

Finger Lakes Trail NEWS

Spring 2009



Above: Early FLT mapmaker Valda Laton checking her map, 1964 - page 13



www.fingerlakestrail.org

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President's Message

Moving Forward

David S. Marsh



Photo by Jacqui Wensich

How quickly man-made “structures,” on which we have conditioned ourselves to rely, can change. Like trees in a forest after a microburst, we have watched as financial institutions and major corporations, flawed from mismanagement, snapped and tumbled. A warming climate threatens the natural world we hold dear and the very existence of future generations of living creatures. We are shaken to our very roots, but out of the rubble, new growth begins to appear, and we dare to hope again. These are difficult times indeed. All FLTC members and volunteers will be affected. A very serious lesson has once again been learned, that greed is short sighted, our strength is in following our fundamental principals, and this earth, while resilient and forgiving, must be respected and protected. Our country must Move Forward!

These conditions, coupled with the sudden death last fall of Howard Beye, our long time VP of Trails, provided an unusually serious and sobering backdrop for the annual FLTC Board (planning) Retreat in January at Letchworth State Park. It was clear that we had to assure that our goals will concentrate the FLTC effort on critical tasks, reorganize our trail maintenance activities, prepare financially for the economic conditions that will be with us at least through 2009, and maintain our membership base. We are satisfied that we are making important progress in most goal categories. In 2008, we failed to achieve our 5% membership increase (per year for five years) after meeting the membership goal in the previous two years. We are hopeful that in spite of the difficult economic conditions, and with your help, we will be able to meet the important membership goal for 2009. The financial position of the FLTC is solid, and we are very grateful to those of you who contributed to our annual appeal and helped us to exceed budgeted expectations. Our goals have been revised and in some cases increased, as is the case for the Great Eastern Trail goal. There Pat Monahan and his team have made impressive progress and have increased the goal to complete new trail additions, from five miles to fifteen miles by January 2010. You may review our revised goals on page 5.

We have completed an organization plan for trail management that will distribute Howard Beye's former responsibilities over five functional areas, three of which are new. It is our belief that the responsibilities of the Vice President of Trails have grown in both quantity and complexity and are too much to expect one person to handle. The Board has elected to use 2009 as a transition year to allow the three new positions to be staffed and integrated into the organization. The new positions are temporarily titled Director of Trail Quality, Director of Crews

and Construction, and Director of Trail Maintenance. The existing position of Vice President of Trail Protection will assume responsibility for landowner relations, and the FLTC office will expand its responsibilities for data base management and other trail data tasks. I believe this new organization structure will provide a more effective Board focus on the critical task of keeping the FLT fully operational and in excellent condition. We seriously need your help in staffing these new positions and some of the tasks that support them. You may read more about this on page 14. Please step forward and volunteer. The FLTC must Move Forward!

The good news is that more and more people are discovering and enjoying the FLT. The bad news is that sometimes the trail is used for recreation that it was not designed to handle. The FLT was built as a footpath only, to provide a “wilderness type” experience. When persons use other conveyances on the FLT, the permission we receive from permitting landowners is violated, those who seek the experience for which the trail was designed to provide are disappointed, and the trail tread is often damaged, creating additional work for trail maintainers. The FLTC Board has established an FLTC Footpath Use Policy which may be viewed at www.fingerlakestrail.org along with the Special Events Policy that was announced in the last *FLT News* issue. See page 4 of this issue for the new policy.

After two years as VP of Finance and three years as Board President, I have decided it is time to step down and allow new leadership to guide the organization. I believe that organizations are refreshed and significantly benefited by a well spaced change in leadership. For me, it is a time to make some important changes in my life. Much of my life has been devoted to administrative-type work, either finance in my career or administrative functions in various organizations I have supported. I have reached a point where it is important for me to spend a far greater portion of my time outdoors where I long to be, time devoted to birding, hiking, maintaining trail, preserving natural space for wildlife, etc. There are “so many trails, and so little time.” The years I have spent with the FLTC Board have been very rewarding, and I hope that I have contributed something worthwhile during that time. The people, the Board, volunteers, members, employees, are the best. I will continue to support the FLT in many ways.

(Continued on page 4)

Are you a Finger Lakes Trail groupie?

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



FINGER LAKES TRAIL NEWS

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

Spring 2009

Volume 48 Number 1

Mission Statement

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

FINGER LAKES TRAIL NEWS Volume 48 Number 1 Spring 2009

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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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And on the back cover...

Favorite Trail Sections in Central New York, a great spring walk in the woods

Cover: Early FLT mapmaker Valda Laton checking her map from Hi Tor on the Bristol Hills Branch Trail. This view of Canandaigua Lake with South Hill in the foreground is not easily seen today except in winter when the leaves are down. Today South Hill is also heavily forested, but when the photo was taken nearly 50 years ago in 1964 there were many fields.

The photograph was taken by Rosa Wolfer, an FLT pioneer and friend of Valda's. Read about Rosa and Valda in archivist Georgianne Vyverberg's column on page 13.



Lynda Rummel

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ADK-Pro Trail Crew members (l to r) Mike Robbins, Paul Ranon (leader), Theresa Troy, and Andrew Hamlin.

2008 was a good year for the Finger Lakes Trail Conference...well, mostly. Despite the rocky economy, we were able to balance our budget and in each area of budgeted income, we exceeded the projected amount. This included Dues, Unrestricted Contributions, Sidote Stewardship Fund, Endowment Fund, Annual Appeal, and Sales.

One goal we did NOT meet, however, was our Membership Growth Goal. We had hoped to maintain a 5% growth rate, meaning that we needed 1340 members by 12/31/08. At year end we had only 1307, only 2.4% more than a year ago. New members in 2008 totaled 199 as compared to 227 for 2007, but we also had a larger number of people who did not renew their membership in the Spring of 2008 (137 as opposed to 108 in 2007). Had either of those factors remained constant we would have been VERY close to meeting the goal. It will do no good to cry over 2008's results. We need to pick ourselves up, dust ourselves off, and get to work on 2009's goals. YOU can help! First, be sure to renew your own membership in April, 2009 AND try and recruit at least ONE new member. If we base our 5% growth goal for 2009 on the year-end result, we need 1372 members by 12/31/09, BUT wouldn't it be great to make up the 2008 deficit and reach 1407 instead (5% more than the 2008 goal)!

Other good news for 2008 includes the fact that we streamlined office operations with the addition of a new part time database/accounting assistant, Jennifer Hopper. We had a very successful Spring Weekend in Montour Falls hosted by the Cayuga Trails Club, an excellent hike series coordinated by Pat Monahan, and a successful NCTA Annual Meeting in Cazenovia, coordinated by Irene Szabo and co-hosted by the FLTC, ADK-Onondaga Chapter, and CNY Chapter of NCTA. 2008 was a record year for new Enders. Our newest branch trail connecting the FLT Main Trail with the Mid State Trail in Pennsylvania is well underway. This is part of the Great Eastern Trail (GET). Your Board of Managers and Officers continue to



From the Desk of the Executive Director

.....
Gene Bavis

work diligently to promote our mission. As a part of that diligence, the Board authorized a full audit of our books and operations for 2008. We engaged a professional audit firm, and the field work was completed by the auditors in late January and early February. We will update our members when the final report comes in. Initial feedback has been positive.

In the "not so good" category, we are still trying to recover from Howard Beye's passing. As you know we lost Howard back in September. We knew that he did a LOT for us, but as we move forward we keep finding more and more things he did that we took for granted or barely noticed. At our Annual Retreat in January, the Board struggled with ways to fill Howard's BIG shoes. We think we've got a basic restructuring in place where the jobs that ONE man did will be divided MANY ways. I have confidence that we who love the trail will be able to accomplish this task.

We look forward to our 2009 programs. Our Spring Weekend is at Frost Valley in the Catskills, hosted by the Triple Cities Hiking Club. (See page 28.) Hopefully, you have already registered. We're having our 2009 County Hike Series mostly in Delaware County. This year it's being

coordinated by Jon Bowen. The Fall Campout will be on October 16-18, 2009 at Camp Turner in Allegany State Park, hosted by the Foothills Trail Club. In addition we are looking forward to our three "named" hikes and perhaps some other opportunities for NEW or inexperienced hikers. Stay tuned! Please check our website and/or join our "e-group" for more updates.

Finally, I'd like to thank YOU for your financial support, your volunteer efforts, and your interest in this trail and the organization that supports it. I'd also like to thank our permitting landowners, our agency partners, our affiliate clubs and trail stewards, our trail sponsors and regional coordinators, and all of our friends for your support and cooperation. □

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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

Moving?

Instructions for notifying the FLTC of address changes appear at the bottom of the masthead on page 1 of every issue of the *FLT News*.

HELP WANTED: County Marketing Representative needed for Schuyler County. Responsibilities include identifying and visiting locations in your designated area at which to leave FLTC brochures/poster. Included here would be town/village clerk's office, recreation centers/health clubs, camps and campgrounds, Boy and Girl Scout offices, sporting goods stores, hotels/motels/B & B's, nature centers, libraries, and college outdoor clubs.

Contact Phil Dankert, Marketing Subcommittee Chair, for more details if you are interested: pdankert@twcny.rr.com or 607/257-2578 (home)

New Trail Easements on the Art Kopp Section

by Lynda Rummel, Regional Coordinator Bath-Watkins Glen



Lynda Rummel

Easement grantor David Peterson holds a basket of picnic goodies given to him as a "thank you" for his help with this summer's project of rebuilding and relocating the trail in South Bradford State Forest.

The FLT/NCT has three new trail easements to celebrate, on the trail between South Bradford and Watkins Glen that is named for Art Kopp, former head of the Finger Lakes Chapter of the Adirondack Mountain Club.

Over the summer, **Stephen and Kathryn Trechter**, owners of Sugar Hill Farm, granted a trail easement for roughly 800 feet that lie between two sections of the state forest west of CR 21 (M-14). The Trechter section allows the trail to bypass a large swampy area on state land. From the west, the trail enters the Trechter property on rustic puncheons. These and a narrow exit at the eastern end help keep snowmobiles and other unwanted trail users off their property. Kathryn Trechter says that the trail "belongs" where it is on their land, and we couldn't agree more—it's a beautiful stretch of trail through lovely hemlock forest, and we are immensely grateful to Steve and Kathy for their generous support of the trail. The Trechters have supported the trail in other ways, too, e.g., by providing a basket of their organic products for an auction to raise funds for the NCT and water for the Alley Cat crew that stayed at Sugar Hill in 2006 when building the Buck Settlement Shelter.

In September, the owners on both sides of old Moss Hill Rd. granted trail easements for roughly 1000 feet of trail running from the hamlet of South Bradford south to the state forest boundary (M-13). Although landowners **Shirley and Peter ("Jimmy") Koseba** have taken up the snowbird's life, they still own property on the east side of the old road. The trail runs south to the state forest along the boundary they share with **David and Paulette Peterson**, and both the Kosebas and the Petersons wanted to preserve the trail for future hikers to enjoy. Both the Koseba and the Peterson children used the trail and the Moss Hill Shelter. In the mid-nineties, Jimmy and David jointly built a gate and a dodgeway around it that keeps motorized vehicles, bikes, and horses off their part of the old road but allows hikers to pass through. Before they moved, the Kosebas often provided the section steward (me) with water and good cheer. The Petersons carried on this tradition this past year, when they allowed me to park my utility vehicle on their property while working on a big trail rebuilding/relocating project and came looking for me when I wasn't out of the woods by dusk. David Peterson also takes his

Ray Recchia: New Board Member



Ray Recchia of Whitney Point was recently appointed to fill a vacancy on the Board of Managers.

Raymond Recchia grew up in a rural hamlet of Cortland County along what would later become a portion of the Finger Lakes Trail. As a child he frequently went hiking in the nearby hills, looking for fossils, catching crayfish, and building forts in the woods. As an adult, Ray is a lawyer working in Binghamton, concentrating on domestic issues. He has been a member of the Triple Cities Hiking Club for five years and a board member for two years.

Ray frequently stows a few field guides in his pack and has read "Peterson's Guide to the Eastern Forests" cover to cover. He would describe himself as a day hiker. In recent years he has made trips to northern Oregon and the Grand Canyon and enjoyed hiking there. □



tractor to the trail when it's damaged by run-off. Our heartfelt thanks to our generous landowners, Shirley and Jimmy Koseba and David and Paulette Peterson, for assuring continued public access—on foot—to South Bradford State Forest. □

President's Message ...

(Continued from inside front cover)

In the years ahead, I feel it is critical for the FLTC Board, membership, and volunteers to place the highest priority on the following three items: (1) Permanent Trail Protection--the existence of the FLT on private land is seriously threatened wherever permanent trail easements are not in place. (2) Financial Security--the FLTC must explore all sources of funds to support needed outlays for trail protection and build an endowment to help assure long term financial stability. (3) Continually Express Gratitude--it is essential that landowners, public and private, and FLTC volunteers be regularly recognized and appreciated for their important contributions to the FLT.

The Nominating Committee has proposed that Pat Monahan be appointed as the next President of the FLTC Board of Managers at the Board meeting on May 9, 2009. The FLTC is indeed fortunate to have such a fine, talented, and energetic person to assume the leadership of the organization. Pat is currently a Board member and has been the Project Manager of the new trail that will connect the main FLT with the Mid State Trail at the NY/PA border and become part of the new Great Eastern Trail. In this role, Pat has demonstrated strong leadership, excellent organizational capabilities, and dedication. The progress he has made far exceeds anyone's expectations. In addition to that role, Pat has been responsible for the FLTC hike series for the past two years where he set new standards of excellence and won many new friends for the FLT. Pat has earned the respect of everyone and I am pleased to have the opportunity to pass the reins to such a talented person. He will do very well. The FLTC is Moving Forward!

You can see that the Finger Lakes Trail Conference Board does not take a vacation during the winter months. We use this time to plan and organize for

the years ahead, much like nature does during this period while under a blanket of snow. Nature is constantly Moving Forward too! Spring "...sweeps ahead like a flood of water, racing down the valleys, creeping up hill sides in a rising tide" (Edwin Way Teale). Change is all around the trail. We are invigorated to be outdoors to feel the warmth of the sun and see the fresh new changes that surround us. It is a season that begs us to put on those hiking boots and hit the trail. The trail must be cleared of debris from winter storms and some more involved improvements need to be made, an

activity that many enjoy. How about you? We can always use your help.

Have you made your reservations to attend the FLTC Spring Weekend based at the Frost Valley YMCA Campus in the beautiful Forever Wild Forest Preserve of the Catskill Mountains? This event will be hosted by the Triple City Hiking Club and it is not too late to register (www.fingerlakestrail.org to download a registration form). I hope to see you there. Thank you for your support and encouragement over the past several years, and remember, the trail ends only in your mind. □

Thanks to Our Trail Landowners

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

If you would like a copy of our trail map in your property's neighborhood, please ask the FLTC Service Center at 585/658-9320, FLTinfo@fingerlakestrail.org.

Announcement

The FLTC Board of Managers has adopted the following to explain, summarize, and communicate its policy relative to the use of the Finger Lakes Trail. This policy may also be found on the FLTC website at www.fingerlakestrail.org along with the FLTC Special Events Policy announced in the last issue of the FLT News.

FLTC FOOTPATH USE POLICY

The designation of the Finger Lakes Trail (FLT) as a "footpath" establishes the criteria for its construction and maintenance, so as to minimize human impact on the natural state of the land, and maximize the trail users' "wilderness type" experience. As a result, the FLT may easily be distinguished from "multi-use trails", in appearance, design, and enjoyment. The use of conveyances, including but not limited to bicycles, motorized vehicles, horses, and snowmobiles, violates the above desired objectives, and, the mission of the Finger Lakes Trail Conference (FLTC).

FLTC Long Term Planning
Revised and approved: January 24, 2009

What is the overarching strategy?

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

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

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

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

BOARD OF MANAGERS GOVERNANCE

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

ADMINISTRATIVE STAFF

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

MEMBERSHIP

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

REPUTATION/RECOGNITION/RELATIONSHIPS

- Increase visibility with state and local governments to enhance their knowledge of the FLT as a valued recreational resource.
- Research additional venues to promote the FLT
- Develop brand recognition.
- Strengthen relationship with affiliated clubs that will bind the organizations and facilitate establishing common objectives for the trail.

VOLUNTEERS

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

FINANCE

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

TRAIL PRESERVATION

- Make trail protection a Board priority, aiming for three new easements on private land per year.
- Develop a plan for recognizing landowner contributions.

TRAIL MANAGEMENT

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

OUTSIDE INFLUENCE AND COMPETITION

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

Lessons and Luck:

Rebuilding and Rerouting the FLT/NCT in South Bradford State Forest

by Lynda Rummel, Trail Sponsor and Regional Coordinator Bath-Watkins Glen

The first drops of rain fell just as I painted the final blazes last September on the newly built switchbacks between Dennis Rd. and Monterey/Sexton Hollow Rd. in South Bradford State Forest (northeastern Steuben County, M-13). The trail building crew was on its way home; the first two hikers (future End-to-Enders Lois Justice and Linda Busko) had hiked through; and I could not believe our good luck: More than two weeks without a drop of rain and all the work that required strong backs and complicated logistical support was done.

The rain was moderate for the next 36 hours. Then Bill Meehan, DEC Region 8 Forest Ranger, reported that heavy rains washed out the road in nearby Corbett Hollow. Worried, I checked the new switchbacks and drainage ditches on the east side of the project area; everything was okay.

On October 4th, Laurie Moore, the Finger Lakes Region grants representative from the NYS Office of Parks, Recreation, and Historic Preservation (OPRHP) who administered our grant, and I met up to “inspect” the entire project. We drove to the west side of the project area (South Bradford) and headed south down Moss Hill Rd. The evidence of flash flooding was everywhere—huge, bulldozed mounds of fresh earth; piles of rocks, brush and tree limbs pushed off to the sides; and both roadside ditches scooped clean and widened. David Peterson, whose property borders the west side of the trail in the hamlet, told us that the Town Highway Supervisor reported that 10 inches had fallen on the South Bradford hills on September 28th. My anxiety abruptly returned: was I about to show Laurie that the grant money had been washed down the drain?

The trail (on old Moss Hill Rd. at this point) was strewn with debris, and several deep, new ruts sliced across it. As we crossed into the state forest, I was relieved to find that the new

section of trail was in great shape. But then, at the bottom of the descent, we found the trail completely obliterated by a large field of stones spewed across the trail by the torrential run-off. Looking back at the bypassed section of old trail, which was now reduced to bare bedrock and tangled roots and rocks, Laurie understood immediately why much of the trail had to be relocated. After that first moment of shock, we realized we could pick our way across without too much trouble; and from that point south to the Moss Hill Shelter, all of the new and salvaged trail looked great—a terrific testament to the value of taking the time to build trail correctly and to standards.

As Laurie finished inspecting the switchbacks on the east side of the project area, we heard the voices of approaching hikers. Soon the “Nowhere Group,” an informal bunch coordinated by Tom and Donna Noteware (Regional Coordinators for the Bristol Hills Branch), streamed by. They were enthusiastic in their praise. How serendipitous—and a wonderful way to show Laurie that many people use our FLT and that it means a great deal to them.

From http://www.adk.org/trails/Pro_Crew.aspx:

ADK's Professional Trail Crew

The ADK Professional Trail Crew (Pro Crew) Program is based on a strong tradition of resource protection through quality trail work, education, and adherence to traditional tools and skills passed down through the years. Since 1978, the crew has grown from one paid worker to 16, and has maintained its focus on the most remote and heavily damaged trails of the Adirondack and Catskill regions of New York State. The majority of the trail work completed by the Pro Crew is in conjunction with the Department of Environmental Conservation (DEC).

The core project consisted of rebuilding and/or relocating 1.3 miles of trail on state land between South Bradford and the Moss Hill Shelter, and two 0.3-mile sections of trail in the state forest between Dennis Rd. and Monterey/Sexton Hollow Rd. Rugged topography and an impassable washout forced us to access the sites from three different directions. On the west side, old Moss Hill Rd. had to be cleared from the State Forest boundary south to an impassable washout and the trail had to be rebuilt or relocated off the old road to get around many wet and eroded sections. Then the old road had to be cleared from the southeast corner of the forest north, through property owned by the Cotton Hanlon Timber Co., past the shelter, to the south side of the washout, so that the rest of the materials could be transported in and the trail between the shelter and the washout could be rebuilt or relocated. On the east side of the project area, 0.3 miles of new trail had to be built heading west from Monterey/Sexton Hollow Rd., to get around a hemlock “swamp” and improve access to a bivouac site and the steep hillside where eight new switchback legs were to be built. The eight switchback legs (0.7 miles of new trail), built to approximately 10% grade with 5% out-slope, were to replace 0.3 miles of treacherously steep trail (35-40% grade).

Howard Beye, our late VP for Trails, and I had worked on this project since October, 2006. In our Recreational Trails Program (RTP) grant application, I asked for funds to pay one or two crews to rebuild and/or relocate the trail between South Bradford and the Moss Hill Shelter and build the switchbacks between Dennis Rd. and Monterey/Sexton Hollow Rd. Gretchen Cicora, Forester in charge of trails for DEC Region 8, as well as careful photo-documentation of prior ground

(Continued on page 37)

History of the Finger Lakes Trail 1962–2002

The Early Years: Part 1 of 5 by Tom Reimers

"A Brief History of the Finger Lakes Trail" was written by Tom Reimers in 1992 to commemorate the 30th anniversary of the Finger Lakes Trail System. It was updated in 2002 for the 40th anniversary. The following article is the first of five based upon these documents.

In the summer of 1961 Wallace D. Wood of Rochester, New York, hiked portions of the Appalachian and Long Trails in Vermont. It occurred to him that a similar trail system might be possible in New York. He presented the idea to the Genesee Valley Hiking Club, and a committee was formed to investigate prospects for cooperation of regional outdoor clubs to build a long-distance trail in New York. A meeting of 12 people was held in Rochester in November 1961 to discuss the idea of a trail system.

The following year, approximately 100 people met in the auditorium of Keuka College near Penn Yan, New York, on Saturday, March 17, for the opening session of the first annual meeting of the Finger Lakes Trail Conference (FLTC). The FLTC was organized at that meeting to promote and coordinate the building and maintenance of the Finger Lakes Trailway, as the system was called in those days. Participants discussed classes of membership, approved annual dues, voted for incorporation of the FLTC, and elected the first FLTC Board of Managers and officers. Wallace D. Wood was elected president. The name of the conference and name of the trail also were approved at this meeting. The new Board of Managers met for the first time after adjournment of the general meeting of the conference on Sunday.

The first issue of *Finger Lakes Trail News* was published in April 1962. It consisted of eight pages covering the first annual meeting, outings, the "Message from the President," a report from the trails committee, and descriptions of two branch trails, among other items. It also included a request that readers write to their

representatives in Congress urging support for the Wilderness Bill, which eventually established the national policy for wilderness preservation.

The second annual meeting of the FLTC was held at Camp Duffield in western New York on May 18 and 19, 1963. The featured speaker was Mr. Owen Allen, one of only 25 people at the time who had hiked the entire Appalachian Trail in a single three-month hike. A substantial treasury balance of \$371.53 was reported. In its second year of existence, the conference already had over 100 adult and family memberships, 10 student memberships, 10 organizational memberships, and one commercial membership. The constitution and bylaws, which were approved at the second annual meeting, established the purpose of the conference as "promoting, planning, construction, and maintenance, directly or through other organizations and individuals, of a continuous footpath...across part of New York State in a generally east-west direction south of the Finger Lakes with or without lateral extensions north or south of the main east-west part." Other purposes for the organization stipulated in the constitution included encouragement and promotion of educational uses of the FLT and the conservation of natural resources.

The FLTC Fall Campout is another annual event drawing many members and guests from all over New York State. It includes a Board of Managers meeting, hikes, and evening entertainment. The newly formed FLTC did not waste any time getting things organized. The first Fall Campout was hosted by the Cayuga Trails Club on September 7 to 9, 1962, at Buttermilk Falls State Park near Ithaca, New York. A hike on the FLT on Saturday went up Lick Brook gorge, still an unspoiled and undeveloped gorge owned and protected by the Finger Lakes Land Trust. To the disappoint-

ment of the approximately 100 meeting registrants, the swimming pool below Buttermilk Falls was closed because of the summer's drought.

It was agreed at the meeting of trail organizers in 1961 that they would build a new trans-New York hiking trail across the scenic southern ends of the Finger Lakes to connect hiking trails in Allegany State Park with those in the Catskills. The precise route of the main FLT was left for the local clubs to decide. Spur trails to spots of similar interest not on line of the main trail also were to be built or included in the FLT System.

In 1962 the FLTC accepted sponsorships for 70 miles of the main FLT each from the Cayuga Trails Club and Foothills Trail Club. Soon after, sponsorships by the Genesee Valley Hiking Club, the Adirondack Mountain Club-Onondaga Chapter, and the Cornell University Outing Club were presented to the Board of Managers and approved.

The Cayuga Trails Club used an airplane in 1962 to scout for trail route. Cruising at 80 mph, Fred L. Hiltz reported to the club that he had flown "at 500 feet or a bit higher, because I don't like to be too low in narrow spaces like Michigan Hollow." Hiltz explained, "Visibility at that altitude is good enough to see animal tracks in the snow. Even at higher altitudes, you can see whether trail clearings will be brush-whip work or power saw work." Hiltz was a graduate student in the College of Veterinary Medicine at Cornell University and one of several members of the Cornell Outing Club who assisted the Cayuga Trails Club in routing trail. A 10-minute flight over Connecticut Hill in Tompkins County, with the fold-down door of his Piper PA-11 open for better viewing, did the work of walking for several days. Fred also piloted a Tripacer on June 6, 1964, for the FLTC to scout 350 miles of possible trail route in the area of the Catskill Mountains. □

You are our Eyes and Ears

by Lynda Rummel, Regional Coordinator Bath-Watkins Glen

Some time last May, as the high-pressure gas transmission pipeline headed south towards Corning, Empire Pipeline's workers trenched across Glen Creek, bulldozed up the glen's steep hillside and cut a 100-foot wide swath right across the glen's rim and the North Country/Finger Lakes Trail (M-14). The cut left 15-foot high dirt shoulders and an open ditch deep and wide enough to hold an exposed pipe 24 inches in diameter. The corridor stayed that way for over two months. Finally, on July 8th, the property owner emailed me to ask if the FLTC could help. He was concerned, he said, because hikers were either struggling across the ditch or detouring through their farmyard. Because of my volunteer work on the Keuka Outlet Creek (under which Empire Pipeline had drilled), I knew just whom to contact; and in less than 36 hours, the trail was cleared completely. A month later, Empire Pipeline finished crossing Glen Creek, and their environmental boss invited me to meet him at the site. There, he offered multiple apologies for abusing a national scenic trail, and asked whether we might like it widened and covered with tree chips. Following Howard Beye's instructions, I asked them to keep the trail narrow and skip the woodchips. I also asked them to

curve the trail away from the edge, which they subsequently did. At the same time, the property owner granted us permission to move a small stretch of adjacent trail further from the rim, which will be done sometime this coming spring.

The mystery of this story? During the two months the trench was open and hikers were scrambling up and down the shoulders, no one contacted the FLTC! The moral of the story: We can't even begin to solve a problem if

we don't know about it. Trail maintainers try to get out at least three times during the season; but you know their visit will be just before that huge tree crashes across the trail or the heavy rains fall. We have to count on hikers and landowners to let us know when the trail is seriously compromised. If you don't know the trail section steward or the regional coordinator, then call 585/658-9320 or email your trail conditions reports to us at FLTinfo@fingerlakestrail.org, please. □



Empire Pipeline's Bruce Clark made sure that the trail was repaired. Clark has hiked the NCT in Pennsylvania.

Answer to the Winter "Name that Map!" quiz



Correctly identified the twin tunnels under the Lehigh Valley Railroad at Burdett, Schuyler County (M-15, Satterly Hill Road):

- | | |
|-------------------|--------------------------------|
| 1. Irene Szabo | 13. DJ Rossiter |
| 2. Jack VanDerzee | 14. Bill Holmes |
| 3. Tom Reimers | 15. Bill Miller |
| 4. John Oldweiler | 16. David Marchner |
| 5. Diane Melveney | 17. Don Beattie |
| 6. Warren Johnsen | 18. Dick Long |
| 7. Terry Swank | 19. Bob Muller (End-to-End #5) |
| 8. Edmund Ressler | 20. Robin Hubbard |
| 9. Donna Noteware | 21. John A-X. Morris |
| 10. Tom Noteware | |
| 11. Mahon Hurst | |
| 12. Sarah Hurst | |

Hemlock Woolly Adelgid: A New Central Finger Lakes Invader

by Todd Bittner

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

In the continuing series on invasive species, we turn our focus to a newly arriving insect pest that threatens our majestic eastern hemlock trees (*Tsuga canadensis*) and the biodiversity that they support. The aphid-like hemlock woolly adelgid (*Adelges tsugae*) was first reported in the United States in the 1920s. This Asian species has since become a serious pest of both Carolina and eastern hemlocks across the eastern United States, where it has decimated these populations in the Mid-Atlantic and beyond. Until recently, the hemlock woolly adelgid (HWA) had not yet made its way to the Central Finger Lakes Region. Unfortunately, multiple infestations were identified in the region last summer that has brought this threat to the fore.

HWA cause nearly one hundred percent mortality in hemlocks. Adelgids feed on the sap of young twigs, which causes needle discoloration and branch desiccation. Eventually trees lose their needles, branches die, and trees eventually succumb in four to six years.

Adelgids can be observed at the base of individual needles, covering themselves with fluffy white, cottony wax, which remains on the branches long after the individuals die (see photograph). The insect has a complex life cycle, and has only female individuals. Brownish-orange eggs are laid under the cottony wax, and hatch from February through June as black, flattened-oval nymphs, also called crawlers. These crawlers migrate to

Photo credit: Paul A. Weston



Hemlock woolly adelgids on an eastern hemlock. Note the distinctive fluffy, white, cottony wax coverings at the base of the needles.

new growth, molt, and begin to feed at the base of a needle. Adelgids reach maturity between late winter and early spring, and are most easily identified at this stage covered by the white, cottony mass.

On the bright side for adelgid control, research has found that HWA is highly susceptible to cold temperatures. Populations have declined over 90% when winter temperatures fall below -5° F. Warmer winter temperatures from climate change therefore could have profound implications on our native hemlock populations over the long term. Research has also found no natural enemies in the Eastern U.S. for HWA control, but work continues on identifying and testing biocontrols agents from the adelgid's home range. Releases of four predatory beetles have been conducted to date.

So, you ask, "What can I do?" Controlling the spread of invasive species is

most effective when naturalists, outdoor enthusiasts, conservation organizations, educational institutions, and citizens all work together—but it all begins with the critical component of early detection. You can pass on this knowledge to others, and aid in providing vital early detection for new populations. The New York State Cooperative Agricultural Pest Survey (CAPS) provides a centralized reporting location for a partnership of public agencies, including the U.S. Department of Agriculture, Cornell Cooperative Extension, the New York State Department of Environmental Conservation, and the U.S. Forest Service.

Suspected infestations of hemlock woolly adelgid can be submitted directly to CAPS from their website, at <http://www.agmkt.state.ny.us/caps/>. Keep your eyes open for HWA and declining hemlock trees this year. □

Known hemlock woolly adelgid sites in the Central Finger Lakes Region, 2008

Cayuga Lake:	Ulysses	Seneca Lake:	Burdett (3)
	Near Taughannock State Park		Reading (3)
	Ithaca (2)		Glenora (2)
	Robert Treman State Park		Dresden
Keuka Lake:	Keuka		Ovid

The Westward Spread of Lyme Disease in New York

by Cynthia B. Morrow, MD, MPH, Commissioner, Onondaga County Health Department

***Editor's note:** Knowledge protects, and this is especially true regarding Lyme disease. This summer, my mother contracted Lyme disease in Manlius, eastern Onondaga County. She required intravenous antibiotics, which were effective, for acute disseminated Lyme disease, a more advanced form of the early acute disease including facial palsy. Several fellow runners have also contracted Lyme disease at Green Lakes State Park in Fayetteville. I am grateful to Dr. Morrow for her efforts at educating the general public and physicians about imminent health concerns such as Lyme disease, and for her willingness to write this excellent article.*

The accompanying pictures are reprinted courtesy of the CDC.

—Bob Michiel

As many people in Central New York have heard, Onondaga County witnessed a dramatic increase in the number of locally acquired cases of laboratory confirmed Lyme disease in 2008. According to the New York State Department of Health, Onondaga County is currently considered the western frontier for Lyme disease with nominal Lyme activity occurring west of Onondaga. It is critical that this change in the pattern of disease be understood by both people at risk of acquiring Lyme disease (particularly individuals who spend significant time outdoors) and the health care providers who care for them.

Background Information

Lyme disease is one of over sixty diseases that must be reported to local health departments in New York State. Prior to 2008, the Onondaga County Health Department received an average of 10 reports of Lyme disease every year but interviews conducted with the infected individuals revealed that only 1 or 2 of those cases were likely to be locally acquired. In the remainder of the cases, the individual had traveled to



an area known to have Lyme disease. In contrast, in 2008, almost 70 cases of Lyme disease were reported to OCHD through November, the vast majority of which were identified as being locally acquired.

Similarly, results of tick surveillance done by the New York State Department of Health (NYSDOH) provide further evidence of the changing epidemiology (pattern of disease development) of Lyme disease in Central New York. In late 2007, researchers from the NYSDOH collected and tested adult deer ticks at Green Lake State Park in Fayetteville, NY. Results indicated that approximately 30% of the adult ticks that were collected were infected with Lyme bacterium. A follow-up study conducted from April to June 2008 revealed that over 60% of the ticks were infected, demonstrating a significant increase in infectivity rates in less than one year.

Lyme Disease

Lyme disease is a complicated disease that results from infection of the bacterium *Borrelia burgdorferi*. *B. burgdorferi* is naturally found in small rodents such as mice and squirrels known as “reservoir hosts”. When a blacklegged (deer) tick feeds off such a host, it can become infected and then transmit the bacteria to deer, humans, dogs, or other mammals. Young ticks (nymphs), which are only

the size of a pencil point, become infected by blood meals in the spring and commonly transmit the bacterium in the spring. Adult ticks, which are easier to spot, are more likely to transmit disease in the late summer or in the fall.

Lyme disease in humans usually develops 3-30 days after infection. Often the first symptoms are vague flu-like signs and symptoms such as fatigue, fever, headache, and mild joint or muscle aches but the signature finding of Lyme disease is a “bull’s eye” rash, or erythema migrans (EM). EM arises in about 80% of cases of Lyme disease and is considered diagnostic.

Individuals who believe they may have Lyme disease should seek medical attention urgently. Early treatment with antibiotics can dramatically decrease the risk of the disease spreading to other parts of the body such as the heart or the nervous system. If left untreated, people with Lyme disease can develop serious long-term complications such as heart block, neurologic disease (such as peripheral neuropathy or facial palsy) or arthritis. Unfortunately, in rare cases, these consequences can have a devastating life-changing impact on the affected individual.

Prevention

The best news about Lyme disease is that it can be prevented. First and foremost, individuals can protect themselves by preventing ticks from attaching to them by applying insect repellent to exposed skin and to clothing and by wearing long sleeves and long pants tucked into socks. (Light colored clothing is recommended to make it easier to see ticks if ticks do get on the clothing.) Second, even if a tick bites a person, a complete body check, including the groin and scalp, with prompt tick removal, will eliminate the transmission of Lyme disease. Many people are

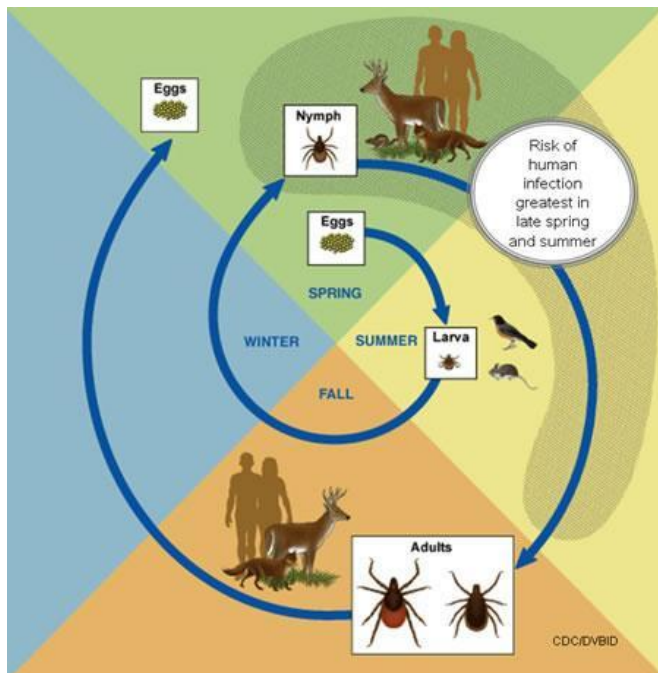
(Continued on page 12)



Blacklegged (deer) tick, magnified



Above: Two presentations of "erythema migrans," the rash associated with Lyme disease.



Life cycle of blacklegged ticks. The risk of human infection is greatest in late spring and summer.

Illustrations courtesy of the CDC.

(Continued from page 11)

not aware that if they find and remove a tick within 36 hours, infection will probably not occur. Third, while this recommendation is challenging for hikers and trailblazers, avoiding wooded areas with a great deal of leaf litter and high grass will reduce the risk of tick bites. This is just one reason why well-maintained trails are so important! Finally, if a person discovers an embedded tick, and believes that the tick has been attached for more than 36 hours, he or she should contact their health care provider for advice. In areas where

there is a high tick infectivity rate, such as Onondaga County, antibiotics should be considered to prevent the onset of Lyme disease.

Homeowners can also reduce the risk of acquiring Lyme disease in their own yard by placing a barrier, such as gravel or wood chips, between wooded areas and their lawn. Mowing your lawn often and being vigilant about clearing brush and leaf litter in your yard will also reduce the tick population.

Lyme disease has been slowly moving westward for years. Because

of aggressive disease surveillance activities, we now know that Onondaga County is the new western frontier for Lyme disease. We should now consider the disease to be part of our ecology and we should take the necessary steps to prevent this potentially serious disease while still embracing the beauty and joy of our natural surroundings. □

Author's Note: Much of the information provided above is available at the Centers for Disease Control and Prevention website. Please see refer to www.cdc.gov for more information about Lyme disease.



We all have had the experience of looking for something and ultimately stumbling on something else quite unexpected. That was my experience with Rosa Wolfer, but let me back up a bit. Last spring I attended the Genesee Valley Hiking Club's open Archive held at the Rochester Museum and Science Center, an annual day where the club's archives are open to the public. Since many of the founders of the FLT were originally members of the GVHC I thought I might find information about a couple of people who were instrumental in mapping the trails that many of us became intimately familiar with on those hand-drawn blue maps. Although Rosa was not one of those people she was an avid hiker and close friend of Valda Laton, who drew many of the maps of the Bristol Hills Section. Ellie Mayer, who was at the archives that day, told me Rosa also had photos and then



Rosa Wolfer, with her rhododendron, June 2008. Photo by Georgeanne Vyverberg.

Notes from the FLT Archives: The Mapmakers, part 1

Georgeanne Vyverberg

graciously helped me arrange a meeting at Rosa's tidy house and gardens. I was intrigued by Ellie's description of this lady who in her 90's still has a fantastic garden. When I turned onto her street I was sure without looking at the house number that the house with the 8-10 foot tall flowering rhododendron and neat flowering borders belonged to Rosa, who later related that she also mows her lawn.

After a tour of the gardens we sat down to look at these wonderful photos from the 60's and 70's of Valda. When Wally Wood announced his dreams of a new hiking trail, Valda as well as many other GVHC members were excited because they were always looking for new places to explore. There were of course the yearly journeys out West where they took what Rosa calls the "immigrant trains" which had few amenities. These trains were inexpensive and they brought small stoves along and cooked on the train. In the evenings they sat around and sang songs and cooked. These rowdy travelers attracted the attention of other train cars and were often asked to join the group. One trip took them to the mountains of Vancouver, British Columbia, where they were dropped off and then hiked 14 miles up to a

base camp. Sometimes their gear was transported by mules or horses. From there they hiked many miles and several days to a place where they were met and returned to the trains. Rosa says she and Valda never missed one of these trips although both women held full time jobs. Rosa worked for Kodak in film packaging, while Valda was a draftsman for Xerox. Valda's skill in drafting drew her naturally to working on maps for the Finger Lakes Trail. Before they began helping to clear and blaze the new FLT trails, Valda was in charge of planning hikes for the GVHC. She plotted many of these on topographic maps and then went out and walked the terrain before the actual hike. This essentially was the method of drawing those early maps of the new FLT. "It's hard work," she commented once when someone complained it was going too slowly. She also asked permission on private lands and says "We were never refused because hikers are so neat."

Thanks to those neat maps drawn by her and others we can slip easily through the woods and hills. For myself I like knowing something about this particular self assured woman when I am out traversing the Bristol Hills Branch trails that she herself hiked. □



April 1969. Left to right: Rosa Wolfer, mapmaker Valda Laton, Barbara Brown, Stan Kertel, FLT founder Wally Wood. Caption on slide reads "In Fred & Ellen's cabin"

Notes from the Field

Irene Szabo

To no one's surprise, we are dividing all the jobs that the late Howard Beye did for years among several mortal people, each of whom will also receive his magnificent salary, equal to all the warmth and satisfaction that any volunteer can endure. Those who are most familiar with all of the various trail management functions have designed the following divisions of labor into new job titles, approved by the Board of Managers at their January weekend-long retreat.

Director of Trail Quality

Lynda Rummel has generously raised her hand for this job.

- Establishes and maintains policies and standards for trail quality, marking, and safety
- Offers and coordinates training
- Publishes *Trail Tenders' News*
- Supervises North Country Trail certifications
- Oversees maps, guidebooks, and mapping function and website trail condition updates

Director of Crews and Construction

Quinn Wright is our brave new Director here!

- Coordinates Alley Cat projects, special work weekends, and other special construction or trail building projects
- Ensures arrangements for projects are complete
- Develops new trails in coordination with others
- Provides or arranges for required training for projects, in coordination with TQ Director
- Responsible for ensuring financial needs of projects are met with grants, Challenge Cost Share applications, etc.

Director of Trail Maintenance

Thanks to **Steve Catherman** for stepping up to this one.

- Supervises all trail segment adoptions by sponsors, ensuring 100% coverage of our trail, including administration through Regional Trail Coordinators already in place
- Responsible for relationships with public agencies and partners
- Keeps Mapping Supervisor and Trail Quality Director up to date with trail changes
- Keeps FLTC office up to date with landowner and sponsor changes
- Coordinates efforts to move trail route off roads
- Provides quarterly trail article for *FLT News*, with input from other trail management directors and committee chairs
- Coordinates funding needs with CC Director

Vice President Trail Preservation

Ron Navik already holds this position, and will add landowner relations to its scope.

- Supervises trail protection efforts
- Coordinates landowner relations

Note that each of the above directors will need lots of help performing all those functions, so each eagerly awaits additional volunteers. Contact info at end of article.

Other good news: **Marty Howden**, formerly with Bowman Lake State Park in Chenango County and now working at Hamlin Beach State Park, has jumped in with both feet as a volunteer in his new neighborhood. Not only has he taken on the job of Regional Trail Coordinator for EVERYTHING west of the Genesee River, but he has also agreed to handle chain saw training programs. He prepared a Challenge Cost Share application to the National Park Service, asking for financial support for the costs of both sawyer and first aid training, and for safety equipment for volunteers, another benefit of our association with the North Country National Scenic Trail. Marty plans a class for May 30-31, and requests applicants contact him for more detailed information and requirements: howser51@yahoo.com or 585/964-7331.

And more good news! **Snell Farm Children's Center**, one of the Hillside family of facilities for troubled youth, is on Snell Hill Rd., just north of the trail crossing on map M-11 northwest of Bath. Part of the therapeutic activity they offer is meaningful hard work outdoors, so they have offered not only to put a campsite just off the trail (and eventually a shelter) but also to offer spot help with trail care in the neighborhood. Not only will their many hands help trail quality, but their property happens to abut the trail in a segment that is too long with no legitimate place to camp. How perfect!

One of our critical trail functions has been the constant upkeep of our new maps with the program ArcView, and the fact that faithful Joe Dabes was the only one conversant with the system has been more than a little nervous-making. Therefore, we are happy to report that **Mike Schlicht** of Foothills Trail Club has volunteered to be Joe's shadow, not only to give us another person familiar with our map program, but also to help Joe with measuring reroutes.

Several Alley Cat projects are planned so far, plus a North Country Trail Association Volunteer Adventure work week, but we'll let **Quinn Wright** tell you about those opportunities to leave a lasting contribution on the trail, on page 16. Another Challenge Cost Share application was prepared for a replacement shelter, plus one for campsite picnic table materials (with **Ted Anderson** ready to make the

(Continued on page 15)

Notes from the Field ...

(Continued from page 14)

kits), and a grant application was made to the American Hiking Society to cover the final phase of improvements to the infamous Holland ravines by *Lynda Rummel and Donna Flood*.

Your ongoing Trail Management Committee met as usual on February 21st, rearranged a few jobs and committees, and forged onward, sadly without Howard but prepared to carry on nonetheless. Fortunately fate gave us these winter months to reorganize and learn new tasks, so we are all ready now to tackle trail tasks for 2009.

Please feel encouraged to offer your time and help to any of our new trail management directors! We members thank each of them for stepping up when they were needed.

Lynda Rummel, Trail Quality, 315/536-9484, cell 315/694-1244, ljrassoc@roadrunner.rr.com

Quinn Wright, Crews & Construction, 716/826-1939, wrightquinn@hotmail.com

Steve Catherman, Trail Maintenance, 607/569-3453, SteveC@roadrunner.com

Ron Navik, Trail Preservation & Landowner Relations, 585/377-1812, ron.navik@frontiernet.net

□

FLT Forever Society New Members

As you may remember, the FLT Forever Society was formed in the fall of 2007 in conjunction with the "Sidote Birthday Bash." When Ed found out that we were planning to help him celebrate his 90th Birthday at our 2007 Fall Campout, he said, "I don't want any presents." Instead, he offered us a challenge. He donated \$1,250 to the Sidote Stewardship Fund for trail protection and challenged others to match his gift. That led the Board of Managers to establish the FLT Forever Society.

This is an ON-GOING project. We initially inducted 31 members, but during 2008, three more have joined. Our newest members are: **Peter Collinge & Carol Thiel, ADK Genesee Valley Chapter, and Brad & Lance Alexander.** Thanks to the 34 FLT Forever Society members \$43,340.75 has been pledged. Of that, over \$31,500 has been paid and deposited into the Sidote Stewardship Fund account. The Board felt that this project truly represents our mission statement: "The mission of the Finger Lakes Trail Conference is to build, maintain, and enhance a continuous footpath across New York State. Forever!" We continue to encourage you to join the Forever Society and/or to donate to the Sidote Stewardship Fund. Forever Society pledges may be spread over a 5 year period if you so desire. Questions may be directed to Gene Bavis, Executive Director or Jarret Lobb, VP for Finance.

Your Own Trail to Love

The following trail segments are offered up for adoption. To volunteer, or ask questions about the work required, contact Irene Szabo, treeweenie@aol.com, 585/658-4321. She'll testify from long years of experience that one of the most satisfying things possible is dragging your tired self along YOUR trail at the end of the day, admiring the difference you've made.

Map M-6, southwest of Letchworth State Park: 6.5 miles from access 5 at Camp Rd east to access 6 at north end of Genesee Valley Greenway portion, River Rd. Great variety: wooded portions, some fields, a little country roadwalk, and nearly a mile of railbed along old canal next to Genesee River, where migrating wood ducks gather in the fall. Chestnut trees in last woods before descent to river valley. Can be subdivided, too.

Map M-11, west of Bath: 5.0 miles from Access 1 to Gay Gulf Rd. Several miles of road walk to monitor for clear blazes, then nice woods for more than half. This section deserves some reroutes into adjacent hedgerows to get out of field-edge walks, with landowner permissions, of course. New campsite coming soon in here, but no work for you, provided by adjacent children's center.

Map M-14, west of Watkins Glen State Park: 4.7 miles in Sugar Hill State Forest, bordered on east by Van Zandt Hollow Rd., mostly state property plus four private properties. All woods, including Buck Settlement Shelter and ford at Ebenezer's Crossing, mostly new trail rerouted in 2005. Small patch of state forest recently logged.

2009 Alley Cat Trail Crews

By Quinn Wright

During 2009 the Finger Lakes Trail Conference will organize three trail work crews. Interested persons can request a place on any of the crews **for any days or for the entire week**. It is time now to start marking calendars and signing up for the trail crews. We need full crews for each week, as there is plenty to accomplish. All crew members working one day or more will receive a Trail Worker patch and those who work five days will receive a special 2009 ALLEY CAT Trail Crew tee shirt.

ALLEY CAT TRAIL CREW # 1 (Holland Ravines, July 20-24) is under the direction of Dave Potzler who asks you to "join us for the third and final year of trail improvement in the Holland Ravines. "Don't miss this opportunity! ... only four ravines left! ... foot bridges to build ... trails to widen and slope to reduce ... steps to insert on steep slopes to prevent face-plants." The ravines are located between Vermont Street and Savage Road on map CT-6. Major assistance is being provided by the Foothills Trail Club. The crew will set up a tent base camp at the Holland Community Center located in Holland, New York. The group will prepare meals and eat inside the Community Center. Toilets are available at the Community Center and showers will be at the Holland Middle School. We will be working during the week of July 20th-24th.

ALLEY CAT TRAIL CREW # 2 (Great Eastern Trail, August 5-9) will work on constructing the connector trail between the Finger Lakes Trail and the Great Eastern Trail during the period of August 5th - 9th. Initial trail construction continues in northeastern Steuben County (map 13) in the Meads Creek State Forest. Work will include initial construction from an approved flag line to a finished trail bed. Base camp will be located at Sugar Hill State Forest for tent/trailer camping with water and indoor toilets available. For further details, contact Pat Monahan, GET in NY Project Manager by e-mail at pmonahan@stny.rr.com.

ALLEY CAT TRAIL CREW # 3 (Mt. Washington, August 31-September 4) will work on re-constructing the trail on the western side of Mt. Washington (Map 12, Access 6) during the period of August 31st - September 4th. We will be staying at the Scout Lodge in Hammondsport which has cooking facilities, sleeping quarters, beach access, and a shower. Much of the work will involve installing switchbacks to reduce the difficulty of the climb. The project manager for this site is Lynda Rummel who assures me that Hammondsport has the BEST selection of beer.

Non-commuting trail crew members will be provided free lodging (tent site – bring your own tent) for the duration of the project. Meals (breakfast, lunch and dinner for non-commuters, dinner for commuters) are provided as well. With special arrangements, lodging space and food can be provided for dinner the night before and breakfast the morning after the project begins and ends. Local transportation will be provided during the working time and work tools. Workers are to provide their own personal camping equipment including work clothes, gloves and footgear. Camping equipment including tent or tent camper will be needed for those desiring this form of lodging. Workers must be at least 16 years old, and in good health, ready for physically demanding work. If under 18 years of age, a parent or guardian will also need to be on the crew. Crew size will be limited to between ten and twelve non-commuting members at each location. Additional commuting crew members will be accepted for each crew. All crew members must be current members of the Finger Lakes Trail Conference. Early sign up is suggested. Meeting locations and other details will be provided to all who become an ALLEY CAT Trail Crew member.

To get more information about the ALLEY CAT Trail Crews or to request an application form, contact **Quinn Wright** by phone (716/826-1939 Home or 716/818-6990 Cell) or email at wrightquinn@hotmail.com.

NCTA Volunteer Adventure on the FLT in Central New York Onondaga Trail, June 22-26

There is another very worthwhile volunteer opportunity which is not an Alley Cat Project. However, the work is on the Onondaga Trail, just south of Syracuse, and therefore a part of the Finger Lakes Trail System, which is for many miles a part of the North Country Trail. If you are unable to help on an Alley Cat project or want more volunteer work, this North Country Trail Volunteer Adventure is a great way to spend the week of June 22nd - 26th (21st and 27th are travel days) doing valuable trail work, discovering a new section of the trail, and meeting new people.

This year, NCTA is planning a Volunteer Adventure in every trail state. With four days of trail work and one day of recreation, you're bound to feel good and have fun! NCTA staff will lead each adventure. Base camp will be at Spruce Pond (pending permits). Trail rehabilitation/relocation will take place in Morgan Hill State Forest (authorization is in progress.) A \$50 registration fee holds your spot and is returned upon arrival. Meals will be provided by an NCTA/NPS Grant. Primitive camping is available, so come prepared with necessary gear, a willingness to brave the elements and ready for adventure! There are no showers, but there will be a port-a-john. For more information and registration, call 866/445-3628 or email HQ@northcountrytrail.org.

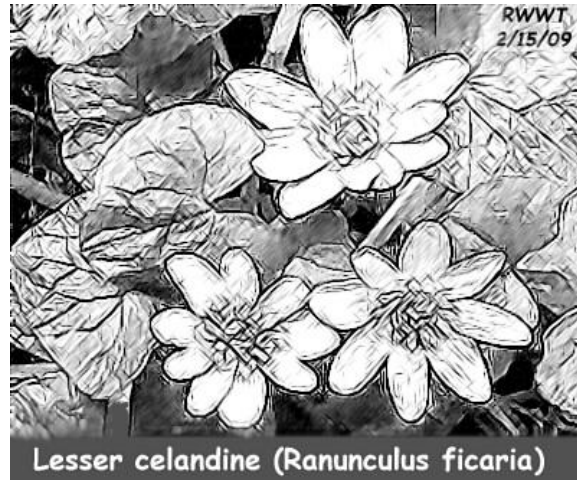
Wildflowers along the Trail, #25: Buttercups

RW/Taylor

The mention of buttercups brings thoughts of summer meadows dotted with deep-yellow, five-petaled blossoms of the familiar Tall Buttercup (*Ranunculus acris*), and in fact this is one of the most common species of wildflower to be seen in bloom along summer trailsides, persisting in flower sometimes right through October. But there are many other members of the buttercup family that also grow in our area; their varied blooms can, with a careful eye, be easily spotted by the interested hiker from early spring onwards.

Buttercups and crowfoots (as some members of the family are called, after the reflexed shape of their flowers) tend to inhabit damp situations, and it is not at all uncommon on a summer hike to run across a large patch of Creeping Buttercup (*R. repens*), with its curiously mottled foliage, flourishing in quiet bloom in a muddy ditch or where a stream happens to cross the trail, or an isolated trailside specimen of Bristly Crowfoot (*R. pensylvanicus*) with its typically hairy stem. Perhaps also a specimen of the don't-touch Cursed Crowfoot (*R. scleratus*), which can cause serious blisters if handled, might be spotted growing complacently in the middle of a mud puddle in the middle of the trail.

In mid-spring a more loosely-related member of the buttercup family, Marsh Marigold (*Caltha palustris*), spreads brilliant splashes of color across all our wetlands in a display that cannot be missed. At the same time, here and there throughout our woodlands—not uncommonly directly at the base of a sturdy tree trunk—the perhaps most inconspicuous member of the entire family, Least Crowfoot (*R. abortivus*), begins shyly opening its tiny-petaled, reflexed pale-yellow blooms on stems arising from a nest of kidney-shaped basal leaves. Meanwhile, careful search at this still-chilly time of year through the accumulated leaf litter that screens



emerging blossoms of hepatica, rue anemone and the other ephemerals that grace our spring woodlands may disclose an occasional yellow gleam from an equally ephemeral blossom of Early Buttercup (*R. fascicularis*) in a hairy nest of coiled foliage.

One member of the buttercup family occasionally observed in our area is showy enough in bloom not to be easily missable by even the casual stroller, but so distinctive in appearance as to often escape initial identification of its heredity. Imported from Europe as a garden flower and subsequently escaping locally into our woods, the Lesser Celandine, or Fig Buttercup (*R. ficaria*) bears lovely golden eight-petaled flowers singly from a base of shiny dark-green leaves. In flat, muddy areas the plant tends to spread into great colonies, providing magnificent vistas of April color. This flower was a particular favorite of the English poet William Wordsworth, who requested that an image of the Lesser Celandine be engraved on his tombstone.

Unfortunately, like most garden flowers that have escaped into our native woods, Lesser Celandine is seriously invasive, tending to completely

extinguish all competitors for growing room, including all the fragile ephemerals whose blooms we treasure each spring. After its initial vernal display the foliage withers, and the plant spends the remainder of the year living underground in the form of a cluster of small bulbs that resemble figs—hence its alternative common name of the flower. According to the ancient "doctrine of signatures", which holds that plant species signal their medicinal virtues by their form or aspect, Lesser Celandine was applied for centuries to the treatment of hemorrhoids, which the underground bulblets also somewhat resemble. The foliage does have astringent properties, a fact that likely supported belief in the efficacy of such use.

Modern appraisals of the usefulness of the plant tend to focus instead on its palatability. However, as all portions of this plant, uncooked, are poisonous, extreme caution in this regard is advised. Look for celandine in bloom on your walks in the springtime woods, certainly, but be sure to treat it with a cautious welcome when you run across it.

□

Invitation to the Annual Meeting

All members of the FLTC are invited to the Annual Business Meeting of the Finger Lakes Trail Conference, Inc. on May 9th at 3 p.m. in Geyer Hall at the Frost Valley YMCA in Claryville, NY. Among other matters to be discussed and reports to the membership, members will vote on the nominees (names published in this issue of the *Finger Lakes Trail News*) for the Board of Managers. Other nominations may be made according to our bylaws. A proxy form for those unable to attend the meeting will be mailed to members in March. Further information may be requested from the FLTC Service Center at 585/658-9320.

Nominees for the FLTC Board of Managers

Class of 2012

The Constitution of the Finger Lakes Trail Conference states that one-third of the Board of Managers shall be elected annually for a term of three years by majority vote of the members at the annual business meeting. The following have agreed to be placed in nomination for the Board of Managers and seek members' votes on May 9, 2009 at the annual business meeting at the Frost Valley YMCA in Claryville, NY. Members who cannot be present are urged to mail the proxy form they receive with their membership renewal letter.

Patricia Haynes. An avid walker since the early 70's, I started hiking after my husband's death in 2004 and took several hiking trips to national parks with organized travel groups such as Backroads. Then I discovered Foothills Trail Club and to my delight learned of the many beautiful trails available in western New York. Since my retirement in June I have wanted to volunteer my time with Foothills and have attended Wellness Fairs at local colleges and universities to spread the word about this great organization. I believe that my experiences as Superintendent of Schools of Ellicottville will assist me in being an effective board member. Developing budgets, organizing projects, understanding the needs of various groups (i.e. students, parents, teachers, community) are all strengths of mine that will transfer to the duties of a board member. It will also provide me with opportunities to learn more about the FLT and other organizations across the state that are preserving our trails.

Roger Hopkins. I have been a member of the Cayuga Trails Club for four years and have served on the Executive Board as Member at Large '07-'08. I am also the Webmaster and a member of the Trails Committee and the Landowner Relations Committee. I have worked on routine trail maintenance, re-routes, infrastructure project design, purchasing materials, pre-fabrication, delivery, and installation. I am also a member and volunteer for the Finger Lakes Land Trust where I am a member of the Preserve Management Committee. I have been a computer programmer since 1960. I was co-owner of Instamation and PLS, Inc. I have enjoyed the work I have done with the CTC and the FLTC. I have found the projects to be fun and rewarding and the people I have worked with to be outstanding. I intend to stay focused on the Ithaca area, but am hoping that I can help to share whatever we have of value to other clubs and the FLTC. I also recognize the importance of the entire FLT to our local area and club and I hope to be able to help keep the FLTC strong.

Phil Metzger. When Joe Dabes says, "I love this trail," I believe him, and I am beginning to understand exactly what that means. My interest in the FLTC Board position stems from my experiences hiking the Finger Lakes Trail end to end with my wife and observing the commitment and dedication of not only the FLTC leadership but also the myriad of volunteers who have coalesced around this wonderful natural resource we affectionately call the FLT. I have also been fortunate to work closely with Ed Sidote in forming and managing the FLT Bullthistle Hikers club, and he has had a profound impact on my view of the Trail and the many volunteers who care deeply about this resource. I wish to become part of the leadership that will secure the Trail's future so that others may have the life changing experience I have had. Recently, I presented my old FLT maps to my younger son Alex and it was with great satisfaction that I watched him begin to contemplate hikes. I am forever grateful to the FLTC Board for what they have accomplished and I wish to contribute to what they will achieve in the near future. The idea of helping to protect the Trail, of moving miles off roads onto private and public land, motivates me. Finally, although I did not know Howard Beye well, I recall his ease and grace in making this "newer" FLTC member (since 2002) feel valued and welcome. If I can contribute a fraction of what Mr. Beye gave I will feel I have contributed to the FLT and her volunteers.

(Continued on page 19)

Board of Managers Nominees ...

(Continued from page 18)

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

Life is a verb, and over the years I kept busy with marathons, triathlons, and ultra-distance cycling, but then shucked it all to spend more time with my son. We looked after each other on the Trail and shared hot dogs and Bush's beans, blister treatments, cozy shelters in rain and snow, and warm campfires under starry skies.

Stephan has now fledged, happily leading rock-climbing, kayaking, and backpacking trips and working towards his Master's; my wife, Carol, is still inspiring college students; and I no longer have the pleasures of the classroom. I now have more time to give back to the Trail, and, in addition to writing the "Natural Connections" column and presenting my "Seasons on the Trail" show to colleges and other interested groups, have enjoyed working with the FLTC Board of Managers.

Ken Reek. I've been hiking for fifteen years, and completed my end-to-end of the FLT on 1/1/2004 (#157). In addition, I've been one of the members of the Genesee Valley Chapter of the Adirondack Mountain Club responsible for maintaining a 4 1/2 mile section of trail near Hornell for the past five or six years. I frequently help other trail maintainers work on their sections and do a lot of trail work in Monroe County parks. I have also participated in several Alley Cat work crews, during which I've helped build four lean-tos. I also enjoy nature and travel photography (see some of my work at www.KMRConsulting.com/photography), camping, canoeing, snowshoeing and skiing.

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

1. The name of the insurance carrier is Executive Risk Indemnity, Inc. (Chubb Insurance Group).
2. The cost of the insurance to be paid during the 2009 fiscal year is \$850.00.
3. The indemnification insurance contract covers any person who has been, now is, or shall become a duly elected director or trustee, a duly elected or appointed officer, an employee, committee member, whether or not they are salaried, any other person acting on behalf of the Conference or at the direction of an officer or board of managers of the Conference.

Welcome!

New and Returning Members November '08 through January '09:

Henry Abbink	Canandaigua	William Hendrickson	White Lake, MI
Judy Abrams	Ithaca	Nancy Hinkel	Mendon
Andrea Audi & Adam Dewbury	Ithaca	Matthew J. Maloney	Dundee
Allan Baker	Caledonia	Mark Mathe	Henrietta
Melissa Boose	North Syracuse	Eric & Amy Mercovich	Bergen
Robin Botie	Ithaca	Cynthia Morrow, M.D.	Manlius
Scott Brown	Endicott	Sean Murphy	Elmira
Dave Burnett	Freeville	Pawan Rao, M.D.	North Syracuse
Joanne Church	Ithaca	Ray Recchia	Whitney Point
Raymond Copson	Bluff Point	Norman Schillawski	Auburn
Eric Cronise	Ithaca	Deborah Schuster	Burlington Flats
Donovan Daily	Spencerport	Larry Tierney	Sidney Center
Steve Fazekas	Syracuse	Blaine & Kitty Warner & Jenny, Becky, Peter	Dryden
Bonnie Hawkins	Warsaw	Susie Weiss	Cazenovia
Pamela Henderson	Moravia	Elizabeth Welch, Charlton Farm	Avon
Tony Henderson	Ithaca	Roy Yarrington	Candor

Favorite Trail Sections in Central New York: Onondaga Trail

DeRuyter Lake Dam Road to New Woodstock, FLT Map O-2

A Great Spring Walk in the Woods

by Mary C. Coffin

Continued from the back cover...

This is the first of four articles by Mary Coffin on her favorite walks in spring, summer, fall and winter. Mary, VP East for the North Country Trail Association, is the subject of the current Faces of the FLT on page 38.

The trailhead is located at the DeRuyter Dam Road and East Lake Road stop sign south of State Route 80. The private landowner, Frank Caputo, has provided off road parking 0.2 miles south of the trailhead on East Lake Road.

One begins hiking east with Highland Forest and DeRuyter Lake to the back, west. The trail crosses a creek then heads uphill along a ravine via a series of gradual switchbacks. In the spring there are many little waterfalls and cascades along the stream, visible at each turn. With only the sound of running water and bird calls, it is a very peaceful walk in the woods.

Along this section last year we found a turkey nest just off the trail with 11 eggs in it. The deer enjoy the trail too and several hunter stands are now in the forest near the trail. The hunters have expressed their appreciation of the trail to the landowner. It gets them up hill at an easy 10% grade. Hiking during hunting season is not recommended on either private or public land in this area. One spring I found a deer skull and jawbone and another time a pair of antlers. They were only a little chewed by rodents craving calcium. Finding both antlers is rare in my experience.

As one continues there is a second set of gradual switchbacks in the forest and spring affords open views of Skeele's farm ponds, DeRuyter Lake and Highland Forest Ridge, all to the west. The trail progresses up Reed's and Skeele's hill to the height of land and

DeRuyter State Forest. It is a typical beech-maple forest. Now is the time to start looking for spring wildflowers such as trillium, trout lily, violets, spring beauty, mayapple, blue cohosh, Canada mayflower and more. You will smell the leeks as they are crushed under your boots. Don't miss the east to west viewpoint over Reed's cultivated field.

The trail descends crossing several little streams in state forest and follows a narrow strip of state land before crossing two forest dirt roads, Stanton Road then Tromp Road. Both have parking. There is a half-mile section that is not yet blazed, only flagged at this writing. Trail construction permits await completion of a logging project, but one can hike due east following the orange flags, compass or GPS for 0.5 miles to Fairbanks Road (parking also available).

A quick left-right on Fairbanks Road brings the trail past Armstrong Pond in 0.2 mile. The pond is a great spot

for a relaxing lunch. Then it is up over Hirt Hill. Don't miss the stile that leads the hiker a very short distance on an orange flagged dead end spur into a field with a view of Cazenovia Lake five miles to the north. As the trail descends it sweeps out to an abandoned ski trail twice to catch views of the valley and the steeples in the village of New Woodstock. Parking is available again on private land (Murphy) just off Webber Road.

During the 2009 and 2010 seasons, trail to connect the above section to trail in the Tioughnioga Wildlife Management Area will be constructed.

Accumulated mileage: Dam Rd access = 0 miles, enter DeRuyter State Forest = 1 mile, Stanton Rd. = 1.9 , Tromp Rd. = 2.3 , exit DeRuyter State Forest on Fairbanks Rd. = 2.9, Webber Rd access = 4.7 .

Maximum elevation = 1850 feet,
Minimum elevation = 1300 feet . □

Join the North Country Trail Association

A Special Deal for FLTC Members!

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

Name(s):
Address:
City, St Zip:
Phone (optional):
E-mail (optional):
<input type="checkbox"/> I'm enclosing a check for \$16 payable to NCTA
<input type="checkbox"/> Please charge my credit card (MasterCard, VISA or AmEx only)
Card #: _____ Exp. Date: _____
Name as it appears on card: _____
Signature: _____

End-to-End Update

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

End-to-End Hikers

There have been no additions to the End-to-End list since the Winter 2008 issue. My goal for 2009 is 20 new End-to-Enders.

M.J. Eberhart of Missouri is planning to start hiking the NCT from North Dakota to Crown Point in New York State in March. He plans to hike it in 175 days at the rate of 25-30 miles per day. This 70-years-old retired eye doctor's email is dwindasbcglobal.net; his trail name is nimblewillnomad. He has two National Scenic Trails left to hike including the NCT. His book, "Ten Million Steps," has just come out in paperback and is available from the Appalachian Trail Store. It is the story of his hike from Key West to the Bay of Gaspé in Canada (4400 miles)—a very fascinating story. He was 60 when he did that hike. Look for him on the FLT/NCT and help him in any way you can. You will enjoy talking with him as he has hiked thousands of miles. I estimate he should arrive in New York in September. Watch the trail registers for his trail name.

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

Kirk Doyle
JoAnn Ratajczak

There were no additions to the Branch Trail list that I am aware of. Please let me know if you are hiking the branch trails and you have not seen your name in these articles.

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

Ann Cascarino	Dave Sutherland
Will Rodin	Dave Thurkins
Dan Speakman	

I apologize if I have omitted your name. Let me know if I have.

Car Spotters Additions

Jon Bowen, Baldwinsville, Maps M-19, 20, 21, 22, O-1, O-2
Carl Luger, Alfred, expanded map list: Maps M-6 thru M-12
Please give Car Spotters as much advance notice as you possibly can. The list states three days, however more is even better as everyone plans events far into the future these days..

Trail Conditions

Please report trail problems to Irene Szabo at 6939 Creek Rd., Mt. Morris, NY, 14510 or treeweenie@aol.com with a copy to me. Please try to report the exact location of the problem so that the right club and steward is sent out to resolve the problem. The cost of gas is too high to waste trips going to the wrong place. If you neglect to report the problems you encounter on the trail they are not going to get resolved for future hikers coming through.

Trail Work

This spring please check your trail for winter damage such as blow downs (dead falls) and branches of all sizes. Remove plastic blazing and replace with white paint (main trail). Please cut down briars early so they do not take over the trail. Check trail registers and replace old rotted or dilapidated registers. Replace the trail register notebook if it is full or almost full. Send the book to me as I read them and answer questions in them and I excerpt comments for this article. I also save them in a shoe box. I suggest that you check your trail in May, July, and October and after any storms.

ALDHA Gathering

The ALDHA (Appalachian Long Distance Hikers Association) Gathering is going to be held in Gettysburg again this year over the Columbus Day weekend. I have registered and Marilyn Beckley has agreed to take me and shuttle me around the grounds as necessary. We plan to have an FLT display there again as in 2008.

Excerpt From a Trail Register

Ludlow Creek Lean-to (Chenango County) 07-15-08: Boy Scouts from Fulton, NY (Troop 715). Having great time hiking. We are doing 50 miles. Spent last night at Bowman Lake State Park. Our old leaders are starting to get tired. We are on our 4th day hiking. Plymouth Reservoir [Lean-to] has no water even though the map said there is. **HAPPY HIKING.** (*Water is at base of a tree about 60 ft. away from lean-to, but hard to find.*)

Happy Hiking!

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Sad News ... Pat Hengstler

We are saddened by the passing of our friend and tireless worker, Pat Hengstler, on February 20, 2009, after a courageous battle with cancer. Pat was Main Trail End-to-End #81 (7-29-98) and Branch Trail End-to-End #19 (also 1998). She often volunteered at the FLT Office. We shall miss her smile and upbeat personality.

You will be able to read more about Pat in the summer issue.

Scott Lauffer

End-to-End Hiker #247

My quest to complete the FLT was accidental, both in my intention and in the course of events. In the early 90's, my friend Ken Morgan told me about the FLT, and when I started hiking it I had no intention of doing the whole thing. That would have been crazy, 560 miles! I didn't decide to become an end-to-ender until I was well over half way through it. Seeing the enthusiasm that Ed Sidote brought to the end-to-end idea, and the response of many to heed his call, inspired me to go for it. I also had several accidents, or mishaps, mostly self-induced, which made it that much more challenging and memorable. During the same period, I completed the 35 peaks in the Catskills and the 46 high peaks of the Adirondacks, but completing the FLT beat them both combined in terms of total miles and the challenge of logistics. Although it was demanding at times, it was done just a step at a time and thankfully I had a lot of help and encouragement along the way.

Much of my FLT time was in the company of Triple Cities Hiking Club hikers. Many thanks to them for the good company and assistance, and I have to add that there was never a quiet or dull hike! A good chunk of the trail system was only an hour or two away, but the further parts were more daunting. It meant rising awfully early on a Saturday to make the long drive or taking advantage of FLTC weekends. The western end of the trail was the most elusive and in the last year of my quest I did much of it over long weekends or mini-vacations. With my primary hiking partner, Kathy Cronin, we did a few hikes using bikes to shuttle back to our car. We also hiked opposite each other on occasion. Ray Zinn from Salamanca acted as our trail angel twice. Many thanks again for your help, Ray.

The eastern part of the trail has a reputation for some of the more



Scott Lauffer completed the trail on August 4, 2008

challenging terrain, but I remember challenges throughout the trail system with its many ups and downs. On any section you will often experience a variety of landscape. Besides our well-loved forests, we have established farmland (though not as abundant as it once was), picturesque towns, interesting river crossings, a myriad of railroads, and views galore. I loved it all, from east to west. I do not have a favorite section, although the stretches in Chenango County are near and dear to me, especially along South Oxford where Kathy and I are privileged to maintain a section. I would offer any ten mile stretch of the FLT as truly scenic and inspiring. Hiking in any season adds another layer of variety as well. Long stretches of quiet, sublime isolation were a welcome escape from my busy life. It was uncommon to see other hikers, but it always felt like a bonus when we did, and they seemed equally delighted to be on the trail.

Some of my accidents I offer as a learning experience:

1) Never assume that seeing white blazes means you are on track. Once Kathy and I got turned around in a ravine and scrambled out, relieved to find the trail again. Relief vanished

when we hit a road crossing that did not seem right. We did everything we could to make the map fit the situation, and wasted a fair amount of time before I had the bright idea to check my compass. We had backtracked, never recognizing the landmarks we had passed earlier. We hiked an extra four miles that day, and were way behind our hiking partners Larry Blumberg and Jack VanDerzee.

2) What were we thinking hiking in unknown territory on M-6 by starting 19 miles apart! Kathy and I passed each other once during the day, but Kathy finished an hour ahead of me. She spent an hour in the dark outside of Portageville worrying and wondering where the \$%## I was. We had dinner at the Sierra Inn that night as compensation for a long day. I have since learned from Roy Dando that "leapfrogging" is a better way to hike opposite each other. Rather than each starting at the farthest points, one of us is left off and the other drives a shorter distance and leaves the vehicle. The one hiking towards the vehicle retrieves it and drives it to where the other can hike toward it, retrieving it. And so on. We pass each other more often during the hike and stay in touch better.

3) A bad knee scuttled a fair amount of my hiking in 2007. I learned never to take my health for granted but to never throw in the towel either. Sometimes rest with proper physical therapy can restore one's physical state. I also give some credit to glucosamine for making my knee feel better, granted there is a lack of scientific data to support this. No matter, do what works for you and recognize that as we get older walking is one of the best things we can do for ourselves.

4) I was hiking during the 2003 Fall Weekend in Bath and lost my glasses. It was an unusually humid day and I took them off to wipe my face with a

(Continued on page 25)

Susan S. Collier**End-to-End Hiker #253**

It is all HER fault. "Who?" you ask. Irene Szabo, of course. BUT maybe it is also Emory Morris's fault. In the fall of 1999 Emory stopped by my office in the chemistry department of The College at Brockport and told me about hiking with friends who did not want to take two cars. Thus they hiked and then hitchhiked back to their car. Those of you that know me probably recognize that I have the "Helpful Harriet" gene. So, of course, I volunteered to hike with Emory AND take both our vehicles; that started me hiking in 1999. In blue jeans, plastic poncho and bad hiking boots, off I went. Emory and I hiked parts of the FLT south and west of Rochester. We also went to the Adirondacks and hiked some of the peaks. I decided that I prefer trail hiking with a combination of up and down rather than mostly up and then mostly down.

I joined the Finger Lakes Trail Conference and decided to attend the spring campout in 2002. However, I filled out the registration form incorrectly and thus received a phone call from Irene. Have you ever been a recipient of her gentle persuasion? It's not easy to say no. Irene persuaded me to join the 2002 series of hikes on the FLT across Chenango County. By this time I was out of jeans and had better boots but they were not waterproof. The first hike started with a long steep hill; I rested a lot going up. However, I was not about to be described as a wimp so back I came and earned my first patch from the series of FLT county hikes. Marie Inglee did a great job as the hike coordinator for the Chenango hikes. That's where I first met Ed Sidote; he was our sag wagon and would hike from his vehicle back on the trail to meet our group. Irene and I gave Marie some help - there goes the "Helpful Harriet" gene again - on the Cortland County hikes. Then came the Tompkins and Schuyler county hikes. Sigrid and Jim Connors,



Jack VanDerzee and the members of the Cayuga Trails Club did a great job running the hikes, and that gene hit again. I started hiking sweep for the medium fast group. My new boots were waterproof but they gave me blisters. In Steuben County Terry and Kim Meacham appeared to easily manage 250 hikers. Sigrid and I split a sweep job and at the awards ceremony, she got the dust pan and I got the broom.

Pat Monahan stepped up to be the hike coordinator for Allegany County and at that time he really did not have a group of people that would help run the hikes. So, you probably guessed it, that gene again, I contacted Pat and offered to help. This time I took attendance and did the prehikes with Pat and Paul Hoffman. Thus I hiked that county twice, once to clear the trail and renew the blazes and once as part of the scheduled hikes. Finally I got boots that were WATERPROOF and COMFORTABLE! Pat had lots of help for the Cattaraugus County hikes so I opted not to arrive early but still did some of the prehikes.

Meanwhile Fred Carranti organized hikes on the FLT in the Catskills and Dave Conner, our hike leader in Chenango and Cortland Counties, led them. I missed the 2003 hikes because of emergency dental surgery but in 2004-6 I hiked the rest of the FLT in the Catskills with that group. Fred, Karen Luciani, Debbie Chapin, Doris

Houghton and I used those hikes to complete the Catskills on our way to becoming end-to-enders. I used to drive from LeRoy to Syracuse on a Friday, pick up Doris and then we would drive to her mother's house in Nanticoke and stay overnight. Saturday morning we would drive to the trail head, hike Saturday and Sunday and then drive back. Doris became a great friend and I really appreciated her help in being able to finish teaching Friday afternoon and make the Catskills by Saturday morning.

I still had those four hikes in the Catskills to do and 2007 was the year to do them. I got a lot of good advice from Paul Hoffman and Larry Blumberg. Melanie Okoniewski volunteered to hike the FLT in and out to Claryville with me and Debbie Chapin did a vehicle exchange with us. Debbie and her dog hiked up that hill coming west out of Claryville while Melanie and I sauntered down it. Ed Sidote met us for breakfast in Claryville and then took us to the DEC parking lot so we could hike east to the junction with the Long Path and then back to Claryville. Later that year Gail Merian and I hiked into Alder Lake from both east and west, Doris joined us for one of these hikes and the three of us FINISHED THE CATSKILLS!

(Continued on page 25)

End-to-End Album

Pat Monahan

End-to-End Hiker #259

I've reached the conclusion that it takes a certain type of person to be an end to ender on the FLT—someone who 1. loves the outdoors, 2. is goal-oriented, 3. is clearly focused with the end in mind, and 4. is crazy and maybe has no life until “the mission is accomplished”. I suspect my friends and family might say that's a pretty accurate description of me. For me, the end was not so important. It was more about the journey and the beauty of the land *and* the adventure *and* the wonderful people that I met along the way.

I am a newbie to hiking. It all started in March 2006. My job at Alfred University took me all over the back roads in Steuben County. I kept seeing the “FLT Trail” signs everywhere. (Thanks to Vince Spagnoletti). So with a little curiosity, I stopped at County Route 70A (Map 10, Access 3, North Hornell), threw on a pair of sneakers and trudged to the top with fire in my lungs and burning in my legs. I saw the view and uttered, “Cool!” while catching my breath. I was hooked. I joined the 250+ hikers for the Steuben County cross-county hikes series to find out what hiking was really all about. (I found out later that this was not a typical hiking experience on the FLT.) During the series, the word on the trail was that no one was stepping up as county leader for 2007. Doris Houghton said, “You can do that. You were a school principal.” She was right. With a little planning and lots of fun, my dog Nike and I walked the trail every month before 100+ of my closest friends went out for the Allegany and Cattaraugus County hike series.

That was the western end of the trail. I experienced the eastern end in a series of 4-day trips/hikes every fall (2006-2008). Kathy Foote, (fearless leader), Julie and Dan Wagner and I with some others headed on our way from the Chenango/Delaware County border to Claryville.



Left to right: Paul Hoffman, Pat Monahan, Annette Brzezicki, Donna Frantz. Nike in front.

However, I was on my own to tackle the middle part of the trail. I mixed it up by walking solo, with my dog, Nike, as well as in several small groups (Quinn Wright, Bill Chervenak, Dan Speakman, Doris Houghton and others). Thanks to another hiker, Jim Loomis, a car spotter (Jay Zitter), my bike and a flashlight, I made the trek with only a couple of hitches.

My last hike to complete the journey was in Allegany State Park. It was a 15.5 mile hike starting at Map 1, Access 5. I hesitated for a moment, thinking, “OMG, now what will I do when I am done?” That fleeting thought was chased away by—how about the high peaks, the Great Eastern Trail, and who says you can't go back to the best sections of the FLT again. With that in mind, I thought to myself, “Go take a hike.”

I particularly want to thank my wife, Mary Ellen, who put up with my passion and always was concerned about my safety. Without fail, she asked, “Where are you going and who are you with?” every time I went out on the trail. I also want to thank the landowners, those that built and maintain the trail, and those that inspired me to be passionate about hiking the FLT.

I must say that each county had something interesting about it. Here are my memories county by county:

Cattaraugus: county hike series leader for 180 people; kamikaze hills; lunch in a chair lift at Holimont; Nike gets skunked—what a ride home; 20+ miles of trail to rehabilitate; “Honey”; Little Rock City boulders; several dogs who “circled” us

Allegany/Livingston: county hike leader; Sixtown Creek across an 80-foot shale bed; “The cliffs” near Whiskey Bridge that continue to slip away; Wally Wood Memorial; the ravines (all 12 of them) near Swain; a creek walk, a sheep and cow pasture walk

Steuben: M-10 Access 3 first hiking experience—ever!; PeaceWeavers; “candy tree” that my nephew told me he took candy from while riding an ATV; Mitchellsville Gorge; Mt. Washington (I love steep.); the tunnel under I86

Schuyler: first solo hike (12 miles) to Sugar Hill State Forest; Three Rivers Outing Club hike where Peter Fleszar said, “You should be involved with the Great Eastern Trail;” Excelsior Falls; a long steep non-stop uphill in Texas Hollow SF

Tompkins: Connecticut Hill in knee-deep snow in March; a bike ride in and out of the Ithaca area; Danby SF in the dark (an out and back hike

(Continued on page 25)

Laufer End-to-End ...

(Continued from page 22)

bandana. Not thinking, I put the brown framed glasses on the leaf covered ground. Not thinking again, I started off with my hiking group without my glasses, realizing quickly that I had left them. I ran back, having a vague idea where they might be, but it was like trying to find a needle in a haystack. I gave up searching after 15 minutes, knowing that the group would be waiting for me somewhere. I figured I would take this opportunity to fully switch to the bifocals that I had back at camp. I never had to make that switch though as after the hike, Jim and Sigrid Connors made the 20 minute walk to the spot where I had left them. Through good fortune and a gleaming ray of sunshine, my glasses glittered and were spotted. Sigrid gleefully delivered my glass to me during the FLTC board meeting. Bless you both!

5) The trail west of Swain seemed vaguely familiar while hiking with Paul Hoffman this past spring. All the ravines, the views, and then towards the end of the hike it became clear, we had already done this! Poor record keeping on my part! It was a lovely hike the second time and hiking with

Paul on an unneeded section is much better than a day at the office!

Besides those already mentioned, I wish to thank the FLT trail stewards who log many hours of work maintaining the trails so the rest of us can hike them. Thanks to the landowners who allow us the privilege of hiking across their property. I met a few during the course of my journey and they always seemed glad to have someone going through! Thanks to the DEC for working with us to make the trail a prominent part of the recreational experience on state lands. Thanks to the great maps the FLTC provides and to people like Joe Dabes and Howard Beye who volunteered many hours to create top quality maps, a lasting legacy of their devotion to the FLT. Especially thanks to the people of the FLTC I have had the pleasure of sharing the trail with during my many hours hiking it. There are too many to mention but you are a special bunch and help make the FLT experience richer. I am not finished hiking the FLT yet, as my partner Kathy still needs to complete and as she helped me in my quest, one good turn deserves another. I will still be out there enjoying her quest and reminding myself about the accidents that helped to sharpen my senses and hopefully bring me to my senses as well. □

Monahan End-to-End ...

(Continued from page 24)

where I went (alone) out too far to return in the daylight); car shuttle and hiking with Jim Loomis

Cortland: Car spotter Jay Zitter asks if I have seen Willow Crossing Rd. I reply, "No, just some road named after an Asian, Will Xing Rd; blistering heat on the 3-mile roadwalk to/from Blodgett Mills; limping out of Hoxie Gorge alone (leg cramp)

Chenango: stone fences; Berry Hill fire tower with a view; manicured trailbed to Bowman State Park; "NASA time Bill" comments, "Do you know that you have hiked 190 miles this year?"; overnight at the Balsam Inn

Delaware: bushwhacking a creek near Bainbridge (major flooding in 2006 took out this bridge and many roads, etc; getting "lost" and wondering if we would finish before dark; road walks by the NYC Water Reservoir—no trespassing—someone in the group wonders where you can safely take a bush break if there is no trespassing/high security after 9/11; Linda, "George" and I "sneak" by our group on Tower Rd—mystery unsolved

Sullivan/Ulster: deteriorating building at Alder Lake with so much potential if restored; Balsam Lake Mountain fire tower; meeting/celebrating Ed Sidote's 91st birthday in Roscoe; key swap with Dan/Julie Wagner; Claryville and a ride by the Town Supervisor to the trail head; eastern terminus □

Collier End-to-End ...

(Continued from page 23)

I missed some of the Cattaraugus County hikes so Melanie and her dogs did one makeup hike with me and Sigi Schwinge did another. The County Hike Series created some great friends who helped me finish the FLT.

Have you heard about the end of trail event at the Pennsylvania line? On the last hike of the Cattaraugus series, coming down that last long hill we met a balloon tied to a tree. Down the trail there was another balloon and then some more and finally an arch of balloons and members of the Foothills Trail Club creating an arch of hiking poles that we walked through. We had nonalcoholic pink champagne and I received my patch for completing the Conservation Trail. What a spectacular finish to the last FLT hike in this series.

The 2002 - 2008 county hikes had 12 hikers who started in Chenango and ended in Cattaraugus. It also produced 12 end-to-enders at the awards ceremony in Cattaraugus and many end-to-enders used some of the county hike series to complete the FLT. All of the people who worked on the FLT county hike series made those hikes easy. Those trails were generally freshly groomed. No spending time trying to find that next blaze or going off on an inviting trail that wasn't blazed. I could carry less water because I knew that there was water at the sag wagon. I am immensely grateful to all of the organizers, hike leaders, sweeps, sag wagon personnel and everyone else that worked on the 2002 - 2008 FLT County Hikes.

One of the questions that a newly formed end-to-enders is asked is, what next? Some of us are going to hike the FLT branch trails; some have volunteered to be trail builders or maintainers. It's payback time. Many, many people helped us become end-to-enders. Now we have a chance to help the next generation of people hiking the FLT. □

Erica LaBuz

End-to-End Hiker #264

"It's going to be an adventure" is a phrase I often repeated to my children as they were growing up. As Kristin and Kevin were approaching their high school graduations and as college loomed on the horizon, it was time for their mom to have an adventure of her own. Consequently, when I heard about the FLT Chenango County Hike Series, I signed up with some trepidation, but also with enthusiasm about enjoying the outdoors and meeting interesting people.

On May 11, 2002, a beautiful spring day in Lincklaen, on the western edge of Chenango County, I joined about 120 other hikers, none of whom I was acquainted with, and began a trek up a long hill for a 12-mile hike. This adventure continued on a rainy Saturday in the month of June for 11.75 miles. On this hike, I learned the first of many important lessons. Jeans and tee shirts are not comfortable when wet. Hiking attire made of a quick drying fabric is a necessity. During the Chenango Series, I made new friends, some of whom would continue hiking every series until the Cattaraugus Series in 2008. Among the memorable moments of this series was the attack by bees during the October hike as we were nearing the end of that day's hike. Fortunately, I along with three other hikers was able to get ahead of the bees, but not without being stung.

The Cortland series was a rather adventurous series. It marked my first hiking calamity when a large group of us decided that we wanted to avoid getting our feet wet in a stream where a bridge was out. Unfortunately, the directions for the detour around the stream were incorrect. As we were breathlessly climbing a long hill on a road walk, the hike coordinator suddenly drove by and directed us to turn around. I found myself walking back with Karen. We accepted a sag wagon ride to the road we should have taken. Without a map and not knowing

the whereabouts of our fellow hikers, we started out. We had not gone very far when the coordinator drove up in her vehicle and said she would shuttle us to the top of the hill. She continued shuttling hikers until we were all reunited.

The saga of Cortland County continued in June with further adventures. This day was a rainy dreary day. I learned that wearing makeup on a rainy day is not a good idea. For most of the hike, my eyes were stinging because of my mascara. Then, just after I crossed an old wooden bridge, it collapsed and two women behind me fell into the creek. Fortunately, there were no serious injuries, but the incident was a bit distressing. I could not wait to finish this hike. I left the trail wet and tired that day and began the drive home. I stopped at the Whitney Point travel plaza and ended up with cramps in my legs. Now, I was limping around the parking lot looking wet and disheveled wondering how I was going to get rid of these cramps to be able to drive home. I was also very conscious of how awful I must have looked in my bedraggled state to the other customers at the travel plaza. Well, the cramps subsided and I headed for home wondering if I should return for the remainder of the Cortland series. I did return in July. The weather was beautiful and sunny and the hike was enjoyable. Thoughts of quitting this endeavor ended and I went on to complete the Cortland and signed up for the Tompkins series in 2004.

By the time the Tompkins and Schuyler series came, I was a more seasoned hiker. I was settled into the routine and well prepared with the appropriate clothing, no cosmetics, and enough liquids to prevent leg cramps. These were pleasant hikes where I enjoyed conversations with a group of friends most of whom began hiking with the Chenango series: Dan and Julie Wagner, Kathy Foote, Doris and Liz



Erica LaBuz (#264) with End-to-End Coordinator Ed Sidote

Houghton, and Susan Collier. My daughter Kristin accompanied me on the last day of the Schuyler series and enjoyed the picnic at the lake and meeting my hiking friends.

During the Schuyler series, I was invariably the last person to board the bus. The three-hour drive from my home in Oneonta was becoming a challenge. A strategic change was in order for Steuben County. Overnight stays on Fridays in a bed and breakfast near the trail added a new dimension to the hiking experience. I began to enjoy both the trail and the visit to quaint villages and communities in the Finger Lakes region. The first stop was Hammondsport where Kathy Foote also stayed in a B&B. We were able to get together for dinner and to carpool to the hikes.

The next B&B was a sheep farm in Cohocton, Button's Creekside Bed and Breakfast. I stayed here for four hikes and Kathy stayed for three. We visited with the innkeepers on their porch overlooking the sheep meadow and in the warm, cozy kitchen when the weather grew cold and the days shorter. They were very impressed with our adventures on the trail.

The Steuben series was in 2006 when devastating floods hit upstate New York. The July hike was a dreaded 13

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LaBuz ...

(Continued from page 26)

miles long. It was also a very rainy day. Shortly after starting out, we encountered a creek running with fast moving water. One could not see the rocks to step on and the banks were muddy making crossing treacherous. Thankfully, our leader Joe and sweep Dick guided everyone safely across. Later in the day, we encountered more high water where the trail was rerouted from a road walk. We crossed deep fast moving water again that filled our boots with water.

Every winter I looked forward to the next year's hike series, but the week-end before the Allegany County series brought pouring rain and wet heavy snow. I dreaded beginning this series because I anticipated high, fast moving water in the creeks from the rain and snowmelt. The day before the hike was a warm, sunny spring day that brought me to the Park Circle Bed and Breakfast in the quaint village of Angelica. The storefronts in Angelica take you back to another era and sitting in the park in the middle of the traffic circle at the edge of town the night before the hike was peaceful and relaxing. The next day was beautiful. It was fun to reunite with hikers at the staging area. The water from the previous week's weather had receded. The Allegany series was off to a good start.

The following month brought another adventure. Since I travel on Fridays, I have to eat dinner alone if no other hikers arrive early enough or stay in the same area to meet for dinner. I was again staying in Angelica. I had dinner at a small restaurant in the nearby town of Belfast. While I was sitting at the counter, a man came up to me and placed a note written on a napkin next to me and left. The note had a complimentary comment and his phone number should I be single and interested in contacting him. It was an "Oh my goodness" moment! The next day, the chatter on the trail in my hiking group was that I was eating in a restaurant and a guy hit on me.

The following month, to my surprise, no one asked if I decided to call the guy. However, the episode was not forgotten. During the finale picnic, Pat Monahan, hike coordinator, was handing out awards. As he got to the end of the certificates, he said the words: "hitting on hikers" and I gasped. He told the story of another hiker and I was relieved. He did have one more certificate in his hand so I was not off the hook. He told the entire group of my dining experience and handed me a wad of napkins and the e-mail address to eharmony.com. Again, no one asked me if I ever called the guy, so what happens in Allegany County, stays in Allegany County.

Beginning in 2004, at the Fall FLT weekend at Frost Valley, I began hiking the Catskills. That weekend I completed Map 33. Kathy Foote organized our Catskill/Delaware County hikes beginning in 2006. The Catskills are difficult with many steep ascents and descents. A year ago while six of us were doing a twelve-mile hike from Holiday Berry Brook Road to Campbell Mountain Road, we did not pay enough attention to signs and headed left on a fork in the trail instead of heading right. We kept wondering why we did not see a scenic overlook and kept hiking. After lunch we came to a lean-to that should not have been there. We had to hike back two miles. When we arrived at the fork we had to make a decision about whether to proceed. We had six miles to hike and sunset was at 6:15 p.m. We decided to finish the hike and reached our vehicles just as it was getting dark. An eight-mile difficult hike had become a twelve-mile, painful hike. I was exhausted and took a sick day the following day.

This past spring I finished the Catskills. Thanks to Dick Corbin for hiking from Beech Hill Road to Alder Lake with me in May. In June, my son Kevin who was home between college graduation and the beginning of his job training, hiked twice with me to finish the section between Alder Lake and Balsam Lake Mountain. We did this as two out and back hikes. The hike from Alder Lake was on a beautiful Sunday in early June. The hike from Balsam

Lake Mountain was a hot day, but then the sky grew dark and there was a downpour. What I remember most about this hike was the beautiful and fragrant field of ferns near the trail to the fire tower. Kevin enjoyed the hikes. He had also accompanied me through crunchy snow in January when I had a small section between Campbell Brook Road and Campbell Mountain Road to finish.

Finally, in 2008 the Cattaraugus series began and the end of the trail was in sight. The series began on a hot day in April and I ended up with leg cramps for three miles due to the heat and medication. Thanks to Mike, the group's sweep, for patiently hiking slowly those last three miles with me. Cattaraugus County was characterized by a very long five-hour drive across NYS. Numerous hills, a ski mountain, switchbacks after 10 miles of hiking were characteristic of this section of the FLT. Among the fun memories that I have is chatting with hikers at the staging area and running into Gail, Jean, and Ralph at the rest areas in I-86 on the way home. Although they were in a slower group and finished later, they caught up with me on the highway.

On a beautiful fall weekend, I completed the trail at the NYS border along a balloon-decorated trail in Allegany State Park. A group of hikers that hiked each hike from Chenango to Cattaraugus County was finishing on the last day, as were a group of end-to-enders. It felt like a graduation day with all the hikers taking photos in various groups. On a bright, sunny Sunday, my adventure on the FLT ended. It was a wonderful experience enjoying the outdoors in the beautiful state of New York, making new friends, enjoying conversation with a diverse group of people, traveling to small communities with Main Streets and no sprawl, and experiencing the trail through many different conditions--bright sunshine, downpours, mud, heat and brisk temperatures. Thank you to all the hike coordinators, leaders, sweeps, sag wagons, landowners and trail stewards for making this experience possible. Now, I wonder what my next adventure will be! □

Nine ladies from Western New York traveled to the Catskills...

Hiking the Catskills end of the FLT can present a logistic challenge. You can avoid much of the hassle this year by taking advantage of the Spring Conference and the Delaware County Hike Series, but here is a report from an intrepid group that did it on their own in a very enjoyable way. Whatever way you hike this area, it is still the same wonderful scenery and challenging trails. Unfortunately, there is room here for only a small sample of their report. You can read the full account at <http://flthikers.pbwiki.com/Trip+Report>.

Nine ladies from Western New York—Denise Dee, Henrietta Foster, Jody Duggan-Lay, Joy Gilmore, Melissa Cohen, Kate Hardiman, Louise Cook, Miriam Rose, and Vicky Bush—traveled to the Catskills to hike the eastern section of the FLT. Some are aspiring end-to-enders and some just like to hike, so this trip was a great opportunity to knock off a few miles (and also shop, sightsee, and enjoy the camaraderie and escape from our day-to-day responsibilities). We also have to mention the gourmet dinners we had every night thanks to our excellent chefs. Good thing we hiked so many miles to burn off all those delicious calories!

We rented two houses in Claryville from Jennifer at Frank Lumia Realty. She worked with us to find houses that met our needs within our budget. The larger house of the two was very close to the Claryville Town Hall, which is right on the trail, and this served as a base for our daily hikes.

If traveling to this area, note that much of Catskill Park does not have cell phone service. There is no cell phone coverage in Claryville, but we were able to use our phones in Liberty, Bethel, and from some high points on the trail. There is a General Store/Café in Claryville with Wi-Fi service and the public library in nearby Grahamsville has public

SPRING CONFERENCE - FROST VALLEY YMCA, CLARYVILLE, NY

Friday, May 8 to Sunday, May 10, 2009

Plans for Frost Valley are proceeding very well, the hikes are planned, the guest speakers are lined up, and as of the beginning of February approximately 100 people have registered! I'd like to thank those who have registered, Frost Valley requires payment 90 days in advance to guarantee lodging, this is why such an early deadline was necessary.

However, as long as Frost Valley continues to have space, registrations will continue to be taken up till May 1st. Please contact Larry Blumberg (LBlumberg@stny.rr.com, 607/797-0912), though, before sending in your registration form in order to verify which lodging choices Frost Valley still has available.

The registration form can be found in the Winter edition of the *Finger Lakes Trail News*, or on-line at fingerlakestrail.org.

Your first stop upon arrival at Frost Valley should be the Administration Building to pick up your lodging assignment. Frost Valley will begin registration and check-in at 4 pm Friday afternoon.

internet access. Also note that some of the more remote roads are unpaved and in poor condition—we did not have a problem navigating the roads in our Jeeps and other SUVs. One hiker drove a minivan, but it was relegated to travel on paved roads.

[Editor: A day-by-day account follows. Here is Day 3, to give you the flavor.]

Day Three – Monday August 11 – M32

Balsam Lake Trailhead to Alder Lake Parking lot - 8.1 miles

Jody, Joy, Melissa, Kate, and Vicky
40.5 hiker-miles

We split into two groups today – Hikers and Shoppers.

The Hikers covered M-32 from Balsam Lake to Alder Lake. Rain started pouring again just as the hikers reached the trailhead, but there was little thunder and lightning today, thankfully. We immediately began a 1200' climb up a steep rocky slope. The climb was rocky and slippery especially in the rain. Thirsty hikers got good tasting water from a pipe spring near the Balsam Lake Lean-to. We decided not to detour to see the

lean-to and the Balsam Lake Fire Tower, but there were some pretty vistas today despite the rain and clouds. We were excited to reach the highest point on the FLT today – 3660'. Skies cleared and we had a beautiful vista of Beecher Lake from Millbrook ridge. Trails were well marked and generally clear, with a few brambles in places. We stopped briefly at Beaver Meadow Lean-to, which was the cleanest lean-to that our hikers had ever seen on the FLT. We saw bear scat just east of the lean-to right on the trail. Our group continued west around the north side of Alder Lake to the DEC parking lot, which was completely deserted.

Shoppers (Denise, Henrietta, Louise, and Miriam) also had a great day, making some great finds of vintage textiles and jewelry at antique shops in Neversink and Liberty. We also picked up some groceries and a few perennials for our gardens at Catskill Harvest Market, which is worth a visit for folks who like to cook or garden.

...

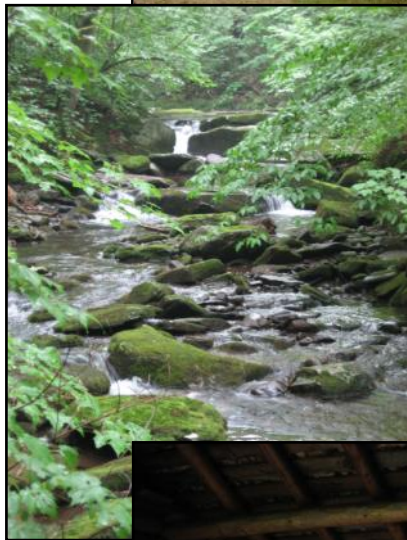
For the trip, total hiker-miles: 340.4

Photos on the next page.

Nine ladies from Western New York traveled to the Catskills...



Above: Big Pond, M-31



*Left: Beaver Kill,
map M-32*



Left: Resting at Beaver Meadow Lean-to

Our sincere thanks for gifts in memory of:

Howard Beye

from

Gene & Liz Bavis

Dawn L. Bennett

Georgiana & Eugene Binder

Bill & Mary Coffin

Mary Z. Domanski

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Peter Fleszar & Krista Cessna

Paul & Vicky Gaeta

George & Fran Gotcsik

Willie Mae Hampton

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Susan Yee

Phyllis Younghans



Walking Through Time in New York: #23 in a series

Grapes, beets, cabbage, and passengers on the Lehigh Valley by Irene Szabo

Oh, but Irene, you and Tim have told us tales of the Lehigh Valley RR before! How can there be yet more places where the Finger Lakes Trail crosses the long-gone LV with its “Cornell Red” passenger cars?

Well, there are lots more. While the mighty NY Central and the Erie were most intent on crossing New York east-west in order to capture business all the way to Chicago, there were also several enterprising smaller lines which made a really good business...for a while...out of consuming little bankrupt railroads and spreading webs of multiple lines north-south in upstate NY, most of all to peddle their own Pennsylvania mines’ coal to northern markets.

Until federal rules forbade railroad ownership of coal mines, both the Lackawanna and the Lehigh Valley made great businesses of sending their own stuff through upstate New York’s river valleys (and often returning southward with our milk for New York City). The Delaware, Lackawanna & Western sent tentacles from Scranton to Binghamton, thence to Syracuse, Utica, and eventually through Corning and Bath toward Buffalo, while the Lehigh Valley bought up small lines in just about every other valley northward from Sayre, Pennsylvania, at the New York border just outside Elmira.

So we have already met Lehigh Valley lines in *Walking Through Time* #5, where we actually walk upon her railbed briefly in Willseyville on Map M-18, in WTT #12, on the Seneca Lake bypass east of Burdett, on Map M-15, and in #21, through Cazenovia to Canastota along the North Country Trail shortly after its route leaves the FLT after its crossing of the Cortland-to-Cazenovia LV branch on the Onondaga Trail, Map O-1.

And even though she was the penultimate arrival in Buffalo, the LV

couldn’t resist adding to the east-west glut of railroads by turning one of her north-south lines westward from Geneva to send a double-track fast passenger line to the Queen City, where we crossed her in WTT #6 along the Conservation Trail, during that odd one-day hike which crosses FOUR major rail lines, two active, and two in ghostly form today, only 50 and 30 years after their respective deaths.

What LV routes are left for our hikes to sample? There were actually TWO routes into Ithaca from the south and

***... in its heyday more than
two dozen wagons of
grapes might be waiting to
load onto the train before
dawn, while several
carloads of passengers
daily took the train.***

THREE heading north. The trail crosses two of these, and NY’s Office of Parks aims to open a trail upon the third, surely fodder for a future article. There was another line from Owego to Auburn passing through Dryden which the FLT actually walks upon (watch this space in future issues!), plus there was a funny little dead-end branch dropping from Geneva down to Naples, which rates our visit today.

Naples is an attractive village below the south end of Canandaigua Lake where the Bristol Hills Branch Trail descends from the hills, crosses the valley in town, then climbs the forested prominence of Hi Tor Wildlife Management Area to the east. Stunning gorges pierce neighboring steep hills, while Hi Tor offers vast acreage of forest with trails, so those pursuing outdoor fun come here in droves at all seasons, hunters, ice climbers,

fishermen, canoeists, and hikers. If you have ever tried to visit during the September Grape Festival when thousands come for grape pies, arts and crafts vendors, and folksy home-grown entertainments, you can appreciate how much easier it would be to find a parking space before cars were invented! For years Naples has been the location of popular fairs, but when roads were wretched, their spindly little railroad brought fair visitors from afar by the thousands.

In 1892 the Middlesex Valley Railroad first linked the tiny villages and crossroads dotting the narrow fertile valley from Naples northeastward toward Stanley and Geneva. At last farmers could transport excess production northward to market, instead of carrying it in wagons over terrible roads, seriously uphill southward out of Naples to reach the railroad at Blood’s, now called Atlanta. Both the Lackawanna and an Erie branch from Corning to Rochester passed through Atlanta’s quiet collection of houses between Cohocton and Wayland; today a typical dark green Lackawanna station remains in fair shape there. But instead of that awful hill to the south, the valley northeastward was relatively level and offered connections with other railroads at both Stanley and Geneva.

The populace turned out en masse for the opening day celebration, eagerly jumping aboard for a “free” ride north from Naples, only to learn that a 3 cent fare was required to return! Typically, however, poor public relations tactics were the least of the failings of the Middlesex Valley RR, and by 1895 the Lehigh Valley RR had taken over the line. It was far from a typical railroad, since it dead-ended at Naples, but the spur continued in business until 1970, and in its heyday more than two dozen wagons of grapes might be waiting to

Walking through Time ...

load onto the train before dawn, while several carloads of passengers daily took the train. It was such a steady local institution that the same engineer, Patrick Hoban, ran all trains from 1892 until 1939, while Edgar Huber was the Naples station agent and telegrapher for forty years.

Our FLT archivist Georgeanne Vyverberg works at the Naples Library, and contributed many news clippings from their history section to this article. She learned from the history volunteer that the latter's mother used to go to a women's seminary in Starkey on Seneca Lake all week, then would ride to Stanley on one railroad, wait eight hours at a friend's, then take the Lehigh Valley home to the tiny scheduled stop at West River, where her father would

meet her in his boat to take her to their house on Canandaigua Lake. It's fascinating how many times we've learned that the best way to get a high school education far from home was to take the train.

After improved roads and truck transportation rendered the little line obsolete, the rails were taken up, even before the rest of the Lehigh Valley system disappeared into Conrail in 1976. Somebody gave Georgeanne a handful of date nails, the big-headed nails with numbers stamped into the head to indicate what year wooden ties were installed (before Excel spreadsheets, we surmise), which she generously gave to me. I'll let you touch them if you ask nicely: digits 12, 13, 19, and 21 tell us what years ties were replaced by maintenance crews,

probably Italian men here, too, as in the Chenango Valley.

The DEC has created the Middlesex Rail Trail out of about seven miles of the railbed, shown on our maps B-1 and B-2, heading northeast from a parking area on NY 21 toward the village of Middlesex. Barely above water in some seasons, it offers a wonderful way to visit the middle of swampy land along the West River valley, where I count among my favorite birding experiences mid-May walks among literally hundreds of baby wood ducks still running on water before they could fly, a King rail, and the rare hybrid Lawrence's warbler.

Our trail crosses what was the railroad when we're walking the winery road toward the cemetery next to Bob and Ruth's Restaurant, but nothing remains to signal the moment. However, just a couple of town blocks south of there, Academy Street offers a funny line of buildings against the bottom of the west side hill, oddly situated aslant the street. Here the dead-end railroad stopped at a once busy station and freight house (most of the buildings still there), then the locomotive crossed Academy Street to a turntable, where a platform in a circular pit could be rotated in order to reverse the engine for its return trip to Geneva. Today that round pit with crumbling remnants of its concrete walls is shaded by young trees growing up inside it, lost in weeds behind the backyard of the last house on the street.

The mother of our webmaster, Joan Young, was paying attention in the mid-1960's, however, and took a picture of the turntable during a sight-seeing trip to Naples. Even Georgeanne's library doesn't have this picture! □



During a sight-seeing trip to Naples in the mid 1960's, Catherine R. Leary, the mother of our webmaster, Joan Young, took this picture of the turntable at the end of the line where the Lehigh Valley's locomotive could be rotated for the return trip to Geneva.

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

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

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

2008 Contributions

The Finger Lakes Trail Conference gratefully acknowledges the support of all our members and donors, and especially wishes to recognize the following individuals, businesses and organizations for their generous support during 2008. The amounts listed include dues and contributions to any FLTC fund. We have done our best to be accurate in spelling names as well as making sure we got everybody in the right categories. We apologize if some mistakes have crept in.

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SUNY Geneseo Trail Project by Ron Navik

On Labor Day weekend, fifteen SUNY Geneseo Freshman and their advisors chose to work on a project on the Finger Lakes Trail in Klipnocky State Forest (Map M-9) as their Community Service Project during Freshman Orientation. Under the guidance of outfitters Pack Paddle and Ski, the students backpacked into

the campsite, learned the intricacies of setting up camp, proper backwoods etiquette, and leave-no-trace camping. They also got to know each other through a series of team exercises and games. They spent the better part of two days collecting and moving many very large rocks to a boggy area to make stone steps that will be there for years to come.

Many of the volunteers joined the SUNY Geneseo Outing Club and came back a month later to do another day of trail maintenance on the Letchworth Branch Trail. It was clear these students have a real love of the outdoors, and we are looking forward to seeing them on the trail again. □

Great Eastern Trail in New York on the Finger Lakes Trail

by Pat Monahan

Spring 2009. The Great Eastern Trail in New York (GET in NY) continues to add mileage on the ground as completed trail ready for hiking. The trail connects with the Mid State Trail at the NY/PA border and continues north for about 6 miles of road walk in the Town of Tuscarora (Steuben County). The trail continues following the orange blazes through the Pinnacle State Park, McCarthy State Forest and currently ends walking down a Village of Addison sidewalk past some beautiful Victorian painted ladies on Maple Street. The “finished trail” ends at a small grouping of cemeteries. During November 8-9, 2008, a small army of volunteers numbered up to 35 including some Boy Scouts, locals and others from across the state wanting to “give back to the trail”. During the November work party, we were able to build about 1.5 miles of trail right out of the woods as a wilderness footpath. The volunteers created a doorway into the woods from the FLT main trail (Map 13, between Access 4 and 5) at the Moss lean-to through the South Bradford State Forest heading south. Volunteers used chainsaws and a variety of hand tools to open the trail as a footpath in the woods. Probably the most difficult job for the volunteers was to maintain a 10% grade. This required a switchback with some difficult benching (sidehill digging). Steuben County has enjoyed a snow-covered winter like most of the state this year. When the snow clears for the spring, a small crew will go out to assess the trail quality after a couple of seasons of the trail on the ground.

So the work continues. In the south (Addison area), we will continue to contact landowners to reach Beeman Hollow Rd. Scouting is nearly complete and flagging will begin in the spring in anticipation of trail construction in



Summer and Fall 2009. In the north (Campbell/Erwin area), we will continue our flag line across Watson Homestead and Conference Center (approved) to the West Hill State Forest pending DEC approval for 2009. There will be many opportunities for volunteers to “give back” on the GET in NY ranging from a scheduled Alley Cat project August 5-9 (see page 16 for details) to day or weekend work parties. If you are interested in becoming involved in any aspect of building this yet to be named branch trail on the FLT, please contact Pat Monahan at pmonahan@stny.rr.com. Your name can be added to the listserv for all information about the GET in NY. □

From the mail—what is it?

Dear Jo,

I have attached a photo I took recently of a marker on a short concrete post that I found near a section of the FLT.

First I thought it was a U.S.G.S. marker, but now I don't think so. The round bronze(?) marker is 2-1/2 - 3 inches in diameter. Its location is about 25 feet WNW (down hill) of the registration box at the east end of the Van Lone Hill Loop Trail just off Todd Road in Schuyler County in the Connecticut. Hill Area - FLT map M-16.

My wife, Jean, and I are members of the FLTC and I am a trail maintainer for the Cayuga Trails Club. If it weren't October with most of the leaves down, we could not have seen this marker. Perhaps you could get some input from some of the “News” readers.

Thanks for looking into my mystery.

Dave Schurman



Article removed at author's request

Article removed at author's request

Lessons and Luck ...

(Continued from page 6)

disturbance, helped us show that an archeological study was not needed. The Town of Bradford and the regional planning board gave their support. We received an NCTA Field Grant to pay for 2/5ths of our required match; my donated labor would count toward the remainder.

When we searched for possible crews, I discovered that the Buffalo Youth Corps was no longer doing trail work, most “community corps” (formerly AmeriCorps) are restricted to the county in which they are based, the nearest “regional” community corps was unskilled and expensive, the Student Conservation Corps crews were beyond our means, and landscaping companies were both costly and inexperienced. Howard found that the nearest Venture Crew had too many competing obligations. Fortunately, Wes Lampman, Director of Field Programs for the Adirondack Mountain Club (ADK), said he could provide us with a seasoned crew for an affordable price, as long as the work could be done in the fall.

We were notified officially that we had received the grant in the late spring of '07, too late to do the work that fall. Spring, 2008, Laurie Moore arrived at the OPRHP's Finger Lakes office and we scrambled to re-start the project. On May 17, 2008, I went back into the woods, to start finalizing the new parts of the trail. Much of the flagging tape was down—yet again a “problem” that had unintended beneficial consequences. As I looked around for the missing markers, I saw better possibilities, including an old footpath that could be incorporated into the relocation. This footpath passes by a moss-covered building foundation, and the fence line it follows terminates in an exquisitely built section of dry stone fence situated north of and across the trail from the Moss Hill Shelter. Old maps and a survey showed us that the foundation site was occupied by J. Silvernail in 1857 and G. Havens in 1873, but was abandoned by 1902.

July and the first three weeks of August were devoted to the heap of paperwork required by this project and various related tasks: Forester Cicora approved the route and authorized use of my utility vehicle. Angelica Mitchell and Paul Enos volunteered to host the crew between weeks, at their properties at the north end of Keuka Lake; and Forest Ranger Tim Carpenter provided permits for the crew to camp.

The end of August, I finished building the 0.3-miles of new trail on the west side of Monterey/Sexton Hollow Rd. Since there had been very little rain, I also rough-cleared a way to haul in water to the bivouac site, in case the creek dried up (fortunately, I didn't have to do this). Then I trailered my utility vehicle to South Bradford and started clearing the old road/trail south towards the shelter, so I could transport materials in from that direction. Then I hiked the salvageable sections of the trail to see exactly where puncheons were needed, obtained Howard's approval, ordered the wood and pre-drilled all the holes for the carriage bolt fastenings. Bob O'Brien, a Forester at Cotton Hanlon, arranged to put my lock on their gate at the south end of old Moss Hill Rd.; then I cleared the road from the gate north past the Moss Hill Shelter to the other side of the big washout.

The ADK Pro Crew—Paul Ranum (the crew boss), Mike Robbins, Theresa Troy, Andrew (“Bones”) Hamlin, and Wes—arrived at the trailhead on Monterey/Sexton Hollow Rd. on September 15th and quickly set up camp at the new bivouac site. While Mike, Theresa and “Bones” started on the eight switchbacks, Wes and Paul suggested changes that both improved the design and assured that the crew could complete the work. Then I trailered the puncheon wood and materials for the outhouse roof to staging areas inside the Cotton-Hanlon gate and David Peterson's lawn.

Over the next two weeks, the ADK-Pro Crew built trail while I hauled in materials from both ends of old Moss Hill Rd. I could barely keep up with the crew and was awed by the amount of

work they accomplished each day, using only their hands and hand tools, and impressed by how smoothly they functioned as a crew. It was as if their gear, packs, and tools were simply extensions of themselves, so comfortable were they with living and working in the woods and with each other. With slight guidance from Paul, each worked on a 30-foot section of trail, which they marked off with their packs. They cleared bush and saplings with loppers, chopped through downed trees with axes, sawed logs with crosscut saws, and benched trail and dug out rocks and roots with mattocks. They carefully graded and out-sloped the new trail; built it up, or drained it as needed; assembled and placed the puncheons, and laid up several lovely stone ramps. Each noon, they returned to their tents to eat, rest, and read. And they read *serious* books, about nature and philosophy.

During those intense two weeks in mid-September, I experienced several exhilarating moments: finding bear tracks on the old road south of the lean-to and my first look at the freshly-carved switchbacks ascending the steep hillside were two. There were several terrifying moments, like driving my utility vehicle down a steep, rocky ramp into a creek bed and not knowing whether I could ever get it back out, and then getting it back out by locking the differential and roaring up and over the ramp's lip. There were several terribly sad moments, as when I learned of Howard's fatal stroke and then realized I could never tell him that, at last, the project was almost done. And there was that immensely gratifying moment at the end of the second week when the rain started to fall just after I finished painting the last blaze.

I know now that this project could be completed only because we had the good fortune to have a skilled trail-building crew and fine weather that dried out even the muddiest sections of old Moss Hill Rd. A good reminder, too—next time, I have promised myself, I *will* remember to plan exactly which parts of a project can be accomplished and by whom, if and when the weather doesn't cooperate. □

Faces of the FLT



Mary C. Coffin

Age: 65

Birthplace: Batavia, NY

Residence: Chittenango, NY

Occupation: Retired science teacher, teacher educator and mentor.

Favorite outdoor pursuits: Hiking, camping, skiing (XC and downhill), paddling, trail work, gardening, anything outdoors.

Other interests: Reading good mysteries, travel, leading trips, taking groups hiking anywhere in the world but US National Parks are my favorite.

How I "met" the FLT: In 1981, I joined ADK-Onondaga and was quickly asked to be a trail steward on the FLT (also NCT) in Cortland County, and I was hooked.

Relationship to the FLT: I have been a trail steward and maintainer on the FLT for 27 years. As VP East of the NCTA I serve as liaison to the FLTC Board. I am the ADK-ON North Country Trail Team Leader and have helped negotiate, design and construct new Onondaga Trail segments on the updated O-1 and O-2 maps.

Favorite section of the trail: Whatever section I'm hiking especially the Onondaga Trail.

Memorable FLT experience: Meeting my husband and many other hikers and trail workers who have become good friends.

Hiking the Catskills: Delaware County 2009 County Hike Series by Jon Bowen

The Cattaraugus County hike series last summer was the first time I had participated in a large group hike. I enjoyed meeting new people and it gave me a reason to visit a different part of the State. Near the end of the series, Pat Monahan was soliciting for someone to lead the 2009 series. After the final event in October, I sent him an email offering to help someone lead this summer's series. When the FLTC Board of Managers met in mid-November, no one else had volunteered. Pat spent a couple hours explaining the effort and planning that went into the past 2 hike series. Many questions were answered (and continue to be answered). After checking with my wife who does extensive hiking with me, I agreed to coordinate this year's series.

Mid-November, in the snow, is not the best time to be driving back dirt roads in the Catskills, but we managed to find acceptable places to park many cars. Much guess work was done to develop a reasonable hike plot. I have not hiked this area so the input of Larry Blumberg and James DeWan, as well as a few other people, was greatly appreciated. This is the first time the county hike series has visited Delaware County and with logistical issues, we can see the reason it was not hiked in the past. I hope the series runs as smoothly as last year's. Pat Monahan's organization and planning were excellent. The weather was terrific except for one quite warm, sunny day.

"Hiking the Catskills" (Delaware County) will begin at the Chenango/Delaware County line on Butts Road near Bainbridge and cross 71 miles of hills and mountains ending at Big Pond at the eastern end of the county. We will continue to have buses shuttle hikers from their cars at the end of each hike to the starting point. Participants will select their own pace by choosing a group with which to hike (slow, medium, fast pace). Group leaders will be very experienced hikers. Hikes vary in length from 6.5 to 12.5 miles and will range from moderate in the beginning of the series to very strenuous in the mountains during September and October. Hikes take place whether rain or shine so start now to get in shape.

Dates will continue to be the third Saturday of each month: April 18, May 16, June 20, July 18, August 15, September 19 and a final hike followed by an awards picnic October 3.

Registration forms are available on the website fingerlakestrail.org during March or from the FLTC office 585/658-9320. Fee for participants is \$40 and covers bus transportation, Delaware completion patch, picnic and sag wagon supplies. If you have any questions, contact the county hike coordinator, Jon Bowen, at jkbowen@gmail.com or by phone 315/638-8749.

Howard Beye Memorial Hike Saturday June 6, 2009 by Ron Navik

All FLTC members and friends are invited to attend a Howard Beye Memorial Hike on Saturday, June 6, 2009 in High Tor Wildlife Management Area on the Bristol Hill Branch Trail. This is a section of trail on FLT Map B-1 that was maintained for many years by Howard and his wife Dorothy. We all appreciate the fact the Beye home was literally the FLT HQ for many years and are still trying to adjust the organization to pick up all of the activities that Howard did for the FLTC.

Please come and meet Dorothy at 10 a.m. June 6, 2009 at the DEC parking lot on Rt 245, 0.2 mi east of Rt 21 in Naples, NY at the southern end of Canandaigua Lake. Note that Bob and Ruth's restaurant (excellent lunches) is on the corner of Rt 21 and Rt 245. Several hiking options will be available. □

FLTC Annual Spring, Summer, and Fall Hikes

The primary purpose of our annual “named” hike series is to increase awareness of the Finger Lakes Trail system within the hiking community, and at the same time honor three FLT “icons” for whom these hikes are named. Wally Wood (spring hike) was founder of the FLT; Ed Sidote (summer hike) is of course alive and well, a past president from years ago who now serves as the FLT’s end-to-end hike coordinator; and Erv Markert (fall hike) was Trails Chair for nearly 20 years, a one-time maintainer of the FLTC office, and a former FLTC President.

SATURDAY, APRIL 25, 2009

Spring / Wally Wood hike

Leaders:

Cathy Concannon, catrina616@gmail.com, 585/880-4456
Kristin Schafer, kristinhiker@yahoo.com, 607/242-5790

Bristol Hills Branch Trail, Naples, FLT Map B-1

Hike: Meander through the High Tor Wildlife Management Area utilizing both the Bristol Hills Branch Trail and High Tor Blue Trail to complete a loop back to our starting point in Naples. We’ll be hiking approximately 6-8 miles; you can expect some climbing and possible views of the lake. Please pack a lunch and water. After the hike, we can stop at Bob & Ruth’s Restaurant for some refreshments, or feel free to stop by Monica’s Pies for some famous grape pie (or one of many other varieties!)

Meet: 10 a.m. in the park next to Bob & Ruth’s Restaurant.

Directions: Bob & Ruth’s Restaurant is at the intersection of NY Routes 21 and 245 in Naples, NY, also near FLT Map B-1 Access #5.

Carpooling: Please contact leaders: From the Rochester area, Cathy Concannon; from the Ithaca area, Kristin Schafer.

SATURDAY, OCTOBER 24, 2009

Fall / Erv Markert hike

Leader: John Morris, JaxmBird43@aol.com,
607/753-7256

FLT and Spanish Loop in Cortland County, FLT Map M19

Hike: This will be a hilly and moderately strenuous loop hike created by combining sections of the Spanish Loop and the FLT. Two hike distances will be offered: the 5.5 mile loop and an additional 4.4 miles (total) out and back to a viewpoint overlooking Dryden Lake. We’ll “gather” afterwards at the Gatherings, a restaurant in nearby Virgil near the Greek Peak Ski Resort, where each hiker will receive their choice of a free coffee, tea, soda, wine, or beer!

Meet: 9 a.m. on Daisy Hollow Rd at the FLT crossing at FLT milepost 5.0 on FLT Map M19.

Directions: Daisy Hollow Rd intersects NY Rte 38, about 6 miles south of Dryden. Turn north on Daisy Hollow Rd for about 2 miles to the FLT crossing.

Carpooling from the Binghamton area: Contact Larry Blumberg, LBlumberg@stny.rr.com

SATURDAY, JULY 25, 2009

Summer / Ed Sidote hike

Leader: Don Windsor, windsorda@yahoo.com,
607/336-4628

Jackson Pond in Chenango County, FLT Map M23

Hike: This will be a fairly level and relatively easy loop hike created by combining a three mile section of the FLT with an additional three miles of seasonal back roads. Ed Sidote’s planning to be there. Come on out to say hello! Bring lunch; we’ll eat when we return to Jackson Pond at the end of the hike.

Meet: 9 a.m. at the Jackson Pond parking lot on John Smith Road, FLT milepost 4.4 on FLT Map M23.

Directions: Jackson Pond and John Smith Rd are off NY Rte 23 near North Pharsalia, which is southeast of NY Rte 26 and South Otselic.

Carpooling from Norwich: Meet the hike leader at 8:15 a.m., behind the Howard Johnsons.

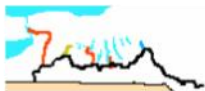
For other hikes, see...

Howard Beye Memorial Hike and the Cross-County Hike Series on page 38.

**2009 Delaware County
Hike Series**

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

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



jwensich@rochester.rr.com

Can you place the scene on the right? The answer to the winter issue's Name That Map is on page 9.



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FLTC members Sue and Rich Freeman*



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

Ithaca and Elmira

triplecityshikingclub.org

Chenango County

FLT-Bullthistle Hikers

www.bullthistlehiking.org

Eastern NY

ADK Mid-Hudson Chapter

www.midhudsonadk.org

Thank You



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5919 E. Henrietta Rd.
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Donor of land boundary research and property information for the Finger Lakes Trail and the North Country National Scenic Trail

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Ray Recchia • 3155 State Route 206, Whitney Point, NY
13862 • 607/692-2584 • rrecchia@frontiernet.net

Finger Lakes Trail Conference, Inc.

Calendar of Events

- April 25..... Annual FLTC Wally Wood (Spring) Hike,
Bristol Hills Branch. See page 39.
- 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 page
28. 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.** Howard Beye Memorial
Hike. See page 38.
- June 20 FLTC Board Meeting, Lysander
- June 22-26..... NCTA Volunteer Adventure. See page 16.
- July 25 Annual FLTC Ed Sidote (Summer) Hike,
Jackson Pond. See page 39.
- October 16-18..... Foothills Trail Club will host the Fall
Campout at Camp Turner, Allegany State
Park. Save the date.**
- October 24 Annual FLTC Erv Markert (Fall) Hike, FLT
and Spanish Loop. See page 39.
- November 13-15..... Board/Committee Retreat, Letchworth SP
- Alley Cat Work Weeks: July 20-24, Aug. 5-9, Aug. 31-Sep. 4. See
page 16.
- Delaware County Hikes: April 18, May 16, June 20, July 18, Aug. 15,
Sep. 19, Oct. 3. See page 38.

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

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

Favorite Trail Sections in Central New York: Onondaga Trail

DeRuyter Lake Dam Road to New Woodstock, FLT Map O-2

A Great Spring Walk in the Woods

Text and photos by Mary C. Coffin

It is difficult to select a favorite trail since the trail I'm on at the moment is usually my favorite. For this article I have selected a very new section of the North Country Trail and Finger Lakes Trail's Onondaga extension that we have worked on for the last three years. It represents a nice blend of private and public lands. It is a less than a five-mile jaunt one way so some might prefer a round trip and avoid spotting cars.

Favorite features include mature hardwood forests with some conifers mixed in, rolling hills, streams, scenic views and another pond. Spring is a great time to view the little waterfalls and early wildflowers and hear the songs of returning birds.

Continued inside on page 20

Trail maps can be ordered from the FLTC Service Center at 585/658-9320 or online at www.fingerlakestrail.org

