

# Finger Lakes Trail NEWS

*Spring 2010*

*Above: The falls at Letchworth State Park, seen from the Letchworth Branch Trail of the FLT*



## Inside...

- ◆ FLTC Spring Weekend - three days of hiking on the Main Trail and the Letchworth Branch: Complete information and registration form - pages 13-16
- ◆ Hike across beautiful Chenango County, 76 miles in 7 hikes, April to September - page 39



# President's Message

## Pat Monahan

Spring is in the air and with it comes a new hiking season for many who do not hike in winter. Leaving behind the snow shoes and crampons, I look forward to the woodlands coming alive for another hike along our wilderness foot path and to sharing in the sights and sounds of spring. How many of us look forward to the trillium, mayapple, and, yes, even the skunk cabbage as welcome signs to get up off the couch and get back on the trail in the woods? Now is the time. While many of us have been hibernating over the last few months, the FLTC has been planning and preparing for 2010. Let me highlight just a few areas for you.

- The FLTC and the North Country Trail Association (NCTA) have reached a formal agreement to work together as partners for a high quality hiking experience on the shared miles of the NCT/FLT. Please consider dual membership as a way to show your support for two outstanding organizations. (NCTA membership coupon below)
- The FLTC developed and forwarded to the NYS Department of Environmental Conservation our position statement regarding gas drilling in the Marcellus shale. The document is posted on our website at [www.fingerlakestrail.org](http://www.fingerlakestrail.org). Click on "About the Finger Lakes Trail" and follow the link on that page.
- We worked diligently to meet our membership goal of 5% growth per year and met it by December 31.
- The Board of Managers met for their annual weekend retreat at Letchworth State Park to review, discuss and plan for 2010 and beyond. The retreat has resulted in two main issues for the membership to consider and vote on at the annual meeting at the Spring Weekend on May 23 at Alfred University (information on the Spring Weekend is on page 13). First, a lengthy discussion resulted in a proposed change in our mission statement to include "promote" the FLT. We currently apply many measurable strategies to do this. If approved, our mission statement will more closely align with our policies and practices. We also spent time reviewing the organizational structure established for trail management issues after former Vice President of Trails Howard Beye's passing. For 2009, we implemented a structure for the transition to something more permanent. It has seemed effective. The Board of Managers will propose these changes in our bylaws: Eliminate Vice President of Trails. Add Vice President of Trail Quality and Vice President of Trail

Maintenance. Add Director of Crews and Construction and Director of Trail Inventory and Mapping. All of the duties will be described in the Guide to Responsibilities which defines the responsibilities of positions in the FLTC. More information will follow under separate cover in preparation for the annual meeting.

As we begin 2010, I will again ask you to consider how you can support the FLTC. During the month of March, the FLTC will hold its annual membership drive. This is a tough economy which requires tough decisions by each of us as we consider where to spend or invest our money. I believe it is a great value. **We have not increased our dues for 2010.** The FLTC has shown a steady (5%) increase in membership over the last several years, unlike similar organizations. This has allowed us to stay true to our mission "to build, protect and enhance a continuous footpath across New York State. Forever." I urge each of you to renew your membership and invite one other person to join the FLTC.

Mud season is here. Wear your gaiters and "Go take a hike!!"

### *Join the North Country Trail Association*

## A Special Deal for FLTC Members!

Now you can join the North Country Trail Association for just \$23 per year! You'll get a subscription to North Star magazine, and the satisfaction of helping develop the North Country National Scenic Trail. To join, send this coupon to: NCTA, 229 E. Main St., Lowell, MI 49331 or call 866-Hike-NCT

Name(s):	
Address:	
City, St Zip:	
Phone (optional):	
E-mail (optional):	
<input type="checkbox"/> I'm enclosing a check for \$23 payable to NCTA	
<input type="checkbox"/> Please charge my credit card (MasterCard, VISA or AmEx only)	
Card #:	Exp. Date:
Name as it appears on card:	
Signature:	

### Join the FLTC Yahoo! groups e-mail list

The Finger Lakes Trail Conference's e-mail list is a discussion group hosted by yahoo.com. Its purpose is to allow the 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 electronic mailing list and offer help with questions are: Larry Blumberg ([lblumberg@stny.rr.com](mailto:lblumberg@stny.rr.com)) and Jack VanDerzee ([vanderzee@ithaca.edu](mailto:vanderzee@ithaca.edu)).

To join the group, send a note to one of the co-moderators, or go to the FLTC website ([fingerlakestrail.org](http://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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*And on the back cover...*

Signs, *photos by Jacqui Wensich*

**Cover:** The Upper Falls of the Genesee River in Letchworth State Park. This photo was taken by FLTC member Don McClimans from the Letchworth Branch Trail (Map L2 between access K and L) in mid-May of last year. You will have the opportunity to hike this section of the trail at the same time of year during our Spring Weekend. See pages 13-16.

I just looked over previous spring columns that I wrote and they all seem to begin with the same sentence...a report on our successful year. I am HAPPY to report that 2009 was yet another successful year. We met our membership goal: 1372 members by 12/31/09, growth of 5% over the previous year. We also met ALL of our financial goals. That includes membership income, Sidote Fund income, Endowment Fund income, unrestricted income, Annual Appeal income, and sales income. As of the end of 2009, we had sold nearly 100,000 maps since March 2006.

During 2009 we experienced a significant transition to Trail Management tasks. We still miss Howard Beyé, but we are beginning to get our arms around all of the things he did for us. Thanks to Steve Catherman (Director of Trail Maintenance), Lynda Rummel (Director of Trail Quality), Quinn Wright (Director of Crews and Construction), Ron Navik (VP for Trail Preservation...and now also Landowner Relations), Peter Wybron and Ted Anderson (Equipment Quartermasters) and my staff at the office (Jennifer & Steph) for stepping up to the plate and taking over the tasks that "larger than life" Howard did for us mostly on his own. I also need to thank former President, Irene Szabo, for her help with this transition. We have also strengthened our Regional Coordinator system. Any trail management issues (loss of permission, retiring sponsors, trail maintenance problems, etc.) now begin with the Regional Coordinator. I would also like to thank Joe Dabes, our mapping guy and welcome his new assistant, Don McClimans. Both of these



## From the Desk of the Executive Director

.....  
Gene Bavis

gentlemen have done a LOT of work this year to keep our maps updated and other tasks as well.

In my last column, I made reference to some "exciting marketing opportunities." As of this writing, I cannot make a detailed "official announcement," BUT I will tell you that we are developing plans to produce a booklet of "sample hikes" on the FLT. We plan to distribute thousands of these across the area between the Genesee River on the west and Rt. 81 on the east. It is our hope that by doing so, we will make more people aware of the FLT and that we will recruit more members (and maybe trail maintainers), and that we will sell even more maps. All of this should help to insure our mission..."to build, protect, and enhance a continuous footpath across New York State. Forever!" Watch our website and e-groups for an announcement this spring. HELP is still needed with our promotion projects. We hope to be at several "events" this year. We need members to help staff our displays and share the story of our trail. Again, you don't need to be an expert...we can coach you. If you are willing to help, please contact me or Phil Dankert, our Marketing Chairman.

We look forward to the rest of 2010. In this issue of the *News*, there is a regis-

tration form for the spring weekend at Alfred University on May 21-23. It is also available on our website if you don't wish to tear it out of your magazine. Our membership renewal notices will go out about the same time you receive this issue of the *News*. PLEASE renew YOUR membership and encourage others to join the FLTC. Our membership goal for this year is 1441 members by 12/31/2010. On October 1-3, our Fall Campout will be held at Hickory Hill Family Camping Resort in Bath. I hope to see YOU at both events. There are other opportunities listed in this issue of the *News* and on our website, so please join in the fun.

As always, I want to thank the hundreds of volunteers who make this trail and organization what it is. AND, I want to thank those who have supported our efforts with your dues and donations. If you have questions, suggestions, or concerns, please direct them to me or the officers of the FLTC.

□

*Gene Bavis, Executive Director*

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315/986-1474 (home office)

**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

Our sincere thanks for a  
gift in honor of:

*Dave Newlun*

from

The Paul Good Family

### WANTED:

FLT MEMBER WITH GRANT  
WRITING EXPERIENCE.

You will have assistance in gathering  
information. We only apply for several  
grants each year.

Please email [jwensich@rochester.rr.com](mailto:jwensich@rochester.rr.com)  
or [FLTinfo@fingerlakestrail.org](mailto:FLTinfo@fingerlakestrail.org)

Attn: Gene Bavis



## The New Robinson Loops by Irene Szabo

If you buy a brand new map M8 of the trail in Allegany County passing by the ski village of Swain, you'll notice a blossom of added color just south of there, showing on both the primary map and enlarged in an inset map, the new Robinson Loops.

The Robinson family started the Swain ski operation shortly after World War II, modestly to be sure. Only a rope run by a gasoline engine pulled skiers to the top, and that gasoline had to be carried up in war surplus jerry cans. Local kids were granted free skiing for helping out. The Robinsons moved there just after the bankrupt Pittsburgh Shawmut & Northern, which circumscribed the whole northeastern edge of their huge hilltop property, had stopped running, but their new neighbors said that the train used to stop to pick up school children. Tracks were removed by 1947, so when early volunteers from the Genesee Valley Hiking Club were building the original Finger Lakes Trail eastward from the Genesee River in the 1960's, that nice level railbed was a perfect way to skirt the hump of the ski hill. The sun probably shines there only a few minutes on June's earliest mornings, but it's been a nice mile-plus of

relatively easy walking below dark damp rocks and hemlocks ever since.

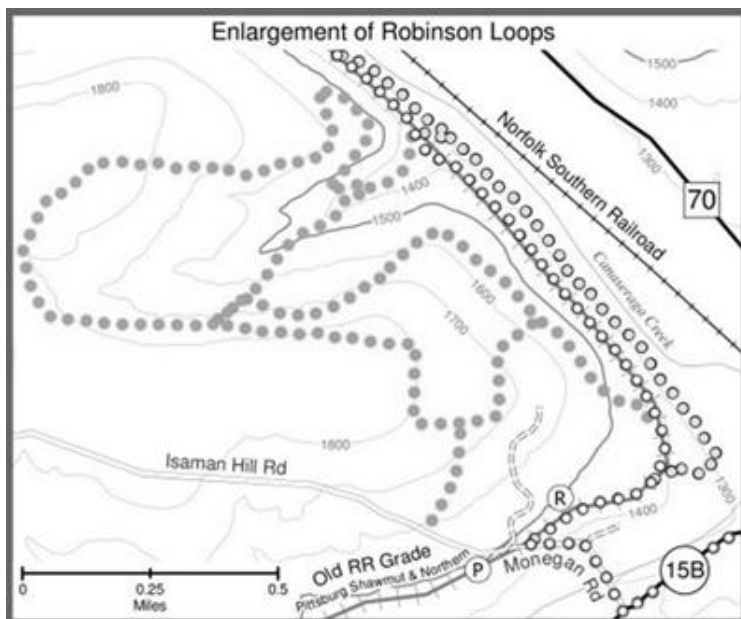
Family matriarch Bina Robinson still lives in a house at the very top of the hill, facing eastward for a long view beyond Canaseraga, and at 86, complains that she's not as fast as she used to be putting new material on a website she maintains for an animal protection organization. The family has long kept their large property, now minus the ski slopes, as a wildlife sanctuary, forbidding hunting, and logging only very selectively and carefully. Best of all, she thinks the public would enjoy the property, too, so in the last year she has encouraged a series of loops all over the land. As you will read elsewhere in this issue, Ron Navik has utilized several groups of volunteers to build and blaze some of the loops, while the original routes were laid out and rough-cleared by a Robinson family friend, Dave Swain.

Dave is a 70-year-old who used to log with horses and is a fine carpenter; Bina has known him since he was in high school! Neither he nor Bina has avoided long hill climbs, either, with the layout. Notice on the new map those elevation lines! While our white-

blazed main trail does only a very slow climb from below 1400 feet to just above before it leaves the Robinson property on Isaman Hill Rd., the blue loop, for instance, climbs over 200 feet through an open field to great views southeastward from 1800 feet. Approaching the open top we can look east at the next hill the trail climbs, and even see trains way below at less than 1300 feet. When a Norfolk Southern freight blows the horn for the road crossing at Garwoods the sound echoes throughout the valley.

The balance of the blue loop after the open top continues level through nice maple woods, then drops slanting across the face of the hill dropping to the southeast into the valley again. The orange loop is met at the farthest extent of the blue trail and involves even more climb from less than 1400 to more than 1800 feet through forest. There is even a yellow trail, blissfully level, parallel to our railbed main trail, and just below it. There are over six miles of new trail available now, but don't try to navigate them without a new map.

The narrow valley below is blessed by long steep hills on each side, a state forest and Rattlesnake Hill Wildlife Management Area to the northeast, and private forests on the southwest, so wildlife and hikers both benefit. The Robinsons' efforts to keep their part of the hill between Swain and Garwoods free of development, yet open for walkers' enjoyment, is a great gift, especially during hunting season. We thank you. □



The Robinson Loops trails have been constructed between Swain (access point 3) and Garwoods (access point 4). This adds 6 miles of new side trail running through woods and occasionally along the edge of a field, all of it maintained as a private wildlife preserve. You can make loop hikes with a variety of distances by combining the trails. Access is from Isaman Hill Road and from the main FLT. Map M8 has been updated and given a new revision date of 11/09.

—Don McClimans

To the left is a clip of the new trails as shown on the revised map M8 (gray-scale rendition of the colored map).





**T**he FLTC Service Center recently received a letter from Don Doster, who was the subject of my last column. In it he included an obituary of Marion Scott who recently passed away at the age of 91 years. Marion was the wife of L Burr Scott and both were early FLT members. In fact Burr Scott and Burr Rogers (husband of Jean Rogers in the photo from the last issue) also helped to scout and flag the trail mentioned in the article. Don, who had the nickname “Doc”, and the two Burrs called themselves the Burdock Hikers.

Also in the last issue I recounted a story about how Don Doster and other Board of Managers members persuaded Carlton Wright to take over the helm as President. The meeting was at Carlton’s Ithaca home and they were having a difficult time persuading someone to take the position; Don jokingly relates that finally Carlton agreed simply to get everyone to leave. Carlton’s reluctance most certainly was because he led quite a full life. He was Professor of Consumer Education at Cornell University and involved in a project for Cornell at the University of Liberia, Monrovia, in West Africa. He wrote fascinating articles for the *FLT News* about his hikes in that country.

## Notes from the FLT Archives:

Carlton Wright: Third President of the FLTC

.....  
Georgeanne Vyverberg



*From the FLT News, Summer 1967: A FEW of those attending the Trail Committee session during the Annual Meeting. From the left are Laura McGuire, Marguerite Rumsey, Burr Scott, Don Doster, Carlton Wright and Helen McBride.*

He was also on the Board of Trustees for the 1<sup>st</sup> Congregational Church in Ithaca. Scouting and being the father of two boys must have made for a busy life indeed. He was a charter member of the FLTC and served on the BOM in several capacities from its inception. Carlton was President from May 1967 to February 1969 when he resigned to take a job in New York City as Special Assistant to the Director of Cooperative Extension.

During his tenure as President, the first Archive committee was formed and Susan Tucker was appointed our first

Archivist. Also the practice of closing the Finger Lakes Trail for one day a year was instituted to protect private landowners who allow the trail to traverse their property. About 200 miles of the main trail was complete and now the entire proposed route had sponsors and plans to finish. Work on the Bristol Hills Branch was nearing completion and the Conservation trail reported continuing progress as well. □

## Answer to the Winter “Name that Map!” quiz



Correctly identified M12 Peace Weavers’ structure (check out the interesting photos on their website):

- |                    |                     |
|--------------------|---------------------|
| 1. Irene Szabo     | 7. Tim Noteware     |
| 2. Lynda Rummel    | 8. Donna Noteware   |
| 3. Jay Zitter      | 9. Dave Marchner    |
| 4. Heidi Bellenger | 10. Robert Pokalsky |
| 5. Sarah Hurst     | 11. Tim Wilbur      |
| 6. Mahlon Hurst    | 12. Melissa Cohen   |

## History of the Finger Lakes Trail 1962–2002

### A Few Loose Ends: Part 5 of 5 by Tom Reimers

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

Wallace Wood, Father of the Finger Lakes Trail, passed away on August 19, 1996. In an article published in the March 1974 issue of *Finger Lakes Trail News*, he wrote, "It was August of 1961 and the bus was on its Sunday night run from Boston to Rochester. Suddenly there welled up from my subconscious the thought: Why not a hiking trail across New York State, south of the Finger Lakes." Erv Markert wrote in the *News* in 1976 on Wally Wood's retirement from FLTC activities, "Wally stands among the very few who have had the dream of creating a beautiful experience for others and the courage to guide volunteers into starting the Finger Lakes Trail."

Ravens (*Corvus corax*) were forced into secluded woodland habitats in the late 1800s. But in 1994, Cornell University ornithologist Kevin McGowan found a raven nest in a cliffside nook above a waterfall in Lick Brook gorge in Tompkins County. Its nest, made of sticks and sheep's wool, was clearly visible from the Finger Lakes Trail on the other side of the gorge. McGowan found the nest in March and later counted five young ravens in the nest. However, he believes only two survived through fledging.

Governor George Pataki announced acquisition by New York State of the 90-mile Genesee Valley Greenway in September 1996. The greenway will connect the city of Rochester's trail system to Letchworth State Park and ultimately to the Olean, New York, area. The Letchworth Trail, a branch trail of the FLT System, begins its

northern end where the Genesee Valley Greenway passes through Mt. Morris. The Letchworth Trail again meets the greenway on River Road east of the state park. The two trails are coincident for 5.1 miles south from there to Whiskey Bridge over the Genesee River.

In 1997 Frank Bianco of Lisle, New York, set a record by thru-hiking the FLT in a mere 24 days. This speed record is even more amazing when you consider that Frank was legally blind at the time of his hike. In a report written by Debra Barnell for the *Finger Lakes Trail News*, Frank said, "I was never scared. I made some stupid mistakes. Once I almost suffered hypothermia. Another time I was lost in the Catskills for 4 to 5 hours because I had wandered off the trail. I can't see to read a compass, so unless the sun's out it's hard to orient myself once I'm lost. I walked downhill until I came to a road where I flagged down a motorist and learned exactly where I was. I believe that if you keep your head and don't panic, you'll be fine." Frank has completed three end-to-end hikes of the FLT. Hot on Frank Bianco's heels was Joe Dabes from Dryden, New York. In 2001, Joe completed backpacking the FLT in a record 23 days, averaging 24.4 miles per day.

Ten years of planning, months of scouting, and weeks of brushcutting and marking carried the FLT to new heights in the Catskill Mountains. Nine miles of road walk for the FLT were eliminated in 1997 with a new trail route through the heart of the Balsam Lake Mountain Wild Forest. The new route climbs steadily to the summit of Balsam Lake Mountain. At 3,720 feet it is the highest point along the FLT's 555-mile route. The project, including construction of the Beaver Meadows Lean-to, was completed by early November thanks

to the NYS Department of Environmental Conservation and volunteers from the Mid-Hudson Chapter of the Adirondack Mountain Club and the Finger Lakes Trail Conference.

The first "Trail Medicine" article appeared in the *Finger Lakes Trail News* in summer of 1998. It was written by Bob Michiel, M.D. Bob has recruited other writers in the medical professions to write articles for this popular column in every issue of the *Finger Lakes Trail News* since then.

The first year of the new millennium (2001) was a banner year for the FLTC. On April 27 the FLTC Service Center was moved from the home of Howard and Dorothy Beye in Rochester to a new office at the Mt. Morris Dam north of Letchworth State Park. The trail operations office remained at the Beyes' home. The grand opening of the new service center was celebrated on June 2, National Trails Day, with over 100 people from the FLTC and Friends of the Genesee Valley Greenway enjoying barbecued chicken, a live reptile show, brief speeches, and guided tours of the office. To staff the new service center, the FLTC hired its first paid employees: Executive Director Gene Bavis and Office Manager Gert Hauck.

The FLTC commemorated its 25th anniversary during a weekend celebration at Ithaca College in Ithaca, New York, on May 22 to 25, 1987. A variety of hikes, workshops, tours, and lectures were on the program. The featured speaker of the weekend, Anne LaBastille, drew hundreds of members and non-members to the college auditorium. Anne is a noted lecturer and the author of *Woodswoman*, *Beyond Black Bear Lake*, *Mama Poc: An*

*(Continued on page 6)*

# Hike the North Country Trail From the Michigan's Upper Peninsula to the Lower

## Bring on the Bridge

Sept. 3-7, 2010

If you aspire to be a North Country National Scenic Trail end-to-ender, there is only one day a year on which you can complete the 5-mile crossing of the Straits of Mackinac separating the Michigan's upper and lower peninsulas. Each year thousands participate in the annual Labor Day Walk across the spectacular Mackinac Bridge. Clearly, very few of those are aspiring NCT end-to-enders. The 53rd annual Bridge Walk will be held on September 6, 2010.

The Hiawatha Shore-to-Shore (HSS) Chapter of the North Country Trail Association will hold its second "Bring on the Bridge" event from Sept 3-Sept 7 with rustic camping about 10 miles from the Mackinac Bridge. The bridge is part of the 122 miles of the NCT sponsored by the HSS Chapter, although they let the Michigan Department of Transportation and the Mackinac Bridge Authority maintain this part of the trail for them. Last year's Bring on the Bridge included a number of day hikes as well as the main event. You may camp the entire four days scheduled or just some of the days set aside for the event. Details will be coming as they become finalized, but mark it on your calendar now. If you have any questions, feel free to get in contact with Hiawatha Shore-to-Shore President Charlene DeWitt ([kc8mld@lighthouse.net](mailto:kc8mld@lighthouse.net)) □



Roger Morrison - Hiawatha Shore-to-Shore Chapter  
*The nephew of an HSS Chapter member and a foreign exchange student friend crossing the bridge during the 2009 Bridge Walk.*



Marv DeWitt - Hiawatha Shore-to-Shore

*NCTA Executive Director Bruce Matthews and NCT end-to-ender Nimblewill Nomad displaying the Bring on the Bridge t-shirt..*

## History of the FLT ...

(Continued from page 5)

*Ecologist's Account of the Extinction of a Species*, and *Women and Wilderness*, among others. She is a strong supporter of the "forever wild" concept for the Adirondack Park. Henry Williams, commissioner of the New York State Department of Environmental Conservation, presented several awards to trail sponsors and a special volunteer award—the first ever given by the department—to Ervin Markert.

The 30th anniversary also was celebrated at Ithaca College during a special weekend gathering in June 1992. This 4-day event included hikes,

speakers, workshops, and tours. Featured speakers included Cindy Ross, a thru-hiker of the 2,100-mile Appalachian Trail and the 2,500-mile Pacific Crest Trail. She has written two books on her experiences: *A Woman's Journey and Journey to the Crest*. Other speakers included Bill Ehling, author of the well-known *Fifty Hikes in Central New York* and *Fifty Hikes in Western New York*, and Rick Marsi, noted outdoor writer. A special ceremony near Hoxie Gorge in Cortland County commemorated the completion of the main FLT and the realization of Wallace Wood's dream of a continuous hiking trail across New York State.

The 40th anniversary was held at Mt. Morris, New York, from April 26 to 28, 2002. Besides the 40th anniversary of the FLTC, the weekend celebration also commemorated the 1st anniversary of the new FLTC Service Center at the Mt. Morris Dam. Fran Gotcsik, director of Friends of the Genesee Valley Greenway, and Joe Dabes were featured evening speakers. A special "Old Timers' Fireside Chat" enchanted listeners as early FLT builders and FLTC members told how they scouted and built the FLT and its fledgling organization. □



## Ambitious Eagle Scout Projects Benefit Our Trail

Several boys who wanted to create projects worthy of the Eagle honor for Boy Scouts have contacted the Finger Lakes Trail Conference this past year. Each of them was put in touch with a trail sponsor in their neighborhood to assess needs along the trail.

### James McDaniel Eagle Scout Project on Map M8 near Swain

In October, James McDaniel of Boy Scout Troop 9 in Hornell took on a project to improve the Trail on Map M8 just east of Swain. With plenty of support from his troop over two weekends, he built a series of steps up the steep hill at the east end of the old Shawmut RR bed that carries the trail for about a mile from Swain. The steps consist of offset "boxes" made from pressure treated 2 x 6's, which are filled with gravel. They provide a nice broad step and a gravel surface that isn't slippery when wet. They also completed about 100 feet of sidehilling. Both parts of this project will be very much appreciated by future hikers on this section.

### Mark Flanagan Projects on Map M4 in Cattaraugus County

Mark Flanagan of Cattaraugus County organized two projects this past fall, for which he and his troop members gathered materials and performed the work. On Map M4 between Ellicottville and Franklinville, a new section of bog bridging, or puncheon, has appeared over a soupy spot in the trail, thanks to their efforts near the state forest pond almost a mile south of Bakerstand Rd.

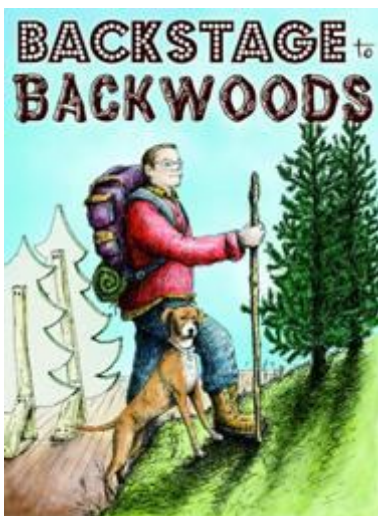
They also came to our rescue to repair flood damage from the early August downpour that caused so much other trouble in the same area. The bridge built at Cobb's by an Alley Cat crew in 2002 happily withstood the flood, which had sent several feet of water way out onto the field trail approaching from the trailhead at NY 242. However, soil surrounding the north bridge abutment was severely compromised when a little side stream changed route and ate away the hillside.

Mark and the boys dug out the stream bed, then piled many a rock, donated and delivered to our parking area by the local BOCES, around the abutment in order to protect it from future mishaps. They also built buttresses to keep the south abutment and stairway properly vertical. A grand and muddy time was had by all. One good effect of the flood was that the level of the beaver dam was lowered a little, which the nearby denizens of the onshore lodge didn't seem interested in rebuilding. Spring will tell.

## SUNY Geneseo Freshmen Help Build New Robinson Loops Trails

Once again this year, a group of freshmen students at SUNY Geneseo chose to participate in a community service project on the Finger Lakes Trail as part of their Freshman Orientation. Under the able direction of Danica Stewart and "Kaz" Kazmirski from outfitters Pack, Paddle and Ski, seventeen students learned about backpacking, leave-no-trace camping and got to know their peers on Labor Day Weekend. During their outdoor experience they helped build the new Robinson Loops trails on Map M8. They cleared brush and blow-downs, put in stepping stones across wet sections, and dug approximately 700 feet of sidehilling on one very steep section. Yes, they definitely worked hard and got dirty! A couple of participants in last year's project on Map M9 evidently found it so much fun, they came back to school early to join the group again this year. We also had one of the Biology professors along who provided a very interesting lunchtime lecture on the sex lives of the variety of plants around us at the time. We'll all keep an eye on these plants now! These students had a great time working hard and provided something for the many hikers who will come after them to enjoy/

— Ron Navik



[theatreofyouth.org](http://theatreofyouth.org)

Ken Shaw and Sally Bialy of TOY (Theatre of Youth of Buffalo) plan to hike the FLT end to end to raise funds and public awareness for their organization and for the



Ken and Gracie

Finger Lakes Trail. TOY strives to bring theater into the lives of young people. How can you support this worthy effort? See our website for suggestions. Both Ken and Sally have joined the FLT Forever Society.

## Faces of the FLT

### Alex Gonzalez

**Age:** 57

**Birthplace:**

London, England.

My parents were refugees from the Spanish Civil War (as children) who escaped to England.



**Residence:** Dryden, NY

**Occupation:** Professor of English and SUNY Distinguished Teaching Professor

**Favorite outdoor pursuits:** Back-country camping, hiking, XC skiing, snowshoeing, trail creation and maintenance, sitting at and swimming in our one-acre secluded pond, climbing Adirondack 4000-foot peaks (109 so far, including repeats)

**Other interests:** Research and publication in Irish literature, NY Jets football, listening to music (especially blues and blues-related), playing electric guitar (blues), Robert Klein's musical comedy, sitting in the sun.

**How I "met" the FLT:** I was teaching in Ohio and longing for a return to better hiking country when I got one of the nation's rare professorships in Irish literature, my specialty. During the interview process, I asked about hiking opportunities near SUNY Cortland; I could almost hear the interviewers' buttons popping off their chests as they told me about the nearby FLT, which they had cross-country skied often themselves, near Greek Peak. I wrote for maps, and as I read the trail descriptions on the backs I felt as if I were already hiking on the trail! My first hike was to Mt. Roderick from Telephone Road.

**Relationship to the FLT:** Trail sponsor, with Michele, my wife, of nearly 15 miles of FLTC trails.

**Favorite section of the trail:** Spanish Loop, Bob Cameron Loop, Dabes Loop, and the Mitchellsville Gorge section of the FLT.

**Memorable FLT experience:** The bloody-sock incident. (*Story on right*)

## Lynda Rummel to join Mary Coffin on North Country Trail Association Board of Directors

**W**e're back to two New York representatives on our National Scenic Trail Board! NCTA is pleased, and the Board of the Finger Lakes Trail Conference enthusiastically agrees, that Lynda Rummel has agreed to serve on the NCTA Board. Especially in light of the many trail hats she already wears, many are grateful that she is willing to add this "job" to her list. Even new FLTC members already know her name, since she is now our Director of Trail Quality, and trail workers know her from training sessions, Alley Cat projects she has designed and conducted, and her authorship of the *Trail Tenders' News*. In recent years she has chaired the NCTA Field Grant Committee, which reviews chapter applications for Association grants, then meets by phone to discuss their merits, and has already been handling NCT certification paperwork for some years now for segments along the FLT.

At the same time, she was working on yet another trail, the Keuka Outlet Trail, which follows along a canal towpath/railbed within a stream gorge near her home. Lynda has served as newsletter editor and writer, grant writer, outhouse cleaner, and president of the land trust that owns and manages this trail for many years. For her work on the Keuka Outlet Trail and the Finger Lakes Trail, Lynda was named "2007 Conservationist of the Year" by the Yates County Federation of Sportsmen.

The NCTA Board is happy that one with such breadth of experience has chosen to add this job to her list of responsibilities, especially since attendance at their meetings requires considerable travel three times a year. Speaking for herself, while it's not a skill she should find many opportunities to use during Board meetings, Lynda wants us to know she is most proud to be a certified chain sawyer.

— Irene Szabo

## Thanksto Our Trail Landowners

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

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

## Faces of the FLT, continued...

### Memorable FLT experience: the bloody-sock incident

I was patrolling my section of the FLT (this is before I knew Michele) near Havington Hill (map M19) when I came upon two backpacks thrown to the side of the trail, their main-pockets' contents spilled onto the ground, and a bloody white sock nearby. I had not crossed paths with anybody to get to that spot, so I pictured an injured hiker limping out to Lake Rd. with the aid of his hiking partner. I decided to hustle down the trail to see if I could be of assistance, but went all the way to Lake Rd. without seeing anybody. I turned around and raced to the spot where I'd seen the packs and sock to see if I could find any identification in either of the packs. But the packs were gone! I raced all the way back to Carpenter Hill Rd., figuring hikers with full packs, and one of the hikers limping, would be easy to catch up with, especially since I was essentially trail running at this point. I met no one. The mystery baffles me to this very day! — Alex Gonzalez



## Wildflowers along the Trail, #29: All in the family

RWW Taylor

As living organisms, wildflowers possess relatives that resemble them. Groups of such relatives can be organized into ever-larger logical groupings, on up until the exact place in the great web of life into which our common wildflowers fit is established. This logical structuring goes back to the work of Linnaeus almost 300 years ago. Recent decades, however, have brought significant changes to the traditional taxonomic structure—new ideas introduced by emergence of the science of cladistics have combined with surprising disclosures arising from advances in molecular genetics to upset many an established conceptual apple cart.

At the moment things are in a state of flux, and we must uncomfortably straddle the old and new. Wildflower guides can't keep up, of course. Many of these were written decades ago, but are so well-done from a practical point of view that they remain perfectly usable for the purposes for which they were intended despite not according entirely with modern thinking and terminology. Perhaps in twenty years or so we will see publication of a new generation of field guides, developed by botanists trained in the newer thinking. In the meantime we can of course go right on tracking down and appreciating blooms along the trails we walk. As Shakespeare so famously said, a rose by any other name...

An excellent source for contemporary information on this topic (as well as on almost any other topic) is the massive, burgeoning on-line reference Wikipedia. One way to get an idea of the botanic perspective provided by this reference is to simply look up a Wikipedia article dealing with an important plant family—let us choose, say, the pea (or bean) family, which is currently known as Fabaceae (or alternatively as Leguminosae). This is the third-largest family of flowering plants, comprising nearly 20,000 species, including a great many of our most commonly-seen wildflowers. The article notes that many of these species are agriculturally important—not only do all the varieties of peas, beans and lentils we eat belong in this family (soybeans, chickpeas and

peanuts, too), but also such important forage crops as clover and alfalfa.

This family consists of three subfamilies. Two of them represent acacia-like and mimosa-like plants, which are mainly found outside North America. The third subfamily, Faboideae, which contains species with bilaterally symmetric, pea-shaped flowers, has representatives distributed worldwide. Many species in this subfamily form root nodules that fix nitrogen to the benefit of the soil. Leaves are typically either trifoliate or pinnate (palmate only in the case of lupines).

The subfamily Faboideae is divided into 31 tribes (a new level of classification). Prowling through the Wikipedia links to individual tribes quickly leads to interesting information, such as that a plant in the genus *Crotalaria* was introduced to the US from India for green manure—as a legume that supports nitrogen fixing bacteria, it was considered a "soil builder." However, it is also poisonous to cattle (as are many legumes), and has spread rapidly throughout the Southeastern United States where it is now considered an invasive species. Another introduced member of the subfamily Faboideae that has become a major problem in the southeast is the very aggressive kudzu vine.

Other introduced plants in this multifarious subfamily are less offensive but notably prolific, and tend to predominate in bloom along our summer roadsides and across our pastures—all the familiar species of clover that have escaped from cultivated fields, sprawling stands of yellow or white sweet-clover, masses of crown vetch sown widely by road crews, purple vetches spreading in huge patches across the fields, bright-yellow common bird's-foot trefoil, occasional patches of alfalfa and the seemingly omnipresent specimens of its humble but insistent cousin black medick. Native species of clover, vetch and bird-foot trefoil (and such other native plants as bush-clovers, milk vetches and tick-trefoils that exploit different environments) manage to



Everlasting pea *Lathyrus latifolius*

persist against this onslaught, too, and can be sought out in more isolated distribution. But by the numbers, the newcomers win hands down.

A particular genus, *Lathyrus*, in the subfamily we are considering contains both native and introduced species of local interest. Despite its given scientific name, the Beach Pea (*L. japonicus*) is natively distributed in temperate locations worldwide, including along the margins of all the Great Lakes, facing little competition in its chosen habitat of sandy shores. Its cousin the Sweet Pea (*L. odoratus*) is native only to the eastern Mediterranean, but owing to intensive nursery cultivation from the 16th century on has been spread worldwide, in vast variety, as a garden favorite. A closely-related species, Everlasting or Perennial Pea (*L. latifolius*), has also been widely cultivated in gardens, and owing to its hardier nature has succeeded in escaping into the wild. A hundred years ago, the distribution of this species was noted as "from Connecticut to the District of Columbia", but today the USDA Plants database notes its presence in every state except Florida and North Dakota. The hard-to-mistake large, bright-pink blossoms of this species, borne on sturdy, flanged stems amid tangles of tendrils, are commonly seen brightening our summer landscape in patches along roadsides, in fields and clearings, and stretching here and there along heavily traveled trails. □

# Ticks on the Trail

Contributed by JoAnne Oliver, Ph.D., and John J. Howard, Dr. P.H., Research Scientists, New York State Department of Health, 217 S. Salina Street, Syracuse NY 13202

*Drs. Oliver and Howard are Research Scientists with the Arthropod-Borne Disease Program, Bureau of Communicable Disease, of the State Health Department. They are assigned to Department's Central (Syracuse) Regional Office. Their responsibilities include assisting counties and conducting research on tick- and mosquito-borne diseases in a 14-county area of central New York. Dr. Oliver conducted her Master's and Doctoral research on the deer tick when completing her graduate studies at the SUNY College of Environmental Science and Forestry. Dr. Howard has a Master's of Public Health and a Doctor of Public Health from Yale University and is considered the program expert on eastern equine encephalitis virus. Dr. Oliver is an avid hiker having completed the Appalachian, Pacific Crest, Long, and Finger Lakes trails and portions of the Florida and Continental Divide trails. Dr. Howard has no such avocation or ambition, preferring to mentor Dr. Oliver during her graduate studies.*



**H**iking includes challenges, risks and rewards. Consider the physical and mental demands of getting from point A to point B: following the trail, weather conditions, obtaining water, packing enough food, avoiding slippery rocks and logs, blisters, etc. Most of these challenges, even the seemingly undesired aspects, are welcomed by hikers: it's all part of the experience. Bring on the pain, sweat, agony! But, keep the ticks off me!

During the 1980s and 1990s, if you questioned a resident of "upstate" New York (north of Long Island and the southeastern corner) about the risk of encountering ticks while hiking, the typical reply is that ticks were not a problem, or rarely so. During the 2000s, this began to noticeably change. Populations of the deer tick (scientific name *Ixodes scapularis*) spread across New York to the extent that each of the 62 counties in the State are now known to support deer ticks. In central (upstate) NY, finding deer ticks a decade ago was like looking for a needle in a haystack. Now it is very possible that a recreational visit to an upstate park, wildlife management area or any well-vegetated site will result in an encounter with a deer tick.

The New York State Department of Health (NYSDOH) has been monitoring for ticks since the 1980s when Rocky Mountain Spotted Fever, transmitted by the dog tick,

***... it's all part of the experience. Bring on the pain, sweat, agony! But, keep the ticks off me!***

*Dermacentor variabilis*, presented a health risk to our Long Island neighbors. NYSDOH researchers began tracking tick populations and developed a Tick Identification Service to support this effort. This service provides the species-level identification of submitted ticks and information about known disease risks associated with each species. The service is free to human and animal health professionals and to the general public. When the Service started, the dog tick was the most common tick submitted. Deer ticks were rare and when submitted, were coming from Long Island. Over the years, the geographic range of the deer tick spread and at this time the deer tick is the most common tick species submitted to the Service. During 2008, 6,936 ticks were submitted. Of these, 81% were deer ticks, 9% were dog ticks, and remaining 10% were spread among nine other tick species such as the lone star ticks and woodchuck ticks.

Ticks use cues to obtain a host. Cues are shadows, vibrations, body heat and body odor created by a passing host. Carbon dioxide, given off while breathing, is a strong attractant. A tick will actively crawl towards the source

of these cues. Ticks do not hop, jump, or fly but they can crawl very quickly. We hear folks speak of ticks falling from trees. Ticks are terrestrial. They don't fall from overhead. If one is gardening or otherwise bent over, they could brush against vegetation on which a tick is waiting - allowing the tick opportunity to quickly crawl onto the host. Vegetation along the trail edge can become very tall during the growing season and overhang somewhat into the treadway, despite the best efforts by trail maintainers. Ticks host-seeking from this vegetation would have opportunity when a host brushes by.

Hikers who sit or lie on the ground, or on a log or rock, should be aware that ticks in the vicinity will crawl towards them when they are cued to the hiker's presence. Ticks can crawl on your skin and clothing without you being aware. Sometimes a sensation might alert you to the presence of a tick but for the most part they are stealthy parasites. Ticks need to come in contact with bare skin and they tend to wander around before settling in to feed. They will often select warm moist areas of the body, such as the waist, behind the knee, or natural body folds, but anywhere on the body is a potential feeding spot for a hungry tick.

Check your clothing and skin for crawling or attached ticks after being outdoors. Use a partner or a mirror to

*(Continued on page 11)*



(Continued from page 10)

check hard-to-see spots such as your back. If you are day hiking, be sure to check yourself when you get back to your vehicle and conduct a more thorough check when you arrive home. When backpacking, dedicate time at the end of each day, while there is still daylight, to check yourself for ticks.

The mouthpart of a tick, called a hypostome, contains barbs that are similar to fish hooks. These help anchor the tick while feeding. This is the only part of the tick's anatomy that enters your skin; the majority of the tick's body remains outside the skin. Ticks secrete anesthetics during the feeding process to desensitize that area of your body and keep you from knowing that they are taking your blood! The only appropriate way to remove an attached tick is by easing it out with forceps. Because of the hypostome barbs, this can require the application of continued steady pressure to encourage the tick to release. It can take more than a minute on steady pressure. Ticks should never be removed by using a match or cigarette to burn them off.

In the haste to remove a tick, it is common to accidentally pull with too much force which causes the hypostome to break and remain in the skin. This could cause a minor localized infection appearing similar to a sliver irritation. Antiseptic can be applied to the bite location and this reaction usually resolves within 2 or 3 days.

The deer tick must be attached and feeding on blood for 36 hours before pathogens carried by the tick can be transferred to you. Therefore, you have a good window of time to discover and remove a tick prior to it infecting you. Lyme disease symptoms are flu-like, including headache, fever, muscle pain or tenderness, lethargy, and may include a skin rash that presents as a red, expanding area reaching 5 cm or larger in size (referred to as erythema migrans or "bulls-eye rash"). The rash and/or the other symptoms can develop up to a month after being bitten by an infected deer tick.

Ticks spend most of their 2-3 year life cycle on the ground or on vegetation. Only a short time span is spent on hosts while blood-feeding. Ticks use blood to molt between the life stages (larva to nymph; nymph to adult female or adult male) and females use blood to form a batch of eggs. One female deer tick can produce 1,000 – 3,000 eggs.

Despite the best efforts by volunteer trail maintainers, the trail can become overgrown by vegetation growing on the walking path itself as well as encroaching on the treadway from the path sides. Ticks thrive in this type of habitat! Ticks can also be found on vegetation or leaf litter along animal trails and in woods even without trails. Ticks station themselves on leaves, herbaceous plants, or shrubs and wait for cues that alert them of a nearby host. It could be days before a host comes by and in the meantime the tick may crawl up and down the vegetation depending on weather conditions or remain in the protected shelter of leaf and ground litter until resuming a host-seeking position. When alerted by cues, a tick waves the front pair of legs to help it make contact with the host. The legs have features that help the tick take hold and stay on-board.

There are about 30 species of ticks in New York State. Ticks are often referred to by using common names that cite the preferred host for each species; i.e., the rabbit tick prefers rabbits, the woodchuck tick prefers woodchucks, etc. Ticks submitted to the NYSDOH Tick ID Service are identified to species, life stage and degree of engorgement (approximation of the quantity of blood fed on by the tick, if any). Then a report is generated that provides this information as well as any disease potential pertaining to the tick species. The Service does not provide pathogen testing. Knowing the species of tick and degree of engorgement helps with decision-making regarding treatment. If you discover and remove a tick that is crawling on your skin or clothes and has not yet fed, there is no health risk.

There are only four species in the State that transmit pathogens causing disease to humans. Thirty-six hours of feeding time is the critical guideline. The deer tick is known to transmit the disease agents: *Borrelia burgdorferi* (causing Lyme disease), *Babesia microti* (causing babesiosis), and *Anaplasma phagocytophilum* (causing human granulocytic anaplasmosis), and an encephalitis virus called deer tick virus.

NYSDOH scientists are currently working on a 3-year project to look for deer ticks on vegetation throughout the state and test each tick for evidence of pathogens. From these efforts, we know that deer ticks are less common in western New York but populations are increasing. Deer ticks have been collected in Allegany State Park (Cattaraugus County), Watkins Glen State Park (Schuyler County), and Robert H. Treman State Park (Tompkins County). Deer tick infection rates for *B. burgdorferi* remain low for western New York but are high at other study sites in Ithaca (Tompkins County) and Manlius (Onondaga County). At peak times during the summer and fall in the south-eastern region of the State, it is likely that the risk of encountering an infected tick will be fairly high. While you enjoy the Finger Lakes Trail, branch trails and other recreation spots, remember the possibility of ticks. Check your skin and clothing frequently. The NYSDOH Tick ID Service is being reorganized but, as of this writing, ticks can be mailed to:

Tick Identification Service  
New York State Dept. of Health  
Wadsworth Center Biggs Laboratory  
C-461  
Empire State Plaza  
P.O. Box 509  
Albany, NY 12201-0509  
ATTN: Melissa Prusinski

*The authors would like to thank NYSDOH research scientists who contributed to this article: Wayne Gall, Ph.D., Richard Falco, Ph.D., P. Bryon Backenson M.S., and Melissa Prusinski, B.S.*

# *Celastrus orbiculatus*: an invasive plant more bitter than sweet

by Todd Bittner

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

In the continuing series on invasive species, we turn our focus to a problem plant easily identified in the midst of the snowy New York winter, Oriental bittersweet (*Celastrus orbiculatus*). This deciduous woody perennial grows as a climbing vine or trailing shrub, with stems of older plants growing up to 4 inches in diameter and often spiraling up neighboring trees. The leaves are smooth, alternate, and nearly as wide as they are long (round), with shallowly toothed margins. Plants are dioecious, meaning plants have either male or female flowers, but not both. Each plant can produce large numbers of yellow-orange, globular fruits that split open at maturity. The showy fruits contain three red-orange fleshy arils, each one containing one or two seeds. Oriental bittersweet has become extremely popular for use in floral arrangements, hastening its spread into natural areas.

It is important to note that Oriental bittersweet can be confused with our native American bittersweet (*Celastrus scandens*). One primary difference to remember is that American bittersweet has only large terminal clusters of fruits, whereas Oriental bittersweet has fruits in clusters of three, emerging at many points along the stem.

Oriental bittersweet grows extremely vigorously in open and edge habitats where it covers and kills other vegetation, including trees. It reproduces prolifically by seed, which is dispersed by birds. It also spreads vegetatively by stolons, rhizomes, and

Photo credit: Robert Wesley



*Oriental Bittersweet*



*C. scandens*

*Native*



*C. orbiculatus*

*Invader*

American bittersweet on the left and Oriental bittersweet on the right. Notice the round leaves and fruit in axils along the stem in the Oriental bittersweet as opposed to the pointy leaves and terminal fruit cluster in the American.

From a beautifully illustrated key for distinguishing these two species, *American and Oriental Bittersweet Identification* (<http://www.glsc.usgs.gov/files/factsheets/2007-2%20Identifying%20Bittersweet.pdf>), USGS Great Lakes Science Center, GLSC Fact Sheet 2007-2. You can find it online by searching for "bittersweet identification".

new shoots from the root crown. Areas infested by Oriental bittersweet can quickly become a tangled, impenetrable thicket, with significantly diminished biodiversity.

Efforts to control Oriental bittersweet can be successful, but typically require repeated treatments. Hand pulling

small individuals, cutting, and mechanical control are standard treatments, though adding an application of glyphosate (Roundup) herbicide to cut stems, following the label recommendation, is the most effective treatment. □



**Finger Lakes Trail 2010 Spring Meeting**  
**Hosted by Genesee Valley Hiking Club**  
**Alfred University, Alfred, NY**  
**May 21-23, 2010**

**Highlights**

Guided hikes – FLT Maps M7, 8, 9 and L1, from easy to strenuous

Friday and Saturday evening programs

FLT store open all weekend – purchase maps, t-shirts, hats, logo clothing, patches, and other items.

For more information, please contact Ron Navik [ron.navik@frontiernet.net](mailto:ron.navik@frontiernet.net) (phone 585-377-1812)

**Schedule of Events**

Friday May 21 Alfred University / Powell Campus Center

11:00 Registration table open

12:00 Noon Hikes Depart

6:00 - 7:30 Dinner – Powell Dining Hall

7:30 – 8:30 Evening Program – History of Stony Brook Park by Paul Hoffman - Nevins Theater in Powell Campus Center

Saturday, May 22 Alfred University

7:00 – 8:30 Breakfast – Powell Dining Hall/pick up trail lunches

9:00 - 9:30 Hikes depart

3:00 – 4:00 FLTC Annual Membership Meeting – Powell Campus Center

4:00 - 5:00 FLTC Board Meeting – Powell Campus Center, all are welcome

5:30 – 7:00 Dinner – Powell Dining Hall

7:00 – 7:30 FLTC Program - Welcome, announcements and awards – Nevins Theater

7:30 – 8:30 Evening Program – Letchworth Park History: A wild, forested river gorge with a man-made marvel at each end by Irene Szabo - Nevins Theater in Powell Campus Center

Sunday May 23 Alfred University

7:00 – 8:30 Breakfast – Powell Dining Hall/pick up trail lunches

9:00 – 9:30 Hikes Depart

**Directions to Alfred University**

From I-86 (NY 17), take exit 33. Follow signs for the University and Rte. 21 South. Take Rte. 21 South until Rte. 244 West into Alfred. Follow Rte. 244 until Main St. (Rte. 12). Stay straight on Main St into the village. Turn left on Saxon Drive, then take first left on Park St, and check in at the Powell Campus Center Building.

**Invitation to the Annual Meeting**

All members of the FLTC are invited to the Annual Business Meeting of the Finger Lakes Trail Conference, Inc. on May 22th at 3 p.m. in Powell Campus Center at Alfred University in Alfred, NY. Among other matters to be discussed and reports to the membership, members will vote on the nominees for the Board of Managers (list of nominees to be mailed to members in March). Other nominations may be made according to our bylaws. The membership will be asked to modify the bylaws. A proxy form for those unable to attend the meeting will be mailed to members in March. Further information may be requested from the FLTC Service Center at 585/658-9320.

## Lodging Options

Traditional Residence Hall room @ \$48/person for the weekend (Fri & Sat). Bring your own sleeping bag or linens, pillow, and towel. Bring a fan if temperatures are hot, as there is no air conditioning.

Camping is available at the University's Foster Lake camping area, about 3 miles from the main campus at \$10/person/night.

Saxon Inn (on campus) \$79/room/night. Contact Saxon Inn directly (607-871-2600) and give them group name: Finger Lakes Trail Conference, and the group number: #521, in order to get this special reduced rate.

Econo Lodge – 7462 Seneca Rd., North Hornell, NY 14843 607-324-0800. 15 min. north of Alfred

Day's Inn – Rt 36 and Rt 17, North Hornell, NY 14843 607-324-6222. 15 min. north of Alfred

## Meals

Cafeteria Plan \$55.00/person. Includes Friday dinner, Saturday breakfast, trail lunch, and dinner, Sunday breakfast and trail lunch. Children aged 4-9 are half price.

Several Restaurants are also available nearby in Alfred and Almond.

## Other Information

Parking is ok for the weekend in any legal parking spot on campus, whether it is labeled faculty/staff, student or visitor parking, as long as you are not blocking a fire lane.

Smoking is not permitted in any University Buildings

Alcoholic beverages may be consumed only in dorm rooms.

Pets, skateboards, in-line skates, and/or rollerblades are not allowed anywhere on the University Campus.

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### **Jack Kubinski dies, oldest end-to-ender and key person in revitalizing the Queen Catharine Marsh Loop Trail**

John P. (Jack) Kubinski of Elmira passed away at age 90 on February 4, 2010. Jack Kubinski became FLT end-to-end hiker #54 in 1996 along with his hiking partner Bob Kephart (#55). Nearly 77 at the time he completed the main trail, he is believed to be the oldest end-to-ender. He and Kephart went on to complete the branch trails ("auxiliaries," he called them) in 1999. Kubinski was instrumental in laying out the Queen Catharine Marsh Trail and the Montour Falls Historic Loop

Trail, and was the author of the 1995 *A Guide to the Queen Catharine Marsh Trail and the Montour Falls Historic Loop Trail*, published by the Finger Lakes Trail Conference.

Failing eyesight in the late 1990's forced him to stop driving and to give up maintaining the MFHLT, which was 24 miles from his home, but he was still hiking and bicycling and involved with the Friends of the Catharine Valley Trail as recently as 2005. The lengthy letter he wrote to End-to-End Coordinator Ed Sidote on completing the main trail is preserved

in the End-to-End scrapbook kept by the late Mary Years and now maintained by Jacqui Wensich. In his letter he mentions that he first learned of the FLT from the Cayuga Trail Club's guidebook in 1989 and began hiking it shortly thereafter. He and Bob Kephart hiked "in every month and every kind of weather—rain, snow, even a little nighttime, and sometimes on skis." He concludes the letter, "I'm 5' 7", 124 lbs., built like a Chinese coolie, look like a string of suckers – but feet GREAT!!!"



## Hike Schedule

Please use letter designations when registering for hikes. All hikes depart from the Powell Campus Center Building.

### Friday, May 21

- A. FLT Map M-8 Access 3 to 5, 6.5 miles from Swain to Slader Creek Rd. Moderate. First half is relatively flat, mostly old rail bed, then follow a rocky creek bed up beautiful Garwoods gully, with great views from the top, ending with a long downhill. 12 Noon
- B. Letchworth Branch of FLT Access A to D. 6.5 miles. Moderate. Start at junction with Genesee Valley Greenway in Mt. Morris, hike past great views of the gorge and dam. First of 3 hikes to complete the branch trail this weekend. 12 Noon.

### Saturday, May 22 (Hikes C, E, F, and H return by 3 PM for annual meeting)

- C. FLT Map M-7 Access 4 to 2. 5.3 miles. Moderate. Start at Fox Hill Rd., with a long downhill to beautiful Keshauqua Creek, then go through a combination of woods and field edges, ending on Short Tract Rd. 9:15 AM
- D. Letchworth Branch of the FLT Access G to M, 9 miles. Moderate to strenuous. This is the southernmost part of the Letchworth Branch and has great views of the gorge, high falls and the railroad high bridge. Goes through the "slide area" which will be muddy and uneven. Second of 3 hikes to complete the branch trail this weekend. 9 AM
- E. Stony Brook Park. 7 miles. Moderate to strenuous. Another beautiful, but lesser known gorge, near Dansville. Big uphill near the beginning of the hike followed by level and downhill hike. 9:15 AM
- F. Alfred. 3 miles Easy. Check out the interesting historical areas of Alfred and Alfred University  
**Note: 1 PM Start.**
- G. FLT Map M-8 Access 1 to 3. 7.9 miles. Strenuous. Starting at Fox Hill Rd., the trail follows parallel to State Rte. 70, crossing numerous steep-sided gullies, to Swain. 9 AM
- H. FLT Map M-8 Access 3-4 and part of new Robinson Loops Trail. 4 miles. Easy. Trail follows old rail bed east from Swain, and returns on part of the Robinson Loops Trail. 9:30 AM
- I. FLT Map M-9 Bush Rd. (Access 4) to Map M-8, Swain. 12.3 miles Moderate to Strenuous. Starts with a road walk, but continues through some beautiful State Forest Land. Several large hills. 9 AM

### Sunday, May 23

- J. Letchworth Branch of the FLT Access D to G. 9 miles. Moderate to Strenuous. This is the middle section of the Letchworth Branch, with many gully crossings and some views of the gorge. Final of 3 hikes to complete the branch trail this weekend. 9 AM
- K. FLT Map M-7 Access 1 to 2, 5.9 miles. Moderate. Cross the Genesee River at Whiskey Bridge and eventually climb the east side of the valley to beautiful views overlooking a large meandering oxbow on the river. Trail continues past the Hesse Lean-to, site of the Wally Wood (FLT founder) stone monument, and on to Short Tract Rd. 9:15 AM
- L. FLT Map M-9 Access 1 to 4, 6.9 miles. Moderate to Strenuous. Start at Slader Creek Rd. and climb up to the State Forest Land and hike through beautiful forests to Bush Rd. 9:15 AM
- M. Letchworth Park Falls Hike, 5 miles. Moderate See the three falls that make Letchworth Park a prize jewel. 9:30 AM

## Spring FLTC Alfred University Weekend Registration – May 21-23, 2010

Name(s)\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_State\_\_\_\_\_ZIP\_\_\_\_\_

Phone(s)\_\_\_\_\_e-mail address\_\_\_\_\_

Local hiking club affiliation\_\_\_\_\_

Emergency Contact

Name/Relationship\_\_\_\_\_Phone\_\_\_\_\_

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

\_\_\_\_\_

Conference Registration	# of people	\$ amount
-------------------------	-------------	-----------

GVHC and FLT members \$10, Non Member \$15	_____	_____
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### Lodging

Residence Hall \$48/person for weekend	_____	_____
--	-------	-------

Camping \$10/person/night	_____	_____
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Meal Package (\$55/person, \$27.50 for kids 4-9))	_____	_____
---	-------	-------

TOTAL ENCLOSED (registration, lodging & meals)		_____
--	--	-------

Hikes

Please indicate choice by letter for each day, and # of people for each hike

Friday\_\_\_\_\_Saturday\_\_\_\_\_Sunday\_\_\_\_\_

**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 the variations in weather and terrain conditions which may involve the risk of injury or death, and, that we are fully responsible for our own safety and selecting activities that are consistent with our physical capabilities.

Print\_\_\_\_\_Signature\_\_\_\_\_Date\_\_\_\_\_

Print\_\_\_\_\_Signature\_\_\_\_\_Date\_\_\_\_\_

Make all checks payable to Finger Lake Trail Conference, and mail your completed form by **May 3, 2010** to:

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



**Steve Catherman**  
**Director of Trail Maintenance**

## Trail Topics

### Trail Sponsor News and Needs

Activity on the trail typically slows down over the holidays and winter months, but there always seems to be some news to report regarding trail maintainer turn-over. Sadly, we recently received several resignations that have, in turn, created opportunities for new and potential Sponsors:

On Map M11, west of Bath in Steuben County, **Gerry Benedict**, from Newark, has taken over maintenance of 5 miles of the trail between access point 1 at Hughes Road and Gay Gulf Road. Gerry's trail takes him over hilltops with views, alongside swamps with beavers, through wooded hedgerows and open forests, across meadows and streams, and even past an archery range. He also has his own trail register to attend to. Thanks, and enjoy, Gerry!

On Map M27, south of Masonville in Delaware County, the team of **Mary Ann Cascarino** and **Will Roden** from Apalachin, and **Don Sutherland** from Endicott have channeled their energy to take over nearly 4 miles of the trail previously maintained by **Angelo Ortiz, Jr.** between Church St. in Masonville and Beales Pond Road. This trio's trail is located predominantly within Beales Pond State Forest where it rises over 600 feet while winding its way through mixed conifers and hardwoods. Thanks, Angelo, for your years of service, and thanks, Mary Ann, Will and Don, for stepping up!

Interestingly enough, Gerry, Will, Mary Ann and Don just became FLTC End-to-End Hikers #285, #286, #287 and #288, respectively. Must be they liked what they hiked!

Also on Map M27, south of the section of trail mentioned above, a **Sponsor is needed** to maintain the 1.6 mile spur trail from the main trail in Arctic China State Forest past Clark's Pond to Oquaga Creek State Park. Thanks go out to **Kathy Jones** and her family for their efforts over the years on this piece of trail.

On Map M31, in the Catskill State Park, we have great news to report: Trail Sponsor Rick Roberts has secured a maintainer from the Catskill Mountain Club, **Ann Roberti**, to sponsor 4.2 miles of the Touch-Me-Not Trail marked with red DEC disks that begins at Barkaboom/Big Pond Road and ends at the east end of Alder Lake at the junction with the Mill Brook Ridge Trail. Thanks, Rick, and welcome, Ann.

### How to Contact Trail Management

Steve Catherman, Director of Trail Maintenance

7399 CR 89

Bath, NY 14810

[stevec@roadrunner.com](mailto:stevec@roadrunner.com)

607/569-3453

Lynda Rummel, Director of Trail Quality

96 Esperanza Drive

Keuka Park, NY 14478

[ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com)

(315/694-1244 till April, then 315/536-9484)

Quinn Wright, Director of Crews and Construction

3 Roberts Ave.

Buffalo, NY 14206-3031

[wrightquinn@hotmail.com](mailto:wrightquinn@hotmail.com)

H 716/826-1939, C 716/818-6990, Fax 716/826-1786

Ron Navik, Vice President Trail Preservation

27 Edenfield Rd.

Penfield, NY 14526

[ron.navik@frontiernet.net](mailto:ron.navik@frontiernet.net)

585/377-1812

We are also still in need of a Trail Sponsor in the Catskills as advertised in previous editions of the FLT News. On Map M30, in Catskill State Park, a **Sponsor is needed** for 3.2 miles of the Mary Smith Trail marked with red DEC disks that begins at Holiday and Berry Brook Road and climbs to the top of the 'hill' at 2942', before descending to Mary Smith Hill Road.

And finally, Tom and Donna Noteware are **seeking some help** along the Bristol Hills Trail in High Tor Wildlife Management Area and in Italy Hill State Forest near Naples on Map B1 and B2. In High Tor, there is an opportunity to sponsor 4.7 miles of trail, most of which are on State land, with views of Canandaigua Lake and a bivouac area complete with a lean-to, A-frame, and picnic area. The second offering is an ambitious 6.7 miles of trail mostly within the State Forest featuring a 1000' hill climb, a trail register and the Outback Inn Shelter.

### Regional Trail Coordinator Changes

Long-time FLTC member, maintainer and Regional Trail Coordinator (RTC), **Jim DeWan**, has decided to retire this year leaving some big boots to fill between Bainbridge in Chenango County on Map M26 and the Cannonsville Reservoir in Delaware County on Map M27, also known as our Catskill West Region. As luck would have it, the RTC for our Central Catskill Region, **Mike Gebhard**, jumped at the opportunity to take over Jim's area as it is much closer



## Trail Topics, continued...

to home for him. Mike, in turn, has enlisted **Rick Roberts** to fill his old Coordinator's position in the Central Region. This looks to be a good fit also, as Rick currently maintains the majority of trail in that region already. Thanks, Mike and Rick, and a special thanks to Jim for all his years of commitment to the FLTC.

We are also **still searching for a Regional Trail Coordinator** to manage the trail and its Sponsors in our Eastern Catskill Region from NY 206 on Map M30 in Delaware County, to the eastern end of the FLT at its junction with the Long Path in Ulster County on Map M33. The responsibilities of an RTC were outlined in the Summer 2009 FLT News, but if you would like further information, or if you are interested in any of the opportunities listed above, please contact me.



# TQ

**Lynda Rummel**

**Director of Trail Quality**

### Archeology for Trail Builders

Last spring, Mary Coffin and I traveled to the College of the Menominee Nation to attend a workshop entitled "Archeology for Trail Builders." Once the occupants of about 10 million acres in Michigan and Upper Wisconsin, the Menominees now have reservation lands 60 miles from the mouth of the Menominee River (their place of origin). The main campus of the tribal college is located in Keshena, approximately 35 miles northwest of Green Bay. The college emphasizes sustainable forestry and historic preservation.

The National Park Service sponsored the 2.5-day workshop and participants came from all the states that host the North Country and the Ice Age National Scenic Trails. Fieldwork included examining many authenticated protected home sites and agricultural areas on Menominee lands. (We also visited the shop at the casino, where current examples of beautiful basketry and other Menominee-made items could be purchased.)

The Onondaga Chapter of the Adirondack Mountain Club takes care of the Onondaga Trail, which the North Country National Scenic Trail (NCT) rides on as it heads towards the Adirondacks. Mary and the club's other members have done a great job of building new sections of trail to

standards that allow official certification as NCT. Since both Mary and I are members of the FLTC's Travelin' Training Team and are also often involved in building new trail on terrain that's new to us, we both found the workshop to be very interesting and relevant.

The features we observed had been inspected and catalogued by archeologists working for the college under the supervision of the Nation's Historic Preservation Department. One of their goals is to train young Menominees as archeologists, historians, and preservationists, to care for the precious artifacts and sites that have been found, and they and other experts were good enough to share some of their knowledge with us to help us better recognize similar potentially historic features when doing trail building or maintenance in our own particular states.

Perhaps most interesting were the long burial mounds (only a few of which had been disturbed) and the raised crop beds and food storage pits found in some of the lightly wooded areas around the home sites. One would think that the harsh winters and possible logging would have obliterated these features by now, but they were still very visible even to us archeological newbies once we were trained where to look and how to *see* the landscape. One looked for clusters of small pits (each pit a couple of feet in diameter), relatively narrow and straight ditches and raised rows of dirt, and earthen mounds (10+ feet long) that would not have been created by mechanized plowing or bulldozing, or uprooted trees or other natural events. (Non-invasive imaging technology had revealed already the presence of human bones within some of the mounds.) For contrast, we also inspected an historic (non-Menominee) logging camp nearby.

Although the terrain differs somewhat and white occupation occurred *at least* 100 years later in upper Wisconsin than along the FLT, there are many similarities. Mounds have been found in Western New York (along NYS 5&20, for example), and of course Native Americans are known to have inhabited the entire region for thousands of years prior to the influx of whites, living in villages and cultivating crops.

However, much of the land our trail travels over has been disturbed by centuries and cycles of logging, farming, and construction. Geographic surface features have been flattened, furrows have been plowed, and artifacts have been moved and left exposed to the elements or buried under piles of earth. And this has happened to the cultural resources of white as well as prehistoric settlement. So, how does one tell, for example, whether the long, parallel raised "rows" on a gentle forested hillside in one of our state forests represent a long-abandoned but potentially historic vineyard or a Native American pre-historic terraced agricultural area?

Before disturbing that attractive, gentle slope with a new section of trail, check the history of the area. Were

vineyards known to be there? And if so, see if you can figure out who created them and when, and what was his place, if any, in New York's history of grape growing? Are there any signs, on the ground, like old vineyard posts and wire? How old are the oldest trees and are they growing on the rows? Is there any evidence of logging *over* parts of the rows? Are there building foundations nearby? If not, would this be a likely location for Native agriculture? Is there any history of Native agriculture (perhaps an orchard or a cornfield with squash and beans) nearby? Where was the nearest known village? Check the local history of the area in which you'll be working (County and Town Historians usually know everything or can tell you who does), and check with the landowner or land manager – the DEC Forester for the area, for example, may have access to surveys and early photos taken at the time a parcel was acquired and will know of any subsequent logging activity. Of course our trail disturbs the land only minimally if at all; but it is best to check the history and just build your new trail around any potentially historic or pre-historic site.

### **April 24th Training Scheduled for Bullthistles, Others**

Thanks to the efforts of Tom Bryden, Trails Chair for the Bullthistle Hiking Club, Trail Quality's Travelin' Training Team will be holding a trail building/maintaining workshop on April 24<sup>th</sup>, 2010, at Bowman Lake State Park. The training will run from 9:00 till about 3:00, weather and number of work projects permitting. Discussion and demonstration will likely be held at one of the pavilions, then work will move outside to sections of the trail that need maintenance. Topics will include: The Definition of the FLT; Trail Maintenance Standards, Tools, and Techniques; Basic Trail Construction/Improvement Standards – What They Are, How to Implement Them, and Why We Have Them. The workshop will *not* cover building large structures or chainsawing. FLT maintainers and interested others within driving range are invited to attend; please confirm your attendance and the location with Tom Bryden by April 20<sup>th</sup> ([snbdodger@yahoo.com](mailto:snbdodger@yahoo.com)). Bring water, a lunch, tools if you have them, and work gloves; dress for the weather.

### **The Travelin' Training Team**

Trail Quality's Travelin' Trail Team currently consists of Bill and Mary Coffin, Lynda Rummel, and Irene Szabo. Members of the team will travel to do hands-on workshops on or near FLT segments that need maintenance/repair or that are being built. Members of the team can also assist with trail layout and design. If you are a trail maintainer who wants individualized coaching or you are Trails Chair for a club, troop, or other group that could use a workshop, please contact Lynda Rummel at [ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com) to make arrangements. The hands-on instruction guarantees that some part of *your* trail will be improved.

If you are interested in joining the Travelin' Training Team

or providing useful trail maintenance or trail construction information that can be shared with others, please contact Lynda, as well. It's fun to share your skills and knowledge, and the training really benefits our beloved trail!

### **New Chainsaw Certification Course Scheduled for Spring**

Unfortunately, though, the participant list is already full. However, another one will be held in the fall. If you're interested, please contact Marty Howden at [howser51@yahoo.com](mailto:howser51@yahoo.com). Courses are open to FLTC-ers who maintain a section of the FLT and work regularly on the trail. In order to make sawyer services more widely available to trail builders and maintainers, those who complete the course must promise to work outside their home territory when asked (and when able to). If you are in need of sawyer services, please contact your Regional Coordinator.



Cc

**Quinn Wright**

**Director of Crews  
and Construction**

### **Shelter and Privy Construction Crews**

Over the course of the next four summers we have SEVEN shelters scheduled to be built (six are new). Because of the number of shelters that we expect to build, we are seeking volunteers who are willing to become trained in leading a shelter construction crew, or simply skilled in the details of building a shelter. We do not want to over-work the generous nature and commitment of the specialized crew that will be working this summer. We hope to have an identifiable crew in the eastern, central and western regions of New York State.

Building structures such as shelters, privies and bridges are particularly rewarding because the fruits of one's labor are readily visible and will be in place for many years (well, sometimes bridges aren't so long-lasting). If crews are too large, then there is too much idle time. On top of that, workspace is limited because of the relatively small size of any structure. As such, other than site development work, crews are intentionally kept to a number of workers not to exceed ten. This year, there will be an exception because we want to train future crew leaders and crew members. In addition we will need some site preparation crews who will work prior to the construction dates in order to make sure

## Trail Topics, continued...

that the construction of the shelters will happen within the narrow window of one week.

We really need people who will take a leadership role in the future. We really need people who have some construction experience or who have sawyer skills. Two people from the western section have already stepped forward. Each construction crew has four key members. These workers are:

1. Construction manager (he or she does actually work)
2. Lead carpenter
3. Materials coordinator
4. Transportation of materials, supplies and tools

The balance of the crew are people who help as needed building the shelter, or a privy, or a picnic table, or a fire ring, or sometimes site development work.

Because of the complexity of planning and building structures, we are limiting major construction projects to a maximum of two per year. Listed below are the shelters that are in various planning stages for the next four years:

1. 2010 Danby SF (Tamarack replacement) [M17]
2. 2010 Beales Pond SF (new) [M27]
3. 2011 New Michigan SF (new) [M23] replaces New Plymouth shelter
4. 2011 Hickory Hill Camp (new) [M12] – private property
5. 2012 McCarthy Hill SF (new) [GET - no map yet]
6. 2012 Holland – Bathrick (new) [CT6] – private property
7. 2013 Cuyler Hill SF - Rose Hollow (new) [M22]

Please look at this year's projects and volunteer to help for either site preparation, structure construction or both. Our plans are ambitious and we really need the help of many people. Sign up sheets will be available on our website or can be requested.

If you have any questions please contact Quinn Wright, Alley Cat Coordinator, by phone (716/826-1939 Home or 716/818-6990 Cell) or email at [wrightquinn@hotmail.com](mailto:wrightquinn@hotmail.com)

*This year's Alley Cat work weeks are listed on page 21.*



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

***Paula Strain***

from

Edward J. Sidote

***Elma Bowen***

from

Georgeanne Vyverberg

Edward J. Sidote

***Harry Clar***

from

Lonnie Clar

***Marion E. & L. Burr Scott***

from

Don Doster

## Hemlock Woolly Adelgid Training Opportunities in Ithaca

Cornell Plantations and the Department of Natural Resources are organizing two workshops aimed at training volunteers to identify and report new hemlock woolly adelgid infestations as well as keeping track of established infestations. This invasive insect pest has recently arrived in the Finger Lakes, threatening the region's hemlock trees and the biodiversity they support, causing a cascade of dramatic environmental changes. The workshops will feature a presentation by Mark Whitmore of the Department of Natural Resources on the adelgid's biology and the threat it poses to local hemlock forests. Participants will visit Beebe Lake to observe hemlock woolly adelgids first-hand and gain experience in detection, monitoring, and reporting protocols. Participants will also have the opportunity to volunteer in the "Adopt-a-Hemlock" program to conduct surveys and report new infestations in local hemlock forests.

Monday, March 15th from 3:00 - 5:00 PM, and

Saturday, March 27th from 10:00 - 12:00 PM

at Plantations' Lewis Education Center, Ithaca, New York.

[more details at: <http://www.cornellplantations.org/our-gardens/natural-areas/invasive/hemlock-woolly-adelgid>]



## 2010 Alley Cat Trail Crews

By Quinn Wright

During 2010 the Finger Lakes Trail Conference will organize three trail work crews. Interested persons can request a place on any of the crews for any days or for the entire week. It is time now to start marking calendars and signing up for the trail crews. This year we will build two shelters and rebuild a section of trail to make it safer. All crew members working one day or more will receive a Trail Worker patch and those that work five days will receive a special 2010 ALLEY CAT Trail Crew t-shirt. Details for each project follow below:

**ALLEY CAT TRAIL CREW # 1 (Tamarack Shelter, Danby SF, near Ithaca, June 25-July 2)** is under the direction of Gary Mallow. Volunteers may opt to stay in a cabin (water, toilets and showers are included) at the Lions Club Camp Badger at a cost of \$15/night or camp at the work site. Meals will be provided at Camp Badger. The construction will be under the leadership of Ken Reek. (Dave Potzler and Melanie Okoniewski are in training as construction managers—both possess either sawyer and/or construction management experience.) This project will replace the Tamarack shelter which is in the Danby SF (Map M17) near Ithaca. This shelter has been in existence around sixty years. The Cayuga Trails Club welcomes anyone wishing to help demolish the existing structure—contact Gary Mallow at [garymallow2004@yahoo.com](mailto:garymallow2004@yahoo.com) or me at [wrightquinn@hotmail.com](mailto:wrightquinn@hotmail.com). The dates for the demolition and site rehabilitation before the new shelter construction are April 3rd, May 15th, and June 12th (details may be found under “coming events” at [cayugatrailclub.org](http://cayugatrailclub.org)). The shelter construction dates are June 25th to July 2nd.

**ALLEY CAT TRAIL CREW # 2 (Tinker Falls trail reconstruction, Onondaga Trail, August 2-6)** will work on reconstructing the part of the NCT that uses the Onondaga Trail (Map O1) near Cortland from August 2nd to August 6th. We will be relocating the trail from the head of the Tinker Falls (Morgan Hill SF) so that the hazardous conditions encountered near the head of the falls can be avoided. This VERY necessary project will combine elements of last year’s projects. Stairs such as those built in Holland will be necessary to escape the creek bed; and, switchbacks similar to those built at Mt. Washington will be required in order to escape the hazards of the extremely steep slope. We are trying to make more attractive housing arrangements, but at this point we can only promise primitive camping. There are no showers, but stream water is available. There are no toilets, but a port-a-john will be provided. Meals will be provided. For questions please contact Tony Rodriguez at [boricua1037@verizon.net](mailto:boricua1037@verizon.net) or me at [wrightquinn@hotmail.com](mailto:wrightquinn@hotmail.com).

**ALLEY CAT TRAIL CREW # 3 (Beales Pond Shelter, Map M27 near Masonville, September 12-17)** will work on building a new shelter in the Beales Pond SF (Map M27) near Masonville. Mike Gebhard is the project manager ([mvgebhard@hughes.net](mailto:mvgebhard@hughes.net) or [adk46@stny.rr.com](mailto:adk46@stny.rr.com)). Dave Potzler, under the watchful eye of Ken Reek, will be the construction manager. Camping is available within a ten-minute walk of the construction site on a private land-owner’s property. There will be water available from the property-owner’s well and meals will be provided. We are looking for a split crew. The shelter is scheduled to be built during the week of September 12th to the 17th. However, this is a new site, so there will be quite a lot of site preparation and site access work. We want to get this preparation work done in the spring and summer months before the project begins. I know that the trail stewards plan on beginning the site preparation work in April and would greatly appreciate help. Please contact Mike Gebhard to find out the exact dates and times.

Non-commuting trail crew members will be provided free lodging (tent site – bring your own tent) for the duration of the project. Meals (breakfast, lunch and dinner for non-commuters, dinner for commuters) are provided as well. Workers are to provide their own personal camping equipment including, tent or camper, work clothes, gloves and foot gear. Workers must be at least 16 years old (with signed parental consent letter if 18 or younger) and in good health, ready for physically demanding work. Early sign up is suggested. Meeting locations and other details will be provided to all who become an ALLEY CAT Trail Crew member.

If you have any questions, please contact **Quinn Wright**, Alley Cat Coordinator, by phone (716/826-1939 Home or 716/818-6990 Cell) or email at [wrightquinn@hotmail.com](mailto:wrightquinn@hotmail.com).

**LET’S MAKE THE ALLEY CAT PROJECTS OF 2010 AS SUCCESSFUL AS THOSE OF 2009. IT CAN’T HAPPEN WITHOUT YOUR WILLING AND ABLE HELP – PLEASE VOLUNTEER!**

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

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

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

## Great Eastern Trail in New York on the Finger Lakes Trail

by Pat Monahan

**Spring 2010.** The Great Eastern Trail in New York (GET in NY) continues to add mileage on the ground with 20 miles of completed trail ready for hiking. This orange-blazed branch trail connects with the Mid State Trail at the NY/PA border near Lawrenceville, PA/Cowanesque Lake and continues north to the Pinnacle State Park near the Village of Addison in Steuben County. During 2009, all of the volunteer work was done at the northern end of the trail near the Moss Lean-to (Map M13, between Access 4 and 5) heading south through the South Bradford State Forest, some private property and the Meads Creek State Forest as well as on the property of the Watson Homestead Retreat and Conference Center. Volunteers used chainsaws and a variety of hand tools to open/clear the trail as a footpath in the woods. Probably the most difficult job for the volunteers was to maintain a 10% maximum grade. A 2009 Alley Cat crew spent a week digging into the side of the hill in Meads Creek State Forest for approximately one mile of new trail. Volunteers for 2009 included Scouts, RIT students for a Wellness Weekend, students from All Saints Parish and the Corning Alternative Science and Math School and many other individuals from across NYS. For the three Eagle Scout projects, thanks go to Kyle Pruden (crew leader), Mike Parken (24- and 28-foot open-span bridges) and Jake Olson (crew leader). Landowner permissions continue to grow as we scout and explore during the winter and spring months to find the best possible location for the proposed new sections of the trail, with thanks due to landowners Marge and Gordon Van Vleet (Painted Post area) and Cal Swisher (Addison).

So the work continues. In the south (Addison area), we have reached Mose Rd/Beeman Hollow Rd. Scouting is nearly complete and flagging will begin in the spring in anticipation of trail construction in the Summer/Fall 2010. In the north (Campbell/Erwin area), we will continue trail construction from Meads Creek Rd, across Watson Homestead Retreat and Conference Center (approved) to the West Hill State Forest (pending final DEC approval). There will be many opportunities to "give back" by



building trail on the GET in NY as a member of a day or weekend work party. During the spring, we will begin the process of naming this new branch trail. If you have an idea, please submit it to Pat Monahan by April 1.

Trail building crews will be held on the following weekends:

April 30-May 2 (Full - RIT Wellness Weekend),

May 7-9 (Full - RIT Wellness Weekend),

June 5-6,

July 13-14 (weekday work crew),

September 18-19, and

November 6-7

Specific locations will be determined later. If you are interested in becoming involved in any aspect of building this new branch trail on the FLT, please contact Pat Monahan at [pmonahan@stny.rr.com](mailto:pmonahan@stny.rr.com). Your name can be added to the email list for all information about the GET in NY. □

### Free Classified Ads for FLT Property For Sale/Wanted

Landowners with a portion of the Finger Lakes Trail (main or branches) who would like to sell their property may submit a **FREE** ad of up to 40 words advertising the property for sale. If the property is listed by a licensed real estate agent, he or she may submit the ad on your behalf. FLT members may submit a free ad seeking to purchase trail property under the same guidelines.

We reserve the right to edit or reject ads and to modify the guidelines as needed. Remember, this applies only to land that has a portion of the Finger Lakes Trail on it. Ads and/or questions may be directed to the Editor or to the Finger Lakes Trail Conference office.

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## End-to-End Recollections

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by J. Emory Morris, #281

**H**ow did **you** learn that there was such a thing as the FLT? For me the credit goes to Irene Szabo. Returning from an Elderhostel "Beginner's Backpacking" week in Yosemite's Hetch Hetchy Valley, I was eager to keep hiking and asked myself, "Where can I hike in New York?" In the Brockport College Library I found answers: Irene's *Guide to the Bristol Hills Trail* and also, of course, guides to the trails in the Adirondacks. The Bristol Hills Trail was closer, so I started at the Jump Off in Ontario County Park. What a spectacular place to start, and the first of many places along our trail that elicited, "I didn't know there was anything like that in New York!" I did a couple of out and back solo hikes along the Bristol trail and began talking up my hikes at work. I love maps, so naturally I bought a complete set from the FLTC (the black on blue paper versions). My colleague in the office next door, Susan Collier, and I began hiking on the main trail; we would take two cars and hike only segments off the road, hop scotching over road walks. Susan began thinking she wanted to become an end-to-ender, but I resisted the idea; I couldn't see driving several hours just to walk on a road.

Enter Irene Szabo again. She told Susan about the 2002 Chenango County hike series and persuaded her to sign up, and Susan recruited me to help with the driving; it would be convenient for us to travel together to Chenango County in one vehicle. I was still not thinking end-to-end, but thought it would be fun to do. In 2003, the Cortland County series was offered.



Jackson "Jef" Thomas

### *Lunch Break*

We signed up again, but my proposal for a Fulbright grant was successful, and I left for Kenya just after we finished the August hike in Cortland County. When it was time to sign up for the 2004 Tompkins County series, I was still in Kenya.\* When I returned in August 2004, I tried to subscribe late, but the Tompkins hikes were oversubscribed, and other would-be hikers had been turned away in April, so, "No, out of fairness you can't sign up, but you may hike the remaining hikes as a guest."

Now I was really committed to the goal of end-to-end. So Susan and I traveled together for 2005, Schuyler, and 2006, Steuben. For Allegany in 2007, Susan took on the task of keeping hike attendance, so she and I traveled separately to the hikes. Susan had completed the eastern end (Delaware, Ulster, and Sullivan Counties) with friends she had made on the Chenango

hikes, and with the Cattaraugus series she completed her end-to-end at the Pennsylvania state line in 2008. The pieces in Cortland and Tompkins I missed while in Kenya I made up in 2006 and 2007, a couple hikes with Susan and two cars, a couple hikes solo with the help of angels, and a couple of hikes solo, walking one way and biking on roads back to my car. I, along with many others of the county hike series, lobbied for a Delaware County series in 2009. When the Delaware series was announced, I realized that when I had finished the Delaware hikes I would be close to completing my end-to-end. I began to plan how to hike the last 30 miles in Ulster and Sullivan Counties during the 2009 hiking season so I would finish with the last Delaware hike. Jackson Thomas organized a hike from Big Pond to Alder Lake for the day before the last Delaware hike;

*(Continued on page 28)*

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\*As a footnote, in the Spring of 2004 in Kenya I joined a weekend outing organized by the Mountain Club of Kenya to pick up rubbish on the trails to the summit of Mt. Kenya (the second highest peak in Africa, behind only Mt. Kilimanjaro). We divided into two groups to cover two different routes, and over a three-day weekend members of the Club, porters and guides, and volunteers from a boy's school in Nairobi collected and hauled out more than 500 kg (1100 lbs) of rubbish: paper trash, abandoned water and other drink bottles, snack wrappers, lost or dropped clothing, pieces of metal (including one we thought was a piece of a light airplane that had earlier crashed on the mountain). The plan was to go to the huts at 14,200 ft. I made it, but my legs could scarcely hold me up by the return on Sunday afternoon.



### A great way to make friends and see New York...

Candy Dietrich, End-to-End Hiker #282

I never thought I would be end-to-ender #282, but I am. When I met Susan Collier on the slopes at Swain Ski Center and she said she was starting to hike the Finger Lakes Trail in the county hikes series in 2002, I really did not pay much attention. Then, that summer, Diane Smith, a friend at work, asked me to do some hiking with her in the Corning area, and I liked it. Then, skiing in February or March 2003, Susan told me they were doing another hike series. Diane checked the web-site, made a few calls, and the next thing we knew, we were signed up for the Cortland County hike series.

That year was very wet; it was tricky hiking up and down stream beds in pouring rain. Were we wet from rain in our waterproof jackets or from the sweat inside, as it was also very hot that summer? I think we would have had some beautiful views if the weather had cooperated. We had one week of nice weather but that involved a very long, hot hill as we took a wrong detour around a swollen creek. A lesson learned: stick to the trail and wade across creeks. It will be shorter! I also learned how hard it is to get out of the car for ice cream after hiking. Who would think one could stiffen up in a short 15 minutes.

In 2004, it was the Tompkins County series. This is a very pretty county and we had great weather. Friendships were renewed in the medium slow group and off we went with Tom Homa, our mushroom-expert hike leader. Most of these hikes were in good weather.

There is a very small portion of the trail that runs between Cortland and Tompkins, through Tioga County. An organized hike was done on what started out as a very nice day, but with only about a mile or so to go, a thunderstorm hit and we got drenched. It was still pouring when our little group of seven got back to the cars and found only one was left—my new, one



Bob Dietrich

*Candy Dietrich and Arnie Fisher at the end in Delaware County*

month old Outback wagon. Good thing it was a wagon as we piled everyone in. Leather seats hold water well!!

2005 brought the Schuyler County series, closer to home. My husband decided to join the series. Now both of us could be sore for a day or two and extremely tired the day after a hike. Schuyler is another beautiful county with great views of Seneca Lake and the gorge. We had some hot and humid weather for this one; the sags certainly come in handy. It is really nice to have water and Gatorade along the way and not have to carry extra. Thanks to all the helpers on all the hikes.

2006, Steuben—now it was my turn to drive only a few minutes to the trailheads. Diane, who started all this with me, had moved to New Jersey and did not make all the hikes, but my home turned into home base for Allie and June for hike weekends. Getting four people out of the house for hikes was quite a challenge some mornings. It was interesting to see the land between many of the roads I had traveled on in the years I have lived here.

The Allegany hikes series in 2007 again found my home serving as base

camp for the same friends. This year Diane again joined us. Since Allie, June, and Diane had quite a distance to travel for this series, we started doing double hikes, Allegany on Saturday and Cattaraugus on Sunday.

Hiking Cattaraugus County in 2008 was fun—more hills and views. Hiking up Holimont and Holiday Valley ski areas was something different since I have downhill skied both places. They did seem higher on foot. I did some pre-hikes with the organizer Pat in this series. It sure is fun to scrape trees and paint new blazes for hours. It was really fun the day his dog, Nike, found a skunk and we all thought it was just the smell of some of the weeds we walked through. Luckily, Nike took baths in various creeks and did not smell of skunk on the way home. Hiking through the Allegheny Forest was great—many beautiful scenes, great rocks and trees.

In 2009 three counties were left to finish: Delaware, Ulster and Chenango. These counties had more

*(Continued on page 28)*

## A Beautiful Experience

by Don Sutherland

When asked to write an article for the FLT magazine after completing the main trail on October 21, 2009, I was really stuck on how to go about it. There was so much, where to start? The beginning seemed good, sooooo here goes...

I had hiked many sections of the FLT back in the 70's and early 80's with our church group. The sections were picked to include mostly wooded areas and the distances were selected to be doable by a large range of abilities and ages. I always enjoyed the hikes and included our children when we could. We did not keep track of our hikes at that time. After moving away and then back again I started hiking in this beautiful state down in the Catskills and over a period of 15 years or so, I eventually completed the required peaks to get my 3500 Catskill Club patch.

I began thinking about hiking the FLT after reading about one person's adventures in backpacking the trail. I don't remember who the person was but I do remember thinking that is a real accomplishment and something I would like to do someday when I would have the time to take a couple of months and hike it. Eventually retirement came along in June 2007, and I thought, now is the time. I had introduced a friend of mine to the Catskills and he was bitten by the peak-bagging bug as I had been. He and a friend had just completed hiking the 3500-foot peaks in the Catskills, and they were looking for another challenge.

Thus began our effort to hike the FLT end to end. The three of us hiked it together, from beginning to end. Our planning consisted of meeting and putting together days to reserve for hiking, then as the month neared we would validate which of the dates were still good and plan where to hike. When we only had a single day to hike we would hike close to our homes in

Apalachin and Endicott. When we could string days together we would go to the farthest point and hike back towards home. We took two cars and dropped one at an access point and drove the other to another access point and would hike back to the dropped car. Having the GPS waypoints for where the trail crossed roads was a big help. Not only did I use the waypoints in my handheld GPS, but I also converted the degrees and minutes waypoints to digital degrees coordinates and put them in my car GPS, and it would take us directly to the trailhead. This saved a lot of time finding where we wanted to drop a car or start our hike. Amazingly, the car GPS would know the name of all the roads even the seasonal-use-only roads! This worked very well for us. Great tool!! We completed the western end first then went on to the eastern end. You may have seen our entries in the registers as US-3: Mary Ann Cascarino, Will Roden and me, Don Sutherland. We began our adventure on July 13<sup>th</sup>, 2007, over a three-day weekend and completed the FLT trail through the Allegany State Park. If I remember right, that was about 21

miles of trail. We were happy with our first effort and we had a beginning. We always hiked at an easy pace, stopping whenever there was something to see, or to take a picture (our Kodak moments). Since then we have hiked on warm sunny days as well as days when it rained all day. We had some days where we covered as much as 21 miles and some days where we covered less than 10 miles. Through it all, I can say I never had a bad day of hiking. Every hike had its unique discovery, whether it was finding a picnic table in the middle of a field on top of a hill with a beautiful view of the countryside at the perfect time for lunch, or fog rising from the woods on a cool rainy day. There were mornings that were as clear as a bell and mornings where the fog ran down the gullies filling the valleys. We came across daffodils and lilacs in the woods which would normally indicate that there had been a farmhouse somewhere close by. When we found old foundations, we looked for the water well and actually found some of them. There was the wildlife: adult white tail deer as well as fawns, foxes, squirrels, porcupines, and even

*(Continued on page 27)*



Ed Sidore

*Don Sutherland (#288), Will Roden (#286), Mary Ann Cascarino (#287)*

### Gerry Benedict End-to-End #285



Portageville, NY. (08/09)

In September, 2008, I backpacked the Northville-Lake Placid Trail in the Adirondacks after 35.5 years in public education. I assumed the FLT system had nothing to offer compared to backpacking in the Adirondacks.

Was I in for a surprise! On Friday, October 24<sup>th</sup>, my daughter dropped me off at the north end of the Bristol Hills Trail at 7 AM. As the tail lights of her car faded into the distance, I loaded my backpack and started down the dark, snow-dusted, windy trail to begin my one-year adventure backpacking the entire FLT and all of the branch trails by mid-September, 2009. Three days and 68 miles later, my daughter picked me up in Hammondsport. My feet were sore, but the trek over the High Tor, across Italy Valley, southward through hardwood forests, and finally through a beautiful hemlock-lined gully to reach the trail head on Rte. 54 convinced me that the FLT was for real!

Over the next few months I began contemplating backpacking the entire system, but realized that I needed to update my equipment in order to continue solo backpacking the trail in

the winter. I did practice hikes with a weighted backpack on snowshoes. I tried out my down sleeping bag to determine if I could stay comfortable in single digit weather by sleeping on the floor of my log barn with the door wide open like the Adirondack style lean-tos which would often be my evening refuge in the months ahead.

On January 24<sup>th</sup>, my wife dropped me off at the north end of the Interloken Trail. My goal was to backpack westward to Hammondsport (68 mi. in four days). The hike went along well until the morning of the 3<sup>rd</sup> day, when I realized that I was slowing down and would not reach the Moss Hill Lean-to. I wisely decided to call my wife who had a detailed itinerary of my trip, asking her to pick me up on the Sugar Hill section. As it turned out, the winds were gusting to 40 mph and air temperatures were in the low teens. It was a good decision. A week later I returned to the "pull-out" point and completed the backpack to Hammondsport the next day.

Over the next several months, I returned to the FLT system seven more times, completing my goal. Below are

blog entry dates and opening text for the remainder of my solo backpacks. Photos, and video clips are posted on my blog page:

[chendrashakersworld.blogspot.com](http://chendrashakersworld.blogspot.com)

- **Saturday, March 7, 2009**, blog entry: *"The latest adventure or slog started Tuesday (3/3/09), when Sue dropped me off on Burnt Hill Rd., northwest of Watkins Glen, NY. The air temperature said 15° F at ..."*
- **Tuesday, March 31, 2009**: *"Sue dropped me off south of Dryden, NY, at the same spot where the last hike three weeks ago ended and the next four day's backpack would..."*
- **Thursday, June 4, 2009**: *"On Tuesday, May 19th, my parents dropped me off on Cuyler Hill Road just off NYS route 13 ..."*
- **Thursday, June 25, 2009**: *"Beginning on Saturday (6/20 -*

*(Continued on page 27)*



### Benedict End-to-End ...

(Continued from page 26)

*6/23), I completed another 104 mile segment..."*

- **Tuesday, August 25, 2009:** *"I finished the 562 mile east-west length of the Finger Lakes Trail yesterday, August 24, 2009. Todd dropped me off on PA. Rt. 346 just south..."*
- **Wednesday, September 16, 2009:** *"Once again my son Todd dropped me off at the trailhead of the Conservation Trail near West Valley, NY, late in the afternoon of my 63<sup>rd</sup> ..."*
- **Tuesday, September 29, 2009:** *"While downloading the official application for the Finger Lakes Branch Trail End-To-End Award, I noticed that the Queen Catharine Finger Lakes trail loop, was a required loop. Somehow..."*

The best part of backpacking the Finger Lakes Trail system was actually being on the trail. Life is so simple ... water, a little trail mix, a variety of terrains, panoramic views, and a place to comfortably bivouac before starting out the next morning sum up the essentials.

Some trail reflections:

- Hemlock-lined glens are quiet and beautiful; their thick beds of needles massaged my feet.
- Human power afforded me numerous panoramic views.
- Solitude is wonderful ... very few hikers or backpackers along the trail!
- Abandoned stone walls of old farming properties become larger the further east one travels.
- Soaking feet in a stream was a rejuvenating activity well worth the time.
- Ramen noodles taste good after backpacking 10 – 12 hours.

- I wore long pants throughout the backpack ... especially through the Catskills where the trail was lined with brambles and stinging nettles.
- The private land that I was privileged to cross vs. having to trek around was very much appreciated!
- "Thank you!" to trail clubs, Scouts, Alley-Cat crews and individuals that volunteer their time and energy to maintain trails.
- FLTC maps and trail descriptions are accurate. Misreading the map resulted in most of my off-trail wanderings.
- Shelters and bivouac areas were a welcome sight at the end of a backpacking day!

So what's next?

1. In August I volunteered time with an Alley-Cat trail crew doing trail work on Mt. Washington outside of Hammondsport.
2. I have been in contact with Lynda Rummel, Quinn Wright and Steve Catherman about peeling DEC logs this spring for Alley-Cat shelter construction next summer.
3. I am investigating an end-to-end backpack of the Long Trail in the Green Mountains of Vermont for the coming year.



*...is another beginning*

### Sutherland ...

(Continued from page 25)

a badger. We did not get close enough to positively identify the badger but it walked like one. There were lots of birds like ducks, geese, hawks, grouse, pheasant, woodcock, turkey, crows, a rose-breasted grosbeak, and the ever welcoming blue jay. We even saw an eagle. There were also farm animals like cows, horses, sheep, pigs, and even some llamas. Then there were the dogs that came to greet us as we passed their homes on the road walks. You never know what will greet you as you walk the trail. We never did see a bear, but I think the bell on my pack had something to do with that. Interestingly enough, I think there were only about four times that we met other FLT hikers on the trail. When we did, there was always a nice conversation about where they were from and their hiking goals.

There were surprises like Lick Brook and its waterfall, the huge boulders out by Rock City, the ski slopes by Ellicottville and our meeting of a group of Seneca Indians on the Seneca Indian reservation. There were the views from the top of Greek Peak and from the fire tower on Balsam Lake Mountain, which was a short side trip for lunch. The many different views of the beautiful Finger Lakes are just great. There were so many experiences to remember for a lifetime. Our trek was truly a wonderful experience. Not to let this be the end of our hiking together, we have begun hiking the FLT branch trails. We hiked the trail through Letchworth State Park the 13th and 14th of November. That is a beautiful and well kept trail with stunning views. I'd like to give a big thank you to all the FLT folks who work to make this experience available to hikers!! We (US-3) have decided to give back to the FLT by picking up a section of trail to maintain and we will be constructing some new register boxes to be used as needed. Again thank you for the experience and memories. □

## *End-to-End Album*

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### Emory Morris ...

(Continued from page 23)

using the FLT network, I found five others willing to hike from Alder Lake to Balsam Lake. In August, on the day before the September hike in Delaware County, Jon and Kathy Bowen and I did the famous key-swap trick to complete the trail between Balsam Lake and Claryville, and Ed Sidote connected me to Supervisor Bill Bruning, who lives in Claryville and who became my trail angel for the eastern-most piece between the Long Path junction and Claryville.

The most challenging hike of the whole trail was our very last piece, Delaware #7 from Holiday and Berry Brook Road across Mary Smith Hill, Middle Mountain, Beach Hill, Cabot Mountain and Touch-Me-Not Mountain to Big Pond Road—a fitting end to the end-to-end challenge that I slid into accepting.

The county hike series lured me in and enabled me to embrace and achieve the end-to-end goal. Along the way I saw much of beautiful New York that I otherwise would not have known, met many interesting people, and made many new friends in the group hikes.

In the summer of 2009, Sigi Schwinge led a series of hikes on the recently extended branch trail, the Onondaga Trail. Having completed that one in 2009, I'm thinking my next hiker's goal will be to complete the branch trails end to end. If you'd like to join me, let me know; I have the Conservation Trail in my sights for 2010.

But remember, dear reader, that, while hiking the Finger Lakes Trail from end to end (or even a small piece of the trail) is your personal accomplishment, being able to reach this achievement rests on the efforts and assistance of many, many people who share their enthusiasm for hiking and the trail, some visible but many invisible to you, so

- bouquets to the most recent county hike series coordinators: Marie Inglee in Chenango, Marie and Irene Szabo in Cortland, Sigrid and Jim Connors in Tompkins and Schuyler, Kim and Terry Meacham in Steuben, Pat Monahan in Allegany and Cattaraugus, and Jon Bowen in Delaware.
- Bouquets, too, to the hike leaders and sweeps, too numerous to list

- Special bouquets to the trail maintainers who work month in and month out, and undertake special efforts when the county hike series is crossing their trails.

- And an extra special bouquet to Ed Sidote for his uncountable contributions to the trail, the organization, and hikers near and far.

As you walk along the trail, think of the legions of volunteers that have negotiated permissions for the trail to cross private lands, worked with the DEC for the trail to cross State Lands, laid out the trail route and built the trail, and that re-work, repair, and improve the trail, and especially a bouquet to Joe Dabes, who maintains and updates the maps. Better yet, dear reader, volunteer yourself to be a trail steward, join a work party, assist a county hike coordinator, become a trail angel, or take on some other task for the Finger Lakes Trail Conference. Our trails survive and thrive only by the generosity of time, labor, and gifts of money from volunteers. Please join the effort.

Now as our President, Pat Monahan says, "Go take a hike!" □

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### Dietrich End-to-End ...

(Continued from page 24)

road walk than the previous six years put together. Arnie Fisher, who started the series with me in 2003, really wanted to finish this year. My job was figuring it out. Ulster was almost taken care of with the FLTC Spring Weekend. Talk about hills! Here we had mountains! I had never spent time in the Catskills, but they are wonderful. We put lots of miles on cars that weekend, 50 miles one way to hike six miles. Coming back across the reservoir one day in a wicked thunderstorm, not being able to see the car in front of us, water going sideways, the wind blowing so hard... Fun - WOW! We completed Delaware by hiking the regular series on one day

and then a bunch of us hiked the next month's hike the next day. Because of travel distance it made sense. The 12-mile road walk in the rain was another interesting day in Delaware County with the last couple miles up a very steep road. Never thought we would see the end of that hill. The very last hike in Delaware was some of the roughest hiking on the whole trail with five peaks and some pretty rugged downhills through rock chutes.

Arnie and I hiked Chenango in the opposite months from Delaware. The elk farm was unique on our last hike—hearing elk bugle as we walked the last half mile was pretty cool, like being out West. We had some help from trail angels on this one, Teresa and Max Blenis, June Granz and Bob Dietrich. The KOA in Unadilla has some very nice cabins. Allie also got to pay back

her campouts at my place by letting us use her place for some of these weekends.

Quite a few of us who hiked together the past seven years finished this year, Arnie, Ralph, Kate, and Allie to name a few. What a great way to make friends and see New York State! One thing about hiking the Finger Lakes Trail, you get to see New York State in a very different way. I traveled to and saw some places I would never have seen any other way.

Thanks to all the landowners who allow us to use their property for trail access. Also thanks to all the trail stewards who maintain this trail for us. Working with Pat Monahan during pre-hikes and on the new GET, I know what you do, and it is not easy. Thank you very much. □



## Walking Through Time in New York: #25 in a series

### Trail under rails in Tonawanda by Tim Wilbur

In the present day we hikers share the macadam path on the Conservation Trail CT11 along Tonawanda Creek between Ellicott Creek Park and the Niagara River with bicyclists, roller-bladers, joggers, runners and anyone out for a stroll along the water's edge. On this section of the trail we go under an active railroad, one of only three spots in our trail system for which we can make such a claim. (The other locations are in Letchworth State Park and on M13 near Watkins Glen as we hike under the south approach to the railroad trestle over the Glen).

Here, in Tonawanda, we go under a steel span, part of the long approach to a drawbridge over Tonawanda Creek of today's very active CSX Railroad.

The story of the railroad through here is typical of New York State railroading. Chartered in the 1830's, an independent railroad calling itself The Buffalo and Niagara Falls Railroad operated for 17 years between these two cities before becoming part of the New York Central Railroad System.

This line survives today after three more mergers to become part of the CSX railroad system, with through and local trains still serving customers along this route. We can see one of this line's spurs just to the east of this underpass, a surviving stub of the Peanut Line. Other industries we see being served by the railroad are along the Niagara River as we hike towards the Falls. This line also sees passenger trains, one of only two spots on our trail system where one can "catch" a regular passenger train still in service. (The other location is also on the Conservation Trail at CT8 near Corfu.)

The real story here, other than where the rails cross our trail, is this bridge itself. The early life of this rail line had the original tracks going right up the street in Tonawanda and sharing space with pedestrians and wagons crossing

*Railroad crossing,  
hike under the tracks,  
the trail made of macadam,  
And that there's the facts.*



*Left: Cantilever  
drawbridge.*



*Below: Our trail goes  
under the south  
end of the bridge  
(seen here from  
across Tonawanda  
Creek)*

Tonawanda Creek. Over the years this arrangement became an increasing problem with all the traffic congestion and the many dangerous at-grade crossings. Thus in 1919 the tracks were moved (realigned in railroad terms) off the main thoroughfare to where we go under them today. This new route also necessitated building a new bridge across Tonawanda Creek.

The railroad decided to build a cantilever drawbridge with visions of a series of drawbridges along Tonawanda Creek and the Erie Canal that would allow further passage of ships with tall masts into and along the canal system. However, after completion of just this

one "first" drawbridge it was felt that the cost would be too much, besides the fact that sailing vessels for commerce were becoming obsolete. Thus the idea of a series of drawbridges was dropped.

The oddity of this drawbridge is that it was raised only a couple of times in testing and once or twice right after completion and has never since been raised again. Although today it appears it could rise at the given order, in actuality it cannot. The inner workings, gears and motors, have long ago been removed leaving the bridge in the permanently attached down position waiting for the next train to pass and hiker to hike under it. □



# That Old Boiler on the Finger Lakes Trail

by Bill Coffin

**F**LT hikers have seen the big old iron steam boiler that sits right by the trail side. You can locate it on FLT Map M19 about half a mile west of the Tone Road trail access off Rte. 392 not far from the Greek Peak Ski Area in Cortland County. How it got here is still a mystery to us. Maybe it was used for logging and finally quit on the job or maybe it was stripped of its parts and superannuated to boiling maple sap. Mike Ten Kate, our trail steward there, checked with the town historian, who hiked in to look at it but is still puzzled about its origin.

Matching the two adjoining photos, it is almost a certainty that the relic was a steam traction engine, forerunner of the modern farm tractor. The first portable horse drawn steam engines appeared on farms before the Civil War. They later became bigger, more powerful and self propelled to plow large fields. Manufacturers stopped making them about 1930 and not long after that the diesel engines began replacing the railroad steam locomotives, too.

Most steam traction engines had the engine mounted on top of the boiler but the one in the FLT graveyard reveals no such engine attachments on top so it was possibly an Avery make which placed the engine beneath the boiler. Averages were made in Peoria, Illinois, and if you visit <http://oldtractors.magnify.net/video/Avery-Steam-Tractor> you will see and hear a surviving Avery plowing a field while belching black smoke into the sky.

Notice the big pulley wheel in the photo for belt driving other machines like a grain thresher, which separated the grain from the straw and chaff. A huge amount of wood, coal or even straw and lots of water were needed to run one of these things. You couldn't hang a leather nose bag of oats on it like you did a horse. So horse drawn fuel-and-water wagons had to follow the engine. A thresher crew could amount to dozens of sweating men and that needed a kitchen wagon with lots of switchel for endless thirst in the hot sun.

What is switchel? Here's the recipe that might make you a better hiker:

*1 cup brown sugar*

*1/2 teaspoon ginger*

*1/2 cup molasses*

*3/4 cup vinegar*

*2 quarts water*

*Chill and shake before serving .*



Bill Coffin

*Rusty old boiler next to the FLT in Cortland County*



*Photo: source unknown*

*Avery steam tractor*

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*...if you visit <http://oldtractors.magnify.net/video/Avery-Steam-Tractor> you will see and hear a surviving Avery plowing a field while belching black smoke into the sky*

*☆☆☆☆☆*

*... highly recommended!*

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## *Welcome!*

### **New and Returning Members November '09 through January '10:**

Kenneth N. Adams	Rochester	Rita E. Jensen	Bath
Jeff Ahrens	Pine City	Thomas A. Koehler	Fairport
Robert Aumick	Endicott	Karen Kowalski	Corning
Donna G. Badolato	Sidney	Lisa Kowasz	Perry
Thomas & Joan Bayline	Rensselaer	Lindsey Leiser	Binghamton
Bloomfield Animal Hospital, Catherine Stiner, DMV	Bloomfield	Millington Lockwood	Orchard Park
Louise & John Blujus	Baldwinsville	John & Kathy Ludders	Ithaca
Rick Bonney & Judy Burrill	Newfield	Malcolm MacKenzie, Director Program	Marcus Whitman ECO
Boy Scout Troop 113	Macedon	Robert & Silke Mahardy	Rushville
Boy Scout Troop 483	Orchard Park	Rita & Ken Marthia	Sherburne
Boy Scout Troop 85	Williamsville	V. Peter & Linda Mason	Sandy, UT
Boy Scout Troop 96	Palmyra	Richard McKeown	Oxford
Noah Brown	Syracuse	Jeanne Moog	West Henrietta
Chuck Brugger	Rochester	Alan Morrow	East Aurora
Gary G. Bustos	Verona Beach	Shellie Northrop	Thornhill, ON
Charles Caster	Syracuse	Mary Margaret Ong	Sayre, PA
Frank Cease	Binghamton	Harold E. Oot & Marcia Hempstead	Camillus
Terry Conant	Norwich	Chad O'Shea	Kirkville
Cate Concannon	Rochester	Paul Parrinello	Groton
Melissa Conrad	Delevan	Susan Peck	Lancaster
Kathy F. Cronin	Fairport	Dennis Petraske	Corning
Peter Dady	Homer	Robert Pokalsky	Binghamton
Barbara Dailey	Penn Yan	Carol Renninger	Penfield
Amy DeCamp	Caledonia	Charlene Revette	Swainton, NJ
Kirk Doyle	Hamburg	David Rothman	DeRuyter
James C. Erwin	Rochester	James P. Russell	Syracuse
Elizabeth Ethridge	Manlius	Dick & Kathy Russell	PennYan
Tom Farrell	Ithaca	Anthony Sclafani	Hornell
Diane Fenski	Hamburg	Patti Singer	Hopewell Jct.
Mike Fitzgerald	Geneva	Jerry Smith	Rochester
Kris Gilbert	Binghamton	Christofer Symonds	Altmar
Beau Harbin	Cortland	Martin R. Turner	Norwich
Mary Heiermann	Rochester	Monica Tyne	Rochester
Judy Hendee	Amherst	Charles & Mary Jane Uttech	Rochester
John & Jennifer Herbert	Hornell	Kathleen Van Schaick	Marathon
Franklin & Olivia Hersey	Marathon	Etta Walker	Victor
Brian Hilburger	Batavia	Gail Walker & Joe Falo	Olean
Calvin & Sarah Hite	South Otselic	Andrea & Everett Wiggins	Ithaca
Karen Hoffman	Norwich	Sandy Willmott	Syracuse
Carl & Kathy Hopkins	Ithaca	Marilyn Wilson & Ann & John Hooper	Branchport
Marshall & Emily Hopkins	Ithaca		Newark
Christine Hughes	Groton	David P. Young	Ewing, NJ
Hullie Hull	Long Beach, CA		
Edna Hyer	South Wales		
David H. & Sandra R. Jackson	Manilus		

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

1. The name of the insurance carrier is Executive Risk Indemnity, Inc. (Chubb Insurance Group).
2. The cost of the insurance to be paid during the 2010 fiscal year is \$850.00.
3. The indemnification insurance contract covers any person who has been, now is, or shall become a duly elected director or trustee, a duly elected or appointed officer, an employee, committee member, whether or not they are salaried, any other person acting on behalf of the Conference or at the direction of an officer or board of managers of the Conference.

## 2009 Contributions

The Finger Lakes Trail Conference gratefully acknowledges the support of all our members and donors, and especially wishes to recognize the following individuals, businesses and organizations for their generous support during 2009. The amounts listed include dues and contributions to any FLTC fund. We have done our best to be accurate in spelling names as well as making sure we got everybody in the right categories. We apologize if some mistakes have crept in.

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## If you care, leave it there

... an email to [fingerlakestrail@yahoogroups.com](mailto:fingerlakestrail@yahoogroups.com) from Gary Borek, June 2, 2009

The warmer weather brings more people to the woods in late spring/early summer, and it also increases the chances of a human encounter with newborn wildlife.

The DEC has recently issued a press release ["If you care, leave it there" (May 21, 2009)] to remind us all that these newborns are part of nature that

should be left alone. Observe, but do not touch. Enjoy, but do not linger. Our presence is upsetting to both the newborn and its mother.

And please be especially careful about preventing your dog from approaching a fawn and sniffing it. This is not a time for "discovery play" for your dog. In fact, this time of year

it is probably best to leave your dog at home when you venture into the woods, or at least be sure your dog is on a short leash so that it cannot disturb the emerging wildlife. □

# End-to-End Update

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

## End-to-End Hikers

Since October 22, 2009 no hikers have completed the main trail. 288 hikers had completed the main trail as of that date. I have not added any future end-to-end hikers to my list since the last issue but have received emails from potential backpackers for this year. I am waiting for them to return the End-to-End Questionnaire.

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

Bob Collins	Joe Hudson
Kirk Douglas	Jerry Lazarcysk

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

These hikers have completed the branch trails:

Joe Dabes (I believe that Joe is the first hiker to report completing the branch trails for the second time.)  
Susan B. Collier (Omitted from the winter issue. Sorry)

I received a branch trail progress report from:

Alan Herdzik

He finished the Conservation Trail in 2007, the Letchworth Branch Trail in 2008, and the Interloken Trail in 2009.

## ALDA Photo, Winter issue 2009

The names of the people in the photo from the Appalachian Long Distance Hikers Association Gathering on page 3 of the winter issue are from left to right: Gina Nania, South Dakota, Marilyn Beckley, Syracuse, Mary-Ann Nissley, Pennsylvania, Ed Sidote, Norwich, Back Row, standing: Dr. David Gwinn, South Dakota. I have known David since we held an Outing at Rogers Nature Center in Sherburne many years ago. [Editor: Another photo of Ed at the ALDHA Gathering appears on page 37.]

## Trail Registers

Weather permitting, on Friday I expect to pick up eleven new "Ted Anderson style" trail registers (after longtime FLT volunteer Ted Anderson) made by Will Roden, Mary Ann Cascarino, and Don Sutherland, a trio of hikers who completed the trail last October. Check your trail register, and if you need a new one let me know. I will try to get it to you at the Spring Outing if you are going to be there.

*Happy Hiking!*

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

[ejsidote@frontiernet.net](mailto:ejsidote@frontiernet.net)



*One of a dozen trail register boxes made by the team of recent end-to-enders, Don Sutherland, Will Roden, and Mary Ann Cascarino. They turned 11 registers over to Ed Sidote. The remaining one will be used on the section they maintain. The "Ted Anderson style" register door swings down and you can place the register notebook on top of the door to write in it. Photo by Don Sutherland.*



*Two "Ted Anderson style" trail register boxes made by Ted Anderson himself. Here they are being displayed by Laurie and Roy Dando at the November FLTC Board Retreat. Photo by Jacqui Wensich.*



Article removed at author's request

Article removed at author's request



*From the scrapbook of the Appalachian Long Distance Hikers Assn. 2009 Gathering: One of the legends of long-distance trails, Ed Sidote, sits at the exhibit of the Finger Lakes Trail at the Hiker Fair. Ed turned 92 on Sept. 13 and is still going strong. He was helped this year by Marilyn Beckley, aka "Amoeba."*

# Hiking Calendar

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## FLTC Annual Spring, Summer, and Fall "Named Hikes"

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

### **SATURDAY, APRIL 24, 2010**

#### **Spring / Wally Wood Hike**

##### **1) Spring / Wally Wood hike - "West"**

###### **Leaders:**

Kristin Schafer, [kristinhiker@yahoo.com](mailto:kristinhiker@yahoo.com), 607/242-5790  
Cathy Concannon, [catrina616@gmail.com](mailto:catrina616@gmail.com), 585/880-4456

##### **Finger Lakes Trail, Allegany State Park, Map M2/ CT2 Access 1 to Access 4**

**Hike:** 9.4 miles on the FLT in Western NY. Moderate pace. Join Kristin as she completes another piece of her FLT End-to-End continuous section hike from West to East. 3 miles will pass through Seneca Indian Nation land.

**Meet:** 10:00 AM at intersection of Bay State Road and Allegany State Park entrance road (ASP2).

**Directions:** From Rte. 17/I-86 take exit 19 to ASP 2 Allegany Park entrance road, turn right on Bay State Road then sharp left, follow shoulder of Rte. 17 access road, passing under the overpass to ample shoulder parking.

##### **2) Spring / Wally Wood hike - "East"**

**Leaders:** Larry and Susan Blumberg  
[LBlumberg@stny.rr.com](mailto:LBlumberg@stny.rr.com) 607/797-0912

##### **Finger Lakes Trail, Cortland County, Map M20 Hoxie Gorge**

**Hike:** Hikers will be given two choices, a 6.3 mile hike from McGraw Marathon Rd west through Hoxie Gorge to where the FLT meets US 11, or 11.3 miles by continuing on with an additional 5 miles of road walking along US 11 and West River Road on each side of the village of Blodgett Mills. Join Larry and Susan as they continue west on their very methodical FLT End-to-End quest (all of their hikes have been in order, starting back in 2007 at the eastern terminus of the FLT).

**Meet:** 9 AM at intersection of W River Rd and where the FLT leaves W River Rd, 2.8 miles south of the Blodgett Mills bridge which crosses the Tioughnioga River.

**Directions:** Take either I-81 Exit 9 (coming from Binghamton) or Exit 10 (coming from Syracuse) and follow US 11 to Blodgett Mills. Cross the river and turn south on W River Rd for 2.8 miles.

**Carpooling:** Meet at Wegman's north lot in Johnson City (NY 17 Exit 70N) at 7:45 am. Contact leaders for alternate meeting locations.

### **SATURDAY, JULY 24, 2010**

#### **Summer / Ed Sidote Hike**

##### **Truman Hill, Otselec, Chenango County, Map M22**

**Leader:** Don Windsor [windsorda@yahoo.com](mailto:windsorda@yahoo.com)  
607/336-4628

**Meet:** 9:00 AM at the Fishing Access Site on NY State Route 26 just below the intersection with Bucks Brook Road in the Town of Otselec, Chenango County. Hike will start at 09:30, after everyone has had a chance to greet the hike's namesake, Ed Sidote.

**Hike:** This will be a 7-mile loop over Truman Hill in the Partridge Ridge State Forest (labeled as Otselec State Forest on Map M22). First half will be on the FLT from NY State Route 26 to Will Warner Road,

with a return via the parallel DEC Truck Trail. A shorter 2-mile hike will also be offered. Both hikes will pass by the Winston Bruxton Memorial Bench.

**Directions:** The fishing access is well marked; it is on NY State Route 26 approximately 2 miles south of the village of Otselec in the northwest corner of Chenango County, where NY State Route 26 and the FLT cross the Otselec River. It's milepost 19.1 on Map M22.

**Carpooling:** From the Norwich area, meet at 8:00 in the parking lot behind Howard Johnson motel on NY State Route 12 and carpool to the hike site. From the Binghamton area, please contact Larry Blumberg, [LBlumberg@stny.rr.com](mailto:LBlumberg@stny.rr.com) or 607/797-0912



"Named Hikes" ...

**SATURDAY, OCTOBER 16, 2010**

**Fall / Erv Markert hike**

**Fall / Erv Markert hike**

**Leader:** John Morris [john.ax.morris@gmail.com](mailto:john.ax.morris@gmail.com)  
607/753-7256

**Queen Catharine Marsh Loop Trail, Watkins Glen, Map QCMLT (also shown on map M15)**

**Hike:** The QCMLT, in combination with the FLT Map M15, makes an eight mile loop through the Catharine Creek Wildlife Management Area, a protected natural wetland at the south end of Seneca Lake in the Village of Watkins Glen. This is a very level, easy hike, utilizing a rail trail and other passageways through the wetland. Waterfowl and other wildlife, along with the changing colors, promise to be abundant this time of year.

**Meet:** 10:00 AM at Lakeside Park (labeled as Clute Park on Map QCMLT) in Watkins Glen at the southern tip of Seneca Lake.

**Directions to meeting location:** From Rt 17/86 take exit 52A (NY 14) into Watkins Glen. Turn right on E 4th St (NY 414), Lakeside Park will be on your left in about 1/2 mile.

**Carpooling:** From the Binghamton area, please contact Larry Blumberg, [LBlumberg@stny.rr.com](mailto:LBlumberg@stny.rr.com) or 607/797-0912

### Hiking Bullthistle Country: Chenango County 2010 County Hike Series by Jon Bowen

The 2010 FLTC county hike series will cross Chenango County. This will be the second county as we hike west across the state, and the third time the hike series has traversed Chenango County since the FLTC began offering a cross county series. In 2002, the series hiked west to east, the opposite direction of the 2010 series. Chenango County is home to one of our most honored members, Ed Sidote, who continues to help with the hike series.

I enjoyed coordinating my first hike series last year and look forward to seeing many of you again. I've been very impressed with all the people who offer to help and with the positive attitudes of the participants.

"Hiking Bullthistle Country" (Chenango County) will begin at the Chenango/Delaware County line on Butts Road near Bainbridge and cross 76 miles of rolling hills ending near Cortland County, south of DeRuyter. We will continue to have buses shuttle hikers from their cars at the end of each hike to the starting point. Participants will select their own pace by choosing a group with which to hike (slow, medium, fast pace). Group leaders will be very experienced hikers. Hikes vary in length from 6.5 to 12.9 miles and will range from moderate to strenuous. Hikes take place whether rain or shine, so start now to get in shape.

**Dates will be similar to previous years on the second Saturday of each month: April 10, May 8, June 12, July 10, August 14, September 11 and final hike followed by an awards picnic on September 25.**

Registration forms are available on the website [fingerlakestrail.org](http://fingerlakestrail.org) during March or from the FLTC office 585/658-9320. The fee for participants will remain at \$40 and covers bus transportation, Chenango County completion patch, picnic and sag wagon supplies. If you have any questions, contact the county hike coordinator, Jon Bowen, at [jkbowen@gmail.com](mailto:jkbowen@gmail.com) or by phone 315/638-8749.

### Giant Hogweed Warning

Giant hogweed is a hazard because of its potential to cause severe skin irritation. Plant sap produces painful, burning blisters within 24 to 48 hours after contact. Plant juices also can produce painless red blotches that later develop into purplish or brownish scars that may persist for several years.

The flowers appear in summer, forming a large, flat-topped umbel up to 2.5 feet across. Hollow, rigid stems grow 2-4 inches in diameter and 8-14 feet tall and have purple blotches and coarse hairs. Leaves can be 5 feet across, and are lobed and deeply incised.

If you do see giant hogweed along the FLT, you should report it to a local highway department. This plant is a danger particularly to trail maintainers. Cutting, digging or even touching this plant is strongly discouraged.



Jackson "Jet" Thomas

*Giant Hogweed seen in bloom in late June 2006 near the FLT in Steuben County.*



Scott Bahantka

## Moving?

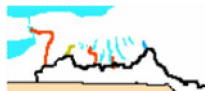
Instructions for notifying the FLTC of address changes appear at the bottom of the masthead on page 1 of every issue of the *FLT News*.



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](mailto:information@fingerlakestrail.org)

## 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](mailto:jwensich@rochester.rr.com)

Can you place the privy on the left? The answer to the fall issue's Name That Map is on page 4.

## Club Presidents Council

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

### Buffalo Area

ADK Niagara Frontier Chapter

[www.adk-nfc.org](http://www.adk-nfc.org)

Foothills Trail Club

[www.foothillstrailclub.org](http://www.foothillstrailclub.org)

### Rochester Area

ADK Genesee Valley Chapter

[www.gvc-adk.org](http://www.gvc-adk.org)

Genesee Valley Hiking Club

[www.fingerlakestrail.org/gvhc.htm](http://www.fingerlakestrail.org/gvhc.htm)

### Syracuse Area

ADK Onondaga Chapter

[www.adk-on.org](http://www.adk-on.org)

### Ithaca and Elmira

ADK Finger Lakes Chapter

607/936-3988

Cayuga Trails Club

[www.cayugatrailclub.org](http://www.cayugatrailclub.org)

### Corning Area

Three Rivers Outing Club

607/962-5157

### Binghamton Area

Triple Cities Hiking Club

[triplecitieshikingclub.org](http://triplecitieshikingclub.org)

### Chenango County

FLT-Bullthistle Hikers

[www.bullthistlehiking.org](http://www.bullthistlehiking.org)

### Eastern NY

ADK Mid-Hudson Chapter

[www.midhudsonadk.org](http://www.midhudsonadk.org)

## Thank You



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(585) 533-9210  
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Mt. Morris, NY 14510  
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### Board of Managers

#### Terms Expiring 2010

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#### Terms Expiring 2011

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## Finger Lakes Trail Conference, Inc. Calendar of Events

- April 3 ..... Trail Council Meeting in Canandaigua
- April 24 ..... Annual FLTC Wally Wood (Spring) Hike
- May 14 ..... Deadline for submitting material for summer issue of the *Finger Lakes Trail News*
- May 21-23 ..... FLTC Spring Weekend at Alfred University, Alfred, NY.** Annual Mtg. 3 p.m., May 22, followed by a Board Meeting
- June 3 ..... National Trails Day**
- June 19 ..... Board Meeting, Mt. Morris Dam Visitor Center
- June 25-July 2 ..... Alley Cat Crew, Tamarack shelter, Map M17, Danby SF, near Ithaca
- July 24 ..... Annual FLTC Ed Sidote (Summer) Hike
- August 2-6 ..... Alley Cat Crew, Tinker Falls trail reconstruction, Map O1, near Cortland
- August 5-8 ..... NCTA Annual Conference in Ashland, WI (more information at [northcountrytrail.org](http://northcountrytrail.org))
- August 13 ..... Deadline for submitting material for fall issue of the *Finger Lakes Trail News*
- September 12-17 ..... Alley Cat Crew, Beales Pond Shelter, Map M27, near Masonville
- October 1-3 ..... Fall Campout, Hickory Hill, Bath**
- October 16 ..... Annual FLTC Erv Markert (Fall) Hike
- Hike Series dates for 2010, Chenango County: April 10, May 8, June 12, July 10, Aug. 14, Sept. 11 and 25

Please check the FLT website ([www.fingerlakestrail.org](http://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

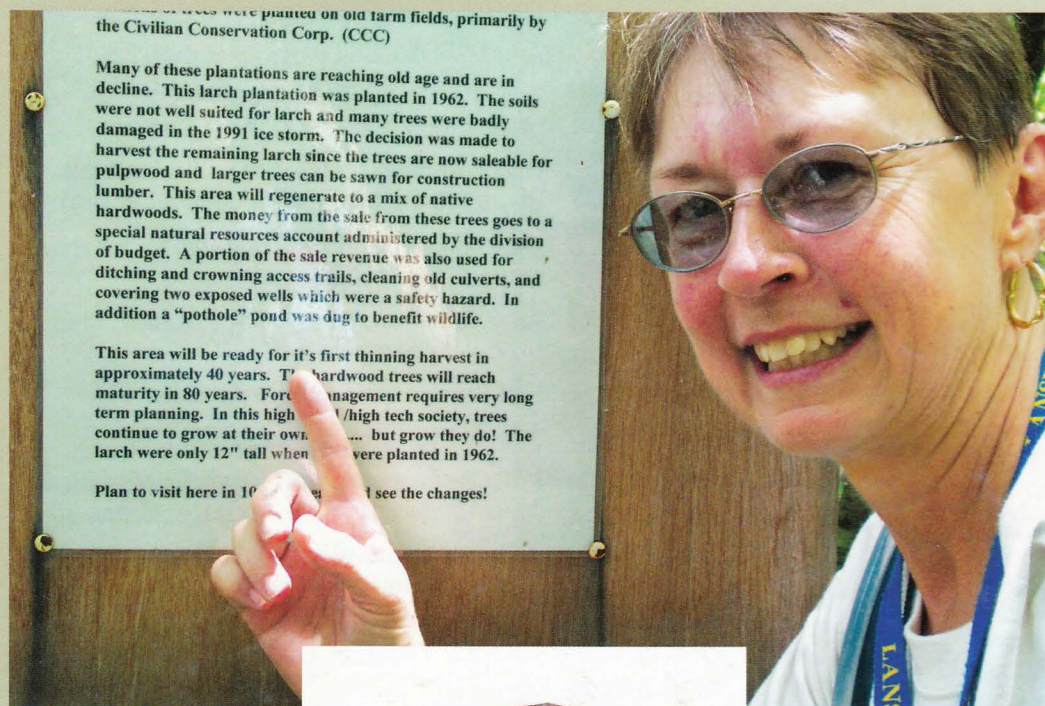
Youth organization ..... \$15    Guide                      \$100

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

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



## Signs



Tree ate the marker

