a traffic jam nearly every other week year 'round! Oldies weekend in September drags us back happily with rock and roll along with delicious old cars, Pumpkinville is followed by Fall Festival, and then comes a wine weekend, Christmas events.... Then after the skiers have left for sure (yes, there is still cruddy snow on those north-facing slopes in May!) the summer festival series begins... one for arts, one for food, and even a women's weekend in June that features healthy stuff including hiking.

Ellicottville knows where its treasure comes from (after all, the crosswalks are painted with giant snowflakes!), but it does a bang-up job of being inviting all year. Consequently there is a host of B&B's, lodges, hotels, and motels covering a wide range of price and luxury, again, a lodging offering way beyond that expected for such a little town at the bottom of a lot of steep hills just left of Plum Nelly, not to mention a wide range of eating joints. Even such intrepid but cheap hikers as Joe Dabes and John Morris can stay at a nearby campground and come in to town on Monday night for the unlimited spaghetti gorging at the Gin

***Ellicottville has three natural resources—
timber, gravity in extreme doses, and unholy
amounts of snow.***

Our webmaster Joan Young, during a 2001 hike in NY as part of her quest to finish the whole 4400-mile North Country Trail, "enjoys" appropriate summer sculpture whimsy in front of the Ellicottville village hall. The giant mosquito was on loan from nearby Griffis Sculpture Park.



Marie Allenau

Mill, while all of us deserve at least one evening at the Ellicottville Brew Pub, where a \$14 hamburger is actually worth it AND the beer, ale, and stouts brewed on site are very special indeed.

No wonder one of our recent FLT spring weekends in E'ville featured a progressive dinner that made us walk from place to place for each stage of the meal, capped with visits to specialty dessert cafes.

Best of all, Ellicottville features a few special places that have nothing to do with the usual tourist attractions, places that just happen to be there and are likely to interest our readers. For instance, the Nannen Arboretum is a glorious plant park right in the village, maintained by the Cooperative Extension. Open all the time, Nannen offers trees both native and exotic, shrubs, and formal gardens. www.nannenarboretum.org

Northeast of E'ville in East Otto is the Griffis Sculpture Park, a delightful outdoor collection of sculptures. As can be seen from the picture, periodically Griffis shares whimsical pieces with the village. www.griffispark.org

And to be sure you don't miss a single festival, check out the Chamber's website, www.ellicottvillenyny.com. We are happy to report that the Finger Lakes Trail is featured there, certainly appropriate since miles of our trail system surround the town.

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