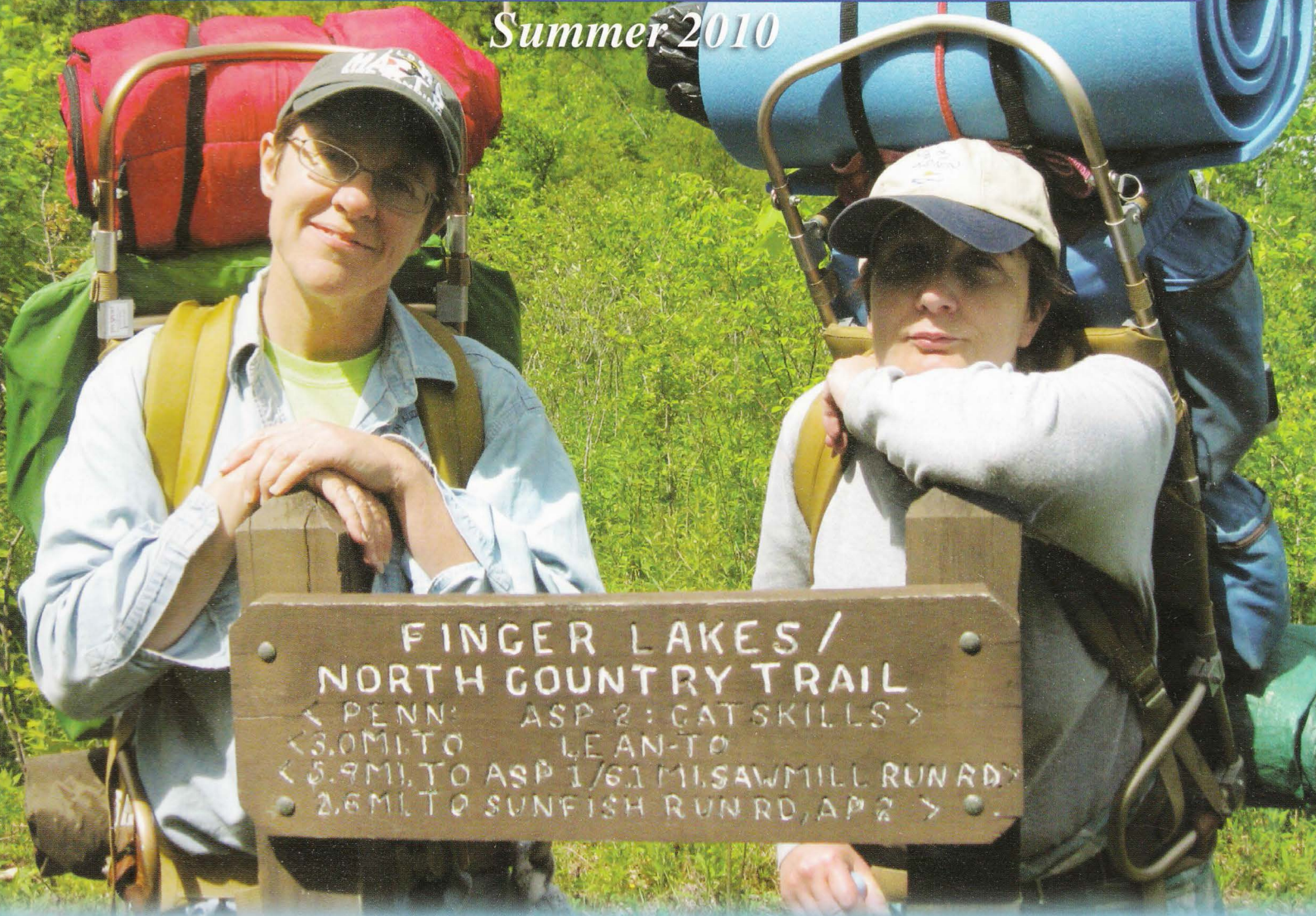


Finger Lakes Trail NEWS

Summer 2010



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- ◆ Ed Sidote Named to NYS Outdoorsmen Hall of Fame – page 8
- ◆ “Passports” to our trail? A new program to promote the FLT – page 9

President's Message

Pat Monahan

I am sitting on my back porch enjoying another beautiful spring day getting ready for the summer. There have been a few nights below freezing so I, like many of you across New York State, have waited to plant my vegetable garden and perennials so they can flourish with the warmer temperatures. I hope you have taken the opportunity to go for a walk on the FLT in the early spring to enjoy the views (and the mud) that can be seen while the canopy has not fleshed itself out yet. There is a certain beauty that is present only at this time of year.

I must also comment on a part of spring that was not as beautiful for me and many others this year out on the trail. A friend of many of us passed away while doing what he loved: hiking. Dick Carlson from Pittsford faced a medical emergency while on an organized hike on the FLT. The medical response by all those involved did everything humanly possible to, as one person said to me, "give Dick a second chance." I want to personally thank everyone for their efforts. Our deepest sympathy goes to all of his family. I am sure Dick would want us to continue to enjoy the outdoors on the trail and to do it safely. I have included my name and address, medical conditions, medications and an emergency contact number in my pack for every hike whether I am alone or with a group. I hope you will do the same.

The FLTC is alive and vibrant thanks to all of you. We have made some adjustments in our organization to continue to move forward in meeting our revised mission statement:

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

In the area of trail management, we have added a Vice President of Trail Maintenance, a Vice President of Trail Quality, a Director of Crews and Construction and a Director of Trail Inventory and Mapping to build and maintain the high quality trail that you are accustomed to on the FLT. The Trail Council still will meet in an advisory role for the Trail Management Team which includes all of the above and the Vice President of Trail Preservation. We have piloted this model for a year and it seems to be meeting our needs.

I also want to comment on a new area in our mission statement:



promoting the FLT. This is not new to us but an area that deserves more attention. Let me just comment about a few strategies. You will find an enhanced website that has a multitude of topics and information for someone just wondering about the FLTC or someone who needs a very sophisticated answer. Our Passport program in the central region of the trail will be an opportunity for newbies as well as the experienced hiker to discover some great sections of the trail. We are attempting to become more visible at various venues across the State such as hometown and regional festivals with high attendance. We must always have an eye on the future while we address the issues of today. I am proud to say we are continuously working to keep this trail as a great footpath experience. FOREVER!!

I would like to thank those who have recently left the Board at the end of their terms. Cheryl Peluso, Georgeanne Vyverberg and George Zacharek have provided endless hours of volunteer service as leaders of this organization. I also want to welcome our new Board members as they begin their three-year terms. Donna Flood, David Drum, Cathy Concannon, Phil Dankert (serving a second term) and Gail Merian have been approved to serve as the Class of 2013. They have agreed to serve as leaders and will represent you on the Board of Managers. I encourage each of you to find what you do well and find an opportunity to give back to the trail.

Activity on the trail will be increasing as we enter the summer. Take a minute to thank the private landowner for allowing the trail on their property. Find time to take someone with you to experience upstate New York in the outdoors on the best trail around. You'll find some hidden treasures that deserve to be found by you. So as the saying goes, "Go take a hike!"



Join the FLTC Yahoo! groups e-mail list

The Finger Lakes Trail Conference's e-mail list is a discussion group hosted by yahoo groups.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) and Jack VanDerzee (vanderze@ithaca.edu).

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



FINGER LAKES TRAIL NEWS

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

Summer 2010

Volume 49 Number 2

Mission Statement

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

FINGER LAKES TRAIL NEWS Volume 49 Number 2 Summer 2010

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And on the back cover...

Favorite Trail Sections in Central New York, *a great summer hike*

Cover: The mighty LASSes (Ladies Adventure and Social Society) and a few of their lassies set for themselves a rugged challenge for Memorial Day weekend 2009: to hike the section of the North Country Trail / Finger Lakes Trail that goes through Allegany State Park. The tale of their adventure can be found in Jennifer Schlick's blog starting here: winterwoman.net/2009/05/26/day-1/. In photo, at the end of their hike, are Jennifer Schlick (left) and Debra Eck. They were the only ones of the group who were able to spend four days hiking and complete the entire section from Pennsylvania to Bay State Road. The photo was taken by Jennifer's daughter, Emily Schlick, who hiked in to the last lean-to, spent the night with them, then hiked out with them.

Thanks to all of you who have renewed your FLTC membership. Without your support, there would be NO FLT. If you have not yet renewed, please do so ASAP as this will be the last issue of the *FLT News* that we will be sending you. We don't want you to miss out! Please direct any membership questions or change of address to our office.

As of this date (I am writing this just prior to the Spring Weekend), lots of exciting things are going on with the FLT. Many of you have heard of our newest branch trail which will get its official name this weekend. The new branch is part of the Great Eastern Trail and adds yet another connection for New York hikers to the "outside world." When I speak with people about the FLT, I try to show how we are part of the larger network of hiking trails. Surprisingly, many people have never heard of the FLT but almost everyone knows about the Appalachian Trail. I tell them that you can get to the AT from our trail if you hike to the east end, and then follow the Long Path southward. People also seem to be amazed that you can get on the FLT and hike to North Dakota via the North Country National Scenic Trail or that you can hike into Canada on the Bruce Trail after you cross the Rainbow Bridge from our Conservation Trail's north end.

On May 15, Ken Shaw and Sally Bialy began their end-to-end hike to raise money for TOY (Theatre of Youth in Buffalo). Ken has called this effort "From Backstage to Backwoods." Ken and Sally both joined the FLT last year, both became Forever Society members, and both have adopted a section of the FLT as trail maintainers. When Ken first approached me with the idea, it became apparent that this was one of those "win-win" deals. His organization raises needed program funds and the FLT gets some great publicity. We hope to have pictures to share with you on our website and in the next issue of the *FLT News*.

Speaking of websites, by the time you read this, we will have a NEW website up and running. During my tenure with



From the Desk of the Executive Director

.....
Gene Bavis

the FLT (since 2001), this will be our third major update. Our original website was organized by Tom Reimers. Later Joan Young redesigned it and expanded its functions, adding the on-line store. This most recent upgrade was completed with the assistance of PLS Launch Solutions. Jacqui Wensich, Roger Hopkins, and Ken Reek have spent a HUGE amount of time on this project. THANK YOU! Thanks also to Jarret Lobb whose leadership helped make it happen.

Probably the most exciting thing happening this year is our Passport Program sponsored by Wegmans, Monro Muffler Brake, Eastern Mountain Sports, and Hickory Hill Family Camping Resort. Please see the separate article describing this unique program designed to introduce hiking to families and others interested in trying it out.

We received some sad news today. Charter Member (joined 1962), Donald A. Doster of Hornell passed away on May 15, 2010 and Martha K. Jones (former NCTA President and 20 year member of the FLTC) of Royal Oak, MI passed away on April 15, 2010. If you are an NCTA member, her obituary appears on page 13 of the most recent issue of the North Star.. We also recently lost FLT member Richard Carlson (on April 10, 2010). Our sympathy goes out to their families.

I look forward to seeing many FLT members at the FLT Fall Campout at Hickory Hill Family Camping Resort on October 1-3, 2010. Please put it on your calendar. Registration materials will be on our website by late June. If you do not have internet access, please contact the FLT Office at 585/658-9320 and we will happily mail you all of the details and a registration form. □

Gene Bavis, Executive Director

genebavis@me.com

315/986-1474 (home office)

Correction: The photo of an Eagle Scout project on the Table of Contents page of the Spring issue was by Mark Flanagan.



Trail Warrior Hours For Patch/Rocker(s)

CHANGE

**Please send worker hours
to the FLTC Office.**
(This is separate from worker/
travel hours sent on Trail
Forms.)

Finger Lakes Trail Conference
6111 Visitor Center Rd
Mt. Morris, NY 14510
585-658-9329 or FLTinfo@fingerlakestrail.org
attn: Worker Patch

Faces of the FLT



Larry Blumberg

Age: 58

Birthplace:
Washington, DC

Residence:
Johnson City, NY

Occupation: Engineer for a circuit board manufacturer

Favorite outdoor pursuits: Hiking, camping, cross-country skiing, and snowshoeing. I am an Adirondack 46er and a Catskill 35er.

Other interests: I am active with the Boy Scouts of America, currently serving as an instructor for various adult leader outdoor training courses. One of my most favorite courses to teach is called "Hike the FLT"!

How I "met" the FLT: Through my local hiking club, the Triple Cities Hiking Club, back in the mid-70's on a hike in nearby Chenango County.

Relationship to the FLT: Active hiker, moderator for the FLT e-mail listserv, and coordinator for the "named hike" annual series. Currently pursuing an official end-to-end hike with my wife, Susan. We are day-hiking east-to-west counting only those hikes which are in sequence. We are now into Cortland County having started in 2007 in Claryville.

Favorite section of the trail: Like most folks, whichever section I happen to be hiking at the time is my favorite! But I'm probably particularly partial to the Catskills for their ruggedness and beautiful, expansive views.

Memorable FLT experience: Hard to pick out a 'single' experience, so I'm going to say it's the wonderful folks from across the state I have had the opportunity to meet and get to know on a personal basis through the many years of FLT hiking, attending the weekend conferences, and communicating via the FLT's listserv.

FLT Fall Campout at Hickory Hill on October 1-3, 2010

by Gene Bavis, FLTC Executive Director

This year's Fall Campout will return to Hickory Hill Family Camping Resort in Bath, NY. We previously held events there in 2003 and 2007 and each time, the facilities and the service were great. The owners, Randy and Janet Lehman, are also FLT members AND permitting landowners. If you hike up the hill behind the campground, you will find the FLT main trail.

Typically, an affiliate club will host our Spring and Fall events, but in this case, volunteers from the FLT Board and other FLT members are in the process of putting together all of the details that make for a GREAT weekend of hiking, programs, and social interactions. If you are a tent or RV camper, there are plenty of campsites, but if you prefer cabins or lodges, Hickory Hill has those as well. In addition, they have a large assembly room where we can have our meals (catered by their staff) and hold our evening programs. Depending on what lodging options you choose, you should be able to stay at Hickory Hill and partake of all of the 6 meals for a little over \$100 per person for the weekend.

Bath and Steuben County have MUCH to offer us, not only in natural beauty (and this will be getting into

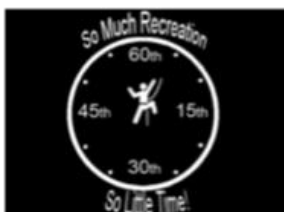
Fall Foliage Season) but also there are museums, wineries, and many other things to see and do. Visit Hickory Hill's website to see their great facilities:

www.hickoryhillcampresort.com.

If you click on "Lodging" you can see the various cabins, cottages and lodges. If you click on "Location" and then "Local Attractions" you will see a list of most of the interesting things nearby. For other area attractions, visit the Steuben County Visitors Bureau website: www.corningfingerlakes.com or the Finger Lakes Association website: www.fingerlakes.org.

The details of the Fall Weekend hikes and programs as well as the registration forms will be posted on the FLT website (www.fingerlakestrail.org) by late June. We apologize for not having them ready in time meet the publication deadline for this issue of the *FLT News*. Please put a note on your calendar or refrigerator to look for the registration materials in late June. We will also post a message on our Yahoo group when the materials are available. We look forward to having YOU join US at Hickory Hill on October 1-3! □

60TH ANNUAL CORTLAND RECREATION CONFERENCE



Thursday, November 4th & Friday, November 5th, 2010 on the SUNY Cortland Campus

"So much Recreation, so little Time" is this year's theme to celebrate the 60th anniversary of the Cortland Recreation Conference. This event is organized by the graduate students of

the Recreation, Parks & Leisure Department. SUNY Cortland has been a long standing partner of the FLTC through nature hikes and trail projects. The FLTC will participate in an Educational Session showing the scenic and historic importance of the trail.

Contact the conference organizers at 607/753-4939 or recconf@cortland.edu. For more information, see www.cortland.edu/rec.

Visit the North Country Trail in Wisconsin

by Irene Szabo

For years I've been waving the notion of the 4600-mile North Country Trail in front of our members in this magazine, urging membership in their Association, urging trips to each year's conference in one of the trail's seven states, sometimes with reports of hikes in far-off places. Those of you who do not have memberships in both the FLTC and the NCTA (cheaper by the pair!) probably don't even know that I followed eventually in our own Jo Taylor's footsteps and became the editor of their magazine.

Poppycock. No, I didn't "follow in her footsteps" which connotes a conscious planned action. Rather, I bumbled and lurched gradually into this volunteer job which all started because I offered to proofread their *North Star* to prevent a rash of bloopers. See what raising your hand gets you into?

So of course I wish each of you also read the magazine I edit and foster four times a year, and frequently write articles for, (egad, I drove to Minnesota and North Dakota this past January just because I wanted an article on Life in Winter in those frigid states!) but that's not my REAL pitch this particular moment.

I want bunches of you to visit Wisconsin this year for the North Country Trail Association annual conference, August 5-8. The hike selection will drive you nuts, trying to choose, but it will give you a great sampling of the northern forests our trail wanders, in the land of Aldo Leopold. There is a mile-long boardwalk through a swampy area with fascinating plant life, several hikes in federally designated "wilderness areas" where blazing isn't permitted, and hikes along tumbling streams complete with waterfalls, beaver dams, and quiet lakes with loons. There is a canoe trip on a famously scenic river and a

backpacking trip, plus boat cruises and history tours.

Boat cruise? Yes. The site of this year's conference is a resort hotel right on the shore of Lake Superior. Please check out the offerings at www.northcountrytrail.org if you don't already have it in your latest issue of *North Star*.

As our own Lynda Rummel started becoming more involved in her new seat on the board of NCTA, she asked a question that gave me real pause. She wondered why I had become enthused about the North Country Trail, and remained so.

After honest reflection, I'll admit that a few wonderful PEOPLE got me interested, but most of all, I love visiting places different from here and capturing their "flavor," and the more I learn about each NCT neighborhood, the more I like each of them. For instance, North Dakota is SO freakin' different from here, but it's a stunning

and wonderful place nonetheless. Don't get me started, because I've had delicious trail experiences in each of the seven states of this ambitious trail. And the annual drive to get there is half the adventure, of course. Jo and Bob Taylor and I were astounded that we had separately discovered the same under-loved jewel on the Lake Huron shore of lower Michigan, Negwegon State Park, just one tiny example of the fun of planning a drive to new places.

If you aren't a member, you already missed Joan Young's article about hiking through southern Ohio in last fall's *North Star* or Matt Davis's adventures last spring walking the northernmost parts of Minnesota, but if you join now, you can see what I saw on the rail trail segment in northwest Ohio in our next winter issue. Plus you can read about what we did in Wisconsin this coming August, or, better yet, you can be there with us. □

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: _____



Walking Through Time in New York: #26 in a series

Evidence of a Railroad by Tim Wilbur

A forgotten rail can be spotted just off the trail on Map M1/CT1. It looks like a *Sherman's necktie** in the making and could be a simple dismantler's error—a forgotten piece of railroad history, perhaps over a hundred years old, left to rust in peace.

The railroad through here was the Allegany & Kinzua Railroad that Irene Szabo featured in the Winter 2006 issue of the *Finger Lakes Trail News*. It was a logging railroad that went through the Allegany State Park area, lasting only ten years before its tracks were ripped up in 1898.

However, the dismantlers, salvagers, and recyclers of the iron rails missed one: a rail of standard length resting to the side of our trail bent in an unrealistic tight 90 degree curve. No rail car could have negotiated such a tight short curve like this, so, not only is there the question of who left this artifact of the A&K behind, but also how did this rail evolve into an incomplete Sherman's necktie?

Looking to find this "Where's Waldo" of railroadness?

*"Sherman's neckties were a phenomenon of the American Civil War. Named after Maj. Gen. William Tecumseh Sherman of the Union Army, Sherman's neckties were railway rails destroyed by heating them until they were malleable and twisting them into loops resembling neckties, often around trees. Since the Confederacy had limited supplies of iron, and few foundries to roll the rails, this destruction was very difficult to repair."

http://en.wikipedia.org/wiki/Sherman's_neckties

from a NYDEC document, May 25, 2010

Giant Hogweed Hotline (845) 256-3111

All giant hogweed calls should be routed to the NYSDEC Giant Hogweed Hotline (845)256-3111. The hotline is a place for people to report new sites, ask questions about the plant and how to control it, and connect with our statewide control project.

Hotline callers will be asked to provide photos of the plants and information about the reported site. Confirmed sites (verified with photos) will be entered into our database and we will help the property owner learn to control the plants themselves or have our field crews control it for them if time allows.

Callers should be prepared to give directions to the site and have a rough idea of the number of plants/size of infestation. Also very helpful are GPS coordinates. Photos are needed for confirmation before a site can be added into our database. Do not touch the plants while taking photos!

Naja Kraus, Forest Health & Protection Program Botanist, Giant Hogweed Program Coordinator
NYSDEC Div. of Lands & Forests



Nancey Wilbur

Tim Wilbur pointing out a strangely bent section of rail near the FLT in Allegany State Park.

On Map M1/CT1 from access point #3, heading east over the reliable running stream and through a section in the woods, you then come out onto the old railroad bed of the A&K. The next section of trail is on this rail bed. Exiting the woods onto the rail bed,

there is a small stream and a sign pointing the way to a nearby spring. Kitty-corner to this sign back across the stream you can see this piece of railroad history on exhibit resting in the dirt, curving to the right with a tree growing into it. □

Shoulder Pain

by I. Michael Vella, M.D.

Editor's note: Dr. Mike Vella is a friend, colleague and fine orthopedic surgeon in Syracuse.

—Bob Michiel

Shoulder pain is a very common malady, affecting both sexes equally as part of the aging process. The most common causes of shoulder pain are overuse, sports related injuries, trauma, and aging. Typically problems arise at age 50 and beyond. The most common pain occurs in the upper outer arm with repeated overhead activities. Typically, pain will be noted at night in the shoulder we sleep on. Pain can also occur with activities such as dressing, pulling up pants, donning a bra, pulling out a wallet from a back pocket, engaging a shoulder seatbelt or putting on a back pack.

It is important to have an understanding of the basic structure or anatomy of the shoulder. The bony anatomy of the shoulder consists of the clavicle, scapula and humerus (arm bone). There are two major joints which compose the shoulder. The first and largest is the glenohumeral joint. This is the connection of the humeral head with the main body of the scapula. The second more minor joint is called the acromioclavicular joint. This is the attachment of a projection of the scapula called the acromion to the clavicle. The only attachment of the arm to the main skeleton is through the clavicle. The clavicle then connects to the sternum or breast bone at the sternoclavicular joint. The remaining portion of the shoulder is attached to the skeletal structure via muscles and ligaments. The job of the clavicle is, much like the strut on the wing of an airplane, to keep the shoulder spread apart. The muscles that attach the bony anatomy to the remaining portion of the skeleton are many. Rotator cuff muscles are the source of many shoulder problems. Their job is to essentially help raise the arm and hand



above shoulder height, rotate the arm, and most importantly to stabilize the humeral head within the center of the glenoid or the center of the joint. The shoulder joints are lined by tissue which produces fluid for lubrication. These are known as synovial joints and the tissue is known as synovial tissue. These are subject to arthritis or arthritic changes over time. When speaking about the true shoulder joint, the glenohumeral joint, it is important to note that it is unconstrained or uncaptured, much like a ball on a saucer. It relies on ligaments, muscles, and tendons for its stability. This relationship between the anatomy at the joint and the ligamentous and muscular structure gives the shoulder a much larger range of motion than a contained or captured joint such as the hip joint. The ligaments about the shoulder are known as static stabilizers and the muscles and tendons are dynamic stabilizers. While these muscles and ligaments provide for a wide range of motion of the shoulder and arm, they can also lead to problems. Over time, it is possible to stretch these structures to a point where the joint becomes dysfunctional and unstable. This leads us to some of the more common problems causing shoulder pain. It is also important to mention the significance of the shape and size of the acromion, the bony portion of the scapula that comes over the top part of the shoulder and acts much like a

football shoulder pad, protecting the top of the shoulder muscles below it. There is a hook on the front end of the acromion, which if larger and more curved can predispose to problems.

A common setting for occurrence of shoulder injuries is overuse, especially with arm activity shoulder height and above. Over time, shoulder muscles overcompensate, which degrades the function of the joint. The muscles begin to fatigue and can no longer hold the humeral head in the proper position of the glenoid or the true shoulder joint. This allows the humeral head to partially displace and impinge upon other soft tissue and bony structures. This then leads to inflammatory changes, swelling within a fixed space, which leads to bursitis, tendonitis, and eventually tendon failure. This failure is partially mechanical, partially vascular and partially inflammatory. Individuals with lax ligaments or hypermobility of their joints are more likely to be involved in these shoulder problems. There are three simple tests to see if you have hyper-extensibility of your joints. One is to try to touch your thumb to your wrist. The 2nd is to see how much hyper-extensibility you have of your elbows, and the third is hyper-extensibility of your knees. Hypermobility of joints is commonly seen in women and can lead to multiple shoulder problems including bursitis, tendonitis and dislocations.

Sports related activities that can lead to shoulder problems typically are throwing and racquet sports. Work related activity involving repetitive push/pull motion at shoulder height and overhead related activities can cause problems for workers including painters and sheet rockers. Trauma related injuries come in the form of falling with outstretched arms or falling and grabbing an object to break the fall, dramatically pulling on the shoulder musculature and shoulder girdle. **Hikers typically fall into the traumatic group which may include**

ligamentous, muscular and bony trauma.

Bursitis (inflammation of a lubricating sac in the joint) or tendonitis can cause joint pain. These conditions can be exacerbated by overhead activities with arms. People with a large curved hook of the acromion are predisposed to these problems. It is usually the first presentation of shoulder problems to come and it is known as an impingement syndrome. Swelling, congestion, and degradation of tissues resulting in inflammation in a fixed space can cause pain, commonly occurring with overhead activity and while asleep in the arm one lies on. The pain often occurs in the outer aspect of the arm, and is referred from the shoulder by nerves. Initially, this is a reversible problem. It can be treated with oral anti-inflammatory medication, ice, and physical therapy to strengthen the rotator cuff musculature so that they perform their job and centralize the humeral head within the glenoid or the true shoulder joint. This typically takes four to six weeks to achieve and occasionally requires a steroid injection. If left untreated, impingement can go on to several different entities. It can advance to a frozen shoulder situation and this is associated with painful shoulder with severely limited motion. It is an insidious process and eventually leads to, in its more chronic phases, severely restricted range of motion. This can be overcome by rigorous physical therapy, stretching the structures about the shoulder joint, or may require surgical releases to achieve motion. A second possibility is calcific tendonitis, where there are actually deposits of calcium within the tendons themselves. This is probably the most painful form of tendonitis. Calcification is Mother Nature's way of putting out a fire, so to speak; as one knows, you may use water, or you can use sand to smother a fire. The body's sand is calcium; these deposits, however, cause much irritation as they become larger and larger. The third most common avenue is to go on to partial and full thickness rotator cuff tears.

Rotator cuff tears are the end result of a chronic tendonitis or impingement. This is the most common entity we see in the elderly and the untreated impingement type syndromes. Rotator cuff tears can also occur with trauma and falls. These are acute in nature and very painful. The heralding signs of partial or full thickness rotator tears are pain, weakness, or inability to move the shoulder in a normal fashion. The typical physical exam of the shoulder involves testing for impingement, weakness and range of motion of the shoulder. The supraspinatus test compares the ability to raise the affected arm to the level of the shoulder compared to the unaffected arm, testing the ability of the rotator cuff muscles to raise the arm to shoulder height. Another test involves rotation of the arm in both directions. (This is how these rotator cuff muscles name came about.) When one suspects a rotator cuff problem and has failed the common treatment courses, further workup may be appropriate including an MRI, which evaluates the soft tissue components of the shoulder, specifically the rotator cuff tendons. Depending on the extent of the rotator cuff tear, conservative therapy or surgery might be indicated. Recovery from a rotator cuff injury treated with either conservative therapy or surgery involves physical therapy. Recovery often takes a number of months, depending on the type of tear and symptomatology and treatment. Discussion with an orthopedist regarding the type of tear and different therapies is appropriate. Often, aggressive therapy in the early phases of shoulder problems can limit progression of symptoms and disability.

It is important to note that shoulder pain can be caused by problems beyond the shoulder including herniated-bulging disk or arthritic changes in the neck compressing a nerve root, fibromyalgia, liver or gall bladder inflammation, inflammation of the diaphragm, or angina- heart pain. Several medical conditions predispose to shoulder problems,

including diabetes, thyroid disease, certain types of inflammatory arthritis such as rheumatoid arthritis and lupus. As mentioned previously, a prominent curved acromial hook can be a predisposing factor.

Here are a few common questions that my patients typically ask: ***Why does my shoulder hurt mainly at night?*** Natural steroids produced by your body are reduced at night. This reduction in internal steroids causes you to become sleepy and also reduces your body's ability to control inflammation. As a result, you go to sleep, your inflammation increases, therefore, your tendonitis or bursitis gets worse and that pain will awaken you. ***Why does my shoulder sometimes get better with activity?*** Two reasons: #1: You're awake; your steroid levels are going up, which reduces inflammation. #2: Activity is much like wringing out a wet sponge, the sponge being your tendons, the water being your inflammation. As you move about, the pressure and the volume is reduced, fluids are worked out of your tendons and absorbed by your capillaries, resulting in reducing the size of the tendon and improved ability to move through the space allowed, therefore reducing pain. ***Why does my pain come and go?*** The level of pain is related to the inflammatory status of your body, steroid levels, and activity involving your shoulder. ***Can weather affect my shoulder pain?*** Yes—the higher barometric pressure, the less likely you are to have pain. The lower the pressure, the more likely you are to have pain. Your bursas act like little barometers and they can expand and contract. Higher pressure keeps them smaller, making the space that they live in relatively free. With lower pressure, they expand, take up more space, and therefore impinge and mechanically abrade when you move your shoulder about.

Some self-help things to remember: #1: Before you do a new activity or increase activity involving overhead motion, stretch, warm-up and do

(Continued on page 11)

Annette Brzezicki Receives the Wallace Wood Award for her Novel Brand of Leadership

by Irene Szabo

The FLTC Recognitions Committee, with the approval of the Board of Managers, awarded this year's highest annual honor, named for our founder Wallace Wood, to Annette Brzezicki. Annette has done her best in the last few years to reverse the normal trend toward endangered species status for Foothills Trail Club, her aging Buffalo-area hiking club that has tended over 100 miles of the Finger Lakes Trail System since the 1960's. Oh, she is not by any means a typical organization person; she won't sit through a board meeting, or accept an officer position. Rather, for a handful of years the club went without a President because Annette refused the title while performing all the duties anyway! Instead she relies on her own brand of unflagging energy



Jacqui Wensich

to infect others and suck them into the vortex of the Annette tornado.

Foothills members were dying off and those remaining weren't spring chickens, either. Most of them felt little allegiance to the larger trail system, either FLTC or NCTA, and trail care

was becoming renowned for its absence.

Four years ago the FLTC decided to devote one of their "Alley Cat" work weeks to a segment of Foothills' Conservation Trail long known as the "dreaded Holland ravines," because for a few miles the trail gradually climbed across a steep hillside riddled with frequent steep stream gullies. Hopes were high that this project would make Foothills members feel more a part of the bigger picture than they had for years.

Initial planning for what turned into a THREE-year project came from experienced FLTC trail people like Lynda Rummel and Howard Beye, while Annette began the long process of bringing as many club members as possible into the project, including many who had never thought of themselves as trail workers before.

(Continued on page 27)

Ed Sidote Named to NYS Outdoorsmen Hall of Fame

by Sharon Galbraith and Jacqui Wensich

On April 24, 2010, the FLTC's Ed Sidote was inducted into the New York State Outdoorsmen Hall of Fame (NYSOHOF) by Chairman Leo Maloney. Ed was nominated by Bob McNitt, Outdoors Columnist, and introduced by Jacqui Wensich of the FLTC. There were close to 200 attendees at the ceremony to honor the inductees, with 28 making the journey to Canastota specifically to honor Ed Sidote.

The NYSOHOF was organized in 1983 to honor those who demonstrate dedication to natural resource conservation, to recognize trappers and hunters for their stewardship of the environment, and to promote the education of youth on the importance of conserving the beauty of our lakes, fields and forests.

Ed joined the FLTC in 1977 and finished the trail in 1990, at age 73,



NYSOHOF Chairman Leo Maloney, Ed Sidote, Jacqui Wensich. Photo by Gene Bavis

with his hiking partner, Rufus Perkins. Ed was End-to-End #3, Rufus #4.

Ed's list of lifetime achievements is lengthy. Ed has received many awards and honors from the FLTC and member clubs. He was active in Boy Scouts, he has been president of the FLTC, Trail Coordinator, has served on

the Board of Managers and organized construction crews to complete the FLT. He established the Cross County Hike Series and still greets hikers at sag wagon stops near his hometown, Norwich. He is currently End-to-End Coordinator and meets many hikers to present them with their patches. Ed is also president of Bullthistle Hiking Club of Norwich.

On his 90th birthday, Sept. 12, 2007, Chenango County honored him with his own Ed Sidote Day. "Not wanting any more stuff" for his 90th birthday, Ed gave the FLTC stock worth \$1250. He encouraged others to match this gift, thus establishing the FLT Forever Society which helps to insure the preservation of the trail. To date, more than \$50,000 has been donated to this account. Ed Sidote embodies the spirit of the outdoors, the fun of hiking and is an inspiration to everyone. □

Wegmans Passport Project Comes to the FLT

by Gene Bavis, FLTC Executive Director

This spring members of the Finger Lakes Trail Conference voted to add the verb “promote” to its mission statement, and we are now embarking on what is by far our most ambitious effort to date to promote the FLT, an effort in partnership with business sponsors that we expect will vastly increase awareness of the trail.

In 2008 and 2009, Wegmans Supermarkets in conjunction with various organizations sponsored four “Passport” hiking projects to promote healthy living. Passport booklets were produced for three towns near Rochester and for Wayne County. I live in Wayne County and know the President of Trailworks, Inc., the organization that developed the Wayne County booklet. She put me in touch with a representative of Wegmans, and they agreed to work with us as our chief sponsor. They also allowed us to have other sponsors and so we approached two others who immediately agreed: Monro Muffler Brake and Eastern Mountain Sports. A casual conversation with Randy Lehman, owner of Hickory Hill Family

Camping Resort in Bath, resulted in his asking to become a sponsor too.

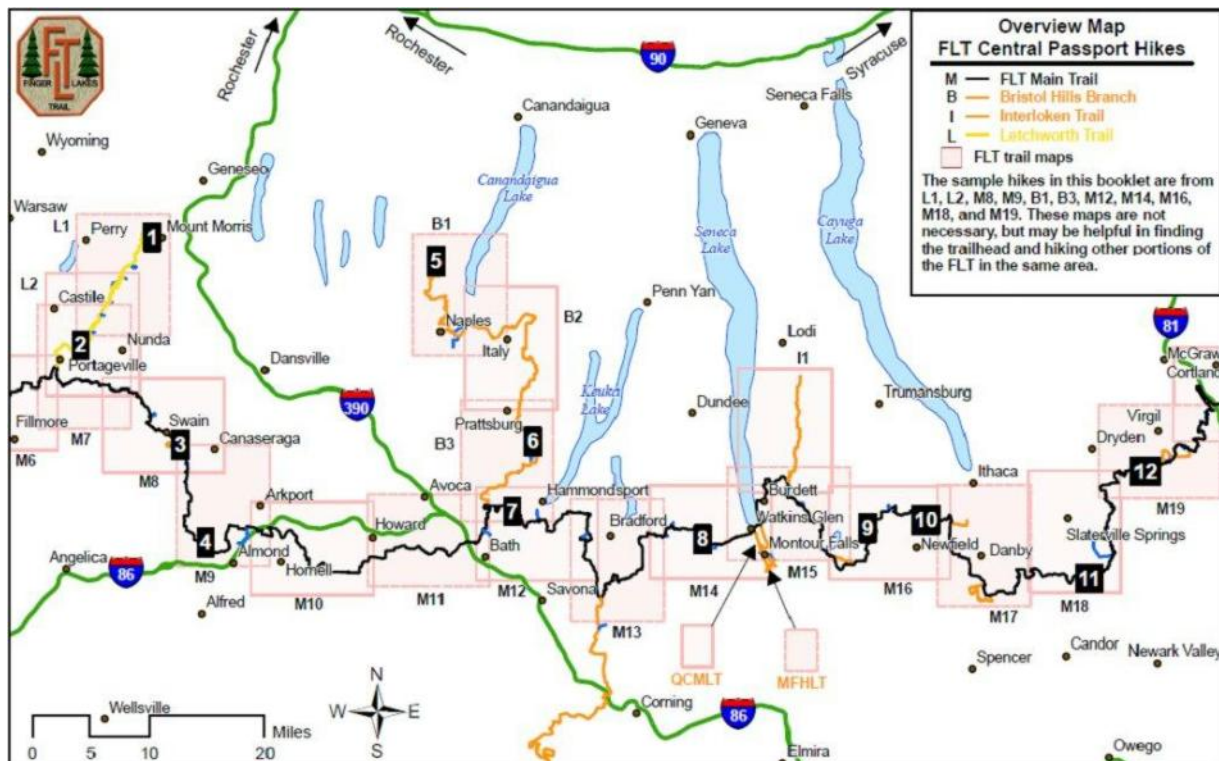
What is this all about? The Finger Lakes Trail Conference would like to introduce more people to the joys of hiking. We especially want to introduce young families and retirees to the outdoors. Hiking is good exercise and addresses the growing concern about health and fitness. What better place to hike than the Finger Lakes Trail? Each of the hikes we selected is fairly short and easy to do.

We are in the process of developing and printing a 44-page booklet with twelve “sampler” hikes. We hope that many people will complete all twelve hikes, but since they are spread across the trail from the Letchworth Branch on the west to Interstate 81 on the east, it may be unrealistic to expect everyone to do all of the hikes. Therefore, if someone completes four of the twelve, they will be eligible to receive a patch and coupons from our sponsors for free merchandise or discounts. Those who complete at least ten of the hikes will be eligible to win a larger prize during an

annual drawing. To prove that you did the hike, you will do a rubbing of a special trail marker located somewhere along the route of the hike. When you have completed at least four, you will mail the rubbings page to the FLT Office to claim your prize. We expect to print and distribute 15,000 booklets. A list of distribution points will be posted on our website. In addition, the Passport section of the website will contain photos, maps, and additional information to encourage participation. If this program is successful, we hope to repeat it in the area west of Letchworth State Park next year and the area east of Interstate 81 the following year. In doing so, we will then have created more than 30 sample hikes.

We expect that this program will generate FLTC memberships and map and merchandise sales, but at least as importantly, we hope to get some people off the couch and into the great outdoors. It will also raise the awareness of this great trail that we are pledged to maintain for future generations to enjoy.

The numbers on the map below indicate the locations of the twelve hikes. □





Notes from the FLT Archives Measuring Wheels, GPS, and Chains

.....
Georgeanne Vyverberg

Heinz Altman was instrumental in building trail on the Bristol Hills Branch and, in particular, the section which goes through Boy Scout Camp Cutler near Naples, NY. Recently he called me and asked if I wanted the measuring wheel that he built in order to measure that section and other trails on the Camp Cutler property. He wondered if there was any use that the FLT could have for it now with the advent of GPS measuring. While I was uncertain how to answer him, I was certainly willing to take it. I had been aware of only one measuring wheel—the Erv Markert wheel which was in the possession of Irene Szabo.

Sometime back when I was trying to finish up my End to End in the late 1990s I was on one of those cross county series hikes and there was Irene pushing this funny wheel up and down hills for 10 miles or more with dogs in tow and carrying a backpack. Some of you may remember this as well. I should have taken photos. Several of us were part of what we liked to call “the nature appreciative group” and acted as sweeps for the hikes. We were always the very last to get back to our vehicles, but I do believe we had the most fun. Speed was never our priority and then there was the wheel. We sometimes took turns but if you know Irene she had rules about just how the wheel was managed and so did most of the measuring. Like me, she was surprised to hear about Heinz and his wheel, thinking she had the only one, but of course now she has two.

So here is how the wheel works. There is a counter mounted on it which clicks for each revolution of the wheel. It counts backwards but that is okay since it's the number of revolutions that are

counted. The person using it must take careful notes as to starting number, intermediate number at important trail places like the recording of a lookout or trail junction and ending number. Then the number of revolutions multiplied by the circumference of the wheel yields the number of feet which is then divided by 5280 feet resulting in the number of miles traversed. Remember in grade school when we were required to learn by heart things like feet per mile and wondered why in the world we would ever need to use such information?

Irene claims the one made by Erv Markert is more sophisticated mechanically, but Heinz believes the one he made was easier to use on trails because the fat tire easily went over logs and rocks in the path. Still they both worked better than ones made for measuring highways. Those wheels were always getting twigs and leaves in the spokes and would spin meaninglessly when bumping over trail obstacles. At any rate Irene the Luddite has always harbored the suspicion that the wheel is more accurate than the

satellite GPS. For one thing GPS may not measure linear distance up the hill and then down it again since it “thinks” it's on a level path. It's true it may not be a significant difference but as Irene says, “we Luddites love to whine.”

A recent survey from our own Joe Dabes, who compared the measuring wheel with his GPS equipment, yielded some interesting results. Joe measured the same 8.4 mile loop of trail in the Withlacoochee Forest with both a measuring wheel and a GPS unit. He had expected that the wheel distance would be a bit longer than the GPS-unit distance, but instead the opposite was true. These differences however were small and there was much discussion about why this was the case, but to me it simply shows how all this high tech and expensive equipment is really no more accurate than the simple wheel, at least for measuring distance. I realize that there are many advantages to GPS data such as the incredible maps that

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Irene Szabo inspecting historic measuring wheels—Erv Markert wheel on right, Heinz Altman on left.

Measuring Wheels ...

(Continued from page 10)

are produced, but it's also reassuring to know we have that old measuring wheel if we ever need it.

How were the FLT trails measured before we started using the wheel? When Jean Doren Rezelman was working with the Cayuga Trails Club building trail near Seneca Lake she and Peg Rumsey volunteered to measure the trail sections. They were told to get a length of light chain and fasten it to two pieces of broom stick. The length of chain was 52.8 feet long which was one hundredth of a mile. By keeping track of chain lengths they measured laboriously some of the 72 miles the Cayuga Trails Club had volunteered to clear. You can imagine how thrilled they were when they finally got a measuring wheel. Jean figured that they had walked about 10 miles for every mile of trail cleared to explore for the best route. She said, "Walking and seeing is however what hiking is and the whole reason for the Finger Lakes Trail." I am certain we can all agree with that! □

Shoulder Pain ...

(Continued from page 7)

small amounts at a time. Give your muscles time to recover so that they don't become fatigued and so that they function properly to maintain the humeral head in the center of the glenoid, therefore allowing proper mechanics of the shoulder joint. #2: If shoulder pain develops, ice (a natural anti-inflammatory) and over-the-counter anti-inflammatory medication (if you are able to take it) are a good start. There are several good internet sites where you can learn exercises to perform to maintain healthy shoulder musculature. If this fails, seek proper medical attention and treatment. It should include, as stated above, a physical therapy program, an anti-inflammatory program and proper follow-up. □

Don Doster

1/21/1927 - 5/15/2010

Don was the subject of the Winter 2009 Archives column [Don Doster Recalls the Early Years] and was my source for several other articles. In 1975 Don organized his local group of friends, relatives and co-workers and finished a section of trail going through his home town of Hornell. He also served two terms on the Board of Managers. He lived nearly his entire life in Hornell, NY where he worked as an accountant. He was treasurer for several local organizations which included the Hornell Library and performed the first official audit of the FLT finances. He also sang in a local Barbershop chorus. As a charter member of the FLT he helped to shape our fledgling organization with both insight and a wonderful sense of humor.

-- Georgeanne Vyverberg



WORDS on the bucket say: "For watering dogs, breeding mosquitos, fighting fires". Don Doster waters the plastic bachelor buttons growing in stones in front of his camping van.

Photo by Fred Mohn from the FLT News, Autumn 1966.

Richard A. (Dick) Carlson

Dick Carlson of Perinton, NY, died suddenly on April 10, 2010, doing what he loved: hiking with friends. Dick was well-known to many FLT members from his participation in the County Hike Series over a number of years and will be missed. He also had been a member of the work crew building the Great Eastern Trail.

His friend Jackson "Jet" Thomas says of him, "He always had a smile on his face. Perhaps it was because he was a gentleman and such a good person. His eyes sparkled as his wit enlivened many conversations both on and off the trail. He was usually near the front of the line in any group of hikers and enjoyed chatting with those around him while hiking."



Dick after a grueling muddy day building trail, still with his characteristic big smile.

Wildflowers along the Trail, #30: What in the whorl...?

RWW Taylor

A wildflower is something more than a blossom on a stem. Properly appreciating a plant found flowering in the wild requires a holistic view, taking into account the overall structure and arrangement of all parts of the plant—leaf and stem, seed and root. Further, the location and conditions under which the plant is found flourishing are likely to be significant, as well as the time of day and time of year. A next step might be looking into the relationships that the plant species being observed maintains with the rest of the plant world, and with members of the busy insect world, and with the larger web of life in general—certainly taking note of the large impact that our own species inflicts on the world.

But let's start for now with just the simple idea of several leaves growing on a stem supporting a flowering structure of some sort. Common strategies that plant species follow are to arrange leaves either opposite each other at intervals along the stem, or else stagger them alternately from side to side along its length. Noticing which of these two approaches a plant follows can be a great help in identifying the particular species to which the plant belongs. A third, less-frequently-employed strategy for arranging leaves on a stem is to attach the leaves in whorls around nodes spaced along the stem—often producing quite an attractive sight.

It is not hard to spot examples along the trailside of wildflowers featuring a whorled leaf structure. In particular, a dozen or so different species of wildflower in the genus *Galium*, in the madder family, can quite easily be found growing in our area, and all of the species in this genus feature leaves arranged in whorls. The common name for these plants is “bedstraw”, since the stems of some species emit a pleasant odor when dried and were in former times used to stuff pillows and mattresses. Some of these species have been introduced from Europe and have

become naturalized, but many of the bedstraws to be found growing in our fields and woods are botanical natives.

Plants in the different species in the genus *Galium* vary greatly in structure and appearance. They may be found carrying their leaves in whorls of 3 or 4, or 6, or 8, depending on the species, and may differ markedly in other characteristics as well. There is, for example, the weak-stemmed Small Bedstraw [*G. trifidum*] growing in low, swampy areas, which bears tiny three-parted flowers in counterpart to the four-parted blossoms found on most species in this genus. Contrast the sturdy stems of Wild Madder [*G. mollugo*] that can be seen shooting up from perennial roots in the spring, bearing shiny, stiff, darkish leaves in tidy whorls of 8. These stems will later develop veritable clouds of tiny white blossoms to grace the summer byways, leading to the alternate common name of “false baby’s breath” for this plant.

Another easy-to-recognize species in the *Galium* genus is Wild Licorice [*G. circaezans*], which bears sets of four broad pointed leaves arranged into cross-shaped formations. An occasional

treat to be spotted along a roadside is a patch of Yellow Bedstraw [*G. verum*] in bright bloom. This plant was imported from Europe by colonists for its usefulness in the cheese making process, earning itself such alternate common names as “curdwort”.

One of the most interesting bedstraws likely to be encountered along the trail is the sometimes-annoying plant Cleavers [*G. aparine*]. It's easy to recognize this species by its sprawling foursquare stems bearing long, narrow, spatulate, prickle-terminated leaves in whorls of eight. It's even easier, though, to notice that a piece of the plant has very likely quietly stuck itself to your clothing, thanks to the array of hooked bristles scattered along the stems and leaves (“nature’s Velcro”). This feature accounts for the plant having accumulated such names as “sticky willy”, “cling-rascal”, “goose grass”, “grip grass”, and “prickles”.

It's a useful way to travel if you don't have legs of your own, it seems. Well, we all do what we can to get along in this world. Watch for the whorls on your next hike. □



Landowner Profile: The Milliken Family

by Lynda Rummel, Bath-Watkins Glen Regional Trail Coordinator

When you drive through Watkins Glen, one of our most interesting “trail towns,” check out Bob Gillespie’s large wall mural on the east side of North Franklin St. (the main street). That’s Bill Milliken in his Bugatti Type 35A rounding what is now called Milliken’s Corner in the very first (1948) Grand Prix. This very same local hero and internationally renowned icon of Grand Prix racing, along with his wife, Barbara, and through their son, Doug, gave us one of the four critical permissions we needed in order to complete the 4.5-mile “Sugar Hill Reroute” (M14) in 2004.

We’re writing this profile of Bill, Doug, and their land to congratulate Bill on his 99th birthday and to thank them for their steady and very generous support of the trail.

The Milliken property on the west side of the North Branch of Glen Creek lies between two chunks of state forest land. The land is mostly level plateau left by the creek ages ago as it dug downward; but there is one modest hill that required some benching and switchbacks. It is simply lovely. Hikers get several fine views of the creek below; and even more importantly, they don’t have to scramble across an extremely steep, rugged, and unbridgeable ravine that the trail would have to cross if the Millikens had not allowed the trail to traverse their property. There is quite a sense of isolation and peace on the Milliken segment; but as is only right and fitting, the sounds of the Watkins Glen racetrack can be heard from the property every now and then.

Doug was the first landowner to respond to my contact letter. He left his very positive response on my answering machine and thereafter I replayed it several times to gain courage and inspiration before following up with the other landowners. His enthusiasm for the trail truly cheered me on. We hiked the



L to R: Bill Milliken, Doug Milliken, Barbara Milliken

“We’re writing this profile of Bill, Doug, and their land to congratulate Bill on his 99th birthday and to thank them for their steady and very generous support of the trail.”

land one day, to discuss where the trail should run, how the trail should go up and down the moderate hill, and what he wanted me to do and not do. We ate our lunches sitting with our legs hanging over the bank, high above the creek, looking across at the green woods atop the sheer bank on the other side and the rocks and water below. I remember spotting a single deer picking its way across the creek. He told me how, as a kid, he had “bathed” in the second falls below Ebenezer’s Crossing (by Templar Road, on the other branch of the creek). We reminisced about growing up in the Hippie/Back-to-the-Land era. It was obvious that he loved his land deeply and cared that it be well cared-for, which I promised him we would do.

And Doug, who designs unconventional bicycles for high speed races, promised he would not ride any of his bikes on the trail. I don’t remember hearing racing at The Glen that day.

Later on, when it came time to tackle the hill, Doug came out to help us figure out how we might handle a seepage on the hillside that we had to cross. Like the rest of us, he got his hands and knees pretty dirty. When I think about building our skinny little footpath through rural, wooded, sparsely settled western New York, I am always impressed by the generosity of our many private landowners; but I am still *astonished* that our trail runs on property owned by folks who are truly legendary.

Bill Milliken was born in Maine but wound up living near Buffalo, where the family still lives today. In between, according to his biographer at Bentley Publishers, Bill worked in the aircraft industry, “in analysis, wind tunnel and flight testing.” From 1944, he was an engineering manager at Cornell

(Continued on page 14)

Millikens ...

(Continued from page 13)

Aeronautical Laboratory. He retired in 1976 as the head of the Transportation Research Division, which he founded. His interest in sports car racing took off after World War II and he drove cars (including Bugattis and something called “the Four Wheel Drive Miller”) at Pike’s Peak, Sebring, Watkins Glen and other racetracks for the next 15 years, competing in 115 races. He was especially active in Watkins Glen, which he says is like a second home. He helped write the rules for the first race in 1948 and was involved in race organization through the 1970’s. His exploits that first year—rolling his Bugatti at the intersection of Steuben St. (NYS 409) and W. Madison St. (one block west of the intersection of NYS 14 and 414) and crawling out from under it unscathed, to a cheering crowd—sealed his fame and the Village’s lasting affection for him. (If you visit that intersection, look for the smallish sign that says, “Milliken’s Corner,” and a brass plate in the sidewalk.)

Bill also tested many prototypes and designed stunts using computer programs to illustrate principles, new designs, and devices for controlling motion and maneuvering. Perhaps his most famous stunt was the amazing “Astro Spiral” that took place in the Houston Astrodome on January 15, 1972. As described in one account, only a computer program could have designed the stunt—it never could have been done by trial-and-error. In the “Astro Spiral,” a Javelin fitted “with a modified cruise control to hold its speed,” was driven from one ramp to another, *rotating 360° in between*. The crowd of fifty thousand “went berserk” at this incredible sight, later repeated in James Bond, *The Man with the Golden Gun*.

In the words of biographer Karl Ludvigsen: “As both driver and [airplane] pilot [Bill] was driven to understand the subtleties of control in dynamic maneuvers. Teaming with

knowledgeable colleagues, Bill built the foundations of our knowledge of how and why cars and airplanes handle as they do.” Bill and Doug’s books (e.g., *Race Car Vehicle Dynamics*) are standard reference works and race strategies are built around computer programs written by Milliken Research Associates, the company that Bill still runs along with son, Doug.

The core business of Milliken Research Associates, as Doug describes it, “is predicting how cars are going to handle (steer, drive) before they are built—which turns out to be a very complex and multi-disciplinary problem when you get down to the details.” The ‘multidisciplinary’ aspect of this is key, because if I recall correctly, Doug’s

degree (like his father’s, from MIT) is in architecture. Doug manages the business now, but Bill still works there, too.

In May of 2007, Bill autographed my copy of his book, *Equations of Motion: Adventure, Risk and Innovation* (An Engineering Autobiography by William F. Milliken). His playful inscription reads: “To Lynda, I would have loved to drive my Bugatti on the Finger Lakes Trail, but now I’m happy just to hike on our property! With great respect and best wishes, Bill Milliken.”

With *our* great respect and best wishes, this landowner profile is dedicated to you, Bill, and your family, as a small thank you for your amazing generosity in allowing *us* to hike your beautiful land. □

Primary sources for this profile: (1) To see pictures of the mural and its creation, and to view a recent photo of Bill with the artist, visit: <http://www.glenspeed.com/mural.html>. (2) Ludvigsen, Karl, “Mister Supernatural—Bill Milliken,” *Automotive Quarterly*, First Quarter, 2004, Bentley Publishers (www.bentleypublishers.com/ludvigsen/aq-milliken-biography.htm) (3) “A Celebration of a Long Life,” The Odessa File: Sports of Schuyler County. www.odessafile.com/sports-milliken.htm. (4) Correspondence, May 03 and 13, 2010, Doug Milliken to Lynda Rummel. (5) Milliken, William F., *Equations of Motion, Adventure, Risk, and Innovation* (An Engineering Autobiography by William F. Milliken), 2006, Bentley Publishers. To find out more about Milliken Research, check out www.millikenresearch.com/history.html or [/services.html](http://www.millikenresearch.com/services.html).

Tick Removal Gadget

Our Trail Mapping Director and eight-time FLT end-to-end Joe Dabes highly recommends the tick puller pictured below. It may be ordered from www.smartfrogs.com/ca/ticks.alt.html and comes with a 5X magnifier and a tick identification card. Says Joe, “This device works much better than tweezers as it extracts the whole tick including the head. Simply slide the v-opening under the tick and apply upward pressure for up to a minute until the tick releases.”



The Potomac Appalachian Trail Club sells a somewhat similar device called a “tick key” which also uses leverage to remove the whole tick without squishing it and is effective on all sizes and types of ticks. The tick key is imprinted with the PATC logo and is available in seven bright metallic colors from the PATC for \$5.95. See www.patc.us/store to order.

Favorite Trail Sections in Central New York

A great summer hike on FLT maps M21 and O1

by Mary C. Coffin

Continued from the back cover...

To continue the Onondaga and North Country National Scenic Trail follow the blue blazes. After a 0.1 mile road walk, follow along a fencerow and field to a row of evergreens between the Wiltsey farmhouse and barn. Please stay on the marked trail. This is followed by a 0.4 mile pleasant road walk with bucolic views along the now-paved Cuyler Hill and Midlum Hill Roads. The brief road walk affords wide views of farm fields high in the hills.

Make a right turn by fence and gate by an old cemetery and follow the blazes about a mile to the spectacular 270 degree view from Midlum Hill, 1957 feet. On a clear day DeRuyter Lake may be visible. Note the nearby Christmas tree farm. Follow the grassy lane along private land into Maxon Creek State Forest.

The Irish Hollow Spur is not to be missed. Soon after entering State Forest take the one-mile spur to the left and drop steeply (no 10% grade here) to Maxon Creek, partly owned also by the Wiltsey family. Now this is a spot to linger, read a book, fish or

just sit and listen to the brook fall over the rocks.

Accumulated mileage: Potter Hill Rd. = 0, Randall Hill Rd. = 1.6, Randall Hill summit = 3.5, Stoney Brook Rd. = 4.5, Midlum Hill view = 6.7, Irish Hollow spur jct. = 7.8, Cuyler Cemetery/Rt13 = 10 miles. To include spurs round trip, add 2-5 miles. □

This is the last of four articles by Mary Coffin on her favorite walks in spring, summer, fall and winter. Mary is a lead trail builder in Central New York and VP East for the North Country Trail Association.

New Life Members

Marjorie Elder
Theo Rynders

New Family Life Members

Tom & Donna Noteware
Larry Lepak & Jen Woltjen
Linda & Bradley Jones

Welcome!

New and Returning Members February '10 through April '10:

Theresa Alianell, Mt. Morris
Michael Anceravige, Skagway, AK
Warren H. Anderson & Dorothy &
Roger Utz, Hornell
Jen Barlow, Brimfield, MA
Dennis Barrett, Keuka Park
Bruce Bennett, Ilion
Kathleen Bomysoad, Endicott
Boy Scout Troop 411, Buffalo
Charles Brecht, Buffalo
Robert & Linda Brenzel, Pitcher
Timothy Butler, Naples
Christine & Timothy Camann,
Unadilla
Jim Carey, Penn Yan
Jack Chaney, Horseheads
Cornell Outdoor Education, Ithaca
George Dale, Islip
Martha Davis, Geneva
Eleanor H. DeWitt, Penn Yan
Timothy Domanski, Hamburg
Jonathan Donner & Family,
Rochester
Paul Duerr, Webster
Elmira-Chemung Transportation
Council, Elmira

Bill & Susan English, Candor
Jody Fleischer, Pittsford
Elizabeth Garry, South New Berlin
Matthew Glenn, Hector
Nicholas Good, Elmira
Gwen Gottschall, Hornell
Ralph C. Green, Hamburg
John Greer, Cayuga
Kate Hardiman, Livonia
Abbie Hoffmann, Syracuse
Brent Houston, Delhi
John J. Howard, Jamesville
Ryan Hughes, Newark
Robert Paul Hutz, Eden
Bryan Isacks, Ithaca
Anna Keeton & Michael Rogers,
Ithaca
Bob Kelley, Wyoming
Christina Lynn Kotula, Camillus
Michelle Leitten, Springwater
Beverly Lyon, Watkins Glen
Carol Mancinelli, Vestal
John McCarty, Rochester
Edward McLaughlin, Syracuse
Andreas Metzger, Owego
Gin Mistry, Ithaca

John & Amy Monson, West Seneca
Mark Musso, Hammondsport
Don Nelson, Syracuse
Glenn M. Nixon, Rochester
Charles Nunn, Rutherford, NJ
Kenneth Okken, Beebe, AR
JoAnne Oliver, Willseyville
Michael Pixley, Binghamton
Keith & Sally Prather, Penn Yan
Jim Punch, Medina
Lee Riddell, Ithaca
Ann Roberti, Andes
Mary-Kate Ruane, Madison
Robert A. Schneider, Endicott
Betsy Shultis, Otego
Mary Snyder, Norwich
Kim Talbot, Syracuse
Deborah Thurston, Corning
Gail Tremblay, Van Etten
Susan Turnquist, Ashville
Carlton Windle, Swansea, MA
Karl Zinsmeister, Cazenovia
William Zuk, Geneva

New Permanent Easement on the Onondaga Trail

by Mary Coffin

The FLTC and NCTA are grateful to another trail landowner who has donated a trail easement to protect the trail segment on their land in perpetuity. Gene and Sue Reed have enthusiastically donated an easement on a section of the Onondaga, Finger Lakes, and North Country Trails that is adjacent to DeRuyter State Forest in Madison County, FLT map O2.

Why do landowners value easements? Some feel it is an asset to the land value; others are proud to host the trail and want to see it protected. With Gene and Sue Reed I think land preservation is part of their family culture. There is family history of donating land for public use in their home state of Pennsylvania and memories of family hikes, picnics and scout outings in the woods near and on the Appalachian Trail.

Gene and Sue moved up from Pennsylvania in midlife and purchased their farm in Central New York in 2005. In fact I dropped in to let the previous landowner know that we would be working on the trail on the very day the Reeds were signing the



Mary Coffin

Landowners Gene and Sue Reed

papers on the dining room table so I met them on day one of their ownership. It would be great if all trail landowner turnovers were so easy. Why New York? Farmland in Pennsylvania was becoming crowded by sprawling suburbia and it had been

Sue's and Gene's dream to own a farm in New York. They were attracted not only to the comparatively less expensive costs but also to the rural character of the area and fertile soil. Those of you

(Continued on page 19)

On May 23 the first Passport post was installed on the Huckleberry Bog Nature Trail Loop (Bristol Hills Branch B3) by a very helpful squad of Wayland-Cohocton students and their teacher, Rob Hughes.

Student names left to right: Andrew Askins, Candace Coniglio, Steven Quanz, Dane St. George, and Jamie Roche



Rob Hughes

Article removed at author's request

Article removed at author's request

Wayland-Cohocton Central School District Helps Us Out Again

by Irene Szabo

Rob Hughes is the energetic and visionary high school science teacher at Wayland-Cohocton in Steuben County who first conceived of turning early crude, *cruuuuude* nature trail guides for the Huckleberry Bog Nature Trail Loop on Bristol Hills Map B3 into classy attractive guide-books. Back in the late 1990's he and students computerized the text, site "mapettes," and plant identification drawings, then convinced his school district to help by donating printing of the booklets that hikers are supposed to return to big boxes at each end of the loop.

Things along the trail change, yes, even in a decade, (those jack-in-the-pulpits keep moving, and beaver made off with the small beech tree with tag #38, dragging it into the swamp), and the number of booklets slowly dwindled. A few people realized they had walked out with the book still in their possession, and actually returned them to the FLTC, while others just plain took them, despite clear warnings on

both covers that Amway solicitors and intestinal parasites would bedevil those who dared to take such a gift. Some people have even asked for a downloadable version on our website.

Dateline 2010, the latest revision is now printed, bound, and laminated, again thanks to the public service ethic of the school district, with collating work done by students after Rob Hughes himself did the computer updates based on my revisions, observed as the loop's caretaker. Not only was it time for a revised edition, but we were nearly out of copies of the old version, and we wanted a good quantity of fresh booklets for the expected greater numbers of hikers enjoying the Passport Hikes. (See page 9) Besides, site tag #25 disappeared last year, so now it can be painted on the Passport Hike Post.

For those who want their own copy, nobody need steal one now, either. The entire booklet will be downloadable on our website in June. □

Reed Easement ...

(Continued from page 16)

who have hiked in Madison County can appreciate the rural character of the area.

Since moving to New York, Sue and Gene have found the entire community so very welcoming and friendly: neighbors, church, agricultural organizations, and hopefully hikers. I think farming is also in their DNA. Gene grew up on a farm and on their first date he taught Sue to drive a tractor. From then on she was hooked. With the help of several hired hands they cultivate over 750 acres and tend 300 dairy cattle. Sue's favorite job is still driving the tractor, which is interesting for a trained occupational therapist and Temple University graduate. In addition, Sue baby sits

the children of the hired hands where both parents work on the farm.

In addition to the trail easement donation, the Reed's farm is also part of an agricultural conservation easement where the land will be kept as it is today. Woods must remain woods and cultivated fields must remain cultivated and development rights will be sold to a land trust to insure preservation.

The most touching sentiment the Reeds expressed about the trail easement is that Sue's deceased Dad looking down would be proud.

Thank you, Sue and Gene. You have done a great service for the Finger Lakes and North Country Trails. □

A similar version of this article previously appeared in the NCTA's North Star [April-June, 2010]



TM

Steve Catherman

**Vice President of
Trail Maintenance**

Trail Topics

How to Contact Trail Management

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Lynda Rummel, Vice President of Trail Quality
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Ron Navik, Vice President Trail Preservation
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Penfield, NY 14526
ron.navik@frontiernet.net
585/377-1812

Quinn Wright, Director of Crews and Construction
3 Roberts Ave.
Buffalo, NY 14206-3031
wrightquinn@hotmail.com
H 716/826-1939, C 716/818-6990, Fax 716/826-1786

Joe Dabes, Director of Trail Inventory and Mapping
kabjnd@msn.com
607/844-3872 (Apr. 20 - Oct. 20)
352/861-0563 (Oct. 20 - Apr. 20)

Trail Sponsor Update

After a long winter, we have been treated to one of the nicest springs in my recent memory. With the new season has come the burning desire for our Sponsors to get out on their sections of trail to see what the winter and spring winds have left for them to clean up. It has also created some interest from new volunteers to see what it's like to have their own piece of trail to care for and maintain.

Tom and Donna Noteware are very pleased to announce that they have found new Sponsors for both their previously available sections of the Bristol Hills Trail south of Naples. **Ken Adams** from Rochester, described by Tom and Donna as "young and energetic", is excited to be adopting 6.7 miles of trail, mostly within Italy Hill State Forest on Map B2 between Access Points 8 and 9. Ken will need that energy to attend to the 1000-foot hill climb on this section. Welcome aboard, Ken!

Veteran FLTC member **Tim Wilbur** (sorry Tim, but I guess you're a "veteran" when you're not quite as young and energetic anymore) and his wife **Nancey** from Shortsville have agreed to maintain 4.7 miles of the Bristol Hills Trail, mostly within High Tor Wildlife Management Area on Map B1 between Access Points 6 and 5D (the blue trail). Tim told me he is thrilled to have the opportunity to sponsor a section of trail so close to his home. Have fun, folks!

Current Foothills Trail Club member and Conservation Trail steward **Kirk Doyle** from Hamburg has generously accepted Marty Howden's request for a new Sponsor for a 3.2 mile section of the main trail on Map M4 between Access Points 3 and 4. Much of the trail is located within Bear Creek State Forest north of Franklinville in Cattaraugus County. Thanks, Kirk, for doing double duty on the FLT! .

Trail Sections Available

- On Map M27, south of Masonville in Delaware County, the 1.6 mile spur trail from the main FLT in Arctic China State Forest past Clark's Pond to Oquaga Creek State Park is currently available for adoption.
- On Map M30, in the Catskills, 3.2 miles of the Mary Smith Trail that begins at Holiday and Berry Brook

Road and climbs to an elevation of 2942' before descending to Mary Smith Hill Road is also available for one of those young (at heart) and energetic types! .

New Landowner on M12

Landowner turnover is a fairly common occurrence along our trail and is usually not particularly newsworthy; however I would like to highlight one such recent property transfer. On Map M12, between Access Point 5 at CR 13 and Access Point 6 at CR 88 near Hammondsport in Steuben County, exists one of the finer sections of the FLT in the state. This 2.5 mile hike, that follows the rim of Mitchellsville Gorge with its waterfalls through a hemlock forest before crossing the inlet to Keuka Lake, is often mentioned by End-to-Enders as one of their favorite sections of trail. It is also one of our featured Teaser Hikes, complete with its own map and description, and soon to be one of our newly created Passport Hikes.

I grew up in Hammondsport within a few miles of this place and explored this section of trail before it was a completed segment—back when it was part of the missing link to complete the FLT across the state. One of my buddies I hiked with there was **Ron Bailey**, whose family lives on CR 89 along the north side of the gorge. Many

years later, Ron bought a parcel of land just down the road from his parents that happened to include a piece of this section of the FLT that we used to walk on. He built a house on the property and lived there until recent years when he started splitting his time between New York and a second home he owns in Montana.

When I first saw the For Sale sign go up last year on Ron's property, I feared for the future of the FLT there. Without access across his land, it would be very difficult, if not impossible, to maintain this beautiful section of trail along the gorge. I spoke with Ron and shared my concerns and he was sympathetic to them. Although he wasn't ready to grant us an easement across his property, he did speak with his realtor to explain the current situation and the significance of the trail on his land. This spring, when a buyer had been found and an offer was made, Ron again talked with the prospective owner about the trail before completing the transfer.

This story has a good ending. Former landowner Ron Bailey went out of his way to assure that the new owner would appreciate the FLT on his property, while the new landowner, **Mike Bauman** from Ontario, NY, has expressed his desire to keep the trail on his land for his family and the hiking public to enjoy. Many thanks to Ron for all the years he allowed the trail to remain on his property and for his help in preserving our trail for the future, and now especially to Mike for providing the opportunity for people to continue to experience this special section of the FLT!



TQ

Lynda Rummel
Vice President of
Trail Quality

Trail Tenders' News

The annual but still "shocking" April Fools' edition of the *Trail Tenders' News*—the Travelin' Training Team's newsletter for our trail maintainers, sponsors, land managers and other supporters—arrived in e-mailboxes several days before April 1st. Included in the 3½ pages were semi-serious photos of different trail toilets ranging in price from around \$250 to \$2,500, the fanciful saga of a diary dating to the 1600's with serious tips for handling possible historic artifacts, a discussion (with sketch) of the key aspects of sidehilling, and a list of training and Alley Cat project opportunities coming up. (If you wish a copy, please contact Gene at FLTinfo@fingerlakestrail.org.)

General Training

An April 24th trail building workshop in Bowman Lake State Park (Chenango County, west of Norwich) was attended by nineteen people who are either currently trail maintainers or were checking it out to see what it's like. All four Travelin' Training Team members attended. The indoor presentation included my overview (the definition of the trail as a footpath; back-country footpath dimensions and standards), comments by Irene Szabo about trail blazing and maintenance, and a PowerPoint presentation by Mary Coffin that thoroughly covered trail layout and design on both flatland and hillsides. Bill Coffin, as always, assisted with comments that clarified or expanded the points.

By late morning, the participants were ready for hands-on work. Tom Bryden, Trails Chair for the local Bullthistle Hiking Club, had identified a nearby segment a couple of hundred yards long that was so badly eroded that it was in danger of becoming unusable, plus an adjacent hillside section that was blazed but had no visible tread. As Irene and I found out when we looked at the site the day before, a big part of the problem was that fast water from a culvert drainage had dumped rocks where the trail crossed it mid-way down the hill, and the rocks simply blocked the water from continuing on down the hillside. Backed up water had then changed course so that it ran directly down the trail, carving out a deeper trench every time there was significant rain. As for the hillside section, the absence of a clearly defined pathway was made worse by the presence of misleading and conflicting blazes.

The participants first tackled the section that had been gouged out by runoff. Their first tasks were to identify the problems, figure out how to address them, and decide whether to relocate the trail within the narrow corridor permitted or salvage all or part of the existing but badly eroded trail. The chosen solution was to relocate the trail onto the high downhill bank on which hikers had been walking, and then open up several new ditches to drain off the water as it moved down the old trail.

While about half the group worked moving rocks and dirt, the other half tackled the hillside. Their first task was to figure out where the best route across the hillside was; their second task was to build it.

By then it was time to head off to the party at which Ed Sidote was inducted into the Outdoorsmen's Hall of Fame.

If you are interested in contributing to the Travelin' Training Team or the *Trail Tenders' News*, or you'd like to learn about how to lay out and design a hiking and backpacking trail, clear the trail corridor, construct tread, manage water and prevent erosion, or build basic trail hardening structures and simple "bridges," please contact me at ljrassoc@roadrunner.com. As you can see, the Travelin' Training Team is willing to *go to you and work on your trail*.

(Continued on page 22)

Trail Topics, continued...

(Continued from page 21)

RIT Students Help with New Branch Trail

The morning of Saturday, May 1st, I had the pleasure of giving students from the Rochester Institute of Technology the basic course in how to construct new trail. The students were assisting FLTC-ers Pat Monahan and Dave Drum building a new section of the GET-NY branch trail in partial fulfillment of RIT's 2-credit wellness requirement. After staying the night at the Moss Hill Shelter (M13), the students hiked out and were driven to the worksite. We really appreciate the students' help on the "GET-NY," our newest branch trail (especially since they could have chosen rock climbing)!

Sawyer Training

The first of two chainsaw courses scheduled for this spring was held on May 1st and 2nd, at Birdseye Hollow State Forest (M12). The instructor was Bill Lindloff, who once again delivered an extremely interesting and informative course. Our chainsaw training coordinator, Marty Howden, arranged for Bill to teach the class and secured the necessary permissions from the DEC. Marty also participated in it so he personally could attest to its quality (or maybe it was so he could keep an eye on Bill, who is a bit of a jokerster).

Twelve individuals finished their sawyer training and, assuming they are current with the Basic First Aid and Adult CPR courses, are now certified or recertified sawyers. This brings to 42 the number of certified sawyers able to use their skills on the trail this 2010 season. In exchange for getting the course and their Personal Protective Equipment for free, and consistent with the FLTC's chainsaw policy, all have promised to work outside their "home territories" so that sawyer skills can be spread throughout the trail system and all areas get attention when it's needed.

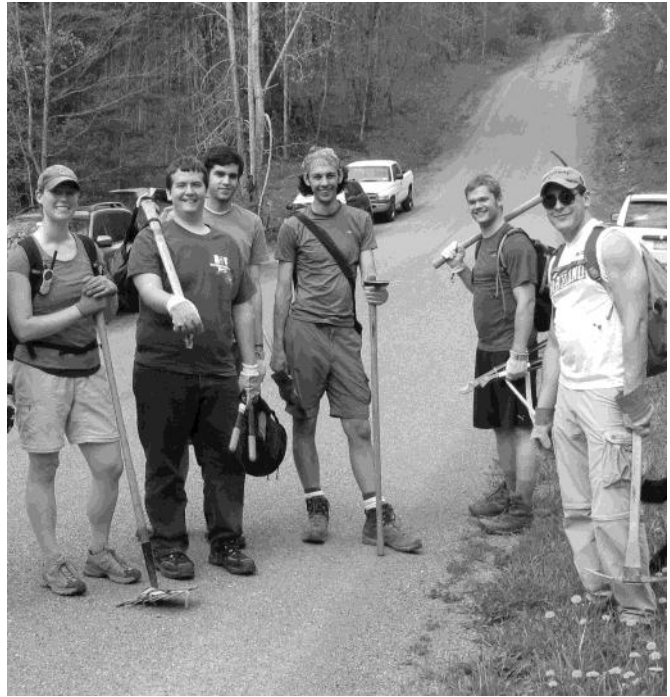
The FLTC expects persons using chainsaws anywhere in the trail system to be certified. The list of certified sawyers is sent to the Regional Trail Coordinators so they can help their trail sponsors find chainsaw help when it's needed. Sawyer Certification is good for three years. Funds are getting much tighter, so the number of future classes may be limited; more spaces will be reserved for those who need to recertify, and fewer spaces will be available to new trainees. Please contact Marty Howden at howser51@yahoo.com for further information.

NCTA Adds "Hiking" before "Trail" in Mission Statement

Thanks largely to the persistent efforts of Mary Coffin, a lead trail builder for the ADK-Onondaga Chapter that

sponsors the FLT's Onondaga Branch and Vice-President, East, of the North Country Trail Association (NCTA), the NCTA recently added the word 'hiking' as a modifier to the word 'trail,' to clarify its mission and vision statements. So,

(Continued on page 23)



Pat Monahan led RIT students (above) out to work on a new segment in West Hill State Forest, after they completed "basic training" in corridor and tread construction and maintenance. Photo by Lynda Rummel.



Chainsaw training instructor, Bill Lindloff, teaches Peter Marks how to cut the face of the tree so it falls in the right spot, while Malcolm Comfort and Gary Mallow observe. Photo by Lynda Rummel.

(Continued from page 22)

why should this matter? Because it is now very clear that when the National Park Service or the North Country Trail Association talk about “the trail,” they mean a trail that is defined as a *hiking* trail, that is *intended* to be a single-use trail for foot travel only, that is *not intended* to be a multiple use trail, and that is not supposed to permit other uses.

This clear definition now applies to the approximately 460 miles of FLT that are coincident with the NCT, roughly half of the miles in the FLT System. We now use basic NCT standards for all new trail at any place in our trail system just as much as we possibly can, for several reasons: (1) To maintain a “continuity of quality” and the hiking experience all along the trail; (2) to convey the message that all of our trails belong to the same FLT System and all have the same “desired future condition” of being just for hiking—no public use of bikes, horses, snowmobiles, ATVs or other motorized vehicle permitted; and (3) to make sure our trails last. Trail built to basic NCT standards is trail that we do not have to rebuild every year, because we have successfully managed water issues and avoided the problems caused by non-permitted users.



cc

Quinn Wright

**Director of Crews
and Construction**

Alley Cats Are Coming Into Season!

Please be aware that there may be a lot of noise in your local neighborhoods from scratching and clawing in the ground near Ithaca (no more volunteers are needed—all who applied will be put to work), Cortland and now Allegany State Park. (Hopefully, the people who volunteered for Masonville can find the time to travel to the west). We need more volunteers for the last two if the season is to conclude successfully. While trail construction is not glamorous work, it is the primary mission of the FLTC which is “to build, protect, enhance and promote a continuous footpath across New York State. Forever.”

It is regrettable that I must cancel the new shelter that was to be constructed near Masonville. The DEC, because of NYS budget cuts, has canceled their support for the project. So we are substituting a project in Allegany State Park (under the direction of David Potzler) that involves relocating three privies and re-constructing a long section

of trail that has been eroded away. We anticipate the use of cabins and there are toilet facilities and water.

Tony Rodriguez and David Potzler are really short on volunteers to help keep the mission moving forward. PLEASE volunteer some of your precious time even if for only one day. A full week of your time will be rewarding for your mind, body, and spirit, AND you'll even get a t-shirt commemorating a successful season for the Alley Cats. [Dates and sign-up information below.]

2010 Alley Cat Trail Crews

ALLEY CAT TRAIL CREW #1 (Tamarack Shelter, Danby SF, near Ithaca, June 25-July 2). No more volunteers needed.

ALLEY CAT TRAIL CREW #2 (Tinker Falls trail reconstruction, Onondaga Trail, August 2-6)

ALLEY CAT TRAIL CREW #3 (Allegany State Park, Map M1, September 25-29)

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



Rob Hughes

Wayland-Cohocton students also refurbished the 10-year-old bog booklet boxes on the Huckleberry Bog Nature Trail, Map B3 between Prattsburgh and Hammondsport.

FLTC Spring Meeting at Alfred University

by Ron Navik, Genesee Valley Hiking Club

The FLTC Spring Meeting at Alfred University on May 21-23 was enjoyed by 141 registrants who came from all over New York State and from as far away as Pennsylvania and Ontario, Canada. The weather was great for hiking all weekend, despite the threatening forecast for rain on Saturday and Sunday. Hikes covered many sections of the main FLT, the Robinson Loops and the Letchworth Branch Trail. At least two hikers completed the Letchworth Branch end-to-end over the three days.

The signups for the Stony Brook Park hike on Saturday doubled after the great presentation on its history on Friday evening by Paul Hoffman and Jane Schryver. Many more people now have an appreciation for this little-known park's history and beautiful scenery, and for the work that went into building the steep roadway where NY Route 36 climbs the hill alongside the park.

On Saturday evening, quite a few members received door prizes donated by many FLT supporters, both commercial organizations and clubs, as a result of George Zacharek and his committee's work. Annette Brzezicki received the Wally Wood Award, presented by Irene Szabo, with a full explanation of the bundle of energy that Annette has brought to the Foothills Trail Club, getting them involved in the FLTC, in both major trail projects and other FLTC activities.

Irene then did a high tech job of educating us on the historical events that made Letchworth Park the popular park that we know and love. With help from Paul Hoffman, she combined her vast collection of film photos with many from historical archives into a full digital PowerPoint presentation, complete with laser beam pointer! We got to see the natural wonders of the gorge, plus the building of the manmade objects at both ends of the park, the railroad high bridge and the flood control dam. It is really amazing to see the work that went into these two projects.

The majority of registrants stayed in an Alfred University dorm and enjoyed a bit of college nostalgia, including some great evening camaraderie in the dormitory lounge. Some chose the camping option at the University's rustic campground at Foster Lake and others the luxury of the Saxon Inn, a hotel right on the University campus. □

Left: Saturday evening's presenter, Irene Szabo, (Letchworth SP history) was dragged into the modern world of PowerPoint by Friday's speakers (Stoney Brook SP history), Paul Hoffman and Jane Schryver (on the right in photo).

Photo by Jacquie Wensich



Left: Nancy Luger and Ron Navik greet attendees. Members of the Genesee Valley Hiking Club organized the conference and led the hikes. Photo by Jacquie Wensich.

Below: Cows seem interested in joining the hike. Photo by Roger Hopkins.

Below: Letchworth hike led by Irene Szabo. In uniform is Juliana Smith, Park Ranger with the US Army Corps of Engineers, who took this hike with us and shared helpful insights when we got to the Mt. Morris Dam. Photo by Tony Rodriguez.

Luna moth seen on hike. Photo by Sigrid Connors.



Hiking Bullthistle Country, Chenango County

by Jon Bowen , Hike Series Coordinator

The first two hikes of the 2010 Chenango County series, Hiking Bullthistle Country, are completed. 119 people registered for the 75-mile series. The weather has cooperated, although during the second hike, heavy rain was only a few miles away.

Unfortunately, the first hike got off to a somber start with the sudden death of one of the participants, Dick Carlson. This occurred near the beginning of the hike on an uphill road walk. Some of the other hikers in his group who are medical professionals began CPR immediately but there was no response. Bainbridge EMTs arrived quickly and shortly after, Cooperstown Ambulances arrived on the scene. Many of us knew Dick through participation in the hike series. Further information is contained in other articles in this magazine.

Ninety people completed the first hike from Butts Road at the Delaware-Chenango County line to Searles Hill Road, west of Bainbridge. The 10.8 mile hike was completed in terrific hiking weather. Unlike many hikes, some groups took longer because they elected to stop at the convenience store as they walked through the village of Bainbridge. We don't see many stores on our hikes. Again this year, a contingent from Western New York stayed overnight and completed the May hike on Sunday, thereby saving a trip to Chenango County.

The second hike had sun, clouds, sprinkles and quite a bit of wind for the 60 participants. We hiked 12.8 miles from Searles Hill road to Route 12 south of Bainbridge through Wiley Brook State Forest and Basswood State Forest. Waldo has been with us for the fourth year. He has been receiving donations for trail improvement during each hike. He left a tulip on the trail for the May hike.

Prior to each monthly hike, the trail has seen maintenance from Roy Dando and the Triple Cities Hiking Club and Ed Sidote, Tom Bryden and the Bullthistle Hiking Club as well as our "pre-hike" group. All these people help to make the hike series more enjoyable. 23.6 miles down, 51.4 miles to go to the county line south of DeRuyter. □



Top to bottom:

Kathy Bowen checks off hikers on her list at chilly start to the first hike.

A few introductory remarks by Jon Bowen

Jim Loomis led the FAST group. Capitalized because they are really fast!

Photos by Jackson "Jet" Thomas

Left: "This section of trail dedicated to Ed Sidote."

End-to-End Update

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

FLT End-to-End Hikers

A Massachusetts hiker became the latest to complete the entire main trail:

#289 Jen Barlow, Brimfield, MA

I did not know that she was hiking the main trail until I met her on the Brooks Bank road walk (map M25) after finishing paint blazing for the Chenango Hike Series. Her trail name is "Pooh Bear". She was hiking alone with her small dog who was carrying his food in a dog-pack. Joe Dabes later emailed me that he had met her in late April or early May, while GPSing the trail on map M20. She phoned me last night, and she agreed to write an article for the *FLT News*.

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

Donna Cole, Binghamton
Leonard Beatty, Sayre, PA
Rosetta, Doug and Patrick Greamey, Hornell
Louis Justice, North Tonawanda
Linda Busko, Huntingdon, PA
Russell Byer, Hilton
Ken Shaw, Buffalo

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

Larry and Susan Blumberg Louis Justice
Linda Busko Jerry Lazarczyk
Russell Byer
Rosetta, Doug and Patrick Greamey

I have not heard of anyone completing the branch trails this quarter, but I received progress reports from Dave Marchner and Kirk House for hikes on the Bristol Hills Branch.

Car Spotter Updates

Donna Cole - Maps M23 to M27 and possibly M18 to M22
Patricia Haynes - Map M3 (western area)
Raymond Yelle - Maps M9 and M10

Ken Terhune has asked to be removed from the list.

Revised End-to-End Guidebook Available

The guidebook "End-to-End Guide: Helpful Hints for Backpackers and Hikers on Main FLT" has been completely revised and improved this spring. It is available for purchase from our website and is well worth the price.

Excerpt From a Trail Register Notebook

Ludlow Creek State Forest (Map M24) 10-12-08. A beautiful Columbus Day Weekend. And this spot is nice, great and very clean (Ludlow Creek State Forest Lean-to). Reading notes before this I see that's not always true, but today it is just great! Planning to return this winter by ski.

— Beth, Larry, Betsy Von Mechow and Scout (the dog)

Happy Hiking!

Edward J. Sidote

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ejsidote@frontiernet.net



Yes, the Finger lakes Trail really does cross a runway south of Ithaca. This from a 2009 hike report by Ken "Bigmully" Lewaine:

After turning off Comfort Road and hiking a short distance in the woods, we came upon an opening and one of the most peculiar signs on a hiking trail anywhere. Something to the effect of "STOP! Look right. Look left! Active runway." Of all the crazy things encountered on the trail, an airport runway was not high on our list of things we might have expressed an expectation of encountering. This one was a wide swath of mowed grass that looked more like a double-length football field than anything else. But it was sunny and flat, and we took a food and water break just east of it, and waited in vain for our first Boeing to cruise on in.

Famed in prose and a cartoon. A song, anyone?

Wally Wood Award ...

(Continued from page 8)

During weekly hikes she began finding out who was potentially interested, and chatting up the rest. She learned quickly that the best way to get a volunteer was to ASK them directly, either face to face or on the phone, to do something specific. This is far different from an email to the whole group asking for general “help,” which is so easy to ignore. She grants that it took more effort at the beginning, but produced so much better results. Sometimes she would even ask somebody to do something she could do faster herself just to get them involved. People actually love to be asked, she swears.

The other half of that equation is that people also love to be thanked. She makes sure every name gets in the newsletter, thanking them even for the tiniest jobs, because they love to see their names in print, too.

As a result, a bunch of people who knew each other only superficially became much better acquainted, and even friends. Dozens were involved at all levels, from cooking meals for the group (they stayed at a local recreation center) to building stairs, involvement to the point that anybody NOT playing a role during these three week-long projects felt like they were missing something.

New (and younger!) people became much more intimately involved with the club, while new talents were discovered. Now Annette knows whom to call for what task, and the talent pool is much deeper than anyone had known. Newer members Quinn Wright and Frank Occhiuto barely knew each other before, but now they have become perfect building partners, while Quinn was inspired enough to volunteer to coordinate all future Alley Cats and building projects for the entire Finger Lakes Trail! Mike Schlicht was unearthed as a highly skilled technical trail builder with lots of experience. Who knew?

Best of all, a lot of women who used to whine “I can’t do that!” learned that they could. They saw Mary swinging a pulaski so were inspired to try themselves, and pretty soon realized they could do much more trail work than merely painting blazes. At the end of the day, Annette was tickled to see women really pleased with their own work, and of course, she herself has always been an inspiration in this regard. Her section of trail, no matter what the rest of Foothills’ trail looked like, had always been renowned for its tidiness.

Dinner every evening for the whole crew was provided by other volunteers, although Annette let each volunteer decide whether she wanted to do it all herself or recruit a squad. While many Alley Cat crews have had to cook their own meal at the end of the day in previous years, having a good meal to enjoy without work is genuine luxury for the crew.

Organizing talents appeared, too. Years two and three were planned by local members, with David Potzler and Mike Schlicht showing great promise in trail design, staging work, and arranging materials for stairs and ladders where required. Club members arranged a place for the crew to stay in a nearby village and even helped locate funds.

In the meantime, Annette had been steadily inviting club members to “bigger picture” trail events so that Foothills could start to feel part of the whole trail system. A large contingent of Foothills members started appearing at all of the FLT spring and fall weekends, social outings organized by good old Annette; they even came to the NCTA annual windings at both Clarion, Pennsylvania, and Cazenovia, NY. Foothills hosted two of the FLT fall campouts over the last half-dozen years at Allegany State Park, very enjoyable events which further cemented member bonds with one another and with the FLT. Okay, so she cannot control snow, but otherwise we hear that Annette was a primary organizer for these events, too, and practiced the same clever tactics at getting club members *involved*.

And now? People who came to the first Holland ravines project from their separate cliques have remixed their social clumps and know each other much better. Now Annette can contact people to help on other things with no resistance to overcome. By now, a general email to the group DOES work, often bringing a dozen people out on a weekday!

In addition, she has offered to go with any new trail steward their first times out to help get the trail in good starting condition and to provide pointers. This unsung work in the background did wonders to ensure a successful start for many a new steward. Furthermore, at 67 she often offers to help older stewards keep their trail sections up to par, since they hate to give up the “job” but begin to need a little help. In other words, Annette has been the catalyst that helped revive an aging club into an active organization with some new members, and she has done it with persistent, face-to-face enthusiasm that almost nobody can resist □

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

Did you ever wonder how bug-repellent clothing works?

- how to recycle outdoor gear?
- how does wool keep you warm when wet?

Check out these and other outdoors related questions online at the HowStuffWorks Hiking Library: adventure.howstuffworks.com/outdoor-activities/hiking

From FLTC members Rich and Sue Freeman’s NY Outdoors Blog

In the founder's own words: the early years

Forty-nine years ago, Wally Wood had an inspiration. In the run-up to the fiftieth anniversary of the FLT, we will reprint his three-part account of the early years, which appeared in the Finger Lakes Trail News in 1974.

THE FINGER LAKES TRAIL Chapter 1

Biographical Prologue to the Idea (Series on the early years by Wallace D. Wood)

It was August of 1961 and the bus was on its Sunday night run from Boston to Rochester. Suddenly there welled up from my sub-conscious the thought: "Why not a hiking trail across New York State, south of the Finger Lakes?"

Some fifty years earlier I first saw the light of day in a farmhouse three miles north of Owego, N.Y. What sequence of experiences over that half-century might have rooted together and suddenly, as the bus sped along, sprouted an "idea tree"? The idea was so exciting and seemingly feasible that in the remaining hours of the all night ride, mental plans were made and next steps formulated.

My youth was a happy period with parents warm in their relationships, rarely stern with their three children – I, the youngest. Their weekly life consisted of 6 1/2 days of hard work – a little more leisurely on Sunday which regularly included the Methodist church in Flemingville and later the one in Owego (where once leaving the altar with the other ushers, I dropped the plate on the hardwood floor) followed by home with chicken dinner and ice cream from the hand turned six quart freezer.

My first ten years were on my dad's own sixty acre farm which straddled the road to Flemingville. To the west were crop fields, a railroad, cow pasture, and skunk cabbage by a frog pond next to the Owego creek. To the east of the road were the barns, a water trough-pump filled by a windmill, and more pasture as the land sloped up to the woods through a hickory nut grove to a ravine lined with hemlock – a small one each year cut for Christmas.

In the spring there were the columbines with the sweet spur nibs to taste the nectar between tongue and teeth. Barefooted summers, I drove the cattle to and from the west pasture, gingerly stepping around the cow pies. Better yet the buttercups to hold under a neighbor girl's chin to see if she liked butter. In the fall there were hazel nuts along the cow lane and butternut trees by the creek.

The first five school years were in a country one room schoolhouse. We were let out one morning about 1917 and saw our first airplane fly over. I remember one of the local scandals which caused a change of teachers after the first four years. Seems this teacher and spouse, childless, went around with another childless couple – and wham!, they swapped husbands – I suspect with a short divorce interlude. So in my fifth school year there was another teacher and that year was a harbinger of change for both my family and me. The teacher tried hard but was sensitive and nervous and couldn't cope with the boys all of whom made up a gang led by an older hell raiser. In spring afternoons we often skipped school, to go for a swim by the bridge, or hunt Indian arrowheads over a newly ploughed field, perch in a tree in front of the school and refuse to come down, or put a hay rake on the schoolhouse roof at Halloween. And so I failed fifth grade.

That next summer dad became manager of the County Farm and Almshouse, Just south of his farm, where I lived the next eight years. There was a cook, a house maid, and several hired hands. Also I was presented with a bicycle and informed that I would be going to the Owego village school henceforth.

And so I pumped the three miles each way from 5th thru 12th grade. I picked up the cornet and once played in the school band at the Elks club when Franklin Delano Roosevelt came thru stumping for Governor of New York.

Along with courses in Latin, history, English, physics, and biology, there were church parties, school dances, dates, pool shooting, and basketball. My teacher for bookkeeping was Miss Emily Thompson, several times a benefactor and Life member of FLTC. At home I trapped skunks, muskrats, milked cows, was given a rifle at 16 and taught to drive the Model T Ford.

Then came the Rochester and Cornell years. Electrical engineering at HIT, where in my senior year I met Betty on a blind date, meant to occur at a church but she refused the invitation of her sister's boy friend, so they came to get me at the YMCA after church. Came September she went off to Cattaraugus, N Y. to teach French and English, and I went to U. of R. night school, and with my physics professor started the then Rochester Astronomy Club. I worked a year at Iola Sanatorium as plumber and electrician's helper, and then two years at Cornell majoring in physics and minoring in astronomy. A course at Cornell under professor Von Engel, on physical geography, contributed a root to the later trail idea.

In Rochester, with Taylor Instrument, marriage, and children, I settled down to home life and a vocation. I was excused from World War II due to age and my technical job. I became scoutmaster for the first time and loved the outdoor courses, hiking and camping, and learning that sassafras trees had leaves of three shapes. Then latter when Darrow (the name came from having read about Clarence Darrow) came of Scouting age I was first scoutmaster at a new church in Brighton. Scouting brought me back to some of the outdoor adventures of my youth.

When about 40 I decided it was time for some new adventures. I took three steps: bought a canoe, joined the Genesee Valley Hiking Club, and started collecting forest property. My first canoe trip, with Darrow as my partner, was with the GVHC from Rush along Honeoye Creek to the Genesee River. I feel greatly indebted to the GVHC.

After building my house here, the family went on summer trips to Canada, west to Yellowstone and Rocky Mountain National Park, and east to Bar Harbor.

There were two outstanding hikes - the first with GVHC, led by Landis Smith, 27 miles around Hemlock Lake, where I first met Korby Wade and Frances Jacobi. And then on a western trip, I left the family for a day, and with a hiking banker from California, we did Long's Peak in Colorado, about 14,155 ft. We started out at 9000 ft., went up to the summit by the cable route and back around down thru the keyhole route.

In the summer of 1961, several things made it possible for my week of solo hiking the White Mountain AMC Hut System, which preceded the bus ride at the beginning of this chapter.

(In the next issue - the week of adventure and personalities met in the White Mountains).

from an email of Joe Dabes to fingerlakestrail@yahoogroups.com

Improved FREE Trailhead Coordinates

Free trailhead coordinates (about 470 of them) have been improved to show whether there is parking (or not) at trailheads. These are updated about every 6 months to include any trailhead changes because of reroutes.

Both main trail and branch trail trailhead coordinates are available. These coordinates must manually be typed into your automotive GPS unit or handheld GPS. They will take you to within 50 feet of a trailhead. Here's how to get them: On the FLTC website, download the form for tracking your hikes on the main FLT or the one for the branch trails. These are spreadsheets that can be opened with Microsoft Excel or compatible programs. Look for the column labeled "Trailhead Coordinates". Questions? Contact Joe Dabes at kabjnd@msn.com.

You can also easily track your end-to-end progress with these spreadsheets, simply by placing a comment in the "When and Who" column A pie chart and "% Done" are shown at the bottom.

Sheriffs' Departments along the Trail

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

New York State Sheriffs' Association

518/434-9091

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

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

GET in NY Becomes Crystal Hills Trail

by Pat Monahan, FLTC President

It is official. The Great Eastern Trail in New York has been officially named the Crystal Hills Trail.

The Crystal Hills Trail has been in development and under construction for at least five years in Steuben County. In the spring of 2009, the Board of Managers officially declared this the newest branch trail on the FLT. It begins at the Moss Hill shelter on Map M13 between access points 4 and 5 and heads south for 45 miles past Corning to the NY/PA border to connect with the Mid State Trail in Pennsylvania. Trail construction has been underway for the last three years with over 25 miles blazed.

At the May 22, 2010, meeting the Board of Managers approved the name for the branch trail. This name is a blend of the local community and the hiking community. The Corning area has a long history with glass and its many applications. Corning was the birth place of Corning Glass Works now known as Corning Inc. Heard of Corelle? Pyrex? Photogray glasses? LCD glass for your TV? Catalytic converters? These are just a few of the products that were invented and manufactured in the "Crystal Valley." In addition, Corning has produced some fine crystal as well. Many are familiar with Steuben glass as a crystal glass that is well respected around the globe and has been given as prestigious gifts by many of the U.S. presidents as

well as many others. There are many well respected artisans who call the "Crystal City," Corning, home. Their shops are located on Market Street in the heart of the Gaffer District. One of the most famous was Frederick Carder whose large collection of Carder Glass can be found in the Rockwell Museum of Western Art and the Corning Museum of Glass.

Hikers will be traversing many undulating hills. You will either be climbing or losing elevation over the course of the day crossing some mild or maybe wild streams followed by some spectacular views of the hills you will soon climb or just finished. The



Great Eastern Trail (GET) runs parallel to the Appalachian Trail (AT) through the interior Appalachian Mountain range. Its northern terminus is located on the FLT (Map M13 at the Moss Hill shelter) and continues south for approximately 2000 miles to the Florida/Alabama border. There has been one attempt by a thru hiker to date. The trip was aborted after a hot brutal start with many road walks and an injury after walking through a few states. She currently is hiking from the Maryland/Pennsylvania border to the northern terminus.

For more information about the GET, you can go to

www.greateasterntrail.net.

Maps and GPS track data for the New York section are now available for sale at the FLTC Office or online at

www.fingerlakestrail.org. □

Answers to the Spring "Name that Map!" quiz

Correctly identified the outhouse on Map M11 (Steuben County) near the archery range:

1. Gary Haff
2. Mike Schlicht
3. Donna Noteware
4. Tom Noteware



Order maps of the Crystal Hills Trail

CH1 - CH3

585/658-9320

www.fingerlakestrail.org

SATURDAY, JULY 24, 2010

Summer / Ed Sidote Hike

Truman Hill, Otselic, Chenango County, Map M22

Leader: Don Windsor 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 Otselic, 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 Otselic 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 Otselic in the northwest corner of Chenango County, where NY State Route 26 and the FLT cross the Otselic 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 or 607/797-0912

SATURDAY, OCTOBER 16, 2010

Fall / Erv Markert hike

Fall / Erv Markert hike

Leader: John Morris 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 or 607/797-0912



Donna Cole stands at the entrance kiosk to Hoxie Gorge during the Wally Wood "east" hike.

Wally Wood Hike Report

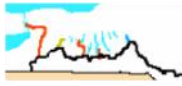
Two Wally Wood hikes were held on a gorgeous Saturday, April 24, 2010, one in Cortland County on Map M20 and the other in Cattaraugus County on Map M2. Wally Wood was the founder of the FLT in 1962, and this annual spring FLT hike is named after him.

Kristin Schafer and Cathy Concannon led the Wally Wood "west" hike while Larry and Susan Blumberg led the Wally Wood "east" hike, which passed through Hoxie Gorge.

Between the two hikes, 30 people enjoyed a very nice day of hiking!

— Larry Blumberg

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



jwensich@rochester.rr.com

*Can you place the scene on the right? The answer to the
spring issue's Name That Map is on page 30.*



Heidi Bellenger

Trailhead Parking Alert

If parking on a road shoulder, do not park with any wheels on the pavement. FLTC Mapping Director Joe Dabes has heard of two vehicles being ticketed by county sheriffs for doing this. Also do not park in or near a private driveway. Recently a hiker had his vehicle towed away for parking next to (but not blocking) a private driveway.

Trail Condition Reports

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



A gift to the Finger Lakes Trail Conference helps to protect and preserve the Trail forever. Gifts may take several forms, such as MEMORIALS, HONORARIUMS, and PLANNED GIVING. Information about how gifts may be designated and/or for a brochure explaining the Planned Gift options may be obtained confidentially by contacting
FLTC, Inc.,
6111 Visitor Center Road Mt. Morris,
New York 14510
(585-658-9320), or
e-mail address
information@fingerlakestrail.org

Club Presidents Council

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

Buffalo Area

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

Rochester Area

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

Syracuse Area

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

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

Corning Area

Three Rivers Outing Club	607/962-5157
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Binghamton Area

Triple Cities Hiking Club	triplecitieshikingclub.org
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Chenango County

FLT-Bullthistle Hikers	www.bullthistlehiking.org
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Eastern NY

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



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

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

Favorite Trail Sections in Central New York

A great summer hike on FLT maps M21 and O1

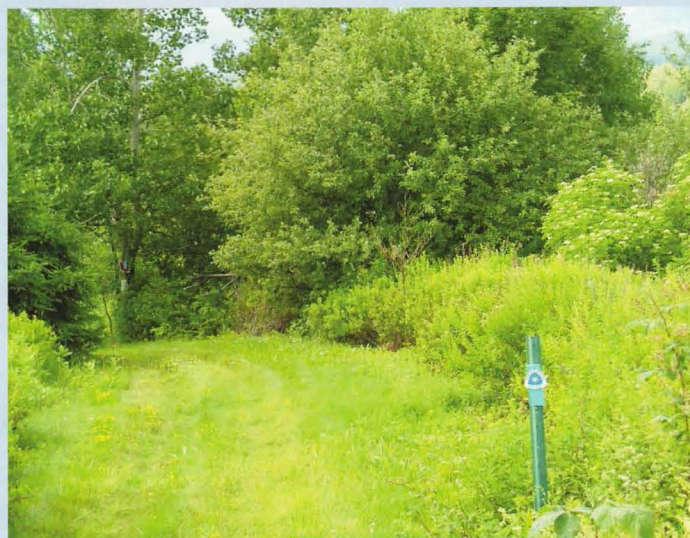
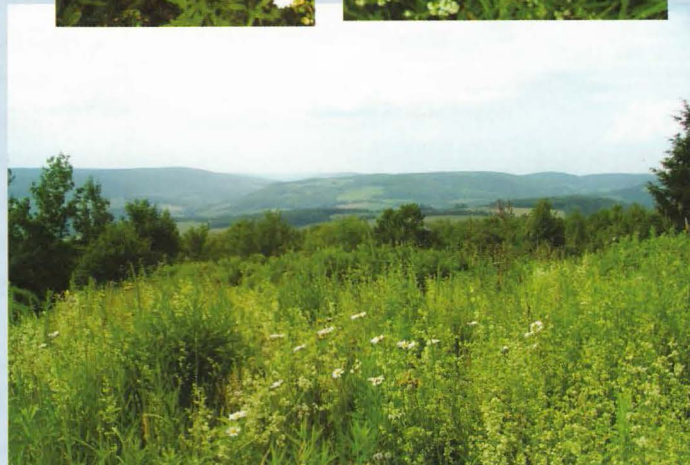
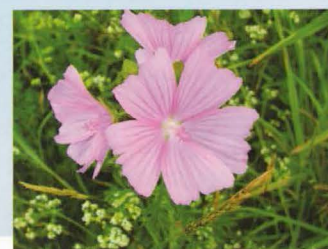
Text and photos by Mary C. Coffin

What better way is there to spend a summer day than in the shade of the trees along the Finger Lakes and North Country National Scenic Trail in New York? I've hiked many different venues around the world but the comfortable, relaxing green of a Northeast forest is the best.

Join me in a virtual hike along a section of the Onondaga and main FLT in Central New York. Start on Potter Hill Cemetery Road, located in the town of Cuyler on the eastern edge of Cortland County, parking on the road shoulder, Map M21. Cross a stream, then descend into Wiltsey Glen and along a stream before crossing Randall Hill Road. The Wiltsey family of Cuyler is a long time landowner and trail supporter.

There is a spur you may wish to explore that dips into Rose Hollow, the former site of the Rose Hollow Lean-to. At present it is a designated bivouac. Continuing beyond the spur on the main FLT (white blazes) you will reach the summit of Randall Hill at 2080 feet, but the forest does not allow any views. As one travels north in this pleasant mixed hardwood forest one passes the Randall Brune Memorial Bench before crossing Stoney Brook Road. Randall Brune was a trail volunteer with ADK-Onondaga and the CNY Chapter of the North Country Trail Association and companion of trail designer Charlie Embree. Charlie designed many miles on M21 and much of O1. His ashes are even spread along it.

Just after crossing Stoney Brook Road the hiker arrives at the Onondaga Trail junction, to the left and blazed blue. If you wish to shorten your hike, start here. There is a most worthwhile spur if the hiker continues straight to Chippewa Falls (2.8 miles round trip) and a lovely lunch spot option. The falls trail is steep and narrow and the spur ends at the falls. Please do not cross the stream into posted private land. Retrace your steps to the Onondaga Trail.



Continued inside on page 15