

Finger Lakes Trail NEWS

Summer 2009



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www.fingerlakestrail.org

President's Message

Pat Monahan

I would like to take this opportunity to introduce myself as your new president of the FLTC. It was nearly a year ago at the 2008 FLTC Spring Weekend in Montour Falls that the chairperson of the Nominating Committee Scott Lauffer asked me to consider accepting the role of president. I was honored, surprised, and humbled all in the same moment and told him I would think about it. What could I contribute to the organization? What skills do I have that will make me an effective leader? Am I the right person to take us into the next stage of development as a volunteer/not-for-profit organization? Is my vision compatible with the vision of the FLTC? I discussed this with family and friends who provided many words of encouragement and support. I was elected by the Board of Managers at the May 2009 meeting. I recognize my role and responsibilities and look forward to serving the hiking community in New York State.

At the annual business meeting held during the 2009 Spring Weekend at Frost Valley, the membership approved the new members for the Board of Managers known as the Class of 2012 for a three-year term. Welcome and congratulations to Patricia Haynes, Roger Hopkins, Phil Metzger, John A-X. Morris, and Ken Reek. Each will help keep the mission of the FLTC as the foundation of their decisions. I also want to thank those leaving the Board for their years of dedicated service to the Board: Richard Breslin, Vicky Gaeta and Irene Szabo. They have made numerous contributions to the FLTC during their tenure on the Board and beyond. I am sure that they will still be involved as volunteers in some other capacity along the trail.

At the May 9, 2009 Board meeting, David Marsh ended his final term as president. Under his leadership, the FLTC has been "moving forward" through organizational change and more recently adapting to the loss of an FLTC giant, Howard Beye. With the many accomplishments, he left the Board with this final message: "My vision is, that the FLT and FLTC will be successful if you: 1. devote yourselves to protect and maintain the trail, 2. keep the FLTC financially sound for the long run, 3. have strong, vital, focused and active committees, and,



Photo by Jackson "Jet" Thomas

4. maintain, broaden, and increase your membership base." It is a vision that I too share for the FLTC. That certainly makes for a seamless transition for the FLTC.

Membership continues to be strong for our organization. For those of you who have renewed your membership—thank you for your continued support. For those of you who have not—please take the time to renew. We need your support to maintain a premier hiking trail in New York State. In this economy, it is a tough

decision for many to make. I believe it is a good value. We cannot do it without you.

Finally, let me ask you to take a small step forward in the FLTC. Volunteer. Find something that you truly enjoy and volunteer to do it. I have been amazed at how many people have recognized their talents/treasures and have been willing to share them with others. Let me give you a few examples. We were looking for people to take a leadership role in trail management. Steve Catherman, Lynda Rummel, and Quinn Wright stepped up to help as directors related to trails. Fifteen volunteers have offered to build trail on the Great Eastern Trail (GET) in Steuben County. An individual has offered to bridge the gap to pay for materials "in case the grant doesn't come through". Larry Blumberg took the lead for the 2009 Spring Weekend at Frost Valley and Annette Brzezicki is leading the 2009 Fall Weekend at Camp Turner; my mother-in-law provides all of the plastic containers for paint for all of the trail maintainers on the GET, Jon Bowen stepped up to lead the 2009 county hike series in Delaware County, and Paul Hoffman will lead a new mini series to introduce new hikers to the FLT. The list goes on. Where do you fit? Leadership? Trail maintenance? Grant writer? Legal advice? Landowner negotiations? Clerical support? Photographer? Financial supporter? What are your talents? Treasures? How could you volunteer your time? Think about it. It is your organization.

Go take a hike.

pm

Join the FLTC Yahoo! groups e-mail listserv

The Finger Lakes Trail Conference's e-mail listserv is a discussion group hosted by yahoogroups.com. Its purpose is to allow the listserv subscribers (approximately 400 people) to communicate information to each other pertaining to FLT hikes and other FLTC activities, and to also allow subscribers to post general hiking-camping-backpacking and/or FLT-related questions that can be answered by any of the other participants.

The co-moderators who will oversee the use of this listserv and offer help with questions are: Larry Blumberg (lblumberg@stny.rr.com) and Jack VanDerzee (vanderze@ithaca.edu).

To join this listserv, send a note to one of the co-moderators, or go to the FLTC website (fingerlakestrail.org) and follow the instructions for subscribing.



FINGER LAKES TRAIL NEWS

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Mission Statement

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

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

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And on the back cover...

Thank you, Girl Scout Troop 679!, *by Jacqui Wensich*



Mary and Bill Coffin

page 4 - Survey marker #22 at the end of the Onondaga Branch Trail

Cover: This photo was taken by Marilyn Beckley of Syracuse, end-to-end hiker #240, in July 2007 at Bowman Lake State Park (Chenango County). You may recall that Marilyn and her hiking partner Suzanne El Rayess (#241) did their end-to-end report in the form of a crossword puzzle [Spring 2008]. Marilyn (trail name Amoeba) is also an Appalachian Trail hiker. You can read her trail journals including her FLT journal at <http://www.trailjournals.com/about.cfm?trailname=6906>—more great photos there.

Thanks to Larry Blumberg and the members of the Triple Cities Hiking Club for hosting our Spring Weekend at Frost Valley. Thanks also to those of you who attended. Out next weekend event will be October 16-18 at Camp Turner in Allegany State Park, and it will be hosted by the Foothills Trail Club. The reservation form and information are included in this issue of the *News* (see pages 11-15) and are posted on the FLT website. I look forward to seeing you there.

At our Annual Meeting we elected five Board members, one incumbent and four new Board members. I look forward to working with John A-X Morris, Ken Reek, Roger Hopkins, Patricia Haynes, and Phil Metzger. Following the Annual Meeting, the Board met to elect officers. All of the officers remain the same with two exceptions. The VP for Trails remains vacant since Howard Beye's passing. Instead we have three Directors covering many of those tasks. The other officer position that changed was President. After three years as President, David Marsh stepped down and Pat Monahan takes his place. Thanks to David for his outstanding leadership and service as President and previously as VP for Finance. I look forward to working with Pat as we



From the Desk of the Executive Director

.....
Gene Bavis

continue our mission of protecting and enhancing our great trail system. Pat is the 21st FLTC President if you count Bob LaBelle and Irene Szabo twice. Both of them returned as President following some time off. Congratulations to Mary Coffin who was presented with the 2009 Wally Wood Award.

It seems like my messages always include something about membership and money. I guess that is to be expected since those are the two topics that I am supposed to worry about. As of this writing (a few weeks before you are receiving it), our membership renewals are down a little and we do not have quite as many new members as normal for this time of year. Of course, we can blame that on the recession. Hopefully things will pick up a little over the next few months. The good news is that we do have a good shot at meeting our goals, but it will take a little extra work. Again, I will challenge YOU to recruit ONE

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*.

new member. Assuming that many of the folks who haven't renewed YET will do so, it will only take about 10% of our members meeting my challenge to get us on track again. Thanks for your help! Thanks also for your continued support of the Finger Lakes Trail Conference as a member and/or a volunteer. □

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

Welcome!

New and Returning Members February '09 through April '09:

Arnold Aronson, Masonville
Jonathan Babcock, Rochester
William Balles, Phoenix
Douglas Barnard, Hornell
Carol Baum, Syracuse
Gerard Benedict, Newark
Aaron Bennett, Highmount
Boy Scout Troop 129, Pittsford
Boy Scout Troop 372, Rochester
Boy Scout Troop 38, Dansville
Boy Scout Troop 58, Amherst
William Brorerin Jr., M.D. Ph.D.,
Rochester
Susan Cappadonia, Hornell
Joseph Carson, Newton Center, MA
Kathie De Wolfe, Ithaca
Grant Denis, Dryden
Peter Eisenhauer, Canandaigua
Kathy & Gary Garcia, Geneva
Gayle Gilbert, Burlington Flats

Rob Gladden, Geneva
Leigh Harrington, Penn Yan
Shelia Hathaway, Binghamton
Patricia Haynes, Ellicottville
Heidi Hendrick, Rochester
Jimmy Himes, Penfield
Patrick J. Hunter, Endicott
Nick Hunter, Morrisville
John M. Andersson Engineering, Ithaca
David A. Jones, West Valley
Kay F. Jones, Newfane
Jennifer Keenan, Theresa
Sandra L. Keller, Newark
Deborah Lucchesi & John Mann, Dryden
Michele McCall, Rochester
Laurie & Mark McFadden, Alfred Station
Brian Nagy, Rush
Brad Nickerson, Byron
Lori Orsley, Himrod
Peter R. Parker, Honeoye Falls

Janelle Ploetz, Eden
Robin Pritchard, Hemlock
Kathleen Revekant, Pittsford
Paul Richards, East Syracuse
Scott & Hazel Russell, Corning
Earl & Barbara Schirmer, Jr., Hamlin
Eric Schuster, Manilus
Virgil Shields, Ithaca
Lynn C. Skinner, Hornell
Jon Snyder, Syracuse
Skip Taylor, Corfu
Maureen Tuttle, Honeoye Falls
Muhammad Wattou, Ithaca
Aaron Wightman, Corning
Steve & Amy Marie Winslow, Mt. Morris
Scott C. Wise, Bath
Peter M. & Jane Wyckoff, Port Byron
Dan Young, Vestal

Faces of the FLT

Marty Howden



Age: 55

Birthplace:
Cuba, NY

Residence:
Hamlin Beach
State Park and
Rossburg, NY

Occupation: Park Manager, NYS
OPRHP.

Favorite outdoor pursuits: Hiking,
Cross Country Skiing, and
Snowshoeing .

Other interests: I play bass guitar in
a band and am a volunteer fireman.

How I “met” the FLT: My first
encounter with the FLT was when I
was working in the sign shop at
Letchworth Park. We did a couple
signs for the east side of the park
where the branch trail was being
developed. Later as the manager of
Bowman Lake State Park, I started
understanding how developed the
trail was and about the FLTC. This
coincided with meeting Ed Sidote
who recruited me into both the
Bullthistle Hikers and the FLTC. I
also approached the DEC
about adding the newly developed
Kopac Trail as an FLT loop trail.

Relationship to the FLT: Western
Regional Trail Coordinator, trail
sponsor, “chain saw guy”.

Favorite section of the trail:
Bowman Lake, from the beach to
Preston Rd.

Memorable FLT experience:
Meeting the many great people of the
FLT and making friends. Getting to
know Ed Sidote and Howard Beye
has left a lasting impression on me.

*Editor’s note: Marty’s photo of Ed
Sidote appeared on the cover of the
Summer 2007 issue of the FLT News.*

Paradise Garden Dedication

by Tony Rodriguez, for ADK-Onondaga Chapter

This I believe. I believe Sunday
April 19, 2009 was not a
typically insufferable and
capricious April day, the type that
usually seems to stun and retard
Nature’s progress towards a full
spring. On the contrary, the day
dawned exuberantly bright and only
improved over time, certainly created
for the opportune enjoyment of a
slowly emergent spring and suitable
for a memorable celebration, exactly
what we were gathering for at the
most appropriate and serenely
spiritual of locations, Paradise Garden
in the Mariposa State Forest
(Mariposa butterfly, the most ethereal
of insects).

The group gathered at the Chenango
County route 53 trailhead (map M-22)
for the three-quarter mile trek to the
lean-to built in August 2008, Howard
Beye’s farewell act as coordinator of
the Alley Cat Trail Crew projects.
Twenty-three individuals sauntered
along the trail he helped create. Some
had known and worked with Howard;
others were just familiar with or had
heard about his legendary dedication
and commitment. Those who arrived
early at the lean-to had time to reflect
upon the solemnity of the occasion,

while those who rambled behind were
fortunate enough to encounter another
legendary FLT figure, 92-year young
Ed Sidote. Ed had managed to scale
the initial incline, a feat known to
induce gasps for air from more youth-
ful trekkers, but decided to turn back
before reaching the intended destina-
tion; nevertheless, his indomitable
presence endured throughout the
commemoration.

The forest seemed to reverberate with
anticipation as the trees gently
swayed. The minute ground-hugging
plants were in blossom, and the
pervasive, pungent fragrance of wild
leeks saturated the air. After all were
assembled and the memorial plaque
secured to the front purlin, as the
stream softly gurgled its approval and
the smoke from the fire wafted
through the treetops heavenward like
an ascendant spirit on a journey of a
different nature, we reminisced about
Howard’s unsurpassed dedication,
devotion, and infallible character.
Although a somber occasion, a sense
of joy pervaded the group for having
had the opportunity to know him and
appreciate what he stood for. So, soar
on Howard, this was your day, and it
was a very glorious one indeed! We
know you would approve! □



Tony Rodriguez

GPS News

by "Java Joe" Dabes

For Recent Automotive Units (such as Garmin Nuvis)

Trailhead waypoints are now easier to find on our website. From the homepage at fingerlakestrail.org scroll down to "End to End Info" or "Trailhead GPS Data." Clicking on either box takes you to the same place: Click on "A form to use to track your hikes on the Main FLT" or "A form to use to track your hikes on Branch Trails." Follow the directions to download these Excel Spreadsheets, which can be opened with Microsoft Excel or the Microsoft Works spreadsheet. Print these out and carry them in your vehicle. From your GPS opening page touch "Where to?" (or similar) and scroll down to "Coordinates." You then can manually enter the coordinates for the trailhead you wish to go to, and get turn-by-turn instructions.

For Recent Hand Helds

You can purchase both track and trailhead waypoint data for downloading into your hand held (so no need to manually type anything in). The track

data is particularly useful as this ensures you will not lose the trail in poorly blazed or recently logged areas. On the FLTC homepage click "New GPS Data!" You can then purchase the GPS data on CD (\$20 for FLTC members) and a recent set of maps, if need be. Detailed instructions come with the CD explaining how to use the GPS data in the recommended units (Garmin GPSmap 60CSx and similar). If purchasing a 60CSx (~\$250 - \$300), you need not buy Garmin MapSource Topo (~\$80); you can use the Trip and Waypoint Manager that comes free on CD with your unit and the free NY Topo maps from www.gpsfiledepot.com. This is all explained in the detailed instructions that come with FLT GPS data. Although not now included, I hope in the future to include waypoints for lean-tos, bivouac areas, springs, etc. once these are accurately determined.

New Garmin Oregon Touch Screen Hand Helds

I have an Oregon 400t unit that I have tested. Advantages are: 1) easier to

learn how to use because of the touch screen interface, 2) it holds 200 tracks of up to 10,000 track points each (60CSx holds only 20 tracks of up to 500 track points each). However, it does have a number of disadvantages compared to the popular 60CSx: 1) very dim screen outdoors, whether sunny or cloudy, and whether backlighting is turned on or off, 2) higher price, 3) instructions for using it with our FLT GPS data have not yet been written (although I hope to do so soon), 4) no connector for external amplified antenna (which gives greater accuracy), and 5) Trip and Waypoint Manager does not come with the unit, but can be purchased for ~\$30. There is a new Oregon 550 series that just came on the market; this promises a brighter screen, although I have not yet seen it. The Oregon 550 also has a built in 3.2 megapixel camera. For more info about the Oregons contact me at kabjnd@msn.com. □

From the mail—Dave Schurman's marker

To the Editor:

In response to Dave Schurman's inquiry in the *FLT News* [Spring 2009] about the concrete post marker he found near the FLT, we have something similar on the Onondaga Trail which might be of help. Our story began with the flagging of new trail in the DEC Tioughnioga Wildlife Management Area (TWMA).

The DEC Region 7 Properties Office gave us an old surveyor map of the TWMA and we found such posts, but not exactly the same code as Dave's stamped in the metal cap. Ours are sequence numbered, and they were placed there in a 1940 survey by the US Government. At that time this forest was a US Game Management Area and later given to the State of New York.

The one of particular interest is monument #22. It now marks the very end of the FLT Onondaga Branch Trail and it also terminates the FLTC's 425-mile responsibility for the North Country National Scenic Trail. The enclosed photos of #22 give the End-to-Enders something new to look for.

We hope Dave and his wife, Jean, have the same luck we did. Our posts make good fun using the "way point", "go to", and distance functions with a GPS receiver. You can also look for numbers 27-23 before reaching 22.

Bill and Mary Coffin

Members, FLTC, NCTA & ADK



Marker #22, Onondaga Trail

History of the Finger Lakes Trail 1962–2002 Early Trail Building: Part 2 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 with minor 2009 updates is the second of five based upon these documents.

The origins of two major branch trails, the Interloken and Conservation Trails, go back to the late 1950s and early 60s. The Interloken Trail runs down the “Hector Backbone” between Cayuga and Seneca Lakes from Butcher Hill near Interlaken (spelled with an “a,” not an “o”) through the Finger Lakes National Forest to Bennettsburg. Alec Proskine of Trumansburg, New York, got the idea for the Interloken Trail while climbing the west side of Butcher Hill. On January 2, 1960, 72 Boy Scouts and leaders and members of the Trumansburg Rotary Club started work on the trail. After only one month all 12 miles of the trail had been completed! The Interloken Trail follows a north-south direction off the main FLT through forests, open fields, and wetlands.

Planning for the Conservation Trail, another north-south foot trail to connect the Buffalo, New York, area with Allegany State Park, began in January 1961 with actual work starting in November of that year. A six-mile portion of the Conservation Trail was dedicated on May 5, 1962, in a ceremony sponsored by the Foothills Trail Club and the Buffalo Museum of Science. On May 24, 1964, dedication ceremonies at the southern end of the Niagara Escarpment Trail were held at the international bridge over the Niagara River between Lewiston, New York, and Queenston, Ontario, with erection of a large sign stating that this trail was a connecting link between the Bruce Trail of Canada and the Conservation Trail of western New York. After extensive rerouting in 1995, the Conservation Trail now

extends 175 miles north from the Pennsylvania-New York border to its current northern destination, the Rainbow Bridge on the U.S.-Canada border. Its southern portion, dedicated on September 18, 1965, serves as the western section of the main FLT.

The third branch trail—the Bristol Hills Branch—was officially accepted into the FLT System on June 9, 1962. This 55-mile trail was planned initially by Wallace Wood and representatives from the Otetiana Council of Boy Scouts, Seven Lakes Council of Girl Scouts, and Penn Yan Senior Girl Scouts.

In the fall of 1965 the Cayuga Trails Club and the Adirondack Mountain Club-Onondaga Chapter acquired two trail shelters from the New York State Conservation Department (now called NYS Department of Environmental Conservation). The Tamarack and Hemlock Glen lean-tos were dismantled and moved piece-by-piece from near Lapeer, New York, in Cortland County to their present locations on the FLT south of Danby in Tompkins County and on Morgan Hill near Truxton, Cortland County. The cornerstone of Tamarack Lean-to was laid on October 10, 1965, in a ceremony described by a local radio station as “perhaps the first time in the history of the world that a cornerstone was laid for a lean-to.” The cornerstone contained a Cayuga Trails Club emblem, an FLTC emblem, the October issue of the club’s newsletter Cayuga Trails, two 1964 pennies, some trading stamps, and orange and white flags used to mark the trail. Soon-to-follow shelters in the area were Shindagin Lean-to (fall of 1966) and Chestnut Lean-to (fall of 1967). From September 21, 1967, to July 21, 1968, almost 200 people had signed the register at Chestnut.

The Hemlock Glen Lean-to was properly dedicated on May 7, 1967, at

the close of the sixth annual meeting of the FLTC. The original lean-to was replaced in 1997. Also on May 7, 1967, the Adirondack Mountain Club-Onondaga Chapter celebrated the gala opening of the Onondaga Trail. The trail then was only 3.5 miles long. Today this branch trail is 46 miles long heading north from the main FLT near Cuyler, New York, through Morgan Hill State Forest, Labrador Hollow Unique Area, Highland Forest County Park, DeRuyter State Forest, and Tioughnioga State Wildlife Management Area to northeast of New Woodstock.

A ceremony in December 1970 attended by state park officials, private landowners, and Cayuga Trails Club members highlighted the opening of a spur trail connecting the FLT in Robert H. Treman State Park with the upper section of Buttermilk Falls State Park near Ithaca. The Letchworth Trail, another branch of the main FLT, was dedicated in November 1980. This trail is 25 miles long and runs along the east bank of the Genesee River gorge in Letchworth State Park. The fairly level trail passes through an ever-changing variety of woodlands. It provides spectacular views of the “Grand Canyon of the East.” In 1985, the Queen Catherine Marsh Trail near Watkins Glen south of Seneca Lake was added to the FLT System. It is a 8-mile loop trail around and through the Queen Catharine Marsh which is owned by New York State and managed by the NYS Department of Environmental Conservation as a fish and wildlife management area. The trail is maintained by MarshFellows of the FLT.

A ribbon-cutting ceremony on November 1, 1992, marked the official opening of a new loop trail of the FLT System, the orange-blazed Abbott Loop located in Danby State

(Continued on page 10)

Abdominal Strengthening: Why and How

by Deana Bahrman, P.A. and Michael Janiak, Physical Trainer

Editor's note: Deana Bahrman is a physician assistant at Community General Hospital in Syracuse and Mike Janiak is a longtime Personal Trainer at the Fitness Forum in DeWitt. Their advice has helped me stay healthy and be a stronger hiker and runner.

—Bob Michiel

The importance of core strength, specifically abdominal strength, is often disregarded when it comes to daily exercise. Abdominal exercises help strengthen the 'ab' muscles and provide core stability. The wall of your abdomen is made up of a number of muscles. This group of muscles shows a natural tendency to weaken with age unless specifically exercised. Training these core muscles corrects postural imbalance that can lead to injury. The goal of an abdominal routine should be to develop a fitness that is essential to both daily living and regular activity.

The 'core' is where all movement in the body originates. The core refers to the muscles that attach to the spine, shoulder girdle and pelvis which provide the necessary stability to hold your body upright and provide good posture. The core is the link, which transfers energy between the upper and the lower body. Core strength can be defined as the ability to achieve and maintain alignment of the middle of the body during movement, in order to enhance the efficiency of limbs. The musculoskeletal system works as an arrangement of levers and fulcrums. The fulcrums, or your core muscles, must be stabilized for proper generation and transmission of force to your arms and legs.

The abdominal muscles help to support and protect internal organs as well as correct postural imbalance. Weakened abdominal muscles place someone at higher risk for hernias. Abdominal wall hernias account for a large number of surgical procedures each year. Abdominal muscles not only provide the foundation of strength, but also



protect the back from injury. Weak abdominal muscles result in the loss of the appropriate curvature of the spine. This weakness causes greater strain on the spine and makes the anatomy more vulnerable to injury.

Strong abdominal muscles can improve endurance and athletic performance. The muscles of the trunk and torso stabilize the spine from the pelvis to the neck and shoulders and allow the transfer of powerful movement to the arms and legs. Powerful movements originate from the center of the body out rather than from the limbs alone. Before any powerful, rapid muscle contraction can occur in the limbs, the spine must be solid and stable. This begins with strong abdominal muscles. If you think about it walking, hiking or running is the actual act of falling forward and catching yourself with each step. In terms of stability you are asking your muscles to stabilize the body over a single, narrow point of contact (the foot).

A simple abdominal routine can easily be worked into daily exercise. Start with the basic crunch, 20 reps, 3-4 times per week.

The Standard Crunch: *Lie on your back with knees bent. Gently place your hands behind your head, just for head and neck support. Do not pull on your head or neck. Lift your shoulders off the floor, concentrating on moving your ribs towards your hips. It is only*

necessary to bring just your shoulders off the floor. Concentrate on contracting your abdominal muscles as you rise up.

The Reverse Curl: *Lie on your back and bend your knees toward your chest as far as comfortable, keeping your hips on the floor. Contract your abdominal muscles to lift hips off the floor and bring knees toward chest. Concentrate on using your abs to lift your pelvis toward your chest.*

The Bicycle maneuver: *Lie flat on the floor. Place hands behind your head. Bring your knees up to a 45-degree angle and slowly mimic a bicycle pedal motion touching your left elbow to your right knee, then your right elbow to your left knee.*

A study was conducted by the Biomechanics Lab at San Diego State University looking at the most common abdominal exercises and ranking them. This study also looked at various commercial products and ranked them. The analysis showed that the best exercise was the bicycle maneuver and that the various abdominal devices were not superior given the cost associated with the products. The results of the study support the approach of picking a few abdominal exercises that are interesting and comfortable for you and creating a simple daily 5-minute routine.

Maintaining a healthy physique is important to keep us moving and optimize our body's fullest potential. Muscles of the abdomen should not be ignored as they have the ability to compliment and strengthen each movement as well as protect us from injury. A basic routine requires little time and can be added to any exercise program. □



Walking Through Time in New York: #24 in a series

The Pennsylvania & Sodus Bay Railroad

by Tim Wilbur

*No Railroad crossing
Not even one car
you can't even spell it
as it has no "r's"*

Somewhere, either at or near the trail head at Hines Road west of Ithaca (FLT map M-16) is the surveyed route for the railroad bed of the never-completed Pennsylvania and Sodus Bay Railroad. Not a single locomotive traversed this chartered rail line of 1870. Not even one tie was set in place despite two years of grading work for a rail bed in this general location.

In 1870 the P&SB was organized and granted a charter to build a rail line. The original concept for the rail line was to bring Pennsylvania coal from Athens, PA to Summit, NY via track rights on a Lehigh Valley Railroad line. From Summit (now called North Spencer) the P&SB had surveyed their own route through Newfield, Enfield, and Ulysses townships. These towns had issued bonds to raise money to ensure the railroad would be built through their towns. This surveyed route continued on to Seneca Falls. From Seneca Falls the rail line was to head north to Great Sodus Bay. The terminus of the line was to be the hamlet of Port Glasgow at the southern end of the bay. From Sodus Bay ships could be loaded with coal to transport to other markets. Transporting coal was to be the railroad's life blood.

Construction crews commenced work in early 1870 preparing a right of way for the rail bed. Then in August of 1872, the second year into construction, the Lehigh Valley Railroad denied any such arrangement had been made to run P&SB trains over their rails to Summit. This was the death blow to the P&SB railroad. With this fact becoming public knowledge

all work abruptly stopped. Ties which had been purchased were never put in place. In the following couple of years, ideas for saving the railroad existed, but in the end all assets including the unused ties were sold off. The townships of Newfield, Enfield, and Ulysses did not get their railroad but were left with debts that took 50 years to pay off.

The survey maps indicate that this railroad's crossing with our trail would be west of Ithaca near Hines Road. Finding the exact spot is more of an educated guess as this line on a map has had a hundred and thirty-seven years of Mother Nature's efforts in reclaiming the land from man's intrusion. Comparing the aerial view of the Hines Road area from computer web sites, to where the rail line was said to be located as per "A History of Railroads in Tompkins County" by Hardy Campbell Lee, *Revised and enlarged by Winton Rossiter*, you may be able to make out a faint line and project where our FLT intersection would be. It would appear to be at or very near our trail head on Hines Road. At ground level there is no clear sign of this railbed. The open field to the southeast of our trail along the hedge row appears to have been plowed under with any rail bed, back into the field. Is our trail head the intersect spot or close to it? I'll say yes, but leave the question open to be proven otherwise.

Had the railroad been built to completion it would not likely have survived to the present day. Even in

1870, at the height of the railroad boom, there was the question of granting this railroad a charter: could the area support another railroad? The Lehigh Valley Railroad was amassing a strangle hold on railroading in this area, including a rival line from Ithaca to Geneva and later their Seneca Bypass route in Burdett. (We cross that on M-15.) Both these lines also went between Seneca and Cayuga Lake and both no longer exist as through railroad lines today. (The rail line into Ithaca now stops there. We cross this line on M-16 and M-17. Although the line through Burdett has been removed, further up the lake from Ovid to Geneva there is still active railroad branch line.)

Sodus Bay did have a coal loading facility closer to the mouth of the bay that was supplied with coal from trains that once went over the rail bed that is now our Queen Catharine Trail. That coal trestle and facility on Sodus Bay is now gone and there is no longer rail service into Sodus Point. The hamlet of Port Glasgow didn't take off as the major port it wanted to be. Port Glasgow's status is now reduced to maybe a historical marker or a brief mention in local history books.

What remains of the Pennsylvania and Sodus Bay Railroad is hard to see, if at all. Perhaps a lane in a farmer's field and some masonry abutments at a couple of creeks but mostly the grade is overgrown, plowed under, or obscured from view. The P&SB legacy is no more than a notation on some old deeds, a small paragraph in local history books, and a line on older maps of what could have been. □



Mary Coffin is congratulated by outgoing FLTC President David Marsh.

Mary Coffin Honored with 2009 Wally Wood Award by Irene Szabo

There have been pairs of honorees before—Howard and Dorothy Beye, Charlie Embree and Randall Brune—so honored because they worked together on trail projects of one kind or another, but this is the first time two halves of a couple have each received the “Wally,” the FLT’s greatest annual honor, at separate times and for different reasons.

Of course each of them, Mary and Bill Coffin, was already on his and her way

toward involvement in “trail stuff” when they first met as Adirondack Mountain Club members. In 1981 Mary had already adopted what would be “her” piece of the FLT for over 25 years, the cruelly steep east hill rising from Taylor Valley, southeast of Syracuse along the main trail, where, by slow hard-won stages, the trail was improved with benching and long gradual switchbacks to make its abrupt ascent bearable for two-legged walkers.

Meanwhile, she was increasingly involved with ADK at both statewide

and local levels, loved especially planning trips for the Onondaga Chapter, and kept tending her trail. She and Bill “went together” for nine years, she the confessed hesitant party, until Bill finally prevailed and they married in 1991, not long before the “closing of the last gap” ceremony east of Hoxie Gorge in 1992. All this time she worked as a high school biology teacher, and taught other science teachers in their Masters programs.

Now retired from teaching, she has become increasingly involved in the “bigger picture” of trail organizations, currently serving her second term as Vice-President East for the Board of Directors of the North Country Trail Association, a job which involves travelling at least three times annually to locations somewhere along that seven-state trail for meetings. She has been doing a good job keeping the Board of the affiliated Finger Lakes Trail well informed about NCT matters, and representing us well to the rest of the NCTA.

Naturally she was one of a few critical volunteers last year when New York hosted the annual NCTA conference at Cazenovia, especially planning many

(Continued on page 29)

Wildflowers along the Trail #26: Spring Ephemerals

RWW Taylor

The original meaning of the English word ‘ephemeral’ (coined from Greek roots) was “lasting only for a single day”. We are given a little more grace than this to observe the quick springtime flourish of delicate blossom that adorns our woodlands each year—but not much! Unlike the species whose colorful flowers crowd meadows and fields throughout the long summer months or the showy goldenrods and asters that color hills and roadsides all the fall, our spring wildflowers hurry immediately into and out of bloom, and if you miss the show all you can do is vow to be more attentive next year.

As with all observable developments in the natural world, the primary factor driving this frantic annual dance is

survival of the species; finding your special niche and holding on to it is the name of the game. Once the spring sunshine begins to penetrate through the still-bare treetops, warming the soil and stirring insect life into action again, the race is on. Leaves must be hastily pushed out to catch the precious rays, and flowers quickly disported to attract appropriate pollinators. Soon enough the trees and shrubs will spread their own leaves overhead, shade will descend, and the race will be over for the year.

All of this action is easily observable at trailside by the springtime hiker—different acts, at slightly different showtimes, at different elevations and in different vegetation zones (just to

(Continued on page 29)



rwwt 5/8/09

Wood Anemone



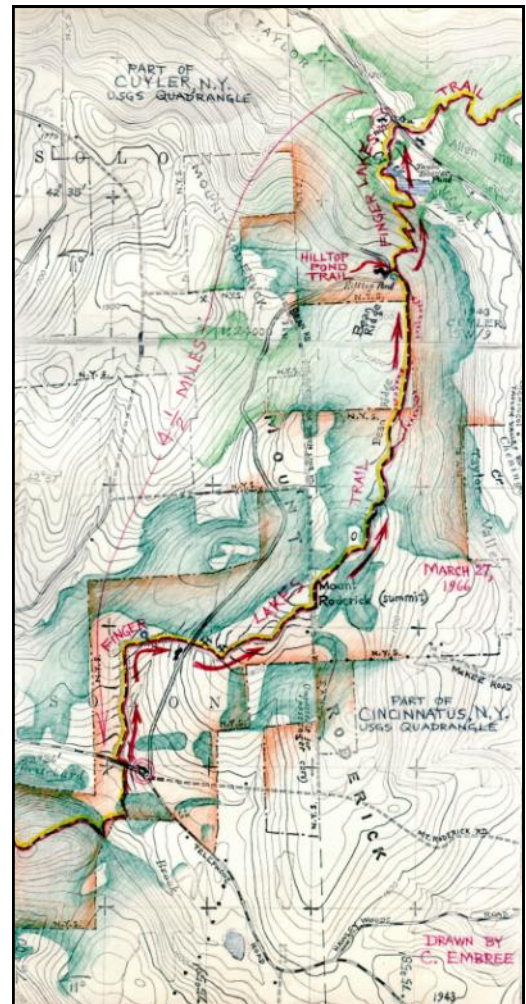
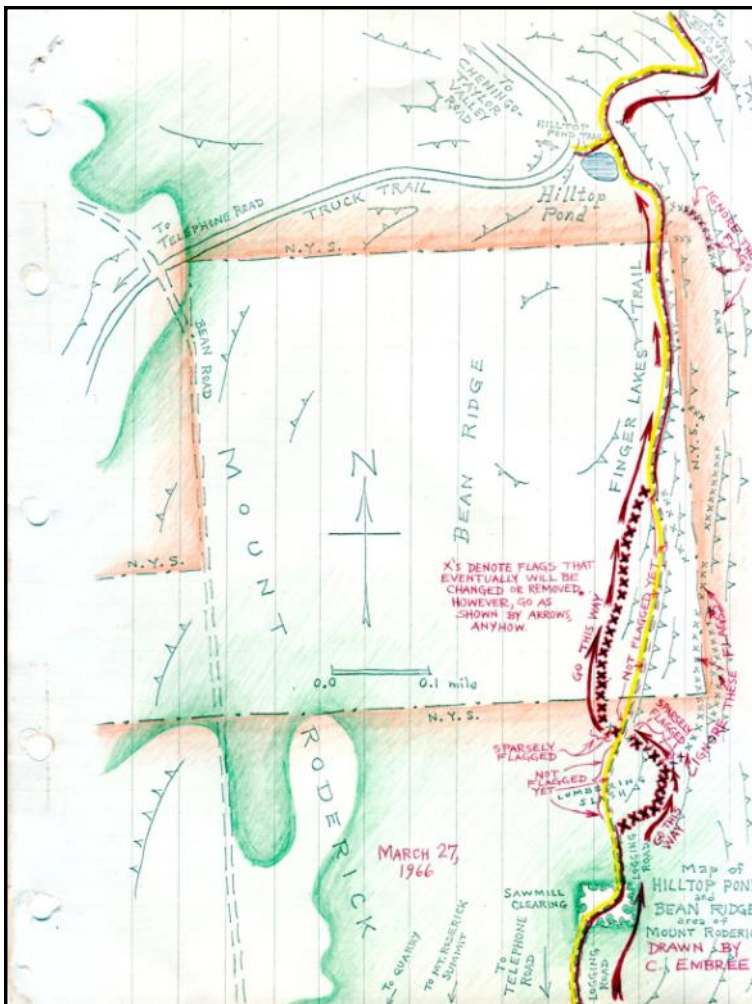
Notes from the FLT Archives The Mapmakers, part 2: Charles Embree and Randall Brune Georgeanne Vyverberg

Central New York's ADK Onondaga Chapter is responsible for 100 miles of Finger Lakes Trail and the majority of these miles are the result of a unique partnership between two men. From all accounts Charlie Embree and Randall Brune were as unlike in character as two people could be, but for well over 30 years these men spent at least one day a week, no matter what the weather, working together building

trail. Charlie did most of the trail planning and map drawing. The FLT Archives is lucky to have many of these maps which are so detailed and beautifully colored that they could be considered works of art. In 1968 the first maps of the Onondaga section over Mount Roderick were available. Charlie paid for their publication and then donated them to the FLT for sale. The first official hike on this section was in pouring rain with a handful of people led by Terry Giarosso with FLT founder Wally Wood. (See photo on the next page.)

Charlie used soil maps along with topographic and aerial maps as guides for making his maps. The originals in the archives have all sorts of direction arrows and comments on them like "Impossible for cars" on roads and "not flagged yet". He wrote detailed descriptions of each trail with specific boulders and viewpoints. He once wrote an angry letter to then FLT Trail Committee Chair Erv Markert about how trail work crews disregarded his flagged trail and took the trail away from the scenic viewpoints to make it shorter. All his loving, hard work disregarded was the ultimate insult. Randall, who appreciated those scenic routes, soon began working with Charlie, often whacking out enough of a tunnel to keep these "worker bees" going in the

(Continued on page 10)



Hand-drawn maps of the Finger Lakes Trail, 1966, by Charles Embree. Mount Roderick, near Cuyler, NY.

Mapmakers ...

(Continued from page 9)

preferred direction according to an article written by Irene Szabo. Charlie also wrote the most detailed manual on trail building I have ever seen complete with wonderful drawings. Apparently he did not ever make use of a typewriter. His Manual and Committee reports are hand written in the most legible of printing.

Charlie was a graduate of Syracuse University College of Engineering and worked for many years as an engineer at General Electric and volunteered for the weather service and the Boy Scouts. He was an accomplished pianist and composer and a member of the Syracuse Community Orchestra. Charlie was 74 when he died in 1998 and his obituary, written by long time friend Randall Brune, says this about him: "Charlie was a memorable character famous and infamous for his singing of Delius melodies on the trail, for ancient Boy Scout shorts in all weather, for his four wristwatches set to different time zones, his sweet but longwinded fussiness about trail standards, his meticulous maps and trail records and 15-hour work days."

Randall also made a point to look for scenic places for the trail to wander

through and not necessarily the fastest or shortest route. He went at a faster pace and stories abound at how they kept in touch in the woods yet completely out of sight of one another. They were both fans of classical and operatic music and so would signal their positions in the woods by singing arias aloud. They named parts of the trail after favorite arias and composers. They had fun with their work. Their philosophy was completely nature-inspired. In an interview in 1998 Randall explains his passion for the woods and his pleasure at making trails: "Human nature needs the natural world for the fullest kind of life. If we don't rescue some stretches of woods there won't be any. These trails give us one reason to preserve these woodlands." He also built trails near Syracuse University Campus where he taught Art and Literature so that he could take the "long route" to work.

Randall passed away suddenly in 2001 after recovering from heart surgery. His family placed a memorial bench for him near the FLT, located just west of Stoneybrook Road near Cuyler, NY.

In 1994 these men were awarded the Wally Wood Distinguished Service Award. Bill Coffin who knew both of them and who supplied me with much of the information here said that both were "absolute gentlemen." □



Charles Embree, ADK-On trail builder and wet weather hiker. From the FLT News, Fall 1968.



Randall Brune, 2000

History of the FLT ...

(Continued from page 5)

Forest in Tompkins County. After the ceremony, the 8.5-mile-long loop was hiked by about 30 people. The loop trail is named after Cliff and Doris Abbott who started scouting and flagging the trail in November 1988. The Abbotts were assisted in development of the trail by many members of the Cayuga Trails Club and students enrolled in the Cornell University Outdoor Education Program.

The first detailed map of a portion of the main FLT appeared as an enclosure in the October 1963 issue of Cayuga Trails, the newsletter of the Cayuga Trails Club. It showed the route of the trail from the crossing of Cayuta Creek just south of Cayuta Lake, over Connecticut Hill to Willowood Camp (now Pinecreek Campground), west of Robert H. Treman State Park. Local geographic and cultural features, trail access points, and landmarks along the route were included. In 1996 the FLTC

began accurately mapping the route of the FLT using Global Positioning System equipment with the aid of satellite and computer technologies. At present the FLTC offers 52 maps of the FLT System and 10 detailed trail guides with maps. □

Next: The Finger Lakes Trail and North Country Trail

2009 Fall Campout
Hosted by Foothills Trail Club
October 16, 17, 18: The Peak Foliage Weekend
Camp Turner: Allegany State Park, Salamanca, New York
(Heated cabins - no bunk beds)

Schedule

FRIDAY, October 16, 2009

- 10 am - night Registration in Community Room
- 11:00am-3:00pm Hikes depart at their appointed times. All hikes except #6 (see hike schedule) depart from Camp Turner.
- 5:30 - 6:30 pm Socializing (bring your own beverages: soft drinks, alcohol, beer or whatever)
- 6:00 - 8:00 pm Dinner (Pay as you go – Bring cash, not credit card)
- 8:15 pm Trekking Pole Clinic. Come and meet Lindy – **POLE GODDESS** – Former Marketing Director of Leki, USA. Your knees will thank you as you learn what you can do to enhance your hiking experience with the use of poles. Do a warm-up routine to pump up the heart, then learn how to adjust poles for optimum performance. A hike using the poles will follow. Feel free to bring your own poles if you own them; otherwise you can use the demos.
- Nighttime BONFIRE - weather permitting

SATURDAY, October 17, 2009

- 7:00 am Beverage Service
- 7:15 - 8:30 am Breakfast - pick up lunches
- 8:30 - 9:30 am Hikes depart from Camp Turner at their appointed times
- 5 - 6 pm Socializing (bring your own beverages: soft drinks, alcohol, beer or whatever)
- 6 -7:15 pm Dinner
- 7:30 pm Tom LeBlanc, naturalist, field biologist and nature photographer, has 15 years of experience in environmental education and as a field biologist. He lives in Allegany State Park and has a wealth of knowledge and stories from his life in the park. He will share some of these adventures, experiences, and sightings as well as comparing Allegany years ago with Allegany today. This promises to be an entertaining and enlightening talk!
- Nighttime BONFIRE - weather permitting

SUNDAY, October 18, 2009

- 7:00 am Beverage Service
- 7:15 - 8:30 am Breakfast - Pick up lunches - Pack up for trip home, sweep out your cabin
- 9:00 am Hikes depart from Camp Turner at their appointed times
- 10:00 am Board Meeting. **Date and time are tentative until approved by the Board.**

Directions: Take Interstate 86 West to exit 18 (Allegany State Park - Quaker Area, route 280 South). Follow this route to Park entrance, go through toll booth. Camp Turner should be the 2nd turn on the left (2.3 miles from toll booth). Look for sign saying Camp Turner. If you get to the Weller cabin trail, you have gone too far. Turn around.

Camp Turner is a recently renovated youth camp. The heated cabins have 10 beds each (note there are **no bunk beds**) and shower/toilet facilities are in a separate building. There is a separate Community building where meals and programs will be conducted. NO PETS, NO KIDS.

You will need to bring: sleeping bag, pillow, towels and lawn chair for sitting around a campfire, in addition to your usual personal stuff and flashlight.

**WEEKEND PACKAGE – Includes FREE lodging at Camp Turner and all meals except Friday.
Friday is pay as you go. See menu below.**

FRIDAY SUPPER – PAY AS YOU GO SERVICE – CASH ONLY!!! NO CREDIT CARDS!!!!

Cheese Pizza - \$2 per slice	Small side salad - \$2 each
Cheese and pepperoni - \$2.25 per slice	Large Julienne salad - \$5 each with meat and cheese
Supreme - \$2.50 per slice	Large fresh baked cookies - \$1 each
Popcorn - \$1 small, \$2 large	Soda pop service, bottled water - \$1 each

SATURDAY BREAKFAST – ALL YOU CAN EAT

Pancakes, butter, syrup & fresh hot Blueberry Topping	Wheat & white bread, butter & jelly
Sausage	Assorted fresh seasonal fruits
4 cereals, milk, oatmeal packets	Coffee & Juice

SATURDAY LUNCH – PRE-ORDERED

Ham, Turkey or Grilled Vegetable wrap, pre-ordered	¼ lb fancy trail mix (with cashews and M&Ms)
1 piece of fresh fruit	Condiments, napkins, pre-packed to go

SATURDAY SUPPER – ALL YOU CAN EAT

Roast Beef	Minestrone Soup - for vegetarians no meat base
Mashed potatoes & Gravy	Upscale Salad Bar
Red Beans and Rice	SF Foggies (brownies)
Rolls and butter	Coffee

SUNDAY BREAKFAST – ALL YOU CAN EAT

Choice of baked omelets: ham & cheese OR veggie no cheese	Wheat & white bread, butter & jelly
Home Fries	Assorted fresh seasonal fruits
4 cereals, milk, oatmeal packets	Coffee & Juice

SUNDAY LUNCH – PRE-ORDERED

Ham, Turkey or Grilled Vegetable wrap, pre-ordered	¼ lb fancy trail mix (with cashews and M&Ms)
Fresh apple	Condiments, napkins, packed to go

Attractions in the area: Salamanca Rail Museum; Salamanca Antiques Mall; Seneca-Iroquois Nat'l Museum; & Seneca Allegany Casino – information at registration table.

Finger Lakes Trail 2009 Fall Campout Hike Schedule

Abbreviations used: ASP = Allegany State Park; FLT = Finger Lakes Trail; E = easy; M.= moderate; S = strenuous

Friday

#1 FLT from PA to Coon Run Rd: 9.5 mi., (M/S), Map M1/C1 from Willow Bay (Access 1) in PA to Coon Run Rd (Access 3) in ASP. Steep hill for first 1.5 miles, then along a ridge line with another hill or two before the end. This is a beautiful section of trail and goes by the prettiest lean-to in the park. Pack a lunch & water. **IMPORTANT: MUST BE moderate-to-brisk pace** in order to finish on time for dinner!!! **Meet at 11 am.**

#2 Mt Tuscarora/Firetower Hike: 5 mi., (S/M). Starts with a VERY STEEP climb which can be daunting. Plan on taking at least 3 breaks on the way up. After that the trail is relatively level going along a ridge for most of the remaining miles before a final descent. It passes an old irreparable fire tower, oak forest in higher elevation and maple/beech/cherry forest in lower elevation. **Meet at 1pm.**

#3 Bear Caves Loop in ASP: 5.5 mi. loop, (M/S). Steep hike up and over the summit of Mt. Seneca, rambling along to the famous Bear Caves rock city. There are 4 small “caves” (not real caves) that can be entered. They were included in Bruce Kershner’s book, *Secret Places in Western New York*. **IMPORTANT: Bring flashlight for the “caves”.** **Meet at 1pm.**

Continued on next page

Finger Lakes Trail 2009 Fall Campout Hike Schedule, continued...

#4 Old Growth Forest in Basin: 3 mi. loop, (M). Tom LeBlanc, one of the park's naturalists, will lead this nature hike to view the Primeval Forest in the park's "basin". Learn what makes an old growth forest an old growth forest! This is a repeat, by popular demand, of Tom's Allegany Nature Pilgrimage hike. It will include some off-trail hiking and exploring. Slow-paced and very interesting. **Meet at 1pm.**

#5 Blacksnake Mountain: 3 mi. loop, (M). A favorite ASP trail with appeal to all ages and levels of ability. Starts meandering along a stream, then goes uphill for about a half mile to a level lane where a RR used to be. No physical remnants of the RR remain except for this smooth, flat bed of dirt covered with leaves and needles: a lovely lane, canopied with the boughs of the trees. To the right of the trail the hillside falls steeply down in such a way that the tops of the trees on the hillside are at eye level and give the illusion of being part of the forest canopy. This is repeated on Saturday #10. **Meet 3 pm.**

#6 FLT Sawmill Rd to Bay State Rd: 6 mi., (S/M), Map M2/C2. After the initial climb up a very steep hill, the remainder of this trail is a flat, easy walk. The final 3 miles are along an old road through the reservation. Bring a lunch. **Meet 12 pm at parking lot on the left just before the Red House entrance to Allegany State Park. It would be easier for you to register at Camp Turner AFTER the hike rather than before.**

Saturday

#7 FLT through Allegany State Park – 12 mile version: 12 mi., (S), Map M1/C1 from Coon Run Rd (Access 3) to Bay State Rd. (Access 8). Beautiful trail with several steep climbs. This hike can be done over two days instead of one if you prefer. See below hikes #8 and #14. **Meet 8:30 am.**

#8 FLT through Allegany State Park Part 1: 6.3 mi., (M). Map M1/C1 from ASP 1 (Access 5) to Bay State Rd (Access 8). Wooded hills, old abandoned ski trails with rusted remnants of equipment, a forest of mixed hardwoods and hemlocks, along the ridge line of "Old Baldy" on the new reroute and finally descending to Bay State Road through a relatively young maple forest. It is a beautiful trail and worth the effort. **Meet 8:30 am.**

#9 Zoar Valley: (S). Friends of the Ancient Forest will be offering an amazing hike into Zoar Valley. You will need hiking poles, camera for the views, a pair of old sneakers or sandals for crossing Cattaraugus Creek and an extra pair of warm socks. We will explore an ancient gorge and its wonderful flora and fauna. Through mixed hardwoods and some beautiful old growth oaks to "Look Out Point," one of Zoar's great views and a challenging knife edge. We then head back east and down a 1/2 mile along a cliff path and past some very tall tulip trees and wetlands to the "Pyramid," a beautiful natural formation 180ft. high and covered with old growth oak and white pine. Then it's off to the close-by historic grave site for a little Zoar story time. At this point we will be at the confluence of the Main and South branches of the Cattaraugus Creeks. Here we will cross the creek and head 1/8 mile passing by a small waterfall through Zoar's 1st Gallery of Giants old growth terrace. Then we will head back out to the creek to have lunch. We will then cross over the Cattaraugus and hike 1/8 mile to Zoar's 2nd Gallery of Giants old growth terrace to see some amazing trees. We may cross over the Cattaraugus once more to view the 3rd Gallery of Giants for more great trees and then begin our return. Friends of the Ancient Forest will have several books available as well as accepting donations to help save Zoar Valley. **There is a \$3 fee for this guided tour. Meet 8:30 am. LIMIT 25.**

#10 COMBINATION: Blacksnake Mt. Loop, Lunch at Science Lake, Explore Thunder Rocks - You can do all three or opt out at any time – your choice. First, **Blacksnake Mt Loop**, 3 mi. loop, (M), See description under Friday hike listing #5. Next, after finishing this hike we will drive a short distance to **Science Lake** and leisurely enjoy our lunch on the shore. If the weather is inclement we may opt to go to the shelter at the picnic grounds instead. Following this pleasant respite those who wish can continue by car about 6 miles to our third destination, **Thunder Rocks**. There you can do a leisurely half-mile ramble around this "rock city" that consists of about 20 formations. No climbing necessary. It is a favorite place for families to visit year after year. If you have never seen it, you must be sure to check it out either with the group or on your own. **Meet 9:30 am.**

#11 Beehunter Trail: 7 mi. loop, (M/S). A VERY STEEP start followed by a lovely ridge walk; about one third of the way along the trail there is a lovely stream crossing by a small waterfall. This is followed by a gradual, long, drawn-out ascent, before the final descent back to the road. Along the way you will see some very interesting rock formations, especially near the end. We finish at the beach and will stop to enjoy the amazing view of the lake surrounded by the colorful hills before heading back to Camp Turner. **Meet 9:00 am.**

Continued on next page

Finger Lakes Trail 2009 Fall Campout Hike Schedule, continued...

#12 COMBINATION: Waterfalls Hike, Historical Areas, Bike Path around Red House Lake - You can do all do all three or opt out at any time – your choice. First, **Waterfalls Hike**, approx. half mile, (E/M), a lovely woodsy path to beautiful waterfalls and a resting spot by a rocky creek. After this we will continue by car to the **Administration Building** at Red House Lake. This Tudor-style imposing building houses a very small Natural Science Museum and some historical placards regarding the formation of Thunder Rocks. We will walk from there a short distance to see **remnants of the zoo** that existed many years ago. Another short distance, on a steep woodsy trail, leads to a surprising area that used to be **two competitive ski jumps**. There is a placard there with interesting photos from that time. We will descend back to the Admin. Bldg and **enjoy our lunches** in the lodge-style lobby overlooking the lake. If the weather permits, we may opt to have our lunch at the picnic grounds on the other side of the street. Finishing this delightful respite we will **walk around the lake**, crossing a covered bridge, walking past the base of the dam, and enjoying some spectacular views of the lake and surrounding hills. This is a favorite walk for many of the campers in the park. **Meet 8:30am.**

#13 FLT Route 353 to Sawmill Rd: 12 mi., (S). Cattaraugus county is certainly hilly and this hike reflects that. Car spotting will be rather lengthy time-wise. Good way to get this section completed. **Meet 8:30 am.**

Sunday

#14 FLT through ASP Part 2: 5.3 mi. (Map M1/C1) from ASP 1 (Access 5) to Coon Run Rd (Access 3). Starting out gently downhill on a wooded lane, past infamous porcupine lean-to, up and over a tough hill, past one of the most beautiful sections of the park (a large rushing creek shaded by hemlocks and carpeted with their needles) before the final gently rolling section to Coon Run Rd. **Meet 9 am.**

#15 Summit area: Ridgerun and Patterson: 7 mi. loop (M) OR the 5 mi. version (E). This favorite hike starts down Ridgerun X-C Ski trail going past the refurbished fire tower and over gently rolling terrain, slowly going down the mountain. Because it is groomed in wintertime for X-C skiing, it is a wide trail: good for walking in groups and nice footing. The woods are lovely with some very pretty rocky streams in the middle section. At the base of the mountain there will be an opportunity to “bail out” and end there. Or you can go the remaining two miles up Patterson trail to complete the loop. This uphill section is a constant steady grade that is not at all too steep. Makes a very nice loop! **Meet 9 am.**

#16 Eastwood Meadows: 4 mi. loop, (M/E). Pleasant walk through the woods with gently rolling terrain along a mountainside, with an optional steep section to a wonderfully colorful vista. **Meet 9 am.**

#17 Bike Ride: 15 mi. Starting at Camp Turner, heading east on ASP 3, it is 7.5 mi. at a gradual incline to the top of the hill where ASP 3 & ASP 2 meet at the Bradford entrance to the park. On the way you pass lovely forested areas, cabins, general store, Science Lake, creeks and a beaver dam area. A reward to all who climb the hill will be offered at the top (cold drinks). The grade is not that steep. Once at the top we turn around and come back again basically coasting 7.5 miles. **Meet 9 am.**

#18 FLT Route 353 to Holimont: 9 mi., Map M3/CT3 (S). An all time favorite section that goes through Little Rock City, Holiday Valley & Holimont Ski Areas. It offers some wonderful fall vistas. **Meet 9 am.**

#19 Holland Ravines: This summer will be the third year the Alley Cat crews have worked on the Holland Ravines. Come see how wonderful the trail looks and the awesome improvements. Check out all the side hilling, switchbacks, steps, ladder stairs and Marshall stairs. The hike can either be 6 miles or 8 miles—you choose. Map CT6, Carpenter to either Vermont Street (6 miles) or Savage Road (8 miles). You’ll be glad you checked this out. **Meet 9 am.**

THINGS THAT CAN BE DONE ON YOUR OWN... *maps available at registration*

If you take a bicycle to the Fall Outing, it could be used to ride down to Quaker Lake. Quaker Lake is not far from Camp Turner. You could also take your bike to the Red House Area, about 12 miles away, and ride the bike paths around that lake.

Flagg - Gentle stroll 2 mi. one way from Cain Hollow campgrounds to Quaker beach

Thunder Rocks - one of 6 “rock city” areas with impressive house-size boulders. One-half mile in and out – very unique and very popular

Mother and Child Falls - 1/2 mile loop

Science Lake

Administration Bldg. On Red House side of ASP, **Historical Bldg/Museum** - Quaker side.

Osgood, Three Sisters, and Blacksnake Trails are hikes that can be done on your own.

Registration Form

**Deadline for Registration is October 1st unless maximum capacity is reached before then.
Dining Hall capacity is limited to 120 people maximum! Register now to insure you have a spot!**

Name _____

Address _____ Phone _____

City _____ State _____ Zip _____ Email _____

Note: * Registration Fee is nonrefundable and required for any part of the weekend.

** Friday's dinner is 'Pay as you go' and is not included in the packages listed here. See page 2 for offerings and prices.

STAYING AT CAMP TURNER

	Cost	# attending	Total
Registration fee – member	\$8 x _____		= _____
non-member	\$10 x _____		= _____
All meals - includes FREE lodging (**excluding Fri. evening meal)	\$63 x _____		= _____
Zoar Hike fee (only applicable for those who sign up for this)	\$3 x _____		= _____

Total \$ _____

NOT STAYING AT CAMP TURNER

	Cost	# attending	Total
Registration fee – member	\$8 x _____		= _____
non-member	\$10 x _____		= _____
All meals (**excluding Fri. evening)	\$63 x _____		= _____
Saturday only – lunch & dinner	\$30 x _____		= _____
Sunday only – lunch	\$9 x _____		= _____
Zoar Hike fee (only applicable for those who sign up for this)	\$3 x _____		= _____

Total \$ _____

Lunch Wraps - check one Saturday ☐ Ham ☐ Turkey ☐ Grilled Vegetables
 Sunday ☐ Ham ☐ Turkey ☐ Grilled Vegetables

Cabin Preference - check one ☐ Female ☐ Male ☐ Coed

Would you be willing to be in a coed cabin if necessary? Check one ☐ Yes ☐ No

If you want to be in the same cabin with specific friends please list them here: _____

Friday - 1st Choice: Hike # _____ 2nd Choice: Hike # _____ 3rd Choice Hike # _____

Saturday - 1st Choice: Hike # _____ 2nd Choice: Hike # _____ 3rd Choice Hike # _____

Sunday - 1st Choice: Hike # _____ 2nd Choice: Hike # _____ 3rd Choice Hike # _____

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

Print _____ Signature _____ Date _____

Print _____ Signature _____ Date _____

Make checks payable to **Foothills Trail Club**. Mail registration and check to:

Donna Frantz, 4570 Greenbriar Rd., Williamsville, NY 14221

QUESTIONS? Call Annette Brzezicki (716) 685-2183 or anet42brz@roadrunner.com, Cheryl Peluso (716) 648-9027 or cherylp17@verizon.net or Linda Parlato (716) 532-2645 or linparlato@aol.com

New Easement by a Most Interesting Landowner

by Mary Coffin



Mary Coffin

Jean Pitt

Mrs. Jean Pitt awarded the Finger Lakes and North Country Trails a permanent easement on a very significant piece of land in Central New York. The protected section of the FLT/NCT Onondaga Trail is the two-thirds mile eastern access to Highland Forest County Park and to 25 miles of hiking trails within the park, FLTC Map O-1. We are most appreciative of Mrs. Pitt's generosity. She is a legend in her own time, a delightful, witty person and I enjoy every visit with her.

Mrs. Pitt was born and lived her whole life in the Delphi Falls area. Her father Allen Gaines, son of slaves, was the first African-American to purchase property in the town of Pompey shortly after the turn of the century. It wasn't easy for Jean growing up in the only black family in the area. But the Gaines family became very prosperous farmers through hard work and extensive study of Cornell University publications. Much of their produce and eggs, due to the high quality, went straight to Syracuse University dining halls.

Jean likes to reflect on many childhood memories related to the lands her family owned and where the trail is located today. She remembers the variety of spring wildflowers many of which we still see along the trail today. She enjoyed picking and mostly eating strawberries and blackberries and even picked dandelions that were sold to city folk.

One year there were still pockets of late spring snow protected by the shade of



Mary Coffin

View of DeRuyter Lake from the Pitt trail easement

the hill as the early berries were ripening. Her family picked the berries and used the snow to crank out homemade ice cream to go with the berries. There were rumors and tales of Indian graves on the hill. She and her brothers looked but never found them. In 2008 Cornell sent students to investigate so there must have been some truth to the rumors. Protecting the trail is a way of protecting Mrs. Pitt's childhood memories.

The Gaines family valued education so Jean went on to Syracuse University followed by graduate work at Case Western where she met her husband, Bill Pitt. They settled near her parents' farm in Delphi Falls. Her father, meeting her new husband, the college man, remarked, "He's no farmer." She and her husband dabbled in the collecting and selling of rare books and a little farming while pursuing careers as social workers in Syracuse. Unfortunately Mr. Pitt died ten years after they were married. Mrs. Pitt, while bringing up two daughters, had a forty-year career as Director of the Social Services Department at the VA hospital in

Syracuse. When her husband passed away, Mrs. Pitt even took over his weekly TV program for a short time. The program featured issues and history important to the local black community, especially health related topics.

My experiences with Mrs. Pitt and all our landowners reinforce how important and rich our relationships with landowners can be. Most have a story waiting to be discovered and are very interesting people. We know they are generous people as they let us have trail on their lands. I suggest each sponsor or steward seek opportunities to get to know at least one landowner per year.

Mrs. Pitt's easement is a very significant contribution to protect the trail and we are forever grateful to Jean Pitt for her forethought and generosity. □

Article removed at author's request

Article removed at author's request

Back to the west end of the North Country Trail!

by Irene Szabo

Last year the North Country Trail Association's annual conference was hosted by New York, the easternmost of the trail's seven states, so this year, naturally, the site returns to the far **WESTERN** end in North Dakota. As in 2002, the Sheyenne River Valley Chapter will host the event in Valley City in the SE corner of the state, where Valley City State University will provide lodging, meals, and program spaces, and miles of highly varied trail are close by.

There are hikes scheduled on prairie, along river valleys, to North Dakota's only waterfall, along railbeds and beside lakes, through grasslands, and even overnight backpacking under the big sky of open range along wetlands filled with western birds. Will I get to see a yellow-headed blackbird at last? A day canoeing on the Sheyenne River is planned, while great family treks are offered with an eye to keeping kids engaged, including a chance to pet a live buffalo.

Workshops on GPS skills, fundraising, photography, organizational health, and trail maintenance are offered, and of course entertaining evening programs follow dinner daily.

Imagine wheat fields...or pinto beans, or sunflowers... that stretch as far as you can see, being harvested by staggered rows of great machines heading for tractor trailers lined up at road's edge a mile away. The horizon is studded occasionally with that Midwestern icon, the weathered gray grain elevator, likely next to an endless parallel pair of shined steel rails. Sometimes there is a small village below the elevator, sometimes not. After all, the Rochester area population is spread across a state way, way bigger than New York. It's a wonderful place where the people are truly excited that you want to visit and nothing like the rest of the long North Country Trail, so deserves to be added to your life's experiences.

Registration materials are in the latest *North Star*, or at northcountrytrail.org, or you can even call NCTA headquarters free at 866/HikeNCT. The dates are July 30 through Sunday, August 2, and I'm packing up that same truck I bought back in 2002 for my first trip there. Yes, I liked it enough to go back! For those who hate to drive, Amtrak and airlines will bring you nearby, with rides available from volunteers. □

Another railroad tidbit from Tim Wilbur

Right: Across East Niagara Street on the Conservation Trail (map CT-11) where our trail parallels Tonawanda Creek is a company whose sign reads "Washington Mills Co." In their front yard one can see a set of railroad tracks usually occupied by several railroad cars.

This is an active spur served by CSX Railroad off its main line through Tonawanda. The tracks stop at this last customer on the line; however the railroad used to lead eastward into what is now Ellicott Creek Park where the trail would have crossed this line if the railroad were still in operation.





TM

Steve Catherman

Director of Trail Maintenance

Trail Topics

Regional Trail Coordinators

Regional Trail Coordinators report to the Director of Trail Maintenance and are responsible for the following:

- Maintaining 100% of the trail in his/her region through group and individual Trail Sponsors, while helping to locate replacements for vacant Sponsor positions.
- Maintaining a high quality of trail maintenance through “quiet” inspection of Sponsors’ trail sections, advising Trail Sponsors of problems, and helping resolve them.
- Assisting Trail Sponsors with trail maintenance work and advocating for larger projects proposed by the Sponsors.
- Coordinating with Trail Sponsors and the Director of Crews and Construction to organize construction projects through the use of trail crews or work parties.
- Coordinating with the Director of Trail Quality and Director of Crews and Construction to provide training for Trail Sponsors and workers.
- Promoting healthy landowner relations by assisting Trail Sponsors in negotiations with landowners and coordinating with the VP of Trail Preservation to maintain and protect trails on private land.
- Serving as a front line contact with regional DEC and Parks personnel as well as other public agencies and partners, and making sure all trail workers are registered to work on public lands.
- Submitting trail condition and change reports to the Mapping Supervisor and FLTC Office.
- Promoting efforts to move trail off of roads.
- Assisting in obtaining public permits and approvals, and landowner consent for significant trail work or relocation.
- Attending and preparing reports for the Annual Trail Council Meeting.
- Attending biennial Trail Maintainers’ Meetings in his/her area

The current Regional Trail Coordinators, who obviously shoulder their fair share of responsibilities in the new trail management structure, are listed here, along with their contact information and trail they maintain, from west to east across the state (note that there is a vacancy for the easternmost section of the trail):

- **Marty Howden** (585)964-7331 howser51@yahoo.com manages the main trail from the PA border in Allegany State Park east to Letchworth State Park and the Conservation Branch Trail north to Niagara Falls.
- **Irene Szabo** (585)658-4321 treeweenie@aol.com manages the Letchworth Branch Trail and the main trail from Letchworth State Park east to Bath.
- **Lynda Rummel** (315)536-9484 ljrassoc@roadrunner.com manages the main trail from Bath east to Watkins Glen and

As described in Irene’s “Notes from the Field” column in the spring edition of the *FLT News*, the various trail management functions have been significantly restructured. Among the changes is a different look to this column which will now feature articles from the new Trail Directors as well as a return to the “Trail Topics” title. At their spring meeting in Frost Valley, the Board of Managers formalized the new trail management structure by adopting several revisions to the FLTC’s Guide to Responsibilities (GTR). The following three sections are excerpts from the GTR, presented here, in bullet format, as any good engineer would.

Trail Management Team

The objective of the Trail Management Team is to coordinate trail management activities and make recommendations to the Board of Managers. The Trail Management Team (TMT) is composed of:

- Vice President of Trail Preservation - **Ron Navik**, (585)377-1812, ron.navik@frontiernet.net
- Director of Trail Quality - **Lynda Rummel**, (315)536-9484 or (315)694-1244, ljrassoc@roadrunner.com
- Director of Crews and Construction - **Quinn Wright**, (716) 826-1939, wrightquinn@hotmail.com
- Director of Trail Maintenance - **Steve Catherman**, (607)569-3453, stevec@roadrunner.com
- FLTC Executive Director, **Gene Bavis**, and FLTC President, **Pat Monahan**, also participate on the TMT as ad hoc members.

Trail Council

The objective of the Trail Council (TC) is to communicate trail activities and status, learn and discuss current trail management practices and policies, and to report on needed changes to these practices and policies. The Trail Council will meet annually and be convened by a member of the Trail Management Team. The members of the Trail Council are: Trail Management Team members, Regional Trail Coordinators, representatives from sponsoring Clubs, and members of the TMT-appointed committees by special invitation. The Executive Director and President also serve as ad hoc members.

the Interloken Branch Trail north through the Finger Lakes National Forest.

- **Tom and Donna Noteware** (607)868-4616 noteware@empacc.net manage the Bristol Hills Branch Trail from the main trail near Mitchellsville north to Naples and Ontario County Park.
- **Pat Monahan** (607)936-8312 pmonahan@stny.rr.com manages the Great Eastern Trail in NY from the main trail near S. Bradford south to the PA border.
- **Joe Dabes** (607)844-3872 kabjnd@msn.com manages the trail from Watkins Glen east to Greek Peak Ski Area.
- **Tony Rodriguez** (315)446-3586 boricua1037@verizon.net manages the trail from Greek Peak Ski Area east to NY26 near S. Otselic and the Onondaga Branch Trail north to New Woodstock and the Link Trail.
- **Ed Sidote** (607)334-3872 ejisdote@frontiernet.net manages the trail from NY26 near S. Otselic east to Bainbridge.
- **Jim DeWan** (607)775-3001 goshawkbait@gmail.com manages the trail from Bainbridge east to Cannonsville Reservoir.
- **Mike Gebhard** (607)624-1231 mvgebhard@hughes.net manages the trail from Cannonsville Reservoir east to NY206 in the Catskill State Park.
- **Regional Trail Coordinator needed** to manage the trail from NY206 through the Catskill State Park to the eastern terminus of the FLT at the Long Path.

Trail Work Summary for 2008

A final summary report was sent out to the Senior Foresters in each of the affected NYSDEC regions along with a letter detailing contact information for the new Trail Directors.

In 2008, volunteers spent a total of 14,113 hours doing trail work, 4012 hours traveling to and from the trail, and another 2835 hours on administrative tasks associated with the trail.

New Trail Sponsor Information

Great news--all three trail segments advertised for adoption in the spring edition of the *FLT News* have been for spoken for:

Map M-11, west of Bath: 5.0 miles from access 1 to Gay Gulf Road have been adopted by **Brenda and Lee Haskins** of Bath.

Map M-14, west of Watkins Glen State Park: 4.7 miles in Sugar Hill State Forest from the Mohawk Trail to Van Zandt Hollow Road have been adopted by **Robin and Philip Hubbard** of Horseheads.

Map M-6, southwest of Letchworth State Park: 5.5 miles from access 5 at Camp Rd. east to NY 19A have been adopted by **Ken Wallace** of Castile.

We also have two new Trail Stewards: **Marc Potzler** for the Foothills Trail Club on Map M-2/CT-2 between Access 3 and 4 in Bucktooth State Forest and **Paul Hoffman** for

the Genesee Valley Hiking Club on Map M-6/7 from Access 6 to the NY19A crossing on the Genesee Valley Greenway.

What really makes this exciting is the amount of interest we have received for the trail sections up for adoption in addition to the number of people who have indicated a desire to become Trail Sponsors on their membership renewal forms. We now have quite a list of possible future trail maintainers to draw from.



JQ

Lynda Rummel
Director of Trail
Quality

Chainsaw Policy and Sawyer Training

A new policy guiding chainsaw certification and training is now in effect. The first course to certify sawyers under the new policy was held on May 30 and 31, in Birdseye Hollow State Forest. **Bill Lindloff**, of Bill Lindloff's ProCuts, led participants through a thorough and rigorous course. Thanks to DEC Region 8 Bath Office Supervising Forester **John Gibbs** and Forester **Gretchen Cicora** for allowing us to thin their trees. CPR training was made available in Hammondsport May 29th, thanks to **Donna Drum**. And thanks to **Marty Howden**, who agreed to organize our chainsaw training, and to **Irene Szabo**, who wrote the Challenge Cost Share application, participants were able to take the courses and get some essential protective equipment for free (paid for by the National Park Service).

The policy asks sawyers to take the most difficult and widely applicable course possible and to agree to try to use their chainsaws on various sections of the trail (particularly the NCT part of the trail) at some point during their 3-year certification period. The goal is to create a cadre of trained sawyers who are eligible to work anywhere on the trail and who can assist with trail maintenance problems or emergencies (like blow-downs) that are beyond the capabilities of the local sponsors. This is particularly important now since we have many trail sections that are maintained by individuals, rather than clubs.

A second training program is being scheduled for fall. If you are interested, please contact Marty Howden at howser51@aol.com. Marty is also the Regional Coordinator for the Genesee-West Region. Marty's

(Continued on page 22)

(Continued from page 21)

experience as a Safety Officer for the NYS OPRHP and as someone who got his training in the most rigorous of programs makes him a perfect fit for the chainsaw training management job.

Trail Building/Maintaining Training and Regional Meetings

The April 1st, 2009 issue of the *Trail Tenders' News*, our trail maintenance newsletter, went out in time for April Fools' Day. If you are not receiving the *Trail Tenders' News* but would like to be on the e-mailing list, please email both Lynda Rummel at ljrassoc@roadrunner.com and Gene Bavis at fltooffice@frontiernet.net. Be sure to let us know which section of trail you are working on.

At the request of Pat Monahan, a Scout Troop in the Southern Tier received an hour's worth of "basic trail building training" before heading out to work on the NY-GET, and Pat and Paul Hoffman got some pointers while reviewing the segment of the NY-GET under construction between the Moss Hill Shelter and Bailey Rd. (M-13). I was delighted to work with such experienced and enthusiastic trail builders.

The Travelin' Training Team (**Irene Szabo, Bill and Mary Coffin, and Lynda Rummel**) would be pleased to provide both basic and more lengthy training, including both "classroom" and "on-the-job" segments, to maintainers anywhere on the FLT System. Sometime after mid-May, using a list that Gene is developing from membership applications, I will be contacting members who have asked for training to arrange to take training *to them* and their sections of the trail, as Mary Coffin and I did two years ago for the Foothills Trail Club. If you're not sure whether you want the training, rest assured that it will be low stress and as informative as possible. Trainers will also work with you directly on a section of trail, so you'll get to see immediate results. Please contact Lynda Rummel at ljrassoc@roadrunner.com if you are interested in learning more about trail maintenance and construction or you think you'd like to join the Travelin' Training Team.

Irene is already working on scheduling the two regional meetings for maintainers that will be held this fall. The month may be moved from October to November, so please watch for the announcements in the *FLT News*.

In early May, Mary Coffin, NCT Team Leader for the Onondaga Trail, and I attended a workshop entitled, "Archeology for Trail Builders" at the College of the Menominee Nation campus in northeast Wisconsin. Sponsored by the National Park Service (NPS), participants came from all the states through which the Ice Age and North Country National Scenic Trails pass, as well as the NCTA and IA association and NPS offices devoted to these two trails.

The workshop's purpose was to improve our ability to "read the landscape", in order to better recognize (and

thereby protect) Native American or early European American sites and artifacts when laying out new trail or relocating old. For us New Yorkers who work on lands settled by Europeans 100 years before white settlement came to northeastern Wisconsin, this usually means routing the trail around or past the old house foundation, the dump (if items in the dump are over 50 years old), the base of a silo, and the remains of the barn, rather than through these sites, so the site is left untouched for the future. Most of us FLT trail builders and maintainers already do this; but the workshop sharpened our eyes, gave us an opportunity to see the signs of logging camps and Native American seasonal settlements, and exposed us to the laws that govern potentially historic sites and artifacts.

Besides preserving history for the future, it can pay to avoid putting the trail through likely historic sites: Many state and federal grants now require that an archeologist be contracted, if it is likely that the trail will disrupt an historical (either Native or early Euro-American) area. If you can show that your proposed route is not through any areas that are likely to have historic content or you can prove (through documentation and photographs) that the area has been disturbed down to 16" or so already, then you may be able to use the money you budgeted for an archeological study for other purposes. Since it's now recommended that you budget at least \$1500 for a Phase I archeological study, demonstrating to the funder's satisfaction that the trail route does not disturb anything significant can free up quite a bit of money.

Maps, Mapping, GPS'd Track of the Trail, and Guidebooks

Map updating was finished before the spring hiking season began. Joe Dabes, FLT Mapping Supervisor, is once again out on the FLT, looking for new or relocated segments that need to be gps'd. If you've moved or added facilities to a section of trail anywhere in the FLT System, please be sure to tell Joe (kabjnd@msn.com). Please send trail condition reports to both Gene Bavis (fltooffice@frontiernet.net) and Joe Dabes (kabjnd@msn.com). Trail condition reports are posted on the FLTC's website as soon as possible, so be sure to check the website *before* you go out hiking.

The Maps and Guidebooks Committee may recommend that the FLTC sell a significantly expanded version of the gps'd track of the trail; however, the committee still has several details to consider before making its recommendation.

With a lot of help from Regional Coordinators **Tom and Donna Noteware, Judy Erwin** and some other hiking friends, I finished revising and expanding the Bristol Hills Branch guide and sent the draft out for formatting. We are hoping to add photographs but first must determine whether these can be in color or must be in black and white, and whether they can be distributed throughout the guide or must be collected all in one place. All other guides were updated fairly recently.



Trail Topics, continued...

Quinn Wright
Director of Crews
and Construction

Alley Cats Are Coming Into Season!

Please be aware that there may be a lot of noise in your local neighborhoods from scratching and clawing in the ground near Holland, Hammondsport and Corning. We need more volunteers if the season is to conclude successfully. While trail construction is not glamorous work, it is the primary mission of the FLTC which is "to build, protect, and enhance a continuous footpath across New York State. Forever."

Lynda Rummel and Pat Monahan are really short on volunteers to help keep the mission moving forward. PLEASE volunteer some of your precious time even if for only one day. A full week of your time will be rewarding for your mind, body, and spirit, AND you'll even get a t-shirt commemorating a successful season for the Alley Cats.

Please contact me for an application at:

716/826-1939 (H), 716/818-6990 (C), 716/826-1786 (Fax)
wrightquinn@hotmail.com, or the FLTC office at
fltoffice@fingerlakestrail.org

2009 Alley Cat Trail Crews

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" on the Conservation Trail in western New York.

ALLEY CAT TRAIL CREW # 2 (Great Eastern Trail, August 5-9) under the direction of Pat Monahan will work on constructing the connector trail between the Finger Lakes Trail and the Great Eastern Trail in northeastern Steuben County (map 13).

ALLEY CAT TRAIL CREW # 3 (Mt. Washington, August 31-September 4) directed by Lynda Rummel will work on re-constructing the trail on the western side of Mt. Washington in Steuben County (Map 12, Access 6).

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.

Sheriffs' Departments along the Trail

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

New York State Sheriffs' Association

518/434-9091

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

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

Spring FLTC Weekend Wrap-up

by Larry Blumberg, on behalf of the host Triple Cities Hiking Club

The Spring FLTC weekend was held May 8-10, 2009, at the Frost Valley YMCA campus in Claryville, NY, near the eastern terminus of the FLT.

It was a great weekend for hiking, starting out Friday afternoon with folks gathering for lunch and mid-day snacks at the Blue Hill Lodge & Cafe in Claryville. Here they were offered choices of hiking along the FLT—Map M-33 from Claryville to its official ending point at the junction with the Long Path, or climbing up to the nearby Red Hill Fire Tower. This is one of just five remaining fire towers in the Catskills.

Saturday there were numerous hikes offered, with a lot of folks hiking more remote sections of the FLT or checking out Catskill peaks like Slide, Table and Peekamoose Mountains, and the Mt. Tremper Fire Tower. And, some of us stayed around Frost Valley to hike on the grounds and see High Falls, a 30-foot waterfall on the western edge of the campus.

Sunday saw more FLT hiking, plus a large contingent climbing two other Catskill peaks, Giant Ledge and Panther Mountain. I was with the group which spotted a bear along the FLT in Bear Spring Mountain Wildlife Management Area in Delaware County, Map M-29; this was obviously a real treat for us.

Our hike leaders were outstanding, and I would like to recognize them here: Jack VanDerzee, Kristin Schafer, Matt Rose, Margie Stackhouse, Herb Haake, Gary Williams, Karen Goodman, Kevin Normile, Ron Brink, Cindi Girard, Larry Lepak, Jen Woltjen, and Cheryl Peluso.

And, our programs were great, too—a huge thank you to Jacqui Wensich for her Friday evening salute to the late Howard Beye, and thank you to Joe Dabes for his “GPS tracks” workshop Saturday afternoon, and another thank you to our Saturday evening speakers Dave and Carol White of Clinton, NY, who took us on a whirlwind tour of high peaks in the Adirondacks, Catskills, and White Mountains! Plus, congratulations again to Mary Coffin on her being presented the Wally Wood Award during Saturday evening’s program.

Thanks to everyone who attended and helped out with our very successful weekend conference! We are looking forward to seeing everyone again at the next FLTC weekend, this one at the far western end of the trail, Camp Turner in Allegany State Park. □



Left: Frost Valley Conference Center.



Below: Browsing old trail register notebooks at the new Claryville general store... a lot of history there. Photos by Jacqui Wensich



Friday's hike from Claryville to the eastern terminus of the FLT.

Left: Neversink River.

Below: Eastern terminus. Note the head net. Black flies weren't too bad on Friday, but Saturday was a whole other story!

Painted Trillium



Hike photos by Jackson “Jet” Thomas



Mother's Day photo from outlook over Beecher Lake

Hiking the Catskills, Delaware County

by Jon Bowen , Hike Series Coordinator

The first two hikes in the 2009 Hiking the Catskills, Delaware County, were very successful. The weather was good—overcast and about 70 degrees. Of course this was the result of Pat Monahan's declaration, so thank him for the absence of rain.

The series began with 85 hikers parking at Shear Road and being shuttled to Butts Road at the county line. The hike began with a nice easy road walk before climbing into the Beales Pond State Forest. The terrain allowed the series to begin with a shorter 8.6 mile hike as a warm-up for our longer hikes later in the series. Several people from western New York stayed overnight to hike the second hike of the series on Sunday. They saved one long trip back, but they had to negotiate trails that had not been cleared recently.

The May hike was more of a challenge, climbing several hills over 12.2 miles through the Arctic China and Barbour Brook State Forests. Checking out the trail during our pre-hike, we lost "Waldo", but we were quite happy that the May hikers found him. Evidently he fell off a bridge into a creek. We'll keep better track of him during the upcoming pre-hikes.

All the participants owe many thanks to Jim DeWan and his crew for clearing the trail during the preceding weeks. The trail was in great shape and allowed easy navigating. ...About 20 miles completed with 50 to go during the next five months. □



Photos by Jackson "Jet" Thomas

Top: Checking in

Right: On the bus, hike leader Jon Bowen continues the "Where's Waldo?" tradition begun by Pat Monahan for the Allegany County Series. The hikers can expect to find this item somewhere along the trail.



End-to-End Update

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

New End-to-End Hikers

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

#269 Gail Ellsworth

#270 Joe Dabes (8th end-to-end)

This was Joe's EIGHTH hike of the entire FLT. He is 70 yrs. old and still backpacking. He finished at Bear Spring WMA on 05-19-09, and I was there to award him with a patch and End-to-End packet. Joe plans to complete the branch trails this year.

M.J. Eberhart started the 4600-mile-long North Country Trail at the west end on March 27th, and you can read his log on-line (www.nimblewillnomad.com/odyssey_2009.htm). He has been averaging 25 miles per day.

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

Jeff Keenan, North Tonawanda

Kevin Brown, Lockport

Chris Armitage, Endicott

Ralph Lynn, Norwich

Althea Heider, McGraw

J. Emory Morris, Brockport

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

Scott Bahantka

Gerry Benedict

Howard & Carole Camp

Cory Davis

Kirk Doyle

Marcie Herrick

David Preston

Jo-Ann (Kish) Ratoyszak

Dan Speakman

Tim Sweeney

Sue Thomas

I apologize if I omitted your name. Please let me know.

New additions to the branch trail end-to-end list:

Robert Chatterson

Susan Collier

Joe Dabes

Kirk Doyle

Pat Monahan

Rich Breslin

Phil Dankert

Please let me know if you are hiking the Branches and have not seen your name mentioned in my Updates.

Car Spotter Additions

Debra & Joe Borer - Maps CT-6, CT-7, CT-8

Gary Brouse—Maps M-12, 13, 14, 15 to Rte. 13, Robert Treman State Park from Bath

Peter Bushnell - Bristol Hills and Letchworth Branches

Steve Catherman - Map M-12 and B-3

Grant Denis - Maps M-17, 18, 19

Dale Fox - Maps M-25, 26, & 27

Mike Gebhard - Map M-27

Jim & Kathy Jones - Maps M-19, M-20. Maps M-25, 26

Gary Mallow - Maps M-15, 16, 17, 18

Thomas & Donna Noteware - Maps M-12, 13, 14, Bristol Hills Branch

Richard Roberts - Maps M-27, 28, 29.

Removed from the list for personal reasons: Mary Sives, Margaretsville.

End-to-End Patch Procedure

When you complete the main Finger Lakes Trail you are required to complete a form entitled, "FLT End to End Patch Application". This form is on the FLTC website or available from me. If I am going to be present to award your patches please complete the form in advance and bring it with you along with your Hike Schedule. The Hike Schedule is also available on the website or from me. Or use Joe Dabes' Excel spreadsheet from the web. We need the date that you started and finished each map. If I can't be present to give you your patches, please mail the above forms to me IMMEDIATELY so we can keep the records numerically correct. Be sure to enter the time of day you finished on the Patch Application form.

To receive a Branch Trail patch, complete the Application from our website and indicate on the form date you started and finished each branch trail. This form is also available from me. You can mail the Branch Trail Application directly to our Service Center or if you send it to me I will forward it to the Service Center. Note: You do not have to do the Queen Catharine Marsh Trail anymore, but you do have to do all 45 miles of the recently extended Onondaga Branch Trail.

If you are going to finish your end-to-end hike with the Delaware County Hike Series you need to complete an End-to-End-Questionnaire. See me at the hike series as I plan to be with one of the sag wagons and I will have the forms with me. If you want to receive your patches at the series-end picnic, please complete this questionnaire and mail it to me or give it to me at the Hike Series. I am planning on being at the Hike Series picnic to hand out patches to those who finish with the series.

(Continued on page 27)

End-to-End Update ...

(Continued from page 26)

Trail Condition Reports

Please report trail problems you encounter as it is only way that they will get resolved. You are not “squealing” on the stewards when you report trail problems. Be as accurate as you can so we can send the right steward out to take care of the problem. [See the box below.]

Excerpt From a Trail Register Notebook

“We hate hiking. Why are we here. We are wet, hungry, tired, and want to go home. Going to Bowman Lake State Park. I hate horse flies.” (no name) Troop 715, Fulton, NY

Happy Hiking!

Edward J. Sidote

5 Clinton St., Norwich, 13815-1903

607/334-3872

ejsidote@frontiernet.net

Trail Condition Reports

Please send trail condition reports to both the FLT Office (fltoffice@frontiernet.net) and the Mapping Supervisor Joe Dabes (kabjnd@msn.com). Trail condition reports are posted on the FLTC's website as soon as possible, so be sure to check the website *before* you go out hiking.



Above: Phyllis Youghans and Pat Hengstler at the Mendon Ponds Expo, 2008.

Left: At our 40th Anniversary celebration in Mt. Morris, Pat was surprised to bump into her old boss, Mark O'Neil (#37 Main Trail). They had worked together in medical records at Strong Hospital in Rochester in the early 1980's, where he still remembers her as "a delightful lady."

Remembering Pat Hengstler, #81 Main Trail, #19 Branch End-to-End

Now that our end-to-enders are past 260 in number, it's a sad fact that we'll also have to say farewell to some of them, more, in fact, with every passing year. When some of them die, we members of the Finger Lakes Trail may never mark their loss, since some hiked the trail then moved on, never to be heard from again. Not Pat Hengstler, who kept giving back until she no longer could.

In 1995 Pat first set foot on the FLT at the eastern border of Steuben County, at the beginning of the first hike of that year's cross-county series, an unfortunately long and hilly one due to the pesky logistical need to end at road crossings. (Pat might have liked the switchback reroutes that improved this tough section in 2008!) At the age of 68, and only a half-dozen years after giving up years of smoking, she had allowed herself to be convinced to tackle this county's first hike. Repeatedly, partway up long steep hills, she'd pause, gasping, and exclaim, "I can't DO this!"

Pat came back, finished Steuben County, and by 1998 was an end-to-ender on both the main and branch trails.

Naturally, she didn't return to the trail without ladling generous doses of sarcasm on her peppy hiking friend, Phyllis Youghans, the one who had invited her there in the first place. Ironically, Phyllis had met Pat only a short time before, at Pat's husband's funeral, since Phyllis worked in nursing with Pat's stepdaughter. They clicked, liked doing many of the same things together, and walking was one of them. So Pat kept coming back, since she enjoyed both the woods and the people on the trail. Once that worm of ambition captured her, she charged into doing day hikes to walk it all, even though she couldn't make sense of maps to save herself. That wouldn't stop her from stubbornly insisting on her map interpretation, though, making for many a foot-stamping session in the woods with her friends.

As soon as our first public office opened at the Mt. Morris Dam in 2001, Pat started helping out. She donated necessities, helped us move in and set up, and then volunteered for many an envelope-stuffing party, folding

flyers, sealing flaps, making copies and sorting piles. You didn't think renewals were done by fairies and elves, did you? We'll miss her good humor at these office work parties, and regret yet another life cut short by cancer, and that after she went to all the trouble to get a whole new knee.

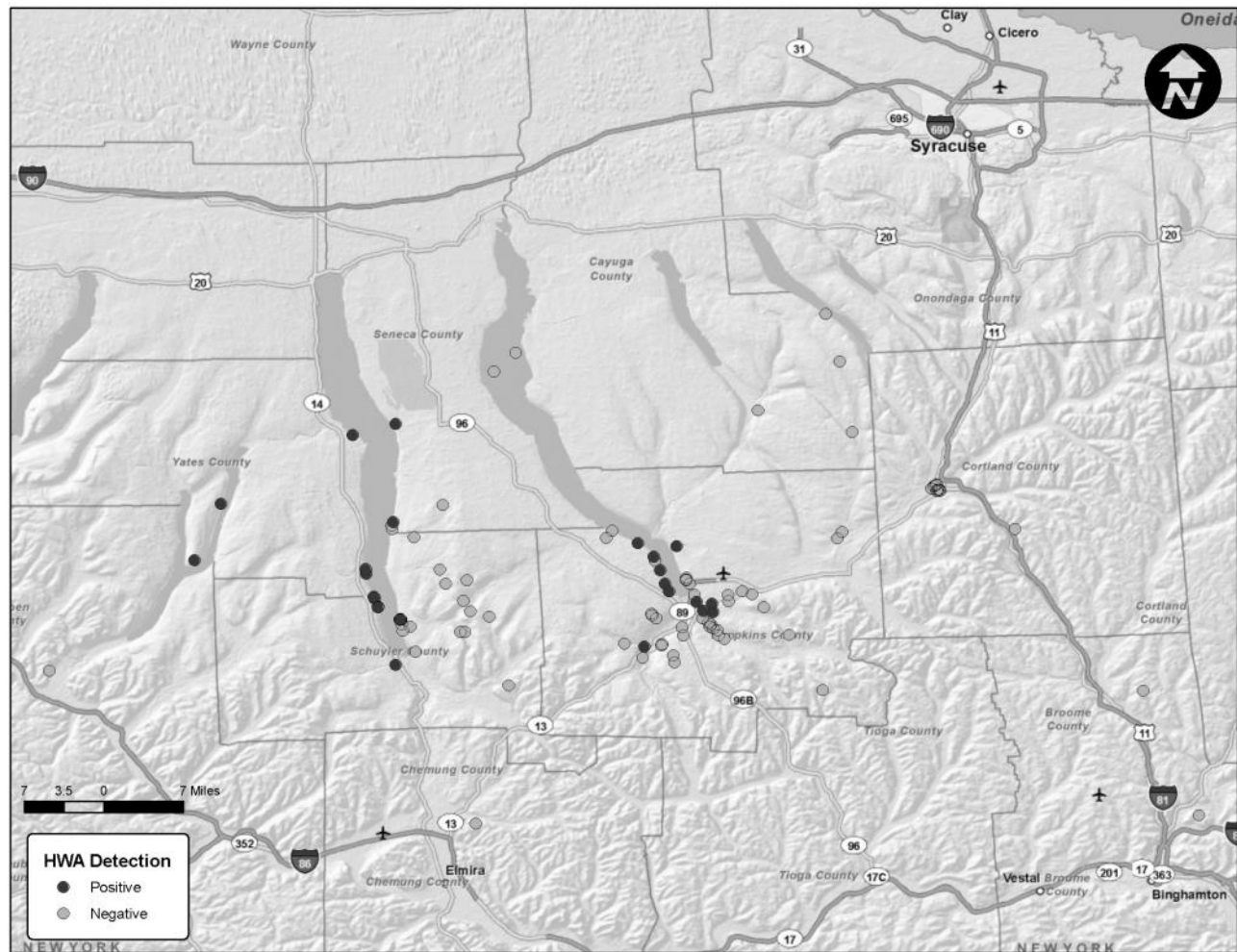
— Irene Szabo and Phyllis Youghans



Invasive Species Follow-up: Hemlock Woolly Adelgid

2009 Volunteer Monitoring Summary, Ithaca, New York

by Todd Bittner



The map illustrates the known locations of hemlock woolly adelgid in the central Finger Lakes as of May 2009. Volunteer monitors reported survey locations and positive (dark) or negative (light) detection of hemlock woolly adelgids.

Cornell Plantations, in partnership with the Cornell Department of Natural Resources, Finger Lakes Land Trust, Finger Lakes Native Plant Society, Cayuga Trails Club, and numerous volunteers, recently completed a monitoring campaign to detect new hemlock woolly adelgid populations in the Ithaca area.

The hemlock woolly adelgid (*Adelges tsugae*) causes nearly 100 percent mortality in the local, native eastern hemlock (*Tsuga canadensis*). This invasive species has decimated

hemlock populations across the eastern United States.

Over 120 volunteers attended three seminars where they were trained to identify and report new infestations. With the support of the newly trained volunteers, conservation partners, and 28 adjoining private property owners, Plantations' Natural Areas Program coordinated volunteer surveys in nine surrounding hemlock forest natural areas in proximity to previously known hemlock woolly adelgid occurrences. In total, volunteers spent nearly 250 hours and surveyed 568 acres. Volunteers also logged their survey

locations and findings on the New York Invasive Species Research Institute database to share this valuable information with other conservation agencies and scientists.

The good news resulting from the surveys is that hemlock woolly adelgids do not appear to be widely established within local hemlock forests at present. One new light infestation was documented within Plantations' Edwards Lake Cliffs Natural Area, bringing the total number of infested sites around Cayuga, Seneca, and Keuka Lakes to 23. □

Wally Wood Award ...

of the hikes and organizing drivers, hike leaders, and other helpers required.

One accomplishment that pleases her the most in recent years is building new trail the right way from the beginning, even if it does take longer. She can recall Howard Beye gently teaching her little touches that improved the path for hikers, followed by workshops presented by Bill Menke in more recent years. When Bill still worked for the National Park Service, he would travel to each state along the North Country Trail and present trail-building workshops to share the skills and tools we needed. Several of us from the FLTC also took the “Gold Star Trail” training offered a couple of years ago by the National Park Service and Bill (by then an NCTA employee), and once we had listened to good reasons to route the trail HERE as opposed to THERE, or how to site the treadway for best hiker comfort and longest lasting construc-

tion, none of us could ever look at our own trail the same way again.

These lessons stuck with Mary when she became team leader for the immense project her ADK chapter has undertaken in the last few years to add miles to the Onondaga branch to carry the NCT north and east from our main trail. While some years the chapter has added only a couple of miles in a season, she is pleased that she has been able to convince everybody involved that it's worth the extra effort to build quality trail from the beginning. The treadway is benched or dug into slanted hillsides, no grade is steeper than 10%, and the route is chosen to afford hikers the best scenery available on trail that should last well without erosion even through hoped-for heavy usage.

The results give us miles of trail on new Map O-2 that are among the most consistently and consciously well-made in our whole FLT system. The new trail continues the original Onondaga Trail on Map O-1 eastward through southeastern Onondaga County, Highland Forest County Park, and DeRuyter State Forest, aiming to meet up soon

with the trail built by the Central NY Chapter of the NCTA.

Mary's enthusiasm for these new miles in the FLT system aren't limited to field details, either. She has committed an enormous amount of time to making sure that local villages and people are enthused about the new trail, visiting town board meetings, giving programs in local libraries and historical societies, even offering hikes to locals, all in an effort to help people feel like it's “their” trail, too. She has discovered that she rather enjoys working with landowners, too, and we can read elsewhere in this issue about a wonderful permanent easement that came of these negotiations.

She still maintains two segments of trail, now in the new Highland Forest portion, and of course made sure before she bequeathed her old trail to Peg Whaley that she showed her everything a steward needed to know there. But Mary confesses that her favorite thing these days is designing new trail, and it's a good thing for all of us that her years of trail experience have led her to this stage. □

Spring Ephemerals ...

(Continued from page 8)

make things interesting). The showy large-blossomed white trilliums that are so commonly seen in spring crowding wooded areas in central and western parts of our state are likely to be replaced along trails in more mountainous terrain by specimens of the more delicate and more solitary painted trillium, bearing a triangular splotch of red at the center of each flower, while patches of the less conspicuous (to the human eye) red or purple trillium—more picturesquely dubbed wake-robin—might be sighted in early-to-mid May alongside the trail on a hike anywhere across the state.

A plant that is likely to be familiar to any springtime hiker is the common trout lily, spreading its spotted elliptical leaves by the thousands in great patches along the ground—sometimes without any indication at all that this

plant ever produces a flower, sometimes affording sight of one or two bright-yellow flowers each with six recurved petals, and sometimes—on rare lucky occasion—showing off a full sea of nodding golden blooms. A rare, very special, treat is to run across a patch of this flower bearing variant white blossoms in place of the usually-seen deep yellow ones.

Another springtime sight familiar to many is the small rue anemone plant, which likes to spread its flowers, each composed of a cluster of several small white petal-like sepals, along sunny slopes. This plant was formerly assigned by botanists the scientific name *Anemonella thalictroides*, meaning roughly “sort of anemone that resembles meadow-rue”, with its similarity in leaf-shape to plants in the differently-flowered meadow-rue genus being in particular quite remarkable. However, this plant has now been formally re-assigned to the genus

Thalictrum to take up a place alongside the several other species of meadow rue growing in our area.

We are still left with a number of different species of true anemones (also called wind-flowers) in our area, typically flourishing and blooming in mid or late summer. However, one of these species, the Wood Anemone [*Anemone quinquefolia*], has over time cast its fate with the spring ephemerals, to be seen only on special occasion in prominent but short-lived bloom. This display was a feature of this year's FLT Spring Weekend in the Catskills, and lucky hikers attending this event were treated to vista after spreading vista of tidy five-sepaled white anemone blooms. The species name here translates as “five-leaved”, though more typically each leaf is divided into three leaflets along with two “thumbs”, making this an easy plant to identify. If you missed the show this time, well, you can always try again next spring! □



Partial group photo from April's Wally Wood Hike on the Bristol Hills Branch at the meeting point in Naples. Six more hikers joined them at the trailhead. The two hike leaders are in front, Kristin Schafer on the left and Cathy Concannon on the right.

**Our sincere thanks for
gifts in memory of:**

Pat Hengstler

from

Gene & Liz Bavis

Ed Sidote

Stephanie Spittal

Georgeanne Vyverberg

Phyllis Younghans

Joseph Caezza

from

Ed Sidote

Answers to the Spring "Name that Map!" quiz

Correctly identified the Alder Lake Mansion on M-32:

Irene Szabo
Ed Pabst
Tina Pabst
Ed Sidote
Jack VanDerzee
Warren Johnsen
Edmund Ressler
Susan Thomas
Tony Preus
John Sharpless
Mahlon, Eleanor,
Sarah, Kathryn & Ruth Hurst
Kevin Millar
Pat Monahan
Jackson Thomas
John Oldweiler



Jackson "Jet" Thomas



Above right: Today this is all that remains. This shocking sight greeted the Spring Weekend attendees who hiked to Alder Lake. According to information on the Internet, the mansion was built as a summer home in 1901 by Samuel D. Coykendall, a railroad and canal shipping tycoon. He brought in immigrant Italian stone masons from his railroad, The Ulster & Delaware, to do the lower part of the house. Their dry-wall stone work was preserved by the DEC when the lodge, which was in a state of extreme disrepair, was demolished.

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.

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

AUGUST 29 - 30

Overnight on the Interloken Trail (Not an FLTC-sponsored hike)

Kim Meacham - meach@infoblvd.net or 607/324-0374

Sharon Galbraith - Sharonbillgal@aol.com or 585/872- 0327

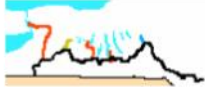
Join us for our annual weekend hike on the Interloken Trail in the Finger Lakes National Forest, just northeast of Watkins Glen. We have **reserved the Potomac Group Campground for the FLTC Friday and Saturday, August 28th and 29th**. We will hike the entire 11.9 miles of the trail on Saturday the 29th and Sunday the 30th. We reserved the campground for Friday for those of you who would like to camp an extra day. We will "officially" start Saturday and Sunday mornings from the Potomac Campground, hiking from the campground to the southern terminus at Burnt Hill Road on Saturday with a car shuttle back to the campground, and then shuttling to the northern terminus on Parmenter Road on Sunday and hiking to the campground, roughly 6 miles each hike. **If you are not staying at the campground, please meet at 9 a.m. at the campground.** The campground, as well as the surrounding area, is very nice, and by no means does everyone camping have to hike the scheduled hikes. You can just relax and/or hike some of the adjacent shorter trails.

The Potomac Group Campground is "primitive" and has NO WATER and NO ELECTRIC, but there is a covered picnic area with a large grill, a campfire area, and vault toilets. There is a large grassy area for group camping, but also smaller, more private camping areas, as well as several areas near a wildlife pond. You CANNOT DRIVE to the sites, but must park in the parking area, and carry your gear and food approximately 500 ft. to the camping area.

Please bring WATER, your camping gear, a DISH TO PASS for Saturday night, place settings, your own drinks (adult beverages or otherwise), your own dinner for Friday, a hiking lunch for Saturday and Sunday, and breakfasts for Saturday and Sunday. We will supply firewood for a campfire each night, charcoal, hot and veggie burgers and rolls. Those of you who would rather sleep in the comfort of a true bed can make reservations at the nearby *Red House Country Inn* (within easy walking distance of the trail and the campground) 607/546-8566, or stay at one of several motels or B&B's in Watkins Glen.

For more information, contact Kim at meach@infoblvd.net or 607/324-0374 or Sharon at sharonbillgal@aol.com or 585/872- 0327. (If you are planning on attending, let Kim or Sharon know so we can plan food accordingly).

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
spring issue's Name That Map is on page 30.



Gerry Bennett



FLTC Mascot?

*This fox and her three babies have been
living under the front porch of the
Finger Lakes Trail Conference's office
near the Mt. Morris Dam in Letchworth
State Park.. Photo by Gene Bavis.*



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 organiza-
tions that find strength and support through association. If you wish
to join, volunteer for trail work, or participate in the activities of these
organizations, contact may be made through the telephone numbers
or websites listed.

Buffalo Area

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

Rochester Area

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

Syracuse Area

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

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

Corning Area

Three Rivers Outing Club	607/962-5157
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Binghamton Area

Triple Cities Hiking Club	triplecitieshikingclub.org
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Chenango County

FLT-Bullthistle Hikers	www.bullthistlehiking.org
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Eastern NY

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

Thank You



Landmax Data Systems, Inc.
5919 E. Henrietta Rd.
Rush, NY 14543
(585) 533-9210
www.landmaxdata.com

Donor of land boundary research and property information for the
Finger Lakes Trail and the North Country National Scenic Trail

FINGER LAKES TRAIL CONFERENCE

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Ronald Navik, Vice President Trail Preservation • 27 Edenfield Rd, Penfield, NY 14526 • 585/377-1812 • ron.navik@frontiernet.net

Jarett Lobb, Vice President Finance • 14 Locke Dr, Pittsford, NY 14534 • 585/383-1938 • fltboard@lobbonline.com

Jacqui Wensich, Vice President Membership & Marketing • 425 East St, Pittsford, NY 14534 • 585/385-2265 • jwensich@rochester.rr.com

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Board of Managers

Terms Expiring 2010

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Cheryl Peluso • 3168 Howard Rd, Hamburg, NY 14075 • 716/648-9027 • cherylp17@verizon.net

Georgeanne Vyverberg • 8964 Atlanta-Garlinghouse Rd, Naples, NY 14512 • 585/455-2015 • gvyverberg@pls-net.org

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

Terms Expiring 2011

Jon Bowen • 1626 Gunbarrel Rd, Baldwinsville, NY 13027 • 315/638-8749 • jkbowen@gmail.com

Bill Coffin • 328 Deep Springs Dr, Chittenango, NY 13037 • 315/687-3589 • wmscoffin@twcny.rr.com

Linda Cruttenden • 245 Hoffman Rd, Rochester, NY 14622 • 585/288-3359 • lls_roch@yahoo.com

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

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

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Roger Hopkins • 163 Asbury Rd, Lansing, NY 14882 • 607/257-9778 • roger@naturalhighs.net

Phil Metzger • 120 Thompson Creek Rd, Norwich, NY 13815 • 607/334-2407 • pmetzger@frontiernet.net

John A-X. Morris • 2449 Gee Hill Rd, Dryden, NY 13053 • 607/753-7256 • jaxmbird43@aol.com

Ken Reek • 3090 Griffin Rd, Churchville, NY 14428 • 585/293-3241 • ken@kmrconsulting.com

Finger Lakes Trail Conference, Inc.

Calendar of Events

- July 20-24 Alley Cat Crew, Holland Ravines. See Trail Topics, page 23.
- July 25 Annual FLTC Ed Sidote (Summer) Hike, Jackson Pond. See page 31.
- August 5-9 Alley Cat Crew, Great Eastern Trail. See Trail Topics, page 23.
- August 21 Deadline for fall issue of the *Finger Lakes Trail News*.
- August 29-30 Overnight on the Interloken Trail. See page 31. (Not an FLTC-sponsored event)
- Aug 31-Sep 4 Alley Cat Crew, Mt. Washington. See Trail Topics, page 23.
- October 16-18 Fall Campout at Camp Turner, Allegany State Park hosted by the Foothills Trail Club. See pages 11-15.**
- October 24 Annual FLTC Erv Markert (Fall) Hike, FLT and Spanish Loop. See page 31.
- November 6 Deadline for the winter *Finger Lakes Trail News*.
- November 13-15 Board/Committee Retreat, Letchworth SP Delaware County Hikes: July 18, Aug. 15, Sep. 19, Oct. 3.

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

Thank you, Girl Scout Troup 679!

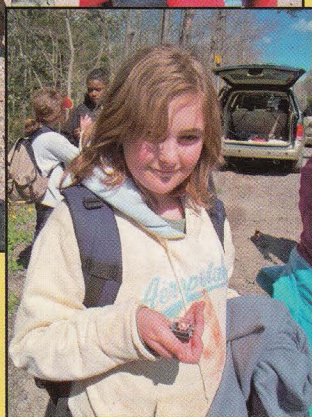
Photos by Jacqui Wensich

Girl Scout Troup 679 from Scottsville (southwest of Rochester) spent a May day working on the Conservation Trail just south of Darien Lake State Park. The weather was perfect. The first part of the trail looked like a park walk after the fourteen fifth-grade girls, six moms, and two dads finished. We ran out of blaze and cover up paint about two-thirds of the way through my 2.2 mile section of trail. The girls received their bronze medals from leader Leona Russell, and everyone received an FLT worker patch.

— Jacqui Wensich



Left: Girl with the purple gloves is holding a small snake.



Above and right: The girls receive their bronze medals from leader Leona Russell.

