

Finger Lakes Trail NEWS

Summer 2012



Please join us...

FLTC 2012 Fall Campout and Hiking Weekend Sept. 21-23

at Robert H. Treman State Park, Ithaca

Hosted by the Cayuga Trails Club celebrating its 50th Anniversary!

Complete information and registration form – pages 11-15

www.fingerlakestrail.org

President's Message: Pat Monahan

Happy 50th Anniversary, Finger Lakes Trail Conference!! Thanks to our founder, Wallace Wood, the trail has grown to be a continuous footpath across New York state as he and others had envisioned. Today, in addition to the main Finger Lakes Trail, there are six branch trails with a total mileage in the entire trail system closing in on 1,000 miles. Find your favorite spot, park the car, and head off to North Dakota on the North Country National Scenic Trail. Or head south for the winter on the Crystal Hills Trail to the Florida/Alabama border following the Great Eastern Trail. Be sure you have your passport to leave the Conservation Trail in Niagara Falls so you can cross the Canadian border and head north on the Bruce Trail. Skip the Thruway and head to NYC via the Catskills and Long Path. Wherever you are on the trail, you will have nearly 10,000 miles of hiking trails to explore at a more leisurely pace. As a trail organization, we recognize that to accomplish our mission statement of "Forever!" our future efforts must focus on negotiating trail easements with our landowners. This is a process to legally add the trail route to the landowner's deed and it will remain in the deed forever. On behalf of the trail conference and all who use the FLT system, thank you to those landowners who have worked with us and added a trail easement to their deeds.

We are 50 years strong as an organization. Over the years, the Board and its officers have shepherded the trail—from determining the trail route to blazing the trail, from managing the growth of the trail across the state in the early years to state-of-the art electronic maps, endowment funds to protect the trail, and nearly 1400 FLTC members—always leading the organization with an eye on the future. It is now fifty years after our inception. Who would ever have imagined? What will the next fifty years look like? What will the trail be like? What will the organization be like? Who and what will influence the decisions made by key leaders in the FLTC? I can tell you this. If we stay true to our mission statement ("... to build, protect, enhance and promote a continuous footpath across New York State. Forever!"), we will be a recreational asset recognized as THE premier hiking trail in New York. Forever!!!

I have started this section of my column for the summer edition many times today and have found it very difficult to write. As president, I receive messages from across the trail system and attend meetings both on site and via conference calls in addition to the many other aspects of my position. The FLTC leadership keeps me well informed so I can perform my duties effectively and efficiently, and as President it is my responsibility to maintain communication with the membership. I regrettably must inform you that on one of our most recent Alley Cat crews in the Catskills, there was a tragic accident that claimed the life of one of our volunteers. Gerry Benedict from Newark, N.Y., will be remembered for his dedication to the FLT and his many other volunteer initiatives throughout his life. In my brief experiences with him on a couple of Alley Cat crews, I can only say he was the model volunteer that everyone looked up to. Comments like "inspirational", "never stops", and "Amazing" were heard frequently wherever Gerry was working. As we celebrate Gerry's accomplishments, I also want to express my deepest sympathy to his family and friends. He will be missed.

This year seems to be filled with changes in the organization's leadership. Our Board of Managers Class of 2012 ends their commitment as of the annual meeting held on June 16, 2012.



Many thanks to Ken Reek, Phil Metzger, John A-X. Morris, and Pat Haynes who will be leaving the Board and to Roger Hopkins who will be remaining on for a second term. The remaining members of the Class of 2015 include Terry Meacham, Greg Farnham, Doug Cunningham and Laurie Ondrejka. In addition, Peter Wybron is retiring as Treasurer after 16 years of service. (He does plan to continue on as Quartermaster and trail maintainer.) Quinn Wright will become Treasurer. Jacqui Wensich is stepping down as Vice President of Membership and Marketing, but will continue as End-to-End

Coordinator. Gene Bavis will serve as interim holder of the Membership and Marketing position. I plan to appoint Peggy Coleman to fill this vacancy in January 2013. Peggy will join us with vast experience in marketing. Quinn Wright will resign as Director of Crews and Construction, and Matt Branneman, a small business owner in home construction and remodeling, will take this position. Joe Dabes, Director of Trail Inventory and Mapping, will be retiring and be replaced by Greg Farnham. Finally, Jo Taylor, our newsletter editor, will also be retiring. No replacement has been found to date. **These are all volunteers who have given hundreds if not thousands of hours to the FLTC. Each has made contributions that have shaped the FLTC into what it is today. On behalf of all the membership, I want to thank them for their dedication and many hours of service.**

Gene Bavis is also "retiring" from his current position as Executive Director on June 30, 2012. Gene has led us out of the basement. (Literally!! Office business was conducted from Howard and Dorothy Beye's basement for 17 years until 2001.) Membership has grown to 1400 members strong with his guidance. The Store has traveled around the state to many events! Whenever something has needed to be done, Gene knew someone or took care of it himself. He has given tirelessly of himself in order for the FLTC to flourish. Thank you, Gene, for leading us to our 50th anniversary as a healthy and vibrant organization.

I also want to welcome our next Executive Director, Richmond "Dick" Hubbard. Dick began on April 1 and has been working side by side with Gene during the transition in leadership. Dick is a strong communicator, understands trails as a hiker, and has a strong background in membership, marketing, finance, and technology. Dick will be engaging with many groups and organizations as well as local and state agencies to promote the Finger Lakes Trail to our publics. I am sure you will agree when you get a chance to meet him that Dick is an excellent choice as our next Executive Director.

With all of this change in leadership, I want to assure you that I will remain as president for the FLTC. I am very proud to be associated with this organization and will do my part to ensure a seamless transition. I also believe that this creates a great opportunity for the FLTC to reaffirm its foundation and grow into the future with fresh ideas. I encourage and challenge each of you to identify a strength or skill you have that could be utilized with the FLTC. We continue to need assistance with our GPS team, website team, and technology in general. If you have a few hours or more, consider this "an ask" to help. Find a way to give back to the trail you love.

As always, enjoy the wonderful summer in New York. It is what all of us have been waiting for. So, as I always say, "Go take a hike!!"



FINGER LAKES TRAIL NEWS

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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 51 Number 2 Summer 2012

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This issue of the *Finger Lakes Trail News* is dedicated to Gerry Benedict who lost his life while serving the FLT hiking community as a volunteer trail worker. Gerry was a dedicated FLTC volunteer whose enthusiasm for hiking was evident as both a hiker and as one who sought to work to make the trail better for all.

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Trail Town: Masonville, *by Roy and Laurie Dando*

Cover: Left to right: Anibal, Christian, Jade, Grandma Shell (with mini-dachshund Pepé), Kaiden, Robyn, Ethan, and Sarah after a backpacking weekend in Cattaraugus County last summer (map M3, access 4, where they resumed their hike of the FLT on Memorial Day weekend this year). You are certain to enjoy their blog, Short Strides (shortstrides.blogspot.com). Photo taken using a timer and submitted by Sarah Gravino.

This will be my last column as Executive Director. I can't believe that it was over 11 years ago when I assumed this position as the very first Executive Director. For those who are newer members you may not be aware that our entire operations were conducted out of Howard and Dorothy Beye's basement in Rochester until April 2001 when we moved into our new office next to the Mt. Morris Dam. Gert Hauck and I were hired to staff the office. Over the next two or three years we gradually moved most of the operations here. Howard retained the Trail Management functions.

A lot has changed over the past 11 years. We have made many improvements on the trail. Our maps have changed drastically. In March 2006 we abandoned the old hand-drawn "blue" maps in favor of color maps with contour lines printed on waterproof paper. The new maps have been very popular. Since inception of the new style, we have sold nearly 200,000 maps. AND it doesn't end there. About three years ago we made GPS track data available for purchase with a set of maps. NOW, we are offering downloadable maps as a part of our new FLT on-line store. This past year we also added an interactive map of the FLTC on our website. This map doesn't provide enough detail for taking out on the trail, but it's a great tool for planning your backpacking trip.

Thinking back over the past 11 years, I have met so many wonderful people and have worked with some great leaders on our Board of Managers and committees. Our meetings have become more productive than ever thanks to innovations made by the past



From the Desk of the Executive Director

.....
Gene Bavis

couple of presidents and others. Our spring and fall weekends and our annual cross county hike series events are great fun for those who attend. I certainly hope to see a large crowd for our 50th Anniversary.

I guess I should report some "regular" business before I go. As you probably know we are still in the process of membership renewal. I can't give you details as I sometimes do because of some technology issues at the office. In the middle of our busiest time, our database decided to give us a hard time. We also upgraded our computers in May and are still working through the learning curve. What I do know is that quite a few members have NOT yet renewed their memberships and new memberships are coming in more slowly than normal. As I write this, we are preparing to do a second renewal mailing, so hopefully that will get us back on track for meeting our membership goals.

Some sad news that is reported elsewhere is the accident that claimed the life of Gerry Benedict. While working on an Alley Cat crew in the Catskills in May, Gerry was struck by a limb that fell due to a chain reaction. Everyone thought he was far out of harm's way, but unfortunately he wasn't. Our sympathy goes out to his wife Sue, his six kids, and all of his

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

family. Gerry was an incredible person. Please read the memorial tribute on page 9.

On the topic of finances, our audit report came back with very good ratings. There were NO issues that our auditors were concerned about. As I reported last time, our long-time treasurer of about 16 years, Peter Wybron, is stepping down with our Annual Meeting. Quinn Wright will be taking over and the transition has already begun.

Speaking of transitions, I am happy to report that Dick Hubbard, our next Executive Director, officially began working for us on April 1. April and May were designated as orientation months where he attended some meetings and came into the office to learn about our operations. In June, we will share the duties and at the end of the month, I will hand over things to him. I feel that things are going very well. The current plan is that I will become interim VP of Membership and Marketing from July 1 until December 31 at which time our new VP of M&M will take over. □

Gene Bavis, Executive Director

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Join the FLTC Yahoo! groups e-mail list

The Finger Lakes Trail Conference's e-mail list is a discussion group hosted by yahoogroups.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.

Editor or Editor/Layout Team Needed for the *Finger Lakes Trail News*

Immediate Opening

This volunteer position must be filled in time to produce the next issue of the *News*.

The position requires editorial, design, and layout skills to produce the *Finger Lakes Trail News* which is published four times a year. Articles, photos, and other materials are submitted by set deadlines. Very little, if any, writing is required of the editor. Currently, the publication is submitted electronically in PDF format to a printing company, which handles the art work for the cover and produces the finished

product. Editorial experience is required. Previous experience designing and producing newsletters is useful, as is a working knowledge of Adobe InDesign, Microsoft Publisher, or other page layout programs. This position could also be separated into its editorial and layout components. If you have the skills and interest for either or both parts of the job, please contact FLTC President Pat Monahan:

607/936-8312, pmonahan@stny.rr.com

Answer to Spring 2012's Name that Map! quiz

In honor of the FLT's 50th anniversary you were asked to name the map and the long time FLT volunteers pictured. There was only one correct answer:

Hi Jacqui, Doris Abbott here –

Where did you ever find that photo of me pounding nails in that puncheon – I'm referring to the photo on page 40 of the latest copy of the *Finger Lakes News*!!! What a surprise I had when I saw it. The copy of the photo I have here has 1991 on the back so I guess that's when it was taken. Cliff and I, Tom Reimers, and I think Peter Harriott built the puncheon.

The location where it was installed, M18, is between Coddington and White Church Rds. [Tompkins County] A little background that might interest you: there was a good sized swampy area that the trail crossed before veering up onto the abandoned railroad track in that area. This had been a problem for years. People had tossed pieces of wood and tree limbs, even sections of trunks (see photo) into the water to serve as a makeshift bridge. Unfortunately, nothing had taken care of the problem. The debris always sank when one stepped on it, sending the hiker ankle deep into the mire and muck.

The upcoming Hike Across Tompkins County (the first one) was to be held in 1992 and the group of us decided it was time for something more permanent to be constructed in that swamp. This was about the time we started putting puncheons here and there along the trail where needed, so the idea of constructing a puncheon across that area was the first thing we thought of doing. Cliff and I still had our Bronco in those days so we loaded the lumber and other supplies into the back of the vehicle and drove everything along the abandoned railroad track to the location where we were to work. Using 12-foot sections of wood, we ended up with approx. 50 feet of puncheon. By the way, that is Cliff standing behind me. At the time the photo was taken, I was pounding some of the last nails into the wood.

After seeing the photo the other day, Cliff and I wondered what condition, if it was still there, the puncheon is in today. We have been spending most of our time with the Abbott Loop for the last 20 years, so hadn't been on that section of trail for quite some time. We hiked out to the spot and were very pleased to find the puncheon is still in place, giving



Tom Reimers

hikers a dry, firm crossing instead of wet feet.

We are going to be very interested in finding out whether anyone other than Tom or Peter recognize where the photo was taken.

Doris

**Our sincere thanks for a gift
in honor of:
Ken and Margaret Reek
from
Rochester Ski Club**

Good Form Walking

by Grant Robison

I met Grant Robison, a US Olympic runner who ran the 1,500 m race in the 2004 Olympics, last year when he was presenting a conference on Good Form Running at Fleet Feet in Syracuse. I had been utilizing the techniques he spoke about for several years, and have reduced my injuries while becoming a more efficient runner. Grant was kind enough to extend his discussion to Good Form Walking and hiking in this article. His organization, Good Form Running, is sponsored by the New Balance athletic gear company.

— Bob Michiel, Trail Medicine editor

As we approach that time of year when the wintery mess begins to thaw and the flora and fauna prepare for a season of growth, so grows the anticipation of the Finger Lakes community to get back out on the trails! A season of hibernation has hopefully healed old injuries, and perhaps landed us with an extra layer of insulation as well. It's going to be a good year! A year of healthy exercise, free of injuries, free of aches and pains, and full of valuable time spent soaking in the beauty that the Finger Lakes Trail has to offer. Here are a few tips developed by Good Form Walking and New Balance to help make that happen.

In 2010 New Balance partnered with a grassroots program called Good Form Running, developed by Playmakers, an independent retail store in mid-Michigan. The partnership provided a vehicle for both running and walking form clinics to reach a national audience. This year, with help from Playmakers, a new program will be rolled out to address the specific biomechanics of walking. Good Form Walking addresses the basic movement that everyone does, every single day, without ever thinking about it.

One of the primary goals of the Good Form Walking program is to help increase the awareness given to how we move our bodies. Through increased awareness and a little practice we hope that the following techniques will lead



to healthier bodies and happier hikes. There are 3 basic “points” of Good Form Walking that will help direct this desired awareness. These “3 Points” are **Posture**, **Stride**, and **Foot Strike**. Together these provide a simple method for how we can maximize our hiking time and minimize our risk of injury, particularly on the undulating terrain of the trails.

Posture

The importance of good Posture and alignment is impossible to understate. Posture starts with your feet but encompasses your entire body, creating a full body balance. The more tired you get, the more important this balance becomes. To achieve proper posture keep the following ideas in mind:

- Bend your knees not your waist
- Head up, hips forward, reset!

Having a soft, unlocked knee joint throughout the stride cycle will enable your body to better absorb impact and deal with uneven terrain. Bending forward at your waist puts undue stress on your lower back and hips, while actually making it harder for your muscles to propel you up the trail. To improve this, think about keeping your head-up and eyes forward rather than staring at the ground directly in front of your feet. An easy way to bring all these posture cues together is called the “Posture Reset”.

**Stand with your feet slightly apart, and extend your arms above your head. Reach as high as you can with your upper body, leaving your heels on the ground. Now slowly bring your arms back down to your sides, take a deep breath and relax without letting yourself slump back into lazy posture.*

This simple exercise helps position your hips forward, pulls your shoulders back slightly, and lifts you into good full body alignment. It is especially helpful to “reset” periodically throughout your walk or hike in order to maintain a healthy body position that is conducive to efficient movement.



An ‘animated’ over-stride!

Stride

Think for a moment about the last hike you went on, and imagine yourself on one of the challenging uphill portions of that hike. What do you do with your body? What do you focus on? When traversing a hill, almost all of us naturally do one thing to make the process a little easier; we take a shorter stride. Yet on flat ground, when we think about really exerting ourselves and walking hard, we tend to take bigger steps, reaching way out in front of ourselves in an attempt to lengthen our strides.

The down-side of a long, reaching stride is that it creates a hyper-extension (straightening out) of the knee. This straightened knee position leads to much of what eventually become achy knees. When fully extended, the knee can't properly flex to absorb impact or adapt to the terrain.

(Continued on page 5)

(Continued from page 4)

Two things to think about with regards to your stride are:

- Keep it **short** and comfortable
- Let **cadence** be your accelerator (not your stride length)

“Short” is a relative term, so rather than thinking of it in general terms of length, think of it as an individual cue to not reach out with your foot and “over-stride”. Keeping your stride short will help you keep your knees unlocked and supple, as well as creating better balance throughout your stride.

Cadence is simply the rate at which you move your feet. You can use cadence to create a quicker rhythm and therefore help you practice shorter strides. If you have already found a comfortable stride length, use cadence to quicken or slow your pace rather than forcing your stride to lengthen.

Foot Strike

Typically when an over-stride occurs and the knee is locked up, we also point our toes to the sky and ram our heels into the ground. This not only puts a lot of unnecessary force on our joints, but it also positions our foot, and therefore our entire body, in a very precarious unbalanced position. If you have never tried balancing on one heel, or even tried walking in place on your heels, you should. Then you will wonder why you hike up and down trails that way.

A slight heel-strike will occur by natural design (key word being ‘slight’); however, try to make contact with the ground light and smooth, so that you can quickly transfer your weight to balancing on your whole foot. This is particularly useful during stretches of trail that are slightly more “technical” in nature. Roots, rocks, slippery surfaces, steps and any other obstacles that might appear underfoot can all be treacherous when it comes to maintain balance. Keeping a short stride, a light footfall, and getting your whole foot on the ground quickly will go a long way to creating balance in every step regardless of the terrain.

Lastly, this short, light, quick stride is perhaps most important when going downhill. All the damaging forces that are put on your body while overstriding on flat ground are amplified when you add a downhill into the equation. Making an extra effort to keep your stride short and light, or finding a way to switchback as much as possible will also go a long way towards easing the stress on your joints.

We don’t often think of walking as something we necessarily need to practice or work on, but with just a little focus given to improving our mechanics this can be the year of pain-free hiking! For more information go to goodformrunning.com and keep an eye out for more videos and improved resources throughout the summer. □

Advertisement

Trail Property for Sale

For Sale. 50 acres + cabin @ 7984 State Route 54 between Bath and Hammondsport, Steuben County, Map M12 Access 6. Once in lifetime opportunity residential, recreational or commercial. \$129,000. Lorri Rouse Licensed Real Estate Salesperson. Sunrise Local Realty, 607-794-0901 ljrouse@stny.rr.com for details.

Faces of the FLT

Paul Hoffman



Age: 64

Birthplace: Buffalo

Residence:
Dansville, NY

Occupation:
Retired

Favorite outdoor pursuits: Hiking, photography and trail sawyer work.

Other interests: Local history, music, home repair work.

How I “met” the FLT: I had read a small newspaper article about an organized hike across Tompkins County. After calling several incorrect phone numbers listed in the article, I eventually tracked down the FLTC and signed up for my first organized hike. That was 2004. History repeats itself: This summer I am leading one of the hike groups in this year’s 2012 version of the Tompkins County hike series.

Relationship to the FLT: Besides being a frequent hiker (End-to-End #216), I tend a short section of trail below the Genesee River crossing at Whiskey Bridge (M6). I am also a certified sawyer and run the “Travelin’ DR mower”. I am fortunate that one of the FLTC’s DR mowers will fit into my van and I am able to take it not only to my section of trail for mowing but also to help other trail maintainers with mowing.

Favorite section of the trail: It is really difficult to single out one favorite trail section.

Memorable FLT experience: Hiking the Balsam Lake to Alder Lake section in the Catskills (M32) of the FLT, September 26, 2004, with Jim & Sigrid Connors leading. This was at the fall FLTC Frost Valley Conference. I was new to hiking at that time. The hike was memorable to me as it capped off three days of challenging hiking. A tough hike with great views. I have since repeated the hike three more times.

Recent achievements: Summiting Mt Kilimanjaro in February 2012 raising over \$6,200 for the American Cancer Society.

Crystal Hills Trail: GET in NY part 7

by Pat Monahan, FLTC President

2011 in Review. The Crystal Hills Trail, a 45-mile branch trail of the Finger Lakes Trail system and the Great Eastern Trail has been in existence for the last six years. During its infancy before being officially named, most knew the trail to be called the GET in NY. With nearly 40 miles complete and only five to go, the trail stands on its own merit and can be hiked as a wilderness-type experience.

Work continued on the Crystal Hills Trail as we close the gap in Steuben County. Approximately 1100 volunteer hours were invested from RIT students, Eagle Scout projects, Scouts, Alternative School for Math and Science (Corning, N.Y.) parent and student volunteers, as well as many other community volunteers from across New York and Pennsylvania. Many thanks again to the young and old who have supported this volunteer trail construction effort sponsored by the Finger Lakes Trail Conference. Last year's construction effort was focused in the Painted Post area from West Hill Rd./West Hill State Forest to the base of Erwin Hollow Rd./Erwin Hollow State Forest. This work was completed in the early spring 2012. We inadvertently flagged the trail on a neighboring landowner's property in this area. The first landowner did give us permission to walk on their property and also identified that approximately 150 yards of the flag line was on the neighbor's property. Once this was known we immediately contacted the other landowner to apologize and ask permission to walk on their property. Negotiations continue.

2012 and beyond. Trail construction is anticipated to be completed in 2012 through more private property and working cooperatively with CAMBA (Corning Area Mountain Bike Association) in the Erwin Wildlife Management Area (WMA). This approximately two-mile section may be the only section of the trail that is shared with another use due to the expectation to use "existing trails as



much as possible" as described in the Erwin Unit Management plan of the NYS Department of Environmental Conservation (DEC) written in 2008. Landowner negotiations are still ongoing in another case after 14 months. This entire new section will connect the trail between Painted Post/Corning and Addison. Our final effort will be moving approximately 6 miles

of trail off road below Addison to the Pennsylvania border in the future. This will be extremely challenging and time consuming since all of it will be located on private land. If you are interested in becoming involved in any aspect of building the Crystal Hills Trail, please contact Pat Monahan at pmonahan@stny.rr.com. □

Dale and Esther Howell Easement #2

Dale and Esther Howell have welcomed the trail and all variety of hikers on their property for many years. They've helped maintain the trail and directed lost hikers on their way. In 2005 they donated one of the first permanent trail easements to the Finger Lakes Trail Conference, insuring that the trail will always be available for hikers to enjoy the peace, serenity, and stress relief of getting away from their busy lives and enjoying the Howell's beautiful property. In 2011 they purchased another property with the trail on it and donated a permanent easement on that property as well. Their properties



Dale & Esther Howell

are located south of Letchworth State Park near Hunt, N.Y. (Map M7).

The Howells have been great friends of the trail in every way.

Ron Navik
Vice President Trail Preservation
ron.navik@frontiernet.net
585/377-1812

Amazing One Day Hike of the entire FLT

by Roy Dando, Larry Blumberg, and Roger Hopkins

On June 2, 2012, about 500 of us gathered at different trail heads at different times to accomplish one goal: have each section of the entire main Finger Lakes Trail hiked by at least one person that day. Yes, that is all 562 miles, that is 1 million yards, or 3 million feet or if you choose, 36 million inches received at least one footstep on June 2. It took 103 leaders and co-leaders to make sure the seventy-five hikes (average length 7.5 miles) went off smoothly. Without all of these people taking on a leadership role, this hike could not have been the success it was. While we walked that day, many comments were made that at that very moment, each hike was progressing with hundreds of people simultaneously out enjoying the FLT. We would like to think that Wally Wood, the person with the original FLT concept 50 years ago, would be proud that it has grown to be loved by so many that an event such as this could come to fruition.

Upon completion of their hikes, many people joined one of the *après* hike picnics. It is estimated that there were over 200 people enjoying these festivities including the Grand Marshal himself, Ed Sidote. He joined the Triple Cities and Bullthistle hiking clubs at Ludlow Lean-to for the festivities.

Here are a few snippets from hike leaders written as part of their hike report:

- *Very cool knowing that at this very moment people were hiking the entire FLT!*
- *We met 24 Boy Scout participants from Geneseo and Dansville.*
- *We took our time and did a little trail maintenance along the way.*
- *First time my family hiked with me. A very special day.*
- *There were 7 children on this hike. Youngest was 9 months!*

– *This hike exemplifies many of the various types of landscapes the FLT crosses.*

– *We had 20 hikers ranging from 10 to 80 years of age!*

– *The highlight was stopping at the cairn the Benedict family made as a memorial to Gerry Benedict. It stands as a fine tribute to a man who gave so much and now is greatly missed.*

– *It was a fantastic day! Very thrilled to be a part of this Amazing Hike.*

REFLECTIONS ON JUNE 2 FROM ED SIDOTE, former FLTC President and end-to-end coordinator. Ed has assisted and encouraged several hundred aspiring end-to-enders. Ed attended one of the after-hike celebrations at the Ludlow Creek Lean-to in Chenango County.

First, I want to thank the “Amazing One Day Hike Committee” for organizing these 75 hikes. It must have been a time consuming task.

Second, I think we should thank all of those involved with planning and making preparations for the after-hike picnics and celebrations, and all the others who made food contributions for these.

Third, I think it was a terrific idea to have a one day hike of the Finger Lakes Trail!

We have 338 FLT End-to-Enders and more to come this year.

I have participated in the 25th and 30th FLT anniversaries, both of which were held at Ithaca College. I hope to also attend the 50th anniversary at Keuka College where the FLT was organized in 1962.

We owe a lot to folks like Howard Beye, Erv Markert, Terry Giarrosso, Bob Muller, Doris and Cliff Abbott, Laura McGuire, Winston Braxton, Irene Szabo, and many, many others for their efforts on behalf of the FLT.

The Amazing One Day End to End Hike Committee would like to thank everyone involved:

Regional hike organizers from the local affiliated hiking clubs who organized multiple hikes, individual hike leaders, picnic organizers, trail maintainers, all the people who helped out with the publicity, and finally, all the hikers themselves who chose to “Tie up their laces and take a hike” with us on Saturday. Without them, the hike would not have happened.

Please see the photo gallery at our website.



Larry Blumberg

It's Ed Sidote, Honorary Grand Marshal of the event, enjoying the festivities at the Ludlow Creek Lean-to.

I had the privilege of working with many of them over the last 35 years.

I enjoyed doing trail work for new trail and miss it very much.

I enjoyed meeting End-to-Enders the day they finished the FLT and awarding them with their patches and their card of congratulations.

It was a pleasure to be able to attend one of the after-hike picnics.

Finally, I want to thank the hike leaders and sweeps and all the hikers who hiked each section.

THANK YOU,
Edward J. Sidote
ejsidote@frontiernet.net

North Country Trail Annual Conference Closer to Home This Year

While it's great fun to see trail in far-off places like North Dakota and Minnesota, this year's NCTA annual bash is in southern Michigan, an easy day's drive for us in New York, from August 2 through 5. Sited at a luxury golf resort, food and lodging will be top notch, while hikes will still feel "normal," through rolling forests, a bird sanctuary, past glacial pothole lakes, and through covered bridges. Workshops are plentiful, offering both hands-on trail layout education and sessions on membership growth, outreach, and trail protection. Learn about NCTA's Trail Towns program.

Don't miss the Friday evening program, when awards are given out to deserving volunteers from the seven states of the trail's breadth. Don't tell anybody, but some New Yorkers win big this year!

Details of programs and registration are in the April-June issue of the NCTA magazine *North Star* (the recent issue with Jacqui Wensich's picture of trillium in Cortland County's Taylor Valley on the cover), or online at northcountrytrail.org. If it's not already too late, hurry, since registration fees rise slightly after July 1. □

Meet Dick Hubbard, the new Executive Director



President Pat Monahan (left) welcomes Dick Hubbard.

Photo by Gene Bavis.



Left: Same kiosk from June of LAST summer. The bat was hiding under the Plexiglas over the bulletin board materials (this is hiding?) and just sat still for a picture after Irene took off the framed clear cover.

First and only NCT highway sign in New York

Fred Szarka handed me these two signs at one of the NCTA conferences a LONG time ago, and just how long ago is pretty embarrassing. But in keeping with my finely honed tradition of world class procrastination, I let these National Park Service gifts age in my garage.

In April, Gin Shear and I finally installed these two on the trailhead bulletin board at the Cobb property (Map M4, east of Ellicottville), after re-doing the vandalized Plexiglas and signage. Sure needed those extra hands to handle these big fat things, and Gin comes complete with a generator so we actually had electricity for drilling.

I have since learned that the NPS can't get those signs any more. It's very cool to see such big trail signs in Pennsylvania, Florida, Massachusetts, and elsewhere, but now it appears this will be the only set in New York.

— Irene Szabo

A Memorial Tribute to Gerry Benedict

Gerard "Gerry" Benedict died May 11th, 2012, fatally injured by a falling limb while working on the Finger Lakes Trail in the Catskills. He was 65.

Gerry Benedict loved rocks. He loved to move them and he loved to create with them, the bigger, the better. As a volunteer on the Mt. Washington Rebuild Alley Cat crew in 2009 (Map M12, Hammondspport), the first big FLT project he worked on, he carried several large, thick flat stones up the very steep hillsides and built rock steps at the turn of a new switchback.

The next year, Gerry co-managed the reconstruction of the ten bridges that lay between Elmboise and Bean Station Rds. on the Bristol Hills Branch (Map B3, Prattsburgh). Although there were no rocks anywhere in the thick sediment left by an ancient glacial lake, Gerry accepted the assignment and over the course of the summer, Gerry, Mike Schlicht, some students from RIT, a small band of us FLTC volunteers, and Gerry's son Jason put in two new telephone pole bridges and rebuilt or replaced all the others. Along with Mike, Gerry was always in the thick of things, moving swiftly to lift whatever needed to be lifted, teaching students (including a welter-weight hearing impaired student from Japan) how to move 1,200-lb. telephone

poles with the Grip Hoist, or working the Grip Hoist himself, all the while showing the rest of us, by happy example, how to pitch in and get things done. Besides the tools he brought in his old pick-up, there was a load of heavy asphalt shingles that he carried in with his wheelbarrow. Gerry, of course, did the knuckle-scuffing work of cutting the shingles into strips for the students to nail to the bridge decking to combat slipperiness.

In 2010, Gerry also volunteered on the Tinker Falls Alley Cat project on the Onondaga Branch (Map O1, SE of Syracuse) which involved building a double staircase and a reroute. This time there were rocks, and one particular one stood out. As Pat Monahan tells it, Gerry and his son Jason unearthed a huge flat rock

(Continued on page 10)



Lynda Rummel

Gerry, happily cutting strips of asphalt shingles to be nailed to bridge decking to help prevent slipping. Bean Station Bridges Project, 2009.



Gerry and his son Jason dug out this huge slab of rock and turned it into a lovely stone bench. Tinker Falls Project, 2010. Photo by Tony Rodriguez.



Gerry (far left) and inmates from the Monterey Correctional Facility used this huge boulder to help armor the creek bank under one bridge end. Birdseye Hollow Bridges Project, 2011. Photo by Lynda Rummel.

Gerry Benedict ...

(Continued from page 9)

(estimated to be about 2'x4') and somehow "hefted it to a very close spot on the upside of the trail – not sure how they did it! There is now a beautiful [stone] bench on a steady 10% grade trail to stop and rest for the lengthy climb to the top of the hill." Tony Rodriguez, the project manager, says frankly that they "could not have accomplished all that stone work, in the time we did, without Gerry and Jason," and recalls, as well, how Gerry's "infectious enthusiasm" inspired everyone.

In 2011, I asked Gerry to co-manage with Mike again and build two bridges across Birdseye Hollow Creek (M12, SE of Bath). This time the rocks weren't where they needed to be. The bank under one end of the bigger bridge needed to be "armored" against the current. Gerry brought a small skid from home that inmates from the Monterey Correctional Facility could use to move the biggest boulders, including a large glacial erratic. The memory of Gerry pushing that boulder toward the bank while the inmates pulled, and then working shoulder to shoulder with the inmates down in the creek instantly brings tears to my eyes.

Mike Schlicht wrote about his experiences of working with Gerry: "Gerry taught me a lot. [I] will always remember the times he had everyone working on the projects [and] he looked lost because everyone knew what to do and how to do it. That is a sign of great leadership and a skill in short supply these days. [At Birdseye Hollow,] he had those [young inmates] moving the boulders and *they were happy to do so.*"

My other image of Gerry from the Birdseye Hollow Bridges project is purely my own creation but comes from Gerry's account of meeting up with two locals who drove by the night before work was to start. All the materials had been delivered and stored under tarps; the piles, and the

telephone poles, were very visible from Birdseye Hollow Rd. Gerry decided to camp nearby, to keep an eye on things. While taking a sponge bath near the creek, Gerry heard a truck slow down, so he hurried out to the road to see what was happening. He could see their eyes grow big when he emerged from the woods, he said, but he talked with them for a while and convinced them to continue on their way—and he convinced them not to throw their empties into the woods! Every time I imagine Gerry leaning against a beat-up pick-up along a busy road talking to two good ol' boys, with just a towel wrapped around his waist, I can't help but laugh out loud.

Lanky and tall, with a thick droopy mustache that was almost wider than he was, Gerry was also very strong, agile, and tough. He loved the woods. He loved to hike and backpack. He was an end-to-ender, and he loved the FLT. He maintained the stretch from Hughes Road to the east end of Cochrane Road on M11, west of Bath. His family reports that his Alley Cat co-workers said that "he often lagged behind as they hiked into a work site, and then would catch up, and then lag behind again. It was only when they hiked out that they saw he had been placing stepping stones in the trail as he brought up the rear." His last project was clearing trail in the Catskills.

Gerry thought about the planet's big problems and, every day did what he could to make things better. A favorite saying was, Think Globally, Act Locally. He served in the Peace Corps in India for three years and

taught high school biology for 35. He was a Master Gardener, composted religiously, kept bees, helped out at the local food closet, donated blood, and as a last act of great generosity, donated his liver and kidneys.

Gerry drew beautiful construction plans for footbridges, and his students say his illustrations of plants, which he loved as much as rocks, were exquisite. He also sketched political cartoons and scenes of trail work, and as his blog showed, he was pretty good at wood carving, but his twin qualities of laughing at himself and making puns (some witty, some real groaners) were what completely endeared him to us.

The morning of Gerry's memorial service, I drank my coffee out of a ceramic cup made by his sister-in-law, Faith. A lovely gray-blue with the images of two narrow leaves, in white, on one side, the mug is my favorite for what it says on its other side, in capital letters: This is not Styrofoam. From now on, this small but beautiful and functional creation will call Gerry to my mind every day, forever reminding me of his deep, pure and joyful devotion to the natural world and all its inhabitants.

Gerry was so very full of life, the antithesis of Styrofoam. Steve Catherman, who worked with Gerry on the Birdseye Hollow Bridges, speaks for all of us when he says that we "will remember him for his humor, his work ethic, his ability to teach those around him, and of course, his passion for unearthing and building things with huge rocks!" As Mike Schlicht says, "It was an honor to know and work with him." □

*By Lynda Rummel
FLTC Vice President for Trail Quality
Regional Trail Coordinator, Bath – Watkins Glen*

Finger Lakes Trail Conference – 2012 Fall Camp Out
September 21 – 23, 2012
Robert H. Treman New York State Park, Ithaca
Hosted by the Cayuga Trails Club celebrating its 50th Anniversary!



Schedule of Events

Friday, September 21

12 noon
1 – 2 pm
5 pm
6 pm
7:30 pm

Lower North Pavilion – Robert H. Treman State Park
Registration opens
Hikes depart, see schedule
Social hour – *you may bring alcoholic beverages*
Buffet Dinner
Evening Presentation – *To be announced – check FLTC website*

Saturday, September 22

7:30 – 8:30 am
7:30 am
7:30 – 9:30 am
9:00 – 9:30 am
11 am – 3 pm
4 pm
5 pm
6 pm
7 pm

Lower North Pavilion – Robert H. Treman State Park
Buffet Breakfast
Registration opens
Pick up trail lunches
Hikes depart, see schedule
Reserved for use by Cross County Hike Series
Board of Managers Meeting
Social Hour – *you may bring alcoholic beverages*
Buffet Dinner
Evening Presentation – “Fungi in our Forests”, Dr. Kathie T. Hodge, Associate Professor of Mycology, Author, Blogificator, Cornell University

Bonfire – weather permitting

Sunday, September 23

7:30 – 8:30 am
7:30 – 9:30 am
8:30 – 9:30 am

Lower North Pavilion – Robert H. Treman State Park
Buffet Breakfast
Pick up trail lunches
Gather for Scheduled Hikes

Directions – The *Robert H. Treman State Park*, 105 Enfield Falls Road is located south of Ithaca at the intersection of Rt-13 & Rt-327. After you enter the park, follow FLTC signs for parking. www.nysparks.com/parks/135.

- **From North East** – NY-81 S, Exit 12 for NY-281 Homer/Cortland, L on NY-281 S for 3.8 mi, NY-281 S merges into Rt-13 S, go 7.6 mi to Dryden, go 13.8 mi to Ithaca on Rt-13 S through Ithaca, R on Rt-327 N, L on Park Rd.
- **From South** – I-86 (old Rt 17) – Exit 54 for Rt-13 N to Ithaca – go 24.5 miles, L on Rt-327 N, L on Park Rd.
- **From East (Watkins Glen)** – Rt-414 N, slight R on NY-79 E, go 9.1 mi, at bottom of hill coming into Ithaca take a R on Rt-13A S/Floral Ave, for 2.1 mi, R on NY-13 S for 1.1 mi, turn R on NY-327, L on Park Rd.
- **From West (Whitney Point)** – Rt 79 W to Ithaca 30 mi, stay on Rt 79 W through Ithaca (Seneca St), street will end at State/Martin Luther King Jr St, L on Rt 13A (Floral Ave) S 2.1 mi, R on Rt-13S 1.1 mi, R on Rt-327, L on Park Rd.

Parking at the Lower Treman Park is free on Fridays and \$7 on Saturday AND Sunday. To reduce parking fee:

- Camping at Treman or any local NYS Park includes the daily parking fee
- Purchase an Empire Pass – support your state parks and enjoy any park all season long!
- Purchase an Access Pass (restrictions apply – check with NYS Parks)
- Car-pool with friends
- Park on south side of Rt-13 at access area OR at Ehrhart Propane and walk under bridge to the pavilion.

Questions? Contact Jim or Sigrid Connors, 607-898-4163 (evenings or weekends)
jconnors@twcnny.rr.com or sconnors@twcnny.rr.com

2012 Finger Lakes Trail Conference Fall Camp-Out Hike Schedule

Meet ready to depart for all hikes at the Robert H. Treman Lower Park Entrance to arrange for car-pooling at time listed.

Friday September 21st

Hike #1: Cayuga Trail Hike, see Cayuga Trail Map, 4.4 miles. Rated moderate. Meet at 1:00 p.m.

The Cayuga Trail takes hikers along the high banks and water's edge of Fall Creek, through hardwood forests and pine plantations. Breathtaking vistas, interesting geological features and the beauty of wild sections of Fall Creek and Cornell's off-campus natural areas will greet you on this hike. Cars will be spotted at the end of the hike and hike will begin near Freese Road. Hike leader: Tom Reimers.

Hike #2: Cayuga Water Front Trail, Phase 1 Hike, 2.0 miles. Rated easy. Meet at 2:00 p.m.

Stretch your legs just a bit after your travel to Ithaca and walk along phase 1 of the Cayuga Waterfront Trail Cass Park Loop section. This paved loop trail highlights wide-open views of Cayuga Lake Inlet. Hike leader: John Andersson.

Hike #3: Taughannock Falls State Park, North, South & Gorge Trails, 4.2 miles. Rated easy. Meet at 1:00 p.m.

On this hike you will explore Taughannock Falls State Park trails which boast spectacular overlooks. The upper falls has a drop of 215 feet and is one of the highest east of the Rocky Mountains. Hike will start at the Falls Overlook parking area on Taughannock Park Road. After enjoying the view of the Falls you will head west on the North Rim trail to where it intersects the South Rim trail. From there you will hike east to the Gorge Trail and hike into the falls basin and back. A short walk north on NYS Route 89 will take you to the North Rim trailhead and back up to the Falls Overlook parking area. Hike leaders: Carol Mallison and Barbara Nussbaum.

Hike #4: Tamarack Lean-To Hike, FLTC Map M17, 5.8 miles. Rated rigorous. Meet at 1:00 p.m.

Check out the Tamarack Lean-to rebuilt in 2010 by the Alley Cat Crew. Hike will start at the junction of Heisey and Eastman Hill Roads then climb over the shoulder of Round Top, descend steeply to route 96B followed by a steep ascent to the Tamarack Lean-To. A final descent to South Danby Road brings this hike to a conclusion. Hike leader: Larry Blumberg

Saturday September 22nd

Hike #5: Robert H. Treman Park Hike, FLTC Map M16, 5.2 miles. Hike rated moderate. Meet at 9:30 a.m.

This loop hike starts on the Finger Lakes Trail (FLT) in the lower park and ascends to the upper park on the FLT and Old CCC Camp Trail, and returns to the lower park on the Gorge Trail. Lucifer Falls and other wonderful sites along Enfield Creek are yours to enjoy. Hike leader: Eric Mastroberti from Eastern Mountain Sports.

Hike #6: Virgil Mt. Area Loops Map, 9.0 miles w/ 4.2 mile opt out. Rated moderate/rigorous. Meet at 9:00 a.m.

Although this loop hike has a bit longer drive to the trailhead than the others it is well worth the trip. On this figure eight hike you will start and finish at the intersection of Bleck and Hauck Roads. Follow the Dabes Diversion Loop Trail to Stone Pile junction where a spectacular view awaits. After taking a moment to check out Foxfire Lean-to the hike will continue on the Finger Lakes Trail east downhill and then ascend to the center of the figure eight. Here you can opt for the 4.2 mile hike by taking the Dabes Diversion Loop west back to your cars, or continue on to Virgil Mountain summit (highest point within 70 miles at 2134') and then a long descent back to the center of the figure eight where you once again pick up the Dabes Diversion Loop and hike back to the starting point. Hike leaders: Larry Blumberg and 'Java' Joe Dabes.

Hike #7: Abbott Loop, see FLTC Abbott Loop Map, 8.4 miles. Rated moderate to rigorous. Meet at 9:00 a.m.

Built and maintained by the Cayuga Trails Club the Abbott Loop Trail encompasses some of the most beautiful scenery in Danby State Forest. Hike will start at the north crossing of the Finger Lakes Trail on Michigan Hollow Road close to Diane's Crossing. Expect some rugged climbs, steep descents and brook crossings. Thatcher's Pinnacles provide a scenic overlook of West Danby, the Lindsay-Parsons Biodiversity Preserve and the forested hills beyond. Hike leader: Marsha Zgola.

2012 Finger Lakes Trail Conference Fall Camp-Out Hike Schedule, continued

Hike #8: Cayuga Trail Hike, see Cayuga Trail Map, 7.9 miles. Rated moderate. Meet at 9:00 a.m.

Hike the entire Cayuga Trail from the Stewart Avenue Bridge to Monkey Run Road parking area. Amazing views are yours when crossing the suspension bridge over Fall Creek, hiking along Beebe Lake and to 'The Overlook'. Continue on across Stevens Suspension Bridge; ascend through a spruce plantation up to Freese Road. See Hike #1 description above for trail description that will take you to Monkey Run Rd. Hike leader: Anna Keeton.

Hike #9: Lick Brook, FLTC Map M17, 6.8 miles. Rated easy to moderate with a steep descent. Meet at 9:30 a.m.

Beautiful views of Inlet Valley are in store on this hike, which starts at Comfort Road and ends at NY Routes 13, 34, 96. Spectacular views of Cayuga Lake Inlet Valley, Lick Brook Upper & Lower Falls await you along with the Sweedler and Babcock Preserves. There is a portion of road hiking but the views are worth it. Hike leader: Gary Mallow.

Hike #10: Arnot Forest Hike, in Townships of Newfield & Van Etten, 4.5 miles. Rated easy. Meet at 9:30 a.m.

'The Arnot' is a research and teaching forest located in the hilly forested Southern Tier that is owned by Cornell University and managed by their Department of Natural Resources in the College of Agriculture and Life Sciences. Mature forests, grasslands, softwood plantations, 400 species of vascular plants, 135 species of birds, numerous amphibians, reptiles, mammals, and other wildlife inhabit 'The Arnot'. Hike will start at the north gate and end at the south gate. Hike leader: Barbara Nussbaum.

Final Hike for Tompkins County series registered hikers only.

Start time 8:45 am. Details of this hike and end-of-series picnic provided by hike coordinator Karen Serbonich.

Sunday September 23rd

Hike #11: Van Lone Loop Trail, Connecticut Hill. FLTC map M16, 5.8 miles. Rated moderate. Meet at 9:00 a.m.

This beautiful, rugged route that winds through several gorges will combine sections of the Finger Lakes Trail, Cayuga Gulf Trail, the Swan Hill Trail and the Van Lone Hill Trail to complete the loop. Hike will start and finish at the parking area near the intersection of County Route 6 & Gulf Road. Hike leader: Marsha Zgola.

Hike #12: International Loop, see FLTC Map with same name, 7.2 miles. Rated moderate. Meet at 9:00 a.m.

This loop hike combines the Swedish Loop Trail, several parts of the Finger Lakes Trail (American) and the Spanish Loop Trail to create a 7.2 mile international hike. Hikes starts and ends at the newly constructed parking lot on Daisy Hollow Road. Hike leader: Phil Dankert.

Hike #13: Connecticut Hill & Bob Cameron Loop Hike, FLTC Map M16, 6.1 miles. Rated moderate to rigorous. Meet at 9:00 a.m.

This hike explores the woods of Connecticut Hill from Todd Road to Black Oak Road while also combining a side hike on the Bob Cameron loop. Hike leader: Jack Vanderzee

Hike #14: Cayuga Water Front Trail, Phase 3 Hike, 4 miles. Rated easy. Meet at 9:30 a.m.

Walk phase 3 of the Cayuga Waterfront Trail from the Ithaca/Tompkins Visitor's Center to Ithaca's Farmers Market. This loop hike is on a paved trail and is a great place to walk while providing views of Cayuga Lake. It passes through Stewart Park and part of the Fuentes Bird Sanctuary on its way to the Farmers Market. Hike leader: Carol Mallison.

Shop in support of the trails for shirts, jackets, caps, patches, maps and more at the always popular Finger Lakes Trail Conference store. Cayuga Trails Club Guidebook and hiking shirts will also be available.

More detail on the conference presentations will be posted on the Finger Lakes Trail Conference website.

www.fingerlakestrail.org

Finger Lakes Trail Conference – 2012 Fall Camp Out

Courtesy coffee and tea will be available throughout the weekend

Meals

All serving ware and utensils used will be compostable

Ithaca's well-praised 'Ithaca Bakery' is the caterer for breakfast, trail lunches and Saturday dinner!

Friday Buffet Dinner – Pizza – choice of vegetarian and meat options, Garden Salad, choice of dressings and ice cream

Saturday Continental Breakfast – Orange juice, Fresh Fruit Salad, Assorted Yogurt, Assorted Mini-Bagels with cream cheese, butter & jelly, Assorted Mini-Danish and Mini-Muffins

Saturday & Sunday Trail bag lunches – Include scrumptious sandwiches, fresh fruit, mini granola bar, cookie, bottled water:

Country Turkey with Brie, Spring Mix, Plum Chutney on Baguette

Roast Beef with Herb Aioli with Oven Dried Tomato, Spring Mix, Parley, Oregano on Baguette

Smoked Gouda with Roasted Red Pepper, Parsley-Garlic Dressing, Romaine on Multi-grain Roll

Hummus with Roasted Red Peppers & Spouts on Oatmeal Whole Wheat (*vegan*)

Saturday Buffet Dinner – Cornell Recipe BBQ Chicken, Portabella Mushroom Stacks (some vegan), Baked Beans (Veg), Salt Potatoes, Garden Salad w Lemon Vinaigrette, Fresh Fruit Salad and Rolls & Butter

Join us after dinner for a celebratory piece of cake in honor of the FLTC and CTC 50th Anniversaries!

Sunday Continental Breakfast – Orange juice, Fresh Fruit salad, Yogurt, Assorted mini-bagels with cream cheese, butter & jelly, Assorted Coffee Cake and Cinnamon Buns

Camping

Public Campgrounds - Toll free 1-800-456-CAMP or <http://newyorkstateparks.reserveamerica.com>

- **Robert H. Treman State Park**, 105 Enfield Falls Road, Ithaca, NY, (607) 273-3440
- **Buttermilk Falls State Park**, 112 E. Buttermilk Falls Road (off Rt 13 S), Ithaca, NY, 14850, 607-273-5761
- **Taughannock Falls State Park**, 1740 Taughannock Blvd. (Rt 89), Trumansburg, NY (607) 387-6739
- **Finger Lakes National Forest**, Hector Ranger District, 5218 State, Rt 414, Hector, NY (607) 546-4470
www.fs.usda.gov/activity/fingerlakes/recreation/camping-cabins
- **Lansing Park/Myers Point**, Myers Rd, (off Rt 34B), Lansing, NY (607) 533-7388, www.lansingrec.com

Private Campgrounds

- **Pine Creek Campground**, 28 Rockwell Rd, Newfield, NY (607) 273-1974, www.pinecreekcampground.com
- **Spruce Row Campground**, 2271 Kraft Rd (off Rt 89 N), Ithaca, NY (607) 387-9225, www.sprucerow.com

Other Area Activities for Hikers and Non-Hikers! – visit our display area with brochures and directions

- **Cornell Plantations** – explore self-guided tours of the botanical gardens, arboretum and natural areas
www.cornellplantations.org
- **Cornell Lab of Ornithology** – free guided beginner bird walks in Sapsucker Woods, 7:30 to 9:00 am
www.birds.cornell.edu
- **Museum of The Earth**, 1259 Trumansburg Road – paleontological exhibitions www.museumoftheearth.org
- **Ithaca Brewery**, 606 Elmira Road, Ithaca, www.ithacabeer.com (607) 273-0766
- **Six-Mile Creek Winery**, 1551 Slaterville Road, Ithaca, www.sixmilecreek.com (800) 260-0612

Other Lodging

Ithaca ~ 0.5 to 2.3 miles (or www.visitithaca.com, www.bedandbreakfast.com/ithaca-new-york.html)

- **Gray Haven Motel** (0.5 miles or 10 min walk) 657 Elmira Rd, Ithaca, (607) 272-6434, www.grayhavenmotel.com
- **Comfort Inn**, 356 Elmira Rd (2.1 mi), Ithaca, (800) 228-5150, www.ComfortInn.com
- **Hampton Inn**, 337 Elmira Rd (2.3 mi), Ithaca, (607) 277-5500, www.Ithaca.HamptonInn.com

FLTC Fall 2012 Camp-Out – Registration Form**September 21, 22 & 23 – Ithaca, New York**Registration form also available at www.fingerlakestrail.orgRegistration due no later than **September 6**, refunds cannot be guaranteed after this date.Mail registration & check payable to 'Cayuga Trails Club' to: The Connors
102 Old Stage Road
Groton, NY 13073

Name(s) _____

Address _____

City/Town _____ State _____ County _____ Zip Code _____

Phone(s) _____

Email(s) _____

Emergency Contact Name & Phone _____

Local Hiking Club/Affiliation _____ End to End Badge # _____

Any special needs we should be aware of? _____

REGISTRATION FEEFLTC member _____ x \$ 12 \$ _____
Non-member _____ x \$ 18 \$ _____**FRIDAY – Dinner** _____ x \$ 10 \$ _____

Hikes #1 #2 #3 #4

SATURDAY

Continental Breakfast _____ x \$ 7 \$ _____

Trail Bag Lunch - circle choices

Turkey/Beef/Gouda/Hummus _____ x \$ 8 \$ _____

Buffet Dinner _____ x \$18 \$ _____

Hikes #5 #6 #7 #8 #9 #10

SUNDAY

Continental Breakfast _____ x \$ 7 \$ _____

Trail Lunch – circle choice

Turkey/Beef/Gouda/Hummus _____ x \$ 8 \$ _____

Hikes #11 #12 #13 #14

Total Enclosed \$ _____**Please read and Sign the following:**

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

Print**Name** _____ **Signature** _____ **Date** _____**Print****Name** _____ **Signature** _____ **Date** _____

Tompkins County Hike Series

by Karen Serbonich, Hike Series Coordinator

The Finger Lakes Trail Conference hike series across Tompkins County has begun with 127 registered hikers.

During the first hike in April, 77 hikers began their journey on a brisk Saturday morning on the 58.8 miles that the Finger Lakes Trail crosses through Tompkins County and a small portion of Tioga County. The beautiful Lick Brook Gorge provided a great uphill workout with spectacular gorge views. A later crossing through what I called "The Sound of Music" field provided an amazing view of one of the valleys in this county. A few groups even broke out in song.

A cross county hike series provides the opportunity to hike and to make friends while experiencing New York State's beauty through the generosity of many private landowners. The positive feedback from the many hikers new to the

series indicates that this program is a great way to encourage and attract new hikers to the trail.

Next year, decide to join the cross county hike series and set a goal to become an "End to Ender." □



April: Wood-land phlox

RWW Taylor



May: Dame's Rocket

Pam Larnard



Joanne Facci

April's Waldo

Below: May's Waldo



Joanne Facci

Continuing the "Where's Waldo?" tradition started by Pat Monahan a number of years ago, an incongruous object is hidden somewhere along the trail and hikers deposit a penny in the nearby bucket to indicate they found it. Some also throw in dollars for trail maintenance. This year's "Waldos" are made from recycled materials by Karen Serbonich and her grandson Noah.

Phase Two of Outback Inn (De) construction Under Way

by Lynda Rummel

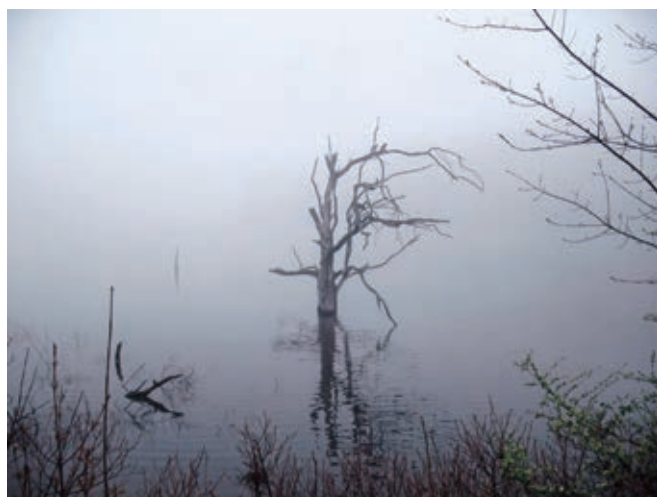


Photo by Mark Mayton

Troop 37's Dan Connors just earned his Eagle Scout status by completing the deconstruction of the old Outback Inn (Map B2, east of Naples, Ontario County). When we left the story in early winter, Ethan Stacklyn had completed his Eagle Scout project of building a replacement Outback Inn, the old Outback Inn had been demolished, most of the old materials were neatly piled on site, and Connors had arranged with Troop 68 from Hall, New York, to take out stuff that couldn't be burned or buried by skidding it down the hillside to Kamp Koininea, far below in Italy Valley.

Kamp Koininea is a private retreat facility. The troop maintains a rugged trail from the camp up the valley's steep east side which joins the FLT near the shelter. With so little snow this year, prospects for completely removing all materials were dim; however, Troop 68, under the direction of assistant scoutmaster Mark Mayton, braved the snow and cold late last December, and using old roofing material for the sled, skidded out a lot of material. More materials can be taken out the next time we have some snow. In the meantime, the site of the old Outback Inn and the service track into the site will be remediated this season and both Troop 68 and Troop 37 will be involved in that work. □

Alter Egos?



Teeter Pond on the Interloken Branch Trail in the Finger Lakes National Forest. Left, taken by Jacqui Wensich on September 27, 2004, appeared on the cover of the Fall 2005 issue. Right, taken by Candy Dietrich on March 31, 2012.

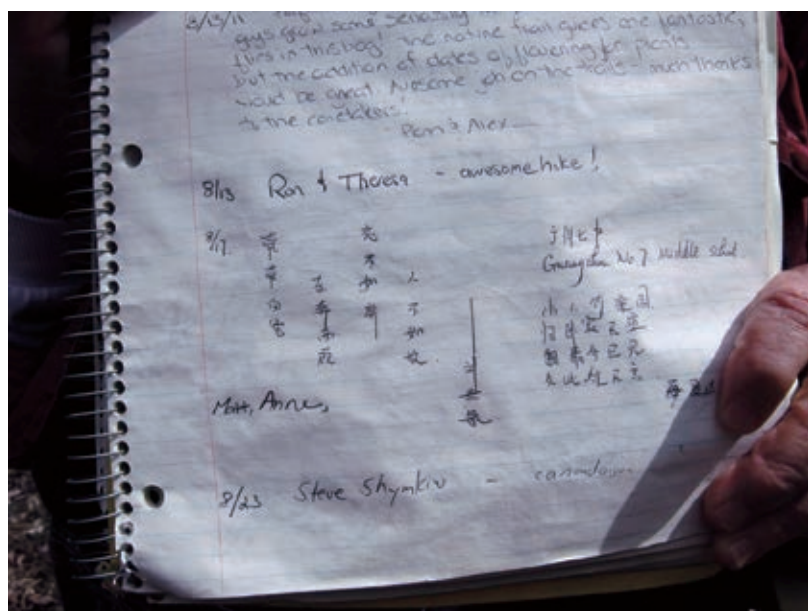


Photo by Georgeanne Vyverberg

Chinese Register Entries

The Chinese writings on the left are from the trail register on the Huckleberry Bog Trail (Bristol Hill Branch map B3). Irene Szabo, maintainer of the Huckleberry Bog Trail, says it's fascinating how many international visitors sign the register there. Apparently, it's a favorite place to take visitors. Irene enlisted the help of Ken Chin and end-to-ender #34, Susan Yee, to get the entries translated. Susan says these are typical traditional verses written by young teen-agers. They are both nature verses. The hikers were from the "Guangzhou #7 Middle School." The first verse begins

*White rabbit runs/plays in the green meadow
Run to the east; rush to the west*

...



The FLT in Arizona? Well, yes, but not our FLT. This FLT is an abbreviation for FLEET that identifies the vehicle as a rental car. Coincidentally, the FLT lettering is on a yellow background looking like a miniature trail-head sign.

Submitted by Tim Wilbur



SM

Steve Catherman
Vice President of
Trail Maintenance

Trail Topics

How to Contact Trail Management

Steve Catherman, Vice President of Trail Maintenance
7399 CR 89
Bath, NY 14810
stevec@roadrunner.com
607/569-3453

Lynda Rummel, Vice President of Trail Quality
968 Esperanza Drive
Keuka Park, NY 14478
ljrassoc@roadrunner.com
315/536-9484
315/679-2906 (Jan-Mar)

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

Matt Branneman, Director of Crews and Construction
715 Hector St.
Ithaca, NY 14850
mattbranneman@gmail.com
607/220-7812

Greg Farnham, Director of Trail Inventory and Mapping
315/877-5762
*Please use this email address for trail condition reports
and mapping questions and requests:*
trailreport@fltconference.org

Trail Sponsor News

It is with great sadness that I'm announcing an opening for a new volunteer to take over the trail section that Sponsor **Gerry Benedict** had been maintaining for the last three years. His memorial service in Newark was attended by several hundred people and was certainly a testament to the impact this man had on all those who had the opportunity to know him. Our thoughts and prayers go out to his family. The section of trail that Gerry maintained and is now available stretches nearly 8.5 miles from Hughes Road to the east end of Cochrane Road on Map M11 just west of Bath in Steuben County. This section can be split up.

The 2.8 mile section of the Bristol Hills Trail between Access Point 14 at CR 74 and Access Point 15 at CR 77 on Map B3 near Prattsburgh in Steuben County has been adopted by Trail Sponsor **Mark Musso** from Pulteney. Mark graciously agreed to add this section of trail to the half mile of trail he already tends between AP 15 and AP 16 on the same map.

The **New York New Jersey Trail Conference (NYNJTC)** has also agreed to maintain more miles of trail for us in the Catskills. They have picked up 5.7 miles of the Mill Brook Ridge Trail and 1.5 miles of the Balsam Lake Mountain and Dry Brook Ridge Trails, spanning from the east end of Alder Lake to Beaverkill Road in the Balsam Lake Mountain Wild Forest on Map M32 in Ulster County. From that point, they will continue to tend trail eastward into the Big Indian Wilderness, maintaining another 8.9 miles of the Neversink-Hardenburgh Trail on Map M33 north of Claryville. Many thanks to the NYNJTC for partnering with us "down east!"

Jeff Amsden and his children, **Connor and Ashlyn**, from Hammondsport are taking over the 5 mile section of trail on Map M12 in Steuben County between AP 7 at Winding Stair Road and AP 10 at North Urbana Hill Road. This segment of the trail includes property formerly owned by **Irene Szabo** containing two generous trail easements. Irene is currently negotiating with the new trail-friendly owner of the property, **Terry Northrup**, to redraw the easement lines to allow both her the room to build a cabin, and the FLTC the room to build a lean-to on the property. The lean-to was actually Terry's idea and will be located near the midpoint of a 30 mile gap along the trail between the

nearest two shelters at Hickory Hill and Moss Hill. I also want to thank retiring Sponsor **Lisa Treichler** for her years of service maintaining this section of trail.

Trail maintainer **Warren Johnsen** has traded his Sponsor role for that of a Steward for the Bullthistle Hikers Club where he will be tending trail closer to his new home in Norwich. This creates an opportunity for someone interested in maintaining the 1.6 mile spur trail to Oquaga Creek State Park in Arctic China State Forest on Map M27 in Delaware County.

The Queen Catharine Marsh Loop Trail and the Montour Falls Historic Loop Trail near Watkins Glen in Schuyler County are still both in need of a new Trail Sponsor or Sponsors. Since our last newsletter however, a promising draft corridor study has been published that includes a redevelopment proposal for the Queen Catharine Marsh. Cornell Cooperative Extension of Schuyler County is partnering with DesignConnect, a student-run campus group from Cornell University, to complete this report which encompasses the State Route 14 corridor between Montour Falls and Watkins Glen. The study includes existing inventory and initial design concepts as well as

Trail Topics, continued...

goals and recommendations based on local public input. I expect the final version of this proposal, which should be available this summer, to spur community interest in enhancing and hopefully adopting one or both of these loop trails.

New Friends of the Trail

The **Vinehurst Inn and Suites**, located adjacent to the trail on State Route 54 at AP 6 on Map M12 near Hammondsport, is under new ownership. **Kitty and J.P. Oliver** are opening their newly remodeled business for the summer tourist season beginning Memorial Day weekend. They are very excited about having the trail in their backyard and will be distributing our brochures as well as displaying FLT information on their website. Hikers are welcome to park at the Inn when there is room, but are encouraged to please stop in the office first and ask permission. We wish the Olivers success in their new venture and look forward to having them as new friends of the trail!

BOCES Bridge

Rob Lemay and his **BOCES** shop class from Hornell have volunteered their services to supply and build another bridge for the FLT this summer. Last year, Rob's class, consisting primarily of junior high boys and girls, built a 16' long king post truss bridge in their shop, partially disassembled it and then trucked it to the site just off Lain Road at AP 5 on Map M10 where they reassembled it in place. This year's bridge will be constructed at the end of Fitzgerald Road on the blue spur trail to the Kanakadea Lean-to on Map M9 near the western border of Steuben County. This is a great learning experience for the kids and a big improvement to our trail facilities. Thank you, Rob, for promoting this partnership! Look for more information on this project in the next issue of the *FLT News*.



TQ

Lynda Rummel
Vice President of
Trail Quality

Trail Tender News

The 5th April Fools' issue was distributed in early April, thanks to quick work by the FLTC Office. The issue carried the announcement of the date change for the Trail Council meeting and asked for volunteers to

work on the early summer Alley Cat crews in the Catskills. Other stories dealt with:

- the sighting of a headless hiker near the new lean-to on Getter Hill (which locals called Spook Hill), to emphasize the key specifications for building trail that will last
- the reported attacks on trail maintainers by multiflora roses with some ideas for how to handle the problem
- the FLTC's new free credit card program (not true!) to emphasize the new (and very real) purchasing policies
- the fake proposal to build eco-resort hotels at trail heads, to stress the need to look for ways to attract younger volunteers and members, and
- an advertisement for useful tools such as weed whips and tamper-proof hardware so that readers know such things are available from the FLTC Office.

In this annual issue, I attempt to present useful information in a way that lightens up trail building and maintenance—the hope is to entice maintainers to read about stuff that can be pretty dull. But five years of trying to come up with amusing hoaxes and tall tales that “teach” at the same time is taking its toll—this could be the last April Fools' issue. This and earlier issues can be seen at www.fingerlakestrail.org > Members > Trail Workers. Even if you're not interested in trail maintenance, these are a good read and tell you a lot about the trail you love.

Travelin' Training Team Needs New Members

The April Fools' issue also asked persons interested in joining The Travelin' Training Team to contact us, as we are looking for additional folks who like to teach and would like to share trail building information with others. This is a very serious request. The team simply needs more members. If you don't know the fundamentals of trail building and maintenance already, we'll gladly train you. Then your job is to train maintainers on their section of trail (so their own section gets improved at the same time as they learn) or at convenient locations or at meetings—whatever you have the time and opportunity to do. It's fun, and it's really important. The goal of our training is to produce trail workers who can train others to build quality back-country trail that will last for decades (thereby

(Continued on page 20)

Trail Topics, continued...

reducing the work maintainers have to do!) and that will provide hikers with a positive hiking experience.

Certified Sawyer Training

All volunteers who want to use a chainsaw anywhere on the trail are expected to take training that certifies them to Levels 1 & 2 (S 212) or the equivalent. To help achieve this goal, the FLTC offered two training weekends, April 21 and 22 and May 5 and 6.

This year our expert trainer, Bill Lindloff, allowed us to add two more to the roster free of charge and two additional at a cost of \$100 each per day, so 24 could take the training. Rooming at the "Scout House" building in Hammondsport cost \$60 (total). Coffee, doughnuts, and sports drink mixes were donated; participants paid for their own lunches, dinners, gas, and all their Personal Protective Equipment (PPE) except for UL-approved chaps, which the FLTC provided to those who didn't have them. Thus far this year, the cost of the chainsaw training to the FLTC adds up to \$2860. This may sound like a lot, but it is more than worth the price to have well-trained chainsaw users working on the trail.

The final rosters consisted of 16 sawyers who were recertifying, including two who volunteer for the Central New York Chapter of the NCTA and one who volunteers in the Catskills, and eight first-timers, including one who volunteers in the Catskills and two

who volunteer for the Finger Lakes National Forest (FLNF). In the past, the FLNF has allowed our sawyers to take their training at no charge, but we were informed that the FLNF has no plans (yet) to offer training this year. Before taking our training, the FLNF volunteers agreed to volunteer two hours each of service. After completing the training, both FLNF volunteers expressed an eagerness to join in work parties and participate more.

Everyone who participates in the chainsaw training program promises to volunteer outside their home territories, when asked and when they are able to, in exchange for receiving the free training.

This is the first year we've been able to calculate how many certified sawyers we retained from the class that was due to recertify. I'm sure this factoid will interest only us administrators, but 13 of 24 from the class of '09 due to recertify did so—a 55% retention rate. We'll be checking with those who did not recertify with us to find out why, but some turnover is good because it allows new talent to be added to the pool to replace those who may feel they can no longer do the work.

At the end of each training Marty Howden, Trail Quality's Chainsaw Training Coordinator, and I asked recertifiers whether they thought two days was necessary. Unanimously, they agreed that it was, because the course had changed significantly since the last time they had taken it and they had forgotten

Below: Chainsaw Training Participants



April 21, 22—Seated, L to R: Greg Farnham, Matt Brannen, Bill Lindloff (instructor). Standing: Dave Potzler, Bob Moses, Rick Roberts, Ben Petryszak, Jim Ziemba, Tony Rodriguez, Marc Potzler, Lindsay Cunneen, Dave Drum, Adam Ragatz. Photo by Lynda Rummel.



May 5, 6—Front row kneeling, L to R: Lynda Rummel, Wayne Smith, Paul Warrender, Bill Lindloff (instructor), Mike TenKate

Back row, standing, L to R: Bruce Krizan, Scott Bowen, Ken Reek, Tom Bryden, Jeff Sargent, Scott Sellers, Don Feola, Kevin Fridman

Photo by Marty Howden.

some of the less frequently used skills. We will continue to work with Bill to make sure that everyone is trained to a level that he is comfortable with. One recertifier chose not to fell a tree on the target and so completed only Level 1. The goal of the training is for everyone who uses a chainsaw on our trail system to be able to operate a saw safely.

Sawyers are also required to be trained in CPR and Basic First Aid. Once the courses have been taken in a hands-on format, recertification through an online format is acceptable. We have found two sources for good online courses: The International CPR Institute, which both Ken Reek and I recommend, and the National Safety Council, which is recognized by many government agencies as an approved trainer and which Marty recommends. CPR training from both is good for two years; Basic First Aid training is good for three. The principle virtue of the online courses is their convenience, but they are also very affordable. If you come across other really good online courses, please let us know.



cc

Quinn Wright
Director of Crews
and Construction

It is with a heavy heart that I write my last report as the Director of Crews and Construction. While much has been accomplished over the past three and one-half years of Alley Cat crews, the sadness of the loss of one of our stalwart volunteers has clouded my enthusiasm for writing this report. However, I know that Gerry Benedict would want us to celebrate our accomplishments.

Four years ago when I brazenly volunteered for the task of planning and overseeing the large construction projects that are accomplished by the many trail maintenance volunteers of the Finger Lakes Trail Conference I had no real idea what I was getting into. The job is far more time-consuming than I had imagined, so I took the approach of trying to find individual project and construction managers to direct each project. Were it not for the depth of talent and quality of these managers, coupled with our volunteers' inexhaustible supply of humor, skill and energy, I would surely have failed in my endeavor to help the FLTC.

There have been hundreds of volunteers who have carried out these projects (about five per year) and I cannot

mention everyone. However, those project and construction managers deserve special recognition for their tireless efforts in accomplishing truly exceptional results. Please thank them for their contributions to the FLTC whenever you might see them: Matt Branneman, Steve Catherman, Roy Dando, Dave Drum, Roger Hopkins, Gary Mallow, Pat Monahan, Dave Potzler, Ken Reek, Rick Roberts, Tony Rodriguez, Lynda Rummel, and Mike Schlicht. Sadly, Gerry Benedict was to have been listed among these special contributors.

Finally, please welcome Matt Branneman as the new Director of Crews and Construction. Matt brings a wealth of experience as a construction superintendent and a construction company owner and I am certain will find many opportunities to improve upon how we accomplish our never-ending list of major trail construction projects.



Jg

Joe Dabes
Director of Trail
Inventory and
Mapping

This will be my last article for the FLT News as I will be stepping down from this position in June. However, I'll continue to be somewhat involved with GPSing reroutes, map work, inventorying facilities, and updating Trail Conditions on our website. I thank Don McClimans for all his help with GPSing and mapping over the last three years. I also thank Greg Farnham, who will be taking over for me. The three of us have been, and will continue to be working closely together.

I plan to backpack the entire main trail this summer (my tenth E2E) in stages of 3 to 7 days, partly for fun and partly to keep our GPS data and inventory of structural facilities up to date. Greg plans to accompany me for much of this. Please remember to inform Greg or me of any reroutes or new structures along the trail.

FLT Structural Inventory

Our trail inventory of nearly 1,000 structural facilities is now available on a Panoramio website. This website not only shows a photo of a facility with structural information, but also shows where it is on a Google Earth map. If you would like to see our facilities on this website contact me at kabjnd@msn.com and I'll send you the necessary info.

(Continued on page 22)

Trail Topics, continued...

(Continued from page 21)

New Maps Available on New Store

Our new FLT online store is now up and running, thanks to the efforts of our webmaster Roger Hopkins. You may now purchase a map (PDF and GPX files zipped together) for immediate download. I find it handy to have our maps as PDFs on my Android phone, where they can be zoomed (I use the free Astro File Manager app). Since I always carry my phone, I always have these maps with me.

Also available on our new store are eight new loop maps. These are some of the loops shown on our "regular" maps, but magnified on the map side and with much more detail on the back side.

Using Our GPX Map Files

We will be discontinuing the sale of our GPS data on CD as GPX files, as you can now purchase each map as a download. Directions on how to use our GPX data with various Garmin and Delorme units are now found on our website: Home > Shop the Store > Maps and GPS > Maps and GPS Files for Instant Download > GPS Data; click the "provided here" at the end of the second paragraph.

Free Public Land Boundary GPX Files

These are not yet on our website, but if you would like these (free!) send me an email at kabjnd@msn.com. You might find them useful, especially if you explore off the trail, or are building trail on public lands.

Recommended "Hiking" GPS Units

Many have asked me over the years which "field" GPS units I'd recommend. Well, it depends on what you want to do. First I'd recommend a Garmin unit, and second I'd stay away from their cheaper units, like Etrex (these can have quite poor accuracy).

Some units, like the older GPSMap 60CSx (now discontinued, but you might find one on Ebay or Amazon) and its newer replacement GPSMap 62's have protruding internal antennas, which I've found have very good accuracy even without the amplified external antenna that these units accept (for even better accuracy).

Probably a little easier to use, because of their touch screens, are newer Garmin units like the Oregon, Dakota, and Montana. The best of these (and the priciest) is the Montana and it is the only touch screen unit to accept an external amplified antenna.

Some of the 62, Oregon, and Montana units have a built in camera, nice if you want to take geotagged (lat/long coordinates embedded) photos for posting on websites such as Google's Panoramio, where you can not only see your photo, but where it is on a Google Earth map.

Where to buy? I've always purchased at www.amazon.com as prices there are about the lowest and they are very reputable.

Our sincere thanks for gifts in
memory of:

Harry Clar

from

Lonnie & Suzanne Clar

Patrick Monahan, Sr.

from

Phil Dankert

Ellsworth Stein

from

Gordon & Helen Jarvis

Henry & Louise Beetz

Elizabeth McCollum

Dick & Linda Butler

Rosa Wolfer

Anthony Natoli

from

Ed Sidote

Gerry Benedict

from

Charles Gibson

Sandra Marcano

Ed Sidote

Gene & Liz Bavis

Quinn Wright

Julie & Gary Marks

Ed & Carol Wertz

Henry Peck

Geiger Pump & Equipment Company

Frederick & Trudy Hicks

Coterie Club

Mary Guchone

Ann & Steve Rose

Georgiana Binder

Dorothy H. Rockwell

Carol Catoe

Shirley Kem

Jim & Wanda Barbour

Gregg & Elizabeth Dell

NYS DEC Division of Lands & Forest
& the members of the Forest Preserve
Advisory Committee (FPAC)

Wildflowers along the Trail, #38: Four or Five?

RWW Taylor

An untrained individual asked to quickly draw a picture of a flower will very likely produce a set of loops arranged in a circle around a center, reflecting the central symmetry exhibited by most common garden and lawn flowers—and by the majority of wildflowers as well. There are of course many exceptions to this generalization, such as the uneven blooms of the various species of violet that proliferate across lawns, waste areas and trailsides in spring and summer and the snapdragon-like yellow flowers of the commonly-sighted Butter-and-Eggs plant. Also, all of the various members of the widespread pea family (including the clovers) bear flowers displaying their family's own characteristically irregular shape.

But, by and large, central symmetry rules. This symmetry may be exhibited in the form of a simple flower—colored petals arranged around a set of stamens and pistils at the center of the blossom. Or it may instead be realized, in the case of plants in the vast composite family, by a more complex structure, with several (sometimes a great many) individual ray flowers forming a ring around a central cluster of disk flowers that bear the responsibility of actually producing seeds. This structure is very evident in the various species of sunflowers and coneflowers growing in our woods and fields (including the common Black-Eyed Susan), and is also evident in the wide array of asters on display in late summer and fall, and as well (though less apparently) in the blooms of their closely-related cousins the goldenrods.

Stepping back, it should be recalled that all flowering plants (angiosperms) can be divided into two large classes (plus a couple of additional small groups)—the monocots and the

dicots, according to whether the sprouting seeds form just one, or alternatively two, embryonic leaves. A curious fact is that monocots produce flowers with either three or six petals—the technical term is that these plants are *trimerous*. In contrast, flowers of dicot species are almost invariably observed to be (in the shorthand used by botanists) either 4-merous or 5-merous. This is a key observation: counting the petals on a flower provides an immediate important clue to its classification.

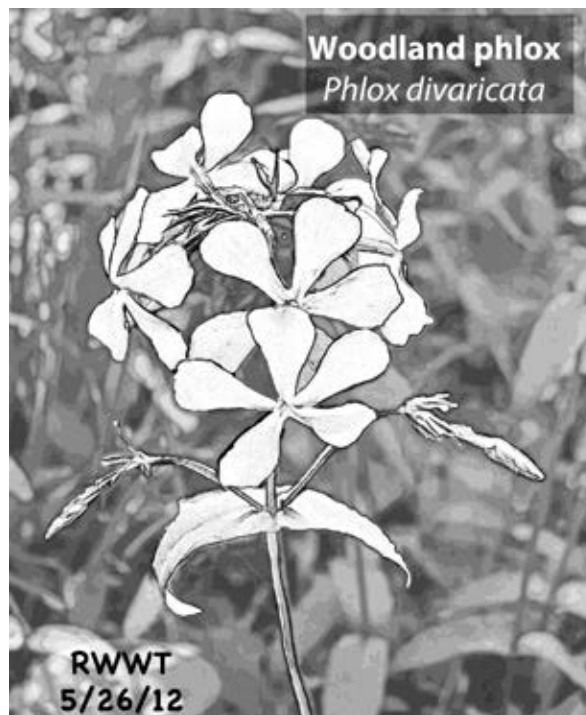
For example, observing a plant in four-petaled bloom raises an immediate suspicion that it may belong to the widespread mustard family, or crucifers, a family that includes—in addition to the low cresses whose small flowers appear beginning in early spring—the more showy Dame's Rocket a bit later in the season and also the seriously invasive species Garlic Mustard that has become such a nuisance in our area in recent years. Also included in this family, it should be noted, are half of

the vegetables to be found in bins in any produce section, plus the plants whose seeds produce such other important food products as canola oil and table mustard.

The converse observation is that plants with five-petaled flowers do not belong to the mustard family. One large 5-merous family is the rose family, which includes (from the wildflower perspective) the cinquefoils and strawberries and all the wild cherries and plums. And of course the roses themselves, whose basic five-petaled flower structure is easily observable in the several species of wild roses growing across our fields and thickets even though this structure may be well hidden in the much-bred, multipetaled varieties of rose raised for garden display.

A large number of additional families of wildflowers invariably exhibit five-petaled flowers; learning to recognize members of these various families by their individual characteristics is the chore (and the pleasure) that awaits the enthusiast. One particular family of 5-merous flowers commonly grown in gardens that is always a pleasure to run across in the field is that of the phloxes. A number of phlox species, including low-growing Moss Phlox and bright-pink Wild Sweet William, may occasionally be spotted in bloom along trailsides. One particularly attractive species, Wild Blue Phlox or Woodland Phlox (*Phlox divaricata*), may establish itself showily in large patches in flat wooded areas. This flower is frequently confused with the much more commonly spotted Dame's Rocket that grows in the same sort of locations in springtime, but to keep things straight all you need to do is count the petals—five, not four!

□



Article removed at author's request

A Father's Memory of the FLT

by Cory Davis

Our adventure on the Finger Lakes Trail started on May 13, 2006; my son Tylor had just turned 10 years old a couple of weeks earlier. We had signed-up for the Stueben County Series; this was the



first of many make-up hikes. (We never did get a chance to ride the bus.) Both of us were very new to hiking and the FLT. The hike went on for the entire day, all ten miles of it! We still don't see much sense in easing into something. By the end of the hike, I was truly in love with visions of grander adventures. What would be next? Hiking the AT, PCT, connecting footpaths and trails and hiking across this great nation of ours? Then there was Tylor, nodding and smiling the whole time saying, "This is great!" After three long and slow day hikes the truth come out, he hated it. Tylor was simply trying to appease Dad. Still to this day one of Tylor's best characteristics is his compassion for others.

Tylor's love of the trail, or lack of, led me to an early lesson, GOALS. Our goals were completely different. Mine was how many miles and how fast, very measureable and usually obtainable. At 10 years old Tylor was more interested in counting newts, taking in the scenery, meandering through the woods and smelling the roses. As a result we found a happy medium, but acknowledging this early on in our journey kept us coming back to the trail.

Our first season on the trail led us to many lessons. For example, footwear and its proper use: the shoe laces actually have to be tight to help support your ankles! Pace is another good one. Someone 6'1" has a very different pace than someone barely 4'.

Obstacles, which I merely stepped over in stride, became a navigational debacle for Tylor. After hiking behind him I could start to see the problem; it was always a choice of over, under, or around!

As the miles and years rolled by Tylor and I kept learning and growing together. Sometimes other life activities such as family, Boy Scouts, or school functions would take precedence, but we always tried to get in a weekend here or a hike there. The trail is a great place to truly absorb and learn so much. Hours on end with each other provide lots of uninterrupted opportunities to chat, discuss, joke around, and bond. It's amazing how far you can hike down an old forest road, not talk, and still grow closer to each other. We also refined our outdoor skills as our ability and stamina improved. Tylor would experience disbelief from his peers and teachers, as he would show up to school on Monday telling how he hiked or backpacked 15, 20 and sometimes nearly 40 miles the previous weekend! Our adventures also served us well around our Boy Scout campfires. Our time together outdoors developed our confidence in ourselves and enhanced our ability to teach these fundamental skills to others.



Many of the people we met along the way asked us what our favorite section of the FLT is. We could never answer. Our hike is measured more by our favorite stories. Here are some highlight catch phrases and themes: our first backpack trip, hiking in a nor'easter, the world's best checker game, our first 20 mile day, diving in the tent just before the heavens opened on top of

Connecticut Hill, post holing for eight miles, 27 miles in one day (with a full pack), using mud to avoid mosquitoes, the hike/bike trip we did around the Alder Lake area, why we never leave the pant legs home, how to subtract miles on the map, our mutual feelings about road hiking, "meet you at the top", the shortcut to Kanakadea park, the night at the Chenango Day Use Area, our discussion of what hurts the most with compare and contrast—the list goes on and on. During our completion hike on the FLT we were able to relax around a fire and reminisce about many of these stories and more. It was very heartwarming to hear the boy who "hated"



hiking tell and talk of stories of his journey, as he was now nearly 16 years old, and true to form he made his father proud by announcing, "Never let the facts get in the way of a good story!"

On April 6, 2012, after seven years and nearly 40 outings Tylor and I completed the FLT. During that time I was afforded the opportunity to teach and more importantly learn from my son. At the same time I was able to watch him grow into an admirable teenager. We will have these memories to share for the rest of our lives, along with many others due to this pastime.

Lastly, Tylor thought so much of his experience on the Finger Lakes Trail he has decided to give back via his Eagle Scout project. Tylor has been working with Marty Howden, Genesee West Regional Trail Coordinator. He plans on building puncheons in the Swift Hill State Forest. □

Tylor and Cory Davis of Belmont, New York, are FLT end-to-end hikers #337 and #338.

The day was cold, wet, and windy; I was cold, wet, and winded. And exhilarated! This was the end of my fourth End-To-End, and it had been memorable, though not always in a good way.

Camping and tramping at and through favorite glens, creeks, gorges, ridges, and fields was like visiting old friends, perhaps for the last time. Equally enjoyable was re-visiting trail towns and taverns. Alas, the establishment that made the second best wings in the world now made only good ones. But I did finally get to eat that famous two-pound hamburger, although that elicited an overwhelming craving to flush the cholesterol from my arteries with a Drano cocktail. However, the Ellicottville Brew-Pub, the Rooster Fish Brew-Pub, and Ithaca Beer Company were always there for the thirsty traveler.

I did about the first half of the mileage in the usual way: hiking with my wife, Carol, or backpacking, or point-to-point hiking with Java Joe Dabes. I was even able to squeeze in a winter backpack with my son, Stephan. Unfortunately, a poorly designed bridge left me dangling upside down and my knee somewhat shredded, so the second half of the mileage was done mainly as short out-and-backs with Clio, my loyal canine companion, or as bike-and-hikes.

Again, I felt an immense gratitude to all of the generous landowners who allow us passage, and to all of the trail maintainers who show us the way. I think it's easy for a casual hiker to get annoyed at missing blazes and overgrown briars, but those going the distance get a true feeling of the enormity of maintaining all of those many miles. Thank you, thank you, thank you!

I don't know that I have another one in me, but I sure would like to visit those favorite old spots—plus, there are so many new ones to explore: the Bacchus Brewery in Dryden, co-owned by one of our trail maintainers;

Three's a Charm, Four's a Chore

by John A-X. Morris



End of the Trail, for the 4th time!

that ridge in Allegany State Park where I've yet to camp; watching the Tree Swallows hawk insects over the pond at the lean-to within Camp Sam Wood; the playground at Birdseye Hollow, where my son and I once recuperated during a backpacking trip almost two decades ago; Woodchuck Hollow Lean-to, where he and I spent a chilly December night, warmed by a blazing fire in the old Franklin stove (!) and a close relationship

beyond mere kinship; hillsides absolutely covered with blooming trilliums on M21; Sidoteland, where the trails are always well-maintained and relatively flat; and the Catskills, where you can never get there from here, the trail either goes too-steeply up or too-steeply down, and, if you listen carefully, you can still hear Hendrick Hudson's crew playing nine-pins. Maybe I'll join 'em ... □

Yates County Legislature Declares June as National Trails Month Honors the FLTC's 50th at Keuka College and the national significance of the trail system

RECOGNIZE JUNE AS NATIONAL TRAILS MONTH

WHEREAS, the Finger Lakes Trail System has 990 miles of cleared and well marked trails and

WHEREAS, hiking is recognized as one of the very best health promoting, low impact recreational activities, and

WHEREAS, the Finger Lakes has some of the most beautiful scenery in the world of hiking, and

WHEREAS, the Finger Lakes Trail Conference will celebrate its 50th anniversary from June 15th – 17th this year at Keuka College,

NOW, THEREFORE, BE IT RESOLVED, in recognition of the importance to the Finger Lakes of our National known Finger Lakes Trails the Yates County Legislature would like to recognize June as National Hiking Trail Month.

10 Easy Outdoor Activities with Kids

This article was written by Heather Stephenson and first published on the Appalachian Mountain Club's Great Kids, Great Outdoors blog, greatkids.outdoors.org. It is reprinted with permission. For more tips from AMC, see www.outdoors.org/kidtips.



Pinecone bird feeder

Need some new ideas for outdoor fun with your kids? Here are a few simple suggestions gathered from AMC experts. No expensive lift tickets or fancy gear required. Most are also evergreen activities that work well in any season (even one that can't make up its mind).

1. **Feed the birds.** Set up a bird feeder (you can make a simple one by spreading peanut butter

on a pinecone). See which types of birds come; have the kids keep a log of their visits.

2. **Take a night walk.** Choose nearby or new: your neighborhood, a local park, along a waterfront, or out in the country. Whether you're guided by the bright lights of the city or by starlight, pay attention to what you can hear, see, and feel. Even a short walk will illuminate the senses! (Read "Fun after dark" <http://greatkids.outdoors.org/2011/07/fun-after-dark-10-activities-that-even.html> for more nighttime outdoor activities with kids.)

3. **Play I Spy**, with a focus on the natural world around you.

4. **Take photos of favorite spots outdoors.** It helps your kids see with fresh eyes—and if you pull the pictures out in a few months, you can note what changes with the seasons.

5. **Create a book of coupons** that can be redeemed for particular outdoor activities—hikes along a nearby trail, or to state parks or conservation areas, for example. Then don't let them expire!

6. **On your next visit to your favorite park** or playground, bring gloves and a bag and pick up trash for a few minutes before playing. Or take a trash hike around the block or anywhere else you like.

7. **Clear your family's calendar** and take off for an afternoon of outdoor exploring together.

8. **Visit a sugar shack** and watch maple syrup being made. [FLT News: This is a good activity for March. The Rochester Museum and Science Center's Cumming Nature Center near Naples hosts an annual Maple Sugaring in March, and the New York State Maple Producers Association sponsors a Maple Weekend with open houses for the public at maple producers throughout the state.]

9. **Take the inside outside.** Bring out your kids' blocks, dolls, or other traditionally indoor toys and set up a play space outside. Getting out of a routine can be entertaining.

10. **Try letterboxing or geocaching**, two pursuits in which you follow clues or GPS coordinates to find a hidden item. Kids love the goal and the reward.



Donna Noteware

Donna Noteware's granddaughters Alexis and Emma under the sign for Irene's Campsite



End-to-End Update

by Jacqui Wensich

FLT End-to-End Coordinator

Car Spotters

We ALWAYS need more car spotters to assist hikers on the main and branch trails. Please email me to apply, or get the form directly from the website. (For a complete list call 585/385-2265 or email jwensich@rochester.rr.com)

Note: A salute goes to Paul Hoffman for his many car spotting efforts. [Paul is the subject of *Faces of the FLT* on page 5.]

“Happy Hiking” from Ed Sidote, Grand Marshal of the 50th Anniversary One Day Hike of the FLT

Jacqui Wensich

20 Sunrise Hill, Pittsford, NY 14534

585/385-2265

jwensich@rochester.rr.com

New End-to-End Hikers - Main Trail

#333	Donna Coon, Binghamton	4/1/12
#334	Jack Sexton, Vestal	5/2/12
#335	Bruce Coon, Binghamton	5/20/12
#336	Carol Morris, Dryden	5/24/12
#337	Tylor Davis (son), Belmont	4/6/12
#338	Cory Davis (father), Belmont	4/6/12

Comments:

This was Jack Sexton's second end-to-end hike. He was #204 in 2006.

Carol Morris is the wife of four-time end-to-ender John A-X. Morris.

Besides Tylor and Cory Davis, there have been several father/son/daughter end-to-end duos over the years. In 1999, John Sweeney hiked with his daughter Nicole; then in 2002 completed his second end-to-end hike with his son John Colm Sweeney. David and Michael Marchner finished their end-to-end hike in in 2002 as did Kim and Terry Meacham with Dad, Donald French. Alma and Cindy Dunham finished in 2003. There are many husband/wife combos.

Please email or call in when you complete your End-to-End hike asap. Your application and documentation can come later. Photos are always appreciated.

It is important to send updates and notice of your intention to hike end to end for both the main and branch trails to me. Often simple tips can avoid difficulties. Always check the fltconference.org/trail conditions before hiking. The End-to-End hiking pull-down on the website also has suggestions, forms and information. You are still welcome to call me directly.

Plan to finish this year:

David Peterson, John Elia, Max Blenis, Kirk Doyle, and Doug Cunningham

There are ten others who sent in progress reports.



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: _____

Article removed at author's request

BRING ON THE BRIDGE (Mackinac, that is)

Join the North Country Trail Association's Hiawatha Shore-to-Shore Chapter for a wonderful Labor Day event in Michigan. Meet other friends of the NCT for a few days of adventure where Michigan's upper and lower peninsulas meet. Hike the NCT by day, enjoy camaraderie and campfire by night, and hike the 5-mile stretch of the North Country Trail that is open only one day every year, the mighty Mackinac Bridge. The event will be held August 31 - September 4. Details will be on the NCTA website.

FLTC Business Members

Bath Veterinary Hospital		Bath, NY
Bloomfield Animal Hospital	Catherine Stiner, DMV	Bloomfield, NY
Davidson Shoes, Inc.	Mark Hogan, President	Canandaigua, NY
Downsville Motel	Al Carpenter	Downsville, NY
Eastern Mountain Sports		Peterborough, NH
Finger Lakes Tourism Alliance		Penn Yan, NY
Hickory Hill Family Camping Resort	Randy & Janet Lehman	Bath, NY
Holiday Valley Resort	Jane Eshbaugh, Mktg. Dir.	Ellicottville, NY
John M. Andersson Engineering		Ithaca, NY
Monro Muffler Brake		Rochester, NY
Pack Paddle Ski	Richard French	Livonia, NY
Vinehurst Inn & Suites	Kitty Oliver	Hammondsport, NY
Wegmans		Rochester, NY
William G. Becker & Sons, Inc.	Brian W. Becker	North Java, NY

***We encourage members to thank these businesses, which support the Finger Lakes Trail, and to use their services. Addresses, contact information and links to these businesses can be found on the FLTC web site:
www.fingerlakestrail.org***

SATURDAY, JULY 21, 2012

Summer / Ed Sidote Hike

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

FLT Map M24, Chenango County

Hike: This is a loop hike consisting of FLT plus seldom-traveled or abandoned roads. The terrain is fairly flat, but tends to be moist. We will have 2 hikes: a short hike of about 2 1/2 miles and a longer hike of about 6 miles. The two hikes will start together, hiking north on the Kopac Trail. After a mile and a quarter, they will go separate ways.

Meeting time and place: Meet at 09:00 am at the origin of the Kopac Trail on Sherman Road in the Town of McDonough. Park along Sherman Road near the DEC kiosk.

Directions to meeting location:

From Binghamton: North on State Route 12 to the Village of Oxford, then northwest on State Route 220 to the hamlet of East McDonough. Just before reaching the Outpost Restaurant on State Route 220, turn toward the right on Steere Rd and follow all of the Bowman Lake St Pk signs to the park entrance. However, just before arriving at the park's "ticket station", veer left onto Sherman Road and follow Sherman Rd for about 3/4 mile to the trailhead at the DEC kiosk for the Kopac Ski Trail.

From the north: Get on Route 12 and go south to the City of Norwich, then head out on West Main Street/County Road 10A/10 to County Road 18, then west on Bliven-Sherman/Sherman Road.

From west or east: Get on State Route 23 and go to Norwich, then proceed as above.

Note: The map will reveal many other back-road ways to get there. However, some of them are not always (or never) drivable.

SATURDAY, October 13, 2012

Fall / Erv Markert Hike

Leader: Paul Hoffman, paulhoff@frontiernet.net 585/335-3688 (h), 585/734-8236 (c)

Crystal Hills Branch Trail (Map CH1)

Meet: Map CH1, Dry Run Road access point at 9:00 AM, N42 13.428 W77 07.958

Start: Map 13, Access 4 – South Bradford

End: Map CH1 Dry Run Road

Mileage: 7.7 miles

We will meet at Dry Run Road to plan the car shuttle. This is an unsupported hike – no sag wagons. Bring plenty of water, snacks and lunch. Moderate hike; we hike rain or shine.

Enjoy this relatively new section of the Crystal Hills Trail (New York's part of the Great Eastern Trail) as we honor Erv Markert who was chairman of the Trails Committee for almost twenty years.

Driving directions to meeting location:

Exit from I-86 at Exit 42 Coopers Plains. Turn north/east onto Meads Creek Rd (Co Rd 26) at end of exit ramp. Just follow the signs for BOCES or Watson Homestead to go in the correct direction. (Do not turn south/west towards Rt. 415). Drive approximately 2 3/4 miles. (There are no stop lights or stop signs once on Meads Creek Rd).

Turn right onto Dry Run Road at sign for Watson Homestead. (Sign in field on far right corner). Park on Dry Run Road near the intersection of Woodcock Road.

Coming Winter 2013, the annual Howard Beye hike. Tentative date: January 12

Report on the 2012 Wally Wood (Spring) Hike

There were about thirty participants. I gave a few opening remarks, including in them who Wally Wood was (founder of the FLT). Following me, Alex Gonzalez told us briefly the story behind the development of the International Loop. Alex and his wife, Michele, built and maintain the International Loop, which combines the Swedish Loop Trail, the Spanish Loop Trail and parts of the main FLT. One highlight of the hike was a brief stop at the International Mine. A shaft of the mine is still identifiable, but it was filled in a long time ago.

— Phil Dankert, Hike Leader

Hike participant Terry McConnell described the visit to the International Mine in a hike report emailed to the FLT yahoo group:

The location of this artifact is marked by a cairn and a special blaze with a red dot in the middle. The mine turned out to be a modest sized pit about 100 feet up a steep side hill from the trail. At the bottom of the pit there is a stony opening too small to fit through that hints at a larger subterranean void beyond. Nobody seems to know who built it, or what they mined here.



Can you place the scene on the left? Photo by Tom Bryden. The answer to the spring issue's Name That Map is on page 3.

Tick Removal Device



This simple device, the Tick Key, which you can carry on a key chain, is great for us and for pets. Be prepared; because of the mild winter, this may be a particularly bad year for ticks (or perhaps we should say, a good year for ticks, but bad for us).

See www.tickkey.com to order yours.



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.gvhchikes.org

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	www.triplecitieshikingclub.org
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Chenango County

FLT-Bullthistle Hikers	www.bullthistlehiking.org
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Eastern NY

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

Thank You



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

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

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Finger Lakes Trail Conference, Inc.

Calendar of Events

July 21 Annual Ed Sidote (Summer) Hike. Chenango
County, map M24. See page 31.

August 2-4 NCTA Annual Conference in Augusta, MI (more
information at northcountrytrail.org)

August 17..... Deadline for the fall issue of the *Finger Lakes
Trail News*.

**September 21-23... Fall Campout at Robert H. Treman State Park
near Ithaca. Hosted by the Cayuga Trails
Club. See pages 11-15**

September 22 Board of Managers meeting at Fall Campout

October 13 Erv Markert (Fall) Hike. Crystal Hills Branch.
See page 31.

November 2-4 Annual Board Retreat, Letchworth State Park

January 12, 2013.... Howard Beye (Winter) Hike. (Date tentative,
location TBD). Leader: Cate Concannon.

2012 Hike Series, Tompkins County: Jun 9, Jul 28, Aug 25 and
Sep 22. For registered series participants only.

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



JOIN THE FINGER LAKES TRAIL CONFERENCE

Name _____

Address _____

City/State/Zip _____ County _____

Phone (____) _____ Email _____

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

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

Individual.....\$30 Contributing:

Family\$40

Student (full-time; give	Pathfinder	\$50
permanent address)	Trailblazer	\$75

Youth organization	Guide	\$100
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Adult organization\$50 Life (individual) \$400 (family) \$600

Business/Commercial (includes a listing on the FLTC website) \$100

Trail Towns: Masonville

Text and photos by Roy and Laurie Dando

Masonville, at the intersection of NY routes 8 and 206 in Delaware County, is a place where you can find local lore still being passed down from generation to generation. As we hiked through Masonville on the FLT, we stopped at a local family-owned ice cream parlor named Country Cream (aka The Penguin). Here, a vibrant young adult served up a tantalizing story while she whipped up our ice creams. She spoke of her grandfather, and said that she remembers sitting upon his knee as he told her *The Legend of Spook Bridge*. This local lore is shared by many families who have lived in Masonville and the beautiful surrounding hillsides.

The Legend of Spook Bridge

Long-time residents say there was a murder over a card game at the Big Hotel that was located on the corner in Masonville. Legend has it that after the card game those who had lost money waited on Getter Hill Road alongside the wooden bridge. They hid in the trees and waited for the guy who “had their money” to come along, and shot him to death over a card game. Some time passed after the murder before a team of horses got spooked as they crossed the bridge. Since then, some say this spot is haunted.

While we were building the Getter Hill Lean-to in 2011, we crossed over the culvert where this bridge once was located many times. Each time we crossed, our minds recalled *The Legend of Spook Bridge*. Maybe it was because the area’s DEC Forest Ranger, the young lady at the ice cream parlor, and the owners of the Masonville General Store had all mentioned the same tale.

As you pass through Masonville along the FLT you can spend a night in the newly built Getter Hill Lean-to and take the opportunity to converse with locals to hear this legend. Where the FLT crosses Shears Rd. you can walk south for a half mile and devour lunch and anything ice cream-related at the Country Cream Ice Cream Stand. This ice cream parlor creates your ice cream by whipping blocks of vanilla ice cream with your choice of fresh ingredients to create more than 52 flavors of soft ice cream! Another lovely treat, the Masonville General Store, is conveniently located

on the corner (yes, the only corner in Masonville). Here you can find many unique treasures and sample homemade treats such as soups and quiches. When passing through Masonville, be sure to ask about *The Legend of Spook Bridge* and share your rendition with us at rdando@verizon.net. We would love to compile various versions of this haunted tale to post inside the lean-to.



Getter Hill Lean-to, built 2011



Above: Masonville General Store.

Left: Country Cream, a cherished Masonville institution.

