

# Finger Lakes Trail NEWS

*Fall 2012*



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## President's Message: Pat Monahan

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Summer 2012 has come and gone. It certainly was a memorable time for me with near perfect weather conditions for enjoying nearly any outdoor activity in Upstate New York. The Finger Lakes' waters were warm for swimming as well as an easy paddle in the Chemung River. The trails were a great escape from the blistering heat with the well-deserved coolness under the canopy. I hope you were able to enjoy the summer as much as I did.

As project manager for the Crystal Hills Trail for the last seven years, I have held a vision to build a lean-to somewhere along the trail for day use as well as overnight camping. That vision became a reality this year in McCarthy Hill State Forest with the support of the NYS DEC unit management plan (October 2008), financial support from the Community Foundation of Elmira Corning and the Finger Lakes and others, and an Alley Cat crew that spent five days building the structure from milled logs, lumber and steel as well as stones harvested from a nearby creek for a fireplace. I was amazed to see a pile of logs transform itself into a structure that can be enjoyed by many for years to come. In addition to being accessible from the Crystal Hills Trail, this lean-to has been constructed near a DEC motorized accessible program for people with disabilities (MAPPD) route for those with a mobility issue. A temporary permit is required to use this route and is available from the DEC web site listed here: <http://www.dec.ny.gov/outdoor/2574.html>.

I am very pleased to let you know that New York State was well represented at the awards ceremony for the North Country Trail Association's national conference in Augusta, Michigan. Congratulations to the following: (a) **Vanguard Award** to Gretchen Cicora with the NYS Department of Conservation Region 7 for supporting the trail as a government official; (b) **Sweep Award** to Mahlon Hurst, End to Ender and volunteer who has gone



above and beyond in supporting lean-to construction projects across the trail; (c) **Trail Maintainer Award** to Lynda Rummel, our VP of Trail Quality who keeps a watchful eye to maintain a premier footpath trail experience; and (d) **Lifetime Achievement Award** to Irene Szabo for her lifetime dedication to trails. Congratulations to all for your efforts to improve the hiking experience in New York State. For more information about these award winners and the NCTA conference, check out the article in this edition. (Note: If you are not an NCTA member, I encourage you to join. Check out their web site, <http://northcountrytrail.org/>, to apply or use the convenient ad in this magazine. Dual membership with the FLTC and NCTA doubles your support for trails in NY and beyond our borders.)

There has been considerable trail work this year on the trail system

ranging from clearing and constructing off-road trails in the Catskills to lean-tos on the Crystal Hills Trail in the Addison area and Boyce Hill State Forest near Ellicottville to name just a few of the major projects. This is in addition to the many hours of volunteer labor to do the regular maintenance along the 950+ miles of trail in the FLT system. Thanks goes out to all who make our trail a great place to enjoy a walk in the woods.

As you read this newsletter, our past FLTC newsletter editor, Jo Taylor, can now enjoy retirement after serving 10 years as editor. Through her efforts, she has left us with a wonderful, quarterly magazine that has few, if any, rivals for an organization our size. Thanks for your attention to detail and quality over the last decade, Jo. Jackson Thomas has offered to fill the gap for the fall issue, but we are still in need of a newsletter editor after this issue. Please consider helping out if you have this set of skills. You may contact me or the office in Mount Morris.

Finally, later this month you will receive a letter under separate cover asking you to assist the FLTC in its annual appeal. This is the only time this year that we will ask you to help financially in addition to your membership. This is still a challenging economy. I encourage each of you to assess your personal situation and consider making an investment with the FLTC during its annual appeal. If you are able, I hope you will give generously.

Get out there—go take a hike—in the leaves!!□





# 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!**

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Send **address changes** to Dick Hubbard, Executive Director, at the Mt. Morris address above or rdh@buffalo.com.

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### And on the Back Cover

FLTC Staff and Board of Managers, plus Membership Form  
Photos from the 50th Anniversary Celebration  
(more at [www.fltconference.org/gallery](http://www.fltconference.org/gallery))



One of the 50th Anniversary hikes  
(Photo by Ralph Lynn)



**Cover:** Hiking on Dunn Road in the Bristol Hills Branch (map B-2) in March 2009. L to R: President Pat Monahan (Corning), Chris Asbury (Rochester) and Dave Matthews (Geneseo). *Photo by Cate Concannon*

# FLTC 50<sup>th</sup> Anniversary Celebration: 1962 - 2012

by Jacqui Wensich

A record 215 folks registered for this milestone event. The weather was beautiful and the setting appropriate at Keuka College, home of the very first meeting of the Finger Lakes Trail Conference on March 17, 1962. Registration started slowly, but everyone was accommodated. Our new Executive Director, Dick Hubbard, began his administration full blast. He and Gene Bavis and some other volunteers managed this task, while Karen Mann, Director of Conference Services at Keuka, smoothed the way.

The food seemed to please most people. There were certainly many choices between the serving line and the buffet/salad/dessert bars. The Chapel served as a memorable backdrop for Saturday evening's presentation. Yes, it was long, but it included a successful raffle, silent auction, awards and three presentations. With expert preparation by Jon Bowen and hours spent by Tom and Donna Noteware, Lynda Rummel, Irene Szabo, and Judy Erwin developing representative choices for hiking, the hikes were well-represented and enjoyed by the participants. Workshops were well attended, with topics including local history, geology, birding, invasive species, technology and photography. Some choices combined workshops and hiking. Thank you to the hike leaders and presenters of the workshops.

Ed Sidote was able to make an appearance on Saturday thanks to his friend and driver, Stan Benedict. Ed was the star of the social hour, annual meeting and dinner. He was interviewed by Michael Warren Thomas of [www.savorlife.com](http://www.savorlife.com) and Radio 1040 AM. Priceless! Thanks to Michael for agreeing to broadcast from Keuka College for the 50<sup>th</sup> Celebration and all the publicity he provided leading up to the event.

A slideshow (on a loop) was shown during the social hours on Friday and Saturday. Over 800 photos were collected from the "ONE

DAY HIKE" on June 2<sup>nd</sup>. Roy Dando organized this amazing event with the help of Larry Blumberg and webmaster, Roger Hopkins.

Many folks visited the display room organized by Donna Flood. There were interesting and informative exhibits representing the member clubs, including the new Finger Lakes Museum, Ted Anderson's hiking sticks and a collection of ancient measuring wheels used on the FLT. Liz Bavis and Stephanie Spittal staffed the FLT store.



Mike Allen, long-time friend of the FLT and retired from the DEC, presented a stirring explanation of bringing back the eagle population in NYS (of which he was greatly responsible for developing). John Adamski, president of the new Finger Lakes Museum, introduced Mike.



One of the FLT awards greatly surprised Mahlon Hurst, winner of the Ervin Markert Distinguished Contribution Award. Mahlon's various efforts have provided the logs and wood needed to build many shelters and bridges, including three log kits for the future. The Notewares (Tom &

Donna) received the Wally Wood Distinguished Service Award for their many years of work on the Bristol Hills Branch Trail. Gene Bavis received a well-earned send-off for his 11 years of service as the first Executive Director of the FLTC.

The highlight of the raffle was Jay Zitter's beautiful "Lean-to Quilt," won by Stephanie Spittal. Jay was delighted that someone she knew won it. Many sponsors and board members donated various raffle items. Dick Hubbard ran a silent auction for some of these items. Stephanie Zdimal, a visual art student at Chenango Forks HS, drew a picture of Ed Sidote which was won by the Bullthistle Hiking Club for display in their museum. Donations also included 180 individual cartons of Chobani Greek yoghurt that was served after hikes and on Sunday. Chobani is based in Norwich and has been very generous to the hiking community.

Tom Reimers of Ithaca showed his "Old Slideshow" using real slides and a carousel projector to explain the FLTC's history up to 1996. Irene Szabo spoke of historic milestones for the FLTC, and Jacqui Wensich finished with a PowerPoint presentation from 1996 to 2012.

Many thanks to everyone who helped make this celebration so successful. Many photographers contributed the photos and video collection for this event and the "ONE DAY HIKE." Jackson "Jet" Thomas took all of the photos on Saturday evening. They are posted at [www.fltconference.org/gallery](http://www.fltconference.org/gallery). □

*[Editor's Note: The photo collage on the back cover consists of images from Kathy Eisele, Juny Erwin, Jet Thomas and Jacqui Wensich.]*





## End-to-End Update

by Jacqui Wensich  
FLT End-to-End Coordinator

Remember the Crystal Hills Branch (CHBT) is required to earn your branch trail patch starting September 24, 2012, right after the Fall Campout at which most of the road hikes will be "off-road." (I plan to start hiking the CHBT this summer—can't wait. J Wensich, Branch Trail #39)

Purchasing updated maps is very important; the trail changes. PLEASE retire those old, blue maps!!! Always check <http://www.fltconference.org/trails/hike-the-trail/trail-conditions1/trail-condition-notices/> for the **latest** reports.

On 8-14-99 Nicole Sweeney (age 10) became the youngest and first girl to hike the FLT. Dad John (#104, #210) hiked the trail again with her brother, John Colm (JC) Sweeney (#209 on 8-14-06), both continuous. JC is the youngest boy at age 10.

Java Joe Dabes just completed his **10th** E2E hike. He claims it will be his last. I will have to order a HUGE badge for him. (#2 in 1985, #8 in 1992, #113 in 2000, #131 in 2001, #167 in 2003, #198 in 2005, #235 in 2007, #270 in 2009, #300 in 2012, and #344 in 2012).

Larry and Susan Blumberg, Tom Duddy, Mark Effley, Rita Hensen, Aaron Keller, Jo Kish, John Magnus, Michael Maue and Carol Romero are well on their way. Eric Bish is currently completing his continuous hike.

Two new, aspiring enders are 15-year-old Riley Lloyd and David Peterson of Cazenovia. Riley is an Eagle Scout applicant in BS Troop 18.

Main trail End-to-Enders David Marchner (#145) and Michael Marchner (#146) are close to completing the branch trails, as are the hiking trio of Mary Ann Cascarino (#287), Don Sutherland (#288) and Will Worden Jr. (#286).

**Please e-mail or call me ASAP when you complete your End-to-End hike. Your application and documentation can come later. Photos are always appreciated.**

**You must send updates and notice of your intention to hike end-to-end for both the main and branch trails to me. Often simple tips from me can avoid difficulties. The End-to-End hiking menu on the web site also has suggestions, forms and information. You are still welcome to call me directly.**

"Happy Hiking" from Ed Sidote

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### Recent End-to-End Hikers

- #339 Ken Reek, Churchville (Ken's second end-to-end hike; #157 January 1, 2003)
- #340 Patrick Greaney, Hornell
- #341 Rosetta Brown-Greaney, Hornell
- #342 Doug Greaney, Hornell
- #343 Max Blenis, Norwich
- #344 Joe Dabes, DeRuyter (10<sup>th</sup>!!)
- #345 David Rothrock, Great Valley (continuous hike of 31 days)
- #346 Debra Nero, Ithaca
- #347 Laurie Ondrejka, Avon
- #348 Dave Burnett, Freeville

### Future End-to-Enders

Doug Cunningham  
Kirk Doyle  
David Peterson  
Micah Scott

### Recent Branch Trail End-to-Enders

- #71 Martin Turner, Rochester
- #72 Laurie Dando, Endwell
- #73 Roy Dando, Endwell (both twice End-to-Enders, including one thru-hike)
- #74 Kathy Foote, West Seneca
- #75 Doris Houghton, Waterloo

### Car Spotters

Thanks to those who have become spotters. Car spotting is a great assistance for hikers; accepting gas money offered by hikers gives a way to thank you. We ALWAYS need more car spotters, including the Branch Trails. Please e-mail Jacqui to apply or find the form directly on the web site. **For a complete list of car spotters, contact her.**



## The 2012 "Wally" Wood Award Goes to Tom and Donna Noteware

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

**T**he Yates County Legislature proclaimed June, 2012, as Hiking Trails Month. Tom and Donna Noteware, this year's winners of the Wallace D. Wood Distinguished Service Award, are the main reason this pronouncement was made by Yates County.

For 18 years, the Notewares have served as coordinators of the Bristol Hills Branch (BHB), which crosses Yates County from west to east after running south from Ontario County Park and before heading south into Steuben County. With no federal funding for their branch trail and no trails groups to help maintain its 55 miles, the Notewares have been exceptionally effective and creative scroungers, salvaging discarded materials and cajoling school and college groups, landowners and retirees into providing labor for projects or serving as trail segment sponsors for the branch's 16 sections. 2009-2011 were especially good years for the BHB: 10 bridges (including three telephone pole bridges) built/rebuilt across the muck lands north of Bean Station Road east of Prattsburgh; a post-and-beam replacement for the decrepit Outback Inn on Italy Hill west of Branchport; and a new post-and-beam lean-to at the beaver pond between Ontario County Park and Camp Cutler on the west side of Canandaigua Lake. Some other highlights from their tenure as co-coordinators



*Photo by Judy Erwin*

include a major bridge built at the intersection of Cold Brook and Mitchellsville Creek south of Hammondsport; a "suite" replacement for the original Evangeline Shelter that was burned (just south of Bean Station Road); a number of permanent trail easements, secured even before trail preservation became a priority; the Howard Beye memorial bench placed in Hi Tor east of Naples; many puncheons built (and in some cases, replaced) at various locations; and continued maintenance of one or more sections of the Bristol Hills Branch themselves.

Tom and Donna have worked generously on the main trail, too, helping to relocate it in Sugar Hill (map M-14), overseeing construction of the June Bug spur down to the Curtiss Museum (map M-12), and assisting with two new bridges built across Birdseye Hollow Creek on the section of main trail they personally maintain (map M-13). Currently, Donna is busy looking for a new route for the main trail to replace the long road walk east of Winding Stairs Road (map M-12).

Whether approaching landowners for permissions and trail easements or businesses for donations, the Notewares have discovered that it is an advantage to have taught or coached most of Yates County's kids in the Penn Yan schools. Living in Hammondsport, they also know Steuben County well; and they have specialized in making trips to Ontario County just for the purpose of meeting the trail's neighbors. Most impressively, every Tuesday morning in the spring and fall for the past 16 years, they have organized and led an informal hike on the BHB or the main FLT. Sometimes as many as 35-40 hikers participate. This bi-annual "Nowhere Group" has become the source of many section sponsors, trail workers, and cooks for crews, as well as new members for the FLTC. All the work is worth it, Donna says: "[We just enjoy] sharing the beauty of the FLT. [And] just having someone say, 'Thanks for another beautiful hike' makes all the planning worthwhile."□

### Moving?

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



# Two Poles or NOT Two Poles There Is No Question

by Jayah Faye Paley

*I had the good fortune of being referred to Jayah Faye Paley by LEKI USA when I asked for information regarding the use of hiking poles. Jayah is a nationally recognized fitness and wellness educator, and AFAA & ACE certified Personal Trainer, based in California. She has trained both athletes and people with physical and medical conditions and disabilities and has instructed athletes, trainers and physical therapists on the use of poles to achieve, regain and maintain mobility for hiking and walking. Jayah is also a breast cancer survivor who has and manages lymphedema, and is the cofounder of Lymphedema Education, Exercise & Prevention Group at California Pacific Medical Center in San Francisco. Much information can be found on her web site, <http://polesformobility.com>, and blog, <http://www.adventurebuddies.net/blog>. Jayah will write a follow-up article discussing adjustment and use of poles in various situations.*

*Bob Michiel, Trail Medicine editor*

Learning to use two poles for hiking is a skill that all hikers will, at some point, appreciate. Whether you're 30 or 90, optimal use of poles provides significant benefits on the trail.

## Why Poles?

Our natural walking pattern is a reciprocal gait, the diagonal pattern of opposite arm and leg, which enables spinal rotation. This spinal rotation feels good, looks young and is healthy.

As we age, spinal function diminishes. Without focused attention, gravity acts, the spine compresses, and we get shorter. Using poles for exercise walking and for hiking can actually reverse the spinal compression. Optimal use of poles recruits large core muscles, including the latissimus dorsi, lower trapezius and oblique muscles. Muscles strengthen when used. Using poles enables us to



engage (and therefore strengthen) our upper body muscles to help preserve our joints and get taller!

## Why Optimal Use?

**(Imagine being able to WD-40 your vertebrae)**

Learning optimal use of poles is key to achieving many benefits. The natural arm swing is how you can engage that healthy spinal rotation and muscle recruitment. Non-optimal use can involve repetitive movement of a joint, which can cause joint stress. The “death grip,” for example, can cause tension in the hand, wrist, elbow, shoulder and even the neck. Using poles in a way that does not look or feel like the natural walking pattern can negate some of the many benefits and cause strain.

## 3 Goals with Poles

When using trekking poles for hiking, you want to focus on three things:

- On flat terrain, you want either ease of use or exercise.
- On uphill terrain, you want more power and improved endurance.
- On downhill terrain, you want to reduce joint stress on your hips and knees.

It's that simple. Learning optimal use will enable you to achieve these goals.

## Common Mistakes

- Incorrect use of straps (AdventureBuddies' blog has a three-minute video on how to adjust and use straps; see introduction)
- Non-optimal pole length (see FAQs below)
- Incurring joint stress vs. muscle recruitment/strengthening
- Inappropriate pole etiquette (see below)

## Pole Etiquette

Why don't some people want to hike with pole users? I've heard people say they get stabbed or impaled on the trail. **Pole users:** Please be aware and considerate! **Victims of pole improprieties:** Rather than shunning all pole users, let's educate them. Here are some tips:

- Poles are not swords and should not be waved around.
- Know where your pole tips are at all times.
- Keep a safe distance between hikers. If a pole hiker is crowding you, step aside and let him or her pass.
- On steep uphill, poles can slip backwards, and the sharp trail tips can put out an eye of someone hiking behind.
- On steep downhill, allow extra space, especially in front.
- If someone behind you is reaching forward with his or her poles, a sharp tip could jab your Achilles tendon. Just step aside, and let the pole user (who is using seriously non-optimal technique) pass.
- People carrying (not using) poles should know where their tips are.

*(Continued on page 27)*





*Vi Davis #53 (2nd from the left) and her three hiking friends: Marilyn Breakey End-to-Enders #58, Penny Shaw #99 and Mary Years #61.*

### Violet "Vi" Davis

We recently learned of the passing of the last charter member of the FLTC. Violet Davis, 89, died on Sunday, July 29, 2012, at the Cayuga Ridge Nursing Home in Ithaca.

She was born in New York City on February 16, 1923. When she retired from Amphenol (Bendix Corporation) after 25 years of service, she became an avid hiker, completing the Finger Lakes Trail and Long Path North. Vi Davis was End-to-Enders #53.

Vi began hiking with her local club and then joined the county hike series, but decided that the pace was too slow for her to finish and so she began hiking with friends. She hiked mainly with the three friends shown in the photo from June, 1996. She was the oldest

person to complete her end-to-end hike at the time. Penny Shaw (#99) has great memories of hiking with Vi and with her mother, Mary Years (#61). Marilyn Breakey (#58) recounted an impromptu, celebratory party with local residents at the motel the four were staying in while completing Vi's main trail hike. The local people were fascinated by the ladies hiking the trail and wanted daily updates.

Irene Szabo recalls, "Vi Davis nearly got swept away crossing Devereaux Creek on M-4 at the bottom of the horrid powerline 'trail.' I was inspired to get new permissions to re-route the trail from Fancy Tract to NY 242, and that's how I met John Cobb, one of our most generous landowners."

— Ed Sidote and Jacqui Wensich

### Protect Yourself from Tick-carried Diseases

The incidence of Lyme disease has been increasing in our area. You know what they say about "an ounce of prevention." Here are some things you can do to protect yourself while hiking:

- Wear long pants and long sleeves.
- Wear gaiters or tuck your pant legs into your socks.
- Wear light-colored clothing to make it easier to spot the ticks.
- Use insect repellent.
- Check your skin and clothes daily for ticks, which range from the size of a poppy seed to pea-sized, being sure to do a complete body check, including groin and scalp. If ticks are removed within 36 hours, infection is unlikely to occur.

## Faces of the FLT

### Ray Zinn



*Photo by Jacqui Wensich*

**Age:** 75

**Birthplace:** Urbana, OH

**Residence:** Little Valley, NY

**Occupation:** Retired Manufacturing Engineer

**Favorite outdoor pursuits:** Cutting firewood, x-country skiing, hiking

**Other interests:** Woodworking and reading, especially Isaac Asimov; remodeled the one-room schoolhouse in which they live, including an addition; did all of the "50 Hikes in Western New York" from 1993-1998

**How I "met" the FLT:** His daughter learned about it from her ecology teacher.

**Relationship to the FLT:** Sag wagon for Cattaraugus County in 2008; former trail maintainer from Maples Road to Poverty Hill Road near Ellicottville; has been a car spotter for more than 10 years and looks forward to doing more

**Favorite section of the trail:** Too many from which to choose and so many nice people to meet

**Memorable FLT experience:**

Helping to remove the possessions (tent, bicycle, etc.) of someone who had been living in the forest near Ellicottville



Hello and Welcome! As the “new” FLTC Executive Director, I am officially saying “Hello!” to each of you in my first, published Executive Director’s column. At the same time, I would like to “Welcome!” all of you to be part of my new world within the Finger Lakes Trail Conference. I hope to meet many members, help you, inform you, work with you and especially encourage you to seek the most benefit from your association with our wonderful Trail Conference.

My association with the FLT Conference began many years ago when I was painfully attempting to “find” the FLT near my summer residence in Allegany County. I knew there was a hiking trail close by, but I could not readily find information about it. I found myself driving way up a farmer’s drive, asking questions and learning the owner had a hand-drawn trail map posted on a beam in his barn. Finally, I had made contact and was able to write to the FLTC and request information and maps.

Since that time, I have joined as a member, hiked many, many miles of the trail, introduced it to many friends and even worked on a few trail maintenance projects. I was kept aware of various activities from this publication, but even more from being a member of the FLT Yahoo!Groups forum. It was there that I learned of the Executive Director’s opening.

My life at the FLT Conference started in March when I attended a Technology Committee meeting and, formally, as an employee on April 1. The committee meeting concerned an upcoming computer system

## From the Desk of the Executive Director

.....  
**Dick Hubbard**

upgrade at the Service Center that has since happened. I have been through hours of training and orientation thanks to a thought-out plan by the Board of Managers and the dedication of my predecessor, Gene Bavis. Gene has been a dedicated teacher and counselor in helping to make this as easy a transition as possible. Thank you, Gene.



### 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.



*FLTC Office Staff: Stephanie Spittal, Jennifer Hopper (seated) and Dick Hubbard (Photo by Irene Szabo)*

I have experienced two meetings of the Board of Managers, a 50th Anniversary Celebration, an Annual Meeting, Committee Meetings and significant changes

at the Service Center in Mt. Morris. What I am continually impressed with is the high level of dedication of volunteers and the brilliance of those who contribute! The Finger Lakes Trail Conference is very fortunate to have such enthusiastic and committed people who carry out the mission of our organization on a day-to-day basis. This is a well-managed organization which has financial support from faithful members and has established strong relationships in the hiking community in addition to local, county, state and federal support agencies. It is a vibrant, healthy organization, and each of us should be proud to be active and support it.

I have met many of you in the past several months either in meetings or at the Annual Meeting. Most recently at the State Fair I was able to work with several volunteers and also meet landowners and members who stopped by our booth. I hope to meet many more in the months ahead either at the Fall Campout, working together on different projects or simply out on the trail.

From a business perspective, the Service Center has indeed experienced an upgrade to our computer network that included new desktop computers with faster, operational speed. We installed a new network router and upgraded our relational database to a newer, fully supported version with many, beneficial design elements. Our web site’s store has gone live with

*(Continued on page 27)*

## **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* that 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 in 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](mailto:pmonahan@stny.rr.com)

### **Robert Fordon FLT End-to-End #1**

In 1987 at the 25<sup>th</sup> anniversary of the Finger Lakes Trail Conference, the practice of awarding a patch to anyone who completed the trail from end-to-end was initiated. Howard Beye began a lengthy search for the first person to have walked the whole FLT in 1974, finally finding Robert Fordon in Boulder, Colorado, a year later where his current passions were searching for minerals as well as caving. While he still did a little hiking, it was more or less a solitary wandering off trails where he was more likely to find wildlife, minerals and caves.



While Fordon states in his return letter that completing the FLT was a sort of obsession, he admits that many of the road walks were accomplished on bicycle. Also, he did not consider himself the very first end-to-ender, because he reasons that many pioneers and Indians walked what was to become New York State long before his journey.

A recent ecology graduate from Brockport State College, Robert began his trek on May 5<sup>th</sup> in Allegany State Park and ended at Slide Mountain in the Catskills on June 15<sup>th</sup>, 1974, with a short break to replace his broken pack frame. Where the trail was not completed, he used roads and did a fair amount of bushwhacking. He estimated his hike to be about 400 miles.

In his reply to Howard Beye, he acknowledged his gratitude to Robert LaBelle, who was then president of the FLTC, for introducing him to the organization by taking him on several weekend hikes with his family.

The number of End-to-End hikers is fast approaching the 400 mark, and the main trail is now 558 miles with an additional 400 miles of Branch, Loop and spur trails.□

This is the new signage that was installed at the FLTC Service Center in Mt. Morris. The sign was made and installed by our landlord, the US Army Corps of Engineers, Buffalo District, at the Mount Morris Dam and Recreation Area. The sign represents the cordial relationship that we maintain as we continue to collaborate with projects that promote both the Dam Recreation Area and the Finger Lakes Trail. The FLT passes through the park as part of the Letchworth Branch Trail. We especially thank Superintendent Stephen Winslow and his ACOE Service Center staff for seeing this through a lengthy process.





# Tompkins County Hike Series 2012: Group Hiking at Its Best

by Karen Serbonich, Hike Series Coordinator

The hike series through Tompkins County is nearing its end, and my status as county coordinator will be ending as well. This has been a great series, and the Finger Lakes Trail through Tompkins County has many, stunning sections sprinkled with everyone's favorite: "road walk." Highlights so far include Lick Brook, the *Sound of Music* field, turtle row, the forest walk up to the Tamarack Lean-to, "Will someone lower the guard rail along 96B?", driving off without Waldo and the bucket of money, Waldo being made from recycled materials, the lightning-struck tree, the stone cairn after the Shindagin Lean-to, wildflowers, scarlet tanagers, red newts, gorgeous trails, new friends, Gert serving up backwoods delicacies of worms in dirt and ants on a log, watermelon, gallons of Gatorade, Peanut M&Ms, trail mix, renewing old friendships, and GPS routes on back roads. Each hiker could add to this list.



Karen Serbonich and May's "Where's Waldo"

If you are reading this, have never hiked on a county hike series, and secretly dream of hiking the entire trail, consider registering next February for the series through Schuyler County. It is a great motivator. I will tell you that I hiked for the first time in Chenango County with the group and so enjoyed it that, when the coordinator at the time wasn't able to continue in Cortland County, I volunteered to coordinate that hike series in 2011, also. It has been a rewarding and fun adventure.□



[Editor's Note: Thank you, Karen, for another, outstanding job as County Hike Series Coordinator. Everyone will miss your presence on the trail!]

Photos by Jet Thomas





## Erv Markert Award Winner Mahlon Hurst

by Quinn Wright, FLTC Treasurer

**A**s the former Director of Crews and Construction, I came to view my job as one of a beggar. I was always looking for, asking, and, yes, even begging for help or assistance to complete a project. Every time I asked, though, the members of the FLTC came through, especially by volunteering their free time or vacation time to help the FLTC accomplish its goal: "To build, enhance, and promote a continuous footpath across New York State. Forever!"

The FLTC has members who have developed expertise in accomplishing the various tasks required to meet that mission. Most projects require the purchase of some materials, supplies, equipment or food. Most of the materials that we purchase is wood for bridges, puncheons, privies and lean-tos. Our most expensive purchases are logs and the milling of logs. In the past, the NYS DEC would supply and mill the logs. Today, as a result of governmental cutbacks, the NYS DEC rarely is able to mill them.

This significant cost makes the funding of projects more difficult. The solution to this problem often has come from Mahlon Hurst. At times, he has interrupted his sawmill activities to provide materials for a project. At other

times he has scheduled materials for the FLTC into his production schedule. More often than not, Mahlon has accepted no compensation for the materials he has provided. When he has asked for some compensation, it has been with a significant discount. His heart is always open and his hand is always willing to help the FLTC accomplish its mission.

I was extremely proud and happy to present the FLTC's Ervin Markert Distinguished Contribution Award to Mahlon. This award is given to an individual, group or organization in the public or private sector that has made a significant contribution toward the improvement of hiking and/or trails in New York State.

Photo by Jet Thomas



*Mahlon Hurst (L) receives his award from Quinn Wright.*

Mahlon is End-to-End hiker #242 and says he is just "paying back his debt to the FLTC." His definition of "paying back" is immense. I do not know how many of Mahlon's contributions I have missed, but the ones that I know about are:

- Buck Settlement Lean-to: milled and delivered the logs; then helped with the construction.
- Birdseye Hollow Creek bridges: white oak bridge decking milled and delivered at no charge.
- Getter Hill Lean-to: replaced rotted DEC logs with his own logs; milled the logs for new post-and-beam lean-to at no charge.
- Outback Inn Lean-to (replacement): hemlock board-and-batten siding milled and delivered to drop-off point at a significant discount for Eagle Scout project.
- Beaver Pond Lean-to: milled logs for post-and-beam lean-to at a significant discount for Eagle Scout project.

*(continued on page 11)*

## **Mahlon Hurst (continued)**

(continued from page 10)

- **Lean-to kits:** In 2011, the NYS DEC permitted us to harvest larch trees as part of a training exercise for chainsaws. Mahlon arranged to have these logs trucked to his sawmill and then milled the logs into three lean-to kits that he stored on his property at a very significant discount to the FLTC; the first kit was used this summer to build the first lean-to on the Crystal Hills Trail.

What makes all of these contributions and his hiking even more remarkable is that, as an Old Order Mennonite, Mahlon does not drive. He must pay for someone to drive him wherever he goes. So his investment to help us is even greater than just his donation of time for the work, wear and tear on equipment, or materials. Any of us who have hiked the FLT end-to-end know that there is a cost in real money, but I doubt at the level of Mahlon's costs. Mahlon estimates that he has spent about \$7000 just to pay for his transportation to and from his various drop-off and pick-up points while he and members of his family hiked the length of the FLT.

The FLTC is thrilled to be able to honor this humble man and his exceptionally wonderful and supportive family with the Erv Markert Award for having made such "a significant contribution toward the improvement of hiking and/or trails in New York State." At the 50<sup>th</sup> Anniversary celebration in June, Mahlon was presented with an engraved Silky Ibuki™ saw, about which his wife, Eleanor, told us: "He simply loves that saw; it's seen a lot of use already. It sure is nifty."□

## **The FLT Officially Meets the CVT on National Trails Day**

**by Lynda Rummel, Vice President for Trail Quality**

On National Trails Day, June 2<sup>nd</sup>, ground was broken for a new kiosk to be placed in Lafayette Park in Watkins Glen. The kiosk will be built at the northwest corner of the park, along Fourth (NY 414) and Decatur Streets, at the new, official junction of the Catharine Valley Trail (CVT) and the main Finger Lakes Trail (FLT), and will house locator maps showing both trails. After studying the draft plans for the architectural features that will be added to the site, Village and Watkins Glen State Park officials and representatives from the Friends of the Catharine Valley Trail and the Finger Lakes Trail Conference marked the spot for the kiosk with a small divot dug with a shovel freshly painted bright gold. Robin and Phil Hubbard, enjoying ice cream after finishing the first part of their Amazing One-Day End-to-End Hike, strolled by just in time to applaud. (Robin



*(Foreground, L to R) Watkins Glen Mayor, R. Mark Swinerton Jr. and Friends of the Catharine Valley representative, Chuck Peacock, share the shovel handle, marking the location where a kiosk will be built at Lafayette Park at the intersection of the FLT and the CVT (in Watkins Glen). FLTC VP for Trail Quality, Lynda Rummel (background, L), Watkins Glen State Park Manager, Ron Roney (background, center), and several, other supporters also attended. Photo by Leona Jensen*

and Phil were spotted later at the trail crossing on Van Zandt Hollow Road with their group of hikers and retired trail sponsor, Dave Conklin, talking about the mills that had once adorned both branches of Glen Creek).

For several years, the Friends of the Catharine Valley Trail, Watkins Glen Village officials, and State Park administrators have been working to promote the FLT, as well as the CVT, at this corner, while also extending the CVT south of Millport toward the Elmira College Domes and, eventually, Mark Twain State Park in Horseheads. From the west, the FLT descends through the Glen and into the heart of the Village and then exits easterly to cross Catharine Creek and climb through Excelsior Glen. Already hundreds of motorists and pedestrians pass by two large, striking cement monuments that converge at the diagonal pathway into the northwest corner of the park and say, in bold, capital

*(Continued on page 12)*

## The FLT Officially Meets the CVT (*continued*)

(Continued from page 11)

letters, FINGER LAKES TRAIL and CATHARINE VALLEY TRAIL. The kiosk will be built between the two monuments, to one side of the walkway into the park. Pavers, flowers, shrubs and several bike racks will be added near the CVT monument. Standing tall over it all will be a four-sided clock that says Watkins Glen on all sides.

The CVT is under the jurisdiction of Watkins Glen State Park. A linear park, the CVT is intended to connect Watkins Glen and Horseheads with a 12-mile, multiple-use path. Most of the CVT is built on parts of the abandoned Northern Central Railroad and the old towpath of the Chemung Canal. As noted in literature distributed at the ground-breaking ceremony, the CVT and the FLT “could not be more diverse in nature...one trail quietly winding throughout NYS for 900 miles built and cared for by enthusiastic walkers...and one built upon historic tradition of connecting people and places of delivering goods and services[,] first [to] the peoples of the Seneca [Nation], then the armies of General Sullivan, the canal builders and the railroad builders.” The FLT is narrow and built on the ground conditions pretty much as they are found; the CVT is wide enough for different kinds of users to pass each other comfortably and runs on a groomed surface atop a hardened rail bed. Yet at the corner of Decatur and Fourth, the two trails find common ground and are celebrated together as valuable, recreational resources that benefit both the community and the regional tourist industry.

At present, the corner can be accessed from the FLT by following the blue blazes that indicate a spur trail. According to Joe Dabes, Regional Trail Coordinator for Watkins Glen-East; Paul Warrender, Trails Chair for the Cayuga Trails Club that sponsors the section; and Pat Monahan, FLTC President, the main route will be relocated onto the spur and re-blazed white when the Village reprints its brochures sometime in the future. Many, many thanks to the Friends of the Catharine Valley Trail, the Village of Watkins Glen, and Watkins Glen State Park for their generous and extraordinary support of the FLT.□

### **Board of Managers Honors Gene Bavis**

Finger Lakes Trail Conference  
Board of Managers Resolution  
June 16, 2012

WHEREAS, Eugene Bavis, Executive Director, will retire on June 30, 2012, after completing 11 years of outstanding and dedicated service; and

WHEREAS, Mr. Bavis spent over thirty years working with the youth in Wayne County, New York, as a professional educator and Scout leader; and

WHEREAS, Gene sought to give further of his time as a life-member, trail volunteer and Board of Managers member of the Finger Lakes Trail Conference; and

WHEREAS, as the first Executive Director of the Conference, Gene provided excellent leadership and service in the areas of membership, promotion, marketing, literature, database and office management; and

WHEREAS, the Conference grew in significant ways as Gene brought forth many ideas and contributions to the organization and shared his straightforward, open and honest approach when dealing with members, colleagues, officials and landowners; and

WHEREAS, Gene has been a conscientious and dedicated employee who led by example, and, through his hard work and congenial manner, earned the friendship, admiration and respect of those with whom he worked;

NOW, THEREFORE, BE IT RESOLVED that the Board of Managers takes great pleasure in recognizing the distinguished achievements of Eugene Bavis, and herewith expresses its sincere gratitude for the invaluable contributions he has made to The Finger Lakes Trail Conference, and

BE IT FURTHER RESOLVED that this resolution be spread upon the permanent minutes of this organization as an expression of our gratitude and that copies of this resolution be shared with his family, the Boards of: the North Country Scenic Trail, Bullthistle Hiking Club, Cayuga Trails Club, Foothills Trail Club, Genesee Valley Hiking Club, Triple Cities Hiking Club, Catskill Mountain Club, and the Genesee Valley, Mid-Hudson and Onondaga Chapters of the Adirondack Mountain Club and the U. S. Army Corps of Engineers at Mt. Morris.

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Patrick Monahan, President

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Roy Dando, Secretary





## Hiking the Branch Trails

by Roy Dando

*[Editor's Note: Roy is Branch Trail End-to-Enders #73, and his wife, Laurie, is #72.]*

In between our first end-to-end section hike and our 36-day through hike of the Finger Lakes Main Trail, we decided to start exploring the five branch trails that the FLT system has to offer. We quickly found out that each branch trail has its own personality. After over four years of mostly weekend outings, we can call ourselves Branch Trail end-to-enders. We know that the Crystal Hills Branch Trail will be officially on-line this fall and fully intend in the upcoming years to find out what personality it has.

The branch that wins the multiple personality award is most certainly the Conservation Trail (CT). It corresponds to the Main Trail for some 60 miles, taking you through the Allegany Mountains and Ellicottville before "branching off" for a 90-mile journey northward toward Niagara Falls. Much of the Conservation Trail traverses privately owned land which leaves you with a different feeling each time the trail crosses onto a new piece of property. It was on the CT that we had bad luck play out in threes (is it supposed to be good luck after that?). Our first day after the split from the main trail we lost the orange blazes. Being color blind, I am used to that, but Laurie also lost the trail. After a few, educated guesses we heard gun fire in our vicinity. We hooted and hollered, but the bullets kept flying over our heads as we crouched down. Finally, they stopped, and an ATV revved up and came around the bend. Turns out it was a landowner practicing skeet shooting with his son. He tried to point us back to the trail, but after he left we were still lost. We wandered into his backyard (behind the shooting) and simply figured we would walk down the driveway to the road. As it turned out, that was the trail, for we picked up a blaze on a pole farther down the road. That was just in time to race a thunderstorm to the shelter off Canada Hill Road where we were going to spend the evening. Upon rising, eating and packing the next morning, we realized that we could not find the trail again! The trail was tough to distinguish from all the farmer's private paths. After wandering around the hilltop for an hour trying to find clues to where the orange blazes were, we decided to go with our gut and follow a reasonably worn path. After a half hour, much to our dismay, we were back on the road on the same side of the hill that we were on yesterday. With a 17-mile day planned along with a 25-mile bike ride back to the car, we had to decide if we wanted to add another 3.5 miles of road walk to get to the trailhead on the other side of the hill. We did that and had a nice walk for the rest of the day. The three-hour bike ride back to the car was done in a torrential downpour which actually

cooled us down and washed the day's grime off our bodies. After two potential disasters, we hoped our luck for the next day's hike would improve. NOT! After a nice three-mile walk through Erie County Forest, we again lost the blazes near a power line. Being new to these orange blazes, we poked around and found the NYSEG poles had very nice blazes on them. Off we went for one-half hour following the power line. This seemed odd, because power lines are usually marked on the FLT maps. All seemed good when we found the road in a mile or so, but could not find the trailhead on the other side. We flagged down a rural mail carrier in her car and were informed that we had basically doubled back to where we had started. Another three hours and miles of trail not covered! As our bad luck had hit three, we knew we were in for some good luck. Depending on your gender, the good luck actually overlapped the bad as the female "mail carrier" was barely dressed in a very skimpy bikini! I don't believe that was the official USPS uniform, but it did seem to mark the end of our streak of bad luck.

The Interloken Trail had a very wet personality the day we walked it. It rained through the whole hike, but the soggiess of the trail appeared to be perpetual. The eleven-mile walk was very pretty. So pretty, in fact, that we actually walked it twice



*Photo by Roy Dando*

*(Continued on page 14)*

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in a two-week span due to the annual Spring Outing being held in Montour Falls. The second time we walked it we used our bikes to ride back to our car, and the roads were just as fun to bike as the trail was to walk on that day. Biking in the Finger Lakes region is always special.

As for the Letchworth Trail, we had heard such amazing things about the views of the gorge that we decided to walk the 26 miles over three separate weekends so we could take our time and explore. Everything we had heard was correct. The trail was in excellent shape and provided many, separate trailheads for us to break up the trip. We even combined a four-mile hike on one short trip with a night in the woods at the lean-to near access point F. A great thunderstorm entertained us as we slept under the metal roof that night.

For much of our Onondaga Branch (OBT) hike, we used the Hemlock Lean-to as our base. It is only one-half mile off the road, so after each day we walked in and spent the night there. There is just something about spending the night in the outdoors near a stream. Our first night there was in the fall with all the beautiful colors and the next was in the spring as the trail's flora came back to life. I ended up writing a poem I titled "The Picture of Sound" because of the many different sounds we fell asleep to each night. Other memories of the OBT include the homemade donuts at the Truxton Diner, the epitaphs on the old headstones in the cemeteries located right on the trail and the exhilarating, downhill bike rides we had while using the bikes for transportation back to our vehicle after each hike.

The hikes on the Bristol Hills Branch Trail (BHT) were some of our favorite hikes. We are not sure why, but our journal seemed to be filled with nothing but good entries. There was nothing spectacular, just great hiking. We started in late March of 2009 and figured we would not need our snowshoes. Wrong. As we reached elevation on our first day's walk, we crunched through eight inches of crusty snow. Having left our bikes 11 miles off in the distance, we

### The Picture of Sound

With your eyes closed imagine opening them  
What you see is a world full of sound  
The songbird calling for its mate  
The pine boughs rustling with a small breeze  
The critter looking for a morsel in the long-dead oak leaves  
The flutter of a grouse taking off as if threatened  
  
You no longer see the peepers that were restless in the ponds at sunset  
Nor the bark of the dogs chasing you down a country lane  
Nor the engines of civilization humming on all frequencies  
Nor the banter of people at the local diner  
Nor the clanking of the walking sticks on the occasional boulder  
These sounds were part of the day's journey  
  
But as your imagination allows your eyes to close again  
You drift off for a peaceful hour  
Hearing only the sound of the creek next to the shelter  
And the soft breath of your love

had to decide after four miles and four hours of walking whether we should abort the hike and walk the road back to the car or try to reach the bikes. The cold rain that started prompted us to walk the five road miles back to the car and complete the hike the next day. Our last hike on the BHT that took us to Ontario Park at its northern terminus also involved a weather incident. Upon entering the park, we were caught in a ferocious thunderstorm. We love storms, but not when walking and then riding the bikes back to the car. We got blown all over the trail and roads for over an hour. This was very cool, actually, if you take the concept of safety out of the mix.

While reflecting on the completion of our Branch Trails, we want to thank the following people:

- The landowners who allow the trail to pass across their land. Without their generosity, the trail would not exist.
- The stewards who maintain and update the trail. Without their hard work, our experiences would not be nearly as pleasant.
- The people at the Finger Lakes Trail Conference (FLTC) for spending all the time and effort to make sure their mission is continually achieved. [*Editor's Note: See page 25 for the FLTC's Mission Statement.*]
- Ben Petryszak for graciously allowing us to stay in his new home for almost a week while we hiked the CT in the summer of 2011.

Finally, we would like to thank Quinn Wright and his dog, Shoki. They hiked with us on much of the Conservation Trail and, when not actually hiking, they car-spotted us and allowed us to call their home our base to come back to each day.

In summary, we are still in awe of the exciting diversity and spectacular natural wonders that New York State has to offer. One only has to take a set of FLT Branch Trail maps and use it to plan a vacation. Hiking these wonderful trails

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# NORTH COUNTRY TRAIL ANNUAL CONFERENCE SHOWERS

## NEW YORKERS WITH AWARDS

by NCTA Awards Committee

**F**rom August 2-5 members of the North Country Trail Association (NCTA) from all seven states of the National Scenic Trail convened in Augusta, Michigan, for four days of hikes through a rolling countryside dotted with lakes, fun evening programs, and informative workshops on the NCTA Trail Town program, working with private landowners and trail-building skills.

On Friday evening the Awards Committee presented a host of awards to deserving volunteers and public servants, including the Vanguard Award to Wisconsin Congressman Tom Petri, because the initial birth of the Recreational Trails Program (RTP) and its continuing existence are due in large part to his unflagging support since its inception in 1991. Grants for trail programs have funded an astounding number of expensive projects over the last twenty years, despite repeated attempts to scrap the ongoing program. Projects in North Dakota, New York, Minnesota and Wisconsin along the NCT have benefitted due to his persistent support of the RTP grant program. His vision was instrumental in its inception and continues today.

Other awards included a number granted to members from New York. In fact, FLT members did well enough this year that FLTC President Pat Monahan drove to Michigan just for the awards.

**Mahlon Hurst** won one of the Sweep Awards for his generous



contributions behind the scenes. Because he also won the FLTC Erv Markert Award at June's 50<sup>th</sup> Anniversary weekend, his gifts of time and lumber are detailed elsewhere in this issue.



Photo by Rolf Zerges

*Lynda Rummel, proudly certified chain sawyer, won a Trail Maintainer Award from the NCTA.*

**Lynda Rummel** received a Trail Maintainer Award for her years of work beyond the norm on behalf of quality trails. Lynda, who is an NCTA Board member, FLTC VP of Trail Quality and a certified chain sawyer (she wants to be buried in the T-shirt she won with her high score on a recent weekend during a recertification course), fusses over not only her own trail miles, but is a regional coordinator for miles of trail tended by others and leads training services all over the state for FLT volunteers. She has also organized and participated in some of

the largest projects for trail improvement in the last few years, and applied for and administered an RTP grant that enabled the FLTC to hire a professional crew to improve the trail in a hilly area that had NOT been built to bearable grades, a direct benefit of Representative Petri's work on the RTP program.

The other Vanguard Award went to yet another public servant who has helped us in many ways, NY Dept. of Environmental Conservation (DEC) Senior Forester **Gretchen Cicora**, who is responsible for the recreational management of fourteen state forests through which our trail runs.

*(Continued on page 16)*



## NORTH COUNTRY TRAIL ANNUAL CONFERENCE (*continued*)

Photo by Lynda Rummel



Gretchen Cicora, DEC Senior Forester, won a Vanguard Award at the NCTA annual conference for her years of steady service protecting our trail in state forests.

agreement between the government and private organizations, but, in this case, between the NCTA and the FLTC] as the basis for a cooperative and mutually beneficial relationship. Irene has tirelessly encouraged FLTC members to join and support NCTA. She was instrumental in advocating an NPS presence in New York State, inviting NPS staff

to conduct training sessions on NCT policies and trail design standards. Among her many contributions Irene has chaired two NCTA conferences, developed training manuals for working with landowners, and secured permanent easements from multiple landowners. She went so far as to personally purchase a critical piece of trail property, building a campsite with a privy. She is a fussy trail maintainer/adopter, caring for as many as 22 miles of trail herself at one time, now down to 13 in her "old age."

Irene has served several terms as an NCTA Board

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Gretchen's duties include leading the coordinated review of the Unit Management Plans for each of these state forests, which often entails careful juggling of competing demands for various, recreational uses. In this role, she has been a steadfast supporter of the NCT and FLT as a single-use footpath, which makes her hero enough for us, but she is also always available to visit a potential reroute with us or to contemplate a new bridge or shelter.

In addition, Gretchen has also arranged for FLT/NCT chain sawyers to receive certification training in several of her state forests. Often, Gretchen specifies that the trees felled during these courses be set aside for use in the construction of shelters. One such training session last year yielded enough larch logs to build three lean-tos!

Finally, **Irene Szabo** was honored with the NCTA Lifetime Achievement Award; only our own Howard Beye has received this before for work with the FLT's portion of the North Country Trail.. The presenter had this to say:

The only surprise with this year's honoree is how long it took us to get around to naming Irene Szabo as our 2012 winner! As a long-standing member of the Finger Lakes Trail Conference and a member of NCTA since 1995, Irene has far more contributions and accomplishments than can ever be highlighted here. Irene recognized early on how both the FLTC and NCTA would benefit through close cooperation. She has been instrumental—and sometimes a lone voice in NY—in bringing the organizations together, finding the common ground, and dealing directly with thorny issues, which today have resulted in a MOU [*Editor's Note: Memorandum of Understanding, which is organizational language for an*

Photo by Mick Hawkins



Irene Szabo receives her Lifetime Achievement Award from Larry Hawkins, President of the Board of the NCTA.

## Wildflowers along the Trail, #39:

### How blue ...

by RWW Taylor

In German literature of the Romantic period, the Blue Flower was a common symbol, representing “ineffable longing.” In the more mundane world of the wildflower enthusiast, a blue flower represents, instead, a visual treat, a welcome contrast to the wash of blooms of other hues that predominate across our summertime landscapes.

Outside the gardens and the greenhouses, flowers of a rich, deep blue color are not easy to find. One exception is the mertensia, or Virginia bluebell, which can be spotted in springtime growing in great patches in damp, woodland areas; another is the startlingly-blue spiderwort whose blossoms can sometimes be espied hiding in a low, tangled clump of angle-stemmed foliage. There are also very blue blossoms, such as that of the corn

speedwell, that escape common notice by virtue of their tiny size.

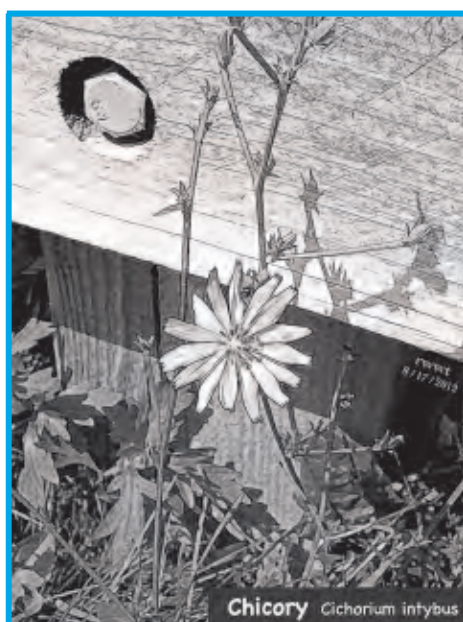
One blue flower that every summertime hiker is familiar with is the chicory that grows ubiquitously along roadsides, fence posts and field margins. This plant, introduced into North America long ago from Europe, nowadays flourishes across all of the US and southern Canada, blooming from July to October and — through the strategy of developing a deep tap root — surviving through the winter to bloom again in following seasons.

Chicory is a member of the composite, or aster, family. Its flower heads, an inch or more across, are borne sessilely (directly attached) on long, wiry, grooved stems. The blooming cycle of this plant is very dynamic, although a single plant may bear a score or more of individual flower heads in full bloom; each individual bloom will last for only one day before fading. The blooms may vary in color from bright blue through paler shades, sometimes shading into pink or white. Close inspection of the attractive flower head shows that it is composed of 15-20 individual, strap-like ray flowers with squared-off, toothed ends. Unlike the case of some members of the composite family, there are no disk flowers at the center of the flower head. Chicory follows a strategy common in the wildflower

world of bearing self-incompatible blooms: Its flowers cannot pollinate themselves, and the plant must rely on external pollinators (in this case, bees) to transport pollen from plant to plant in order to produce viable seeds. The seeds are reported to be a favorite food of goldfinches.

To botanists, chicory is *Cichorium intybus*, though it is also known by a variety of common names, including succory, blue daisy, blue sailors and coffee weed. The last name refers to the use of the dried, ground root of this plant, either out of necessity or by developed taste, as a substitute for or an additive to coffee beans. One other species occurs in this genus, the closely-related garden endive (*C. endivia*), which has been used as a food plant since ancient times and remains today a prized, culinary item — blanched buds called chicons and specially-raised leafheads known as Belgian endive that are grown in the absence of sunlight nowadays constitute a major food export from northern Europe.

This is an avenue that gardening enthusiasts may wish to explore; those more interested in exploring trails will instead want to watch out for these attractive, blue blooms along the wayside.□





**SM**

**Steve Catherman**  
**Vice President of**  
**Trail Maintenance**

## Trail Topics

### Trail Sponsor News

**Bob Switzer** from Bath has volunteered to maintain the first 6.7 miles of former Sponsor **Gerry Benedict's** trail on map M-11 between Access Point 1 on Hughes Road and Access Point 5 on Sinclair Road in Steuben County. Adjacent Trail Sponsor **Gary Haff** has agreed to pick up the remaining 1.8 miles of Gerry's trail between Access Point 5 and the eastern end of Cochrane Road just west of Bath. Thank you, Bob, for volunteering, and thank you, Gary, for seemingly always being willing to take on more responsibility.

**Kirk and Rose Mishrell** from Hammondsport are the new Sponsors of 3.6 miles of the Bristol Hills Trail on map B-3 between Access Point 18 at County Route 13 and Access Point 19 at the junction with the main trail near Mitchellsville in Steuben County. Kirk and Rose are taking over this section of trail that had been maintained for years by **Irene Szabo** and are currently learning the ins and outs (and ups and downs) of trail maintenance under her guiding hand and gentle tutelage. Welcome, Kirk and Rose; I hope you enjoy tending this trail as much as you've enjoyed hiking it!

Regional Trail Coordinator **Don Sutherland** has found a new Sponsor for the 1.6-mile spur trail to Oquaga Creek State Park in Arctic China State Forest on map M-27 in Delaware County. **Bob Laubisch** from Apalachin is taking over this section of trail from former Sponsor-turned-Steward **Warren Johnsen**. Thank you, Bob, for volunteering, and best wishes to Warren in your new role with the Bullthistles.

**An opportunity exists** in Goundry Hill and Sugar Hill State Forests on map M-13 in Schuyler County to sponsor a three-mile section of trail between Access Point 6 at Switzer Hill Road and Access Point 7 at Sugar Hill Road. This stretch of trail climbs nearly 500 feet through predominantly state forestland before reaching a maximum elevation of 1900 feet, presenting a nice work out for a new and eager maintainer! If this opportunity sounds appealing, please contact Regional Trail Coordinator **Lynda Rummel** for more information.

*We still need a Sponsor or sponsoring organization for the **Queen Catharine Marsh Loop Trail** and the **Montour***

### How to Contact Trail Management

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***Falls Historic Loop Trail** in and around the Villages of Watkins Glen and Montour Falls in Schuyler County. These loop trails have been described in two previous editions of the FLT News, so I won't go into detail about them again; if anyone is interested in learning more about these trails, please contact me.*

### BOCES Bridge II

**Rob Lemay** and his Steuben County BOCES junior high boys and girls completed their second bridge for the FLT this past summer. This year's bridge was constructed on map M-9 at the end of Fitzgerald Road on the blue FLT spur trail leading to the Kanakadea Lean-to just north of Hornell. As they did last year, Rob's class built a 16-foot-long king post truss bridge in their shop over the course of 4 days, and then, on the fifth day of their weeklong "camp," they transported and erected it at the site.

Although the morning the bridge was set in place was extremely hot and humid, the class completed their work by noon and still had time for a short hike on the trail and a picnic lunch. The students had the opportunity to combine

*(Continued on page 19)*



## Trail Topics (*continued*)

(Continued from page 18)

classroom instruction and a talk from a local bridge engineer with hands-on experience both in the shop and in the field. Our thanks go out once again this year to Rob and his class for contributing mightily to our trail's



infrastructure. We're already scouting a prime location for another BOCES-built bridge in 2013!

### The Irish Loop

The FLTC Board of Managers has approved the addition of two new trails to our FLT system. The green-blazed Irish Loop is the latest addition to our International series of trails on map M-19, joining the existing Spanish, Swedish and Lithuanian Loops. This new, 1.3-mile loop trail is located primarily on old logging roads on Regional Trail Coordinator **Joe Dabes'** property south of Virgil in Cortland County. The Brennan Bypass, also on Joe's land, is a 0.15-mile trail connecting the Irish Loop to the Lithuanian Loop. Both of these trails were built and will be maintained by Trail Sponsors **Alex and Michele Gonzalez** from Dryden, and both will be protected by permanent trail easements.□



cc

**Matt Branneman**  
**Director of Crews and Construction**

I am very excited to be taking over Quinn Wright's position as Director of Crews and Construction as he moves

on to serve as Treasurer for the conference. I have some very large shoes to fill. I hope I can at least approach the standard of organization and professionalism Quinn made look so easy while doing a phenomenal job as Director of Crews and Construction. Thank you, Quinn!

If all goes according to plan, we will have four Alley-Cat projects next year. The first is a lean-to in New Michigan State Forest with Tom Bryden leading the way as project manager. The DEC has already cut and milled the logs, which are waiting to be delivered to the site. This project is slated for early next spring.

Thanks to Rick Roberts for his hard work with the Department of Environmental Protection, there is another, major reroute in the Catskills. This reroute will utilize an old rail bed as well as create new trail to move the FLT off the road. Look for this project to be during late spring to early summer.

In Shindagan Hollow State Forest the demolition and rebuilding of the tired, old bridge over Shindagan Creek will take place midsummer. The footings and sills for the bridge on both sides are in need of repair from recent flooding and erosion. A new bridge will be placed back on the newly repaired footings. Paul Warrender has volunteered to be project manager.

Progress is being made towards final approval for a lean-to in Danby State Forest. Paul Warrender again will be project manager for this project. He has been instrumental in getting this project up and going. I plan for this lean-to to close the 2013 building season.

I want personally to thank all of the people who gave many, many hours to make our trail a better place to hike and camp. Without volunteers, we have nothing.□



JJM

**Greg Farnham**  
**Director of Trail Inventory and Mapping**

This is my first article for the FLT News as Joe Dabes has now officially (but not in practice!) retired as Director of Trail Inventory and Mapping. Joe and Don McClimans have spent countless hours teaching me about all the things this team does, including a lot more activity than simply updating and

(Continued on page 20)

## Trail Topics (*continued*)

(Continued from page 19)

publishing new maps for our trail. The three of us have been, and will continue to be, working closely together.

Speaking of updating maps, in the past three months over 30 map updates have been published. Many of these updates are minor, but several are major re-routes, new hunting closures, or permission updates. Joe, Don and I frequently get reports from hikers who have returned from a hike to let us know our maps are incorrect. Upon further review, we find that the problem is that the hikers are hiking with an old map, printed before the trail changed, and the current maps are correct.

The trail is continually changing as landowners change, Alley-Cat crews improve the trail, Mother Earth changes the terrain and for a multitude of other reasons. For the safety of all hikers and the security of the trail, you must have up-to-date information regarding the hike you plan before starting. If you are hiking with old maps, you risk receiving some unplanned excitement! Even though our new, interactive map is very useful as an overview of the trail, it is NOT sufficient to use for detailed trail information. As you will read on the interactive map's web page:

### Notice

**The data shown on this map is for general information purposes only. The Finger Lakes Trail Conference gives no warranty, expressed or implied, as to the accuracy, reliability, or completeness of these data. It is strongly recommended that only Finger Lakes Trail Conference maps, which have detailed mile-by-mile information on the back, be used as official resource for information about the Trail.**

If you are hiking with maps printed on blue paper, I really hope they are only to be used to start your campfire! And as our web's home page says, please "Read [Trail Condition Notices](#) BEFORE your hike."

Our new FLT store is now up and running and up-to-date maps (PDF and GPX files together) are available for immediate download. You may find it handy to have the maps in PDF format on your tablet, Kindle or smartphone, or you can print the map. The GPX files can be loaded into many hand-held GPS devices. Directions on how to use our GPX data with various Garmin and DeLorme units are now found on our web site at [http://www.fltconference.org/trail/files/3213/3528/3973/GPS\\_InstructionsCombined.pdf](http://www.fltconference.org/trail/files/3213/3528/3973/GPS_InstructionsCombined.pdf). □



# TQ

**Lynda Rummel**  
**Vice President of**  
**Trail Quality**

### A Different Kind of National Trails Day Celebration

Substituting for President Pat Monahan, I had the opportunity to attend the ground-breaking ceremony for a kiosk that will be built at the northwest corner of Lafayette Park in Watkins Glen, where the Finger Lakes Trail and the Catharine Valley Trail overlap briefly, and see for myself what a supportive trail town, a nearby state park through which the Finger Lakes/North Country National Scenic Trail passes, and an energetic bunch of generous folks (who volunteer for a different trail!) can do. This corner is a marvelous improvement to the quality of our trail! Large, low, horizontal monuments that hundreds of motorists and pedestrians pass by already proclaim the name of each trail in bold, capital letters. In the future, the kiosk will locate the viewer on appropriate maps, bike racks will be put on the Catharine Valley Trail's side of the corner, and a four-sided clock tower will be erected. (Please see that article.) As soon as hundreds of brochures showing the current route have been disseminated, the blue-blazed spur trail to this corner will be reblazed white. Several FLTC and Cayuga Trails Club members were key to getting this done, but BIG kudos go to the Friends of the Catharine Valley Trail, who have thoughtfully included us in their publicity and efforts to enhance the trail.

Money is always the problem when trying to improve a trail, and so I asked, How is this being funded? The primary answer: with grants obtained by the Friends of the Catharine Valley Trail and some help from the NYS Office of Parks, Recreation and Historic Preservation (the Catharine Valley Trail is a linear park, intended to connect Watkins Glen State Park and Mark Twain State Park). Intriguingly, some monies from the "bed tax" collected in Schuyler County from lodging establishments also go toward this project. It may seem surprising and perhaps even incongruous that a Village and tourism area so focused on auto racing would also attend to a footpath, as well as to a multiple-use trail, but the fact is, everyone seems to recognize that all these amenities are necessary

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## Trail Topics (*continued*)

(Continued from page 20)

for a vibrant, healthy and economically sustainable community. A *hiking* trail can be used by residents year-round. When visitors tire of sitting in the stands or sampling the wines and are in desperate need of recreational exercise, a trail is what keeps them around for another couple of days. If only we could get other “trail towns” and near-trail communities to see the health and recreational benefits our trail provides to their constituents and their increasing number of guest visitors! The lodging tax varies from county to county; but, following the example of Watkins Glen and Schuyler County, it should be a source of funds at least for improving parking or building kiosks at trailheads in or near the communities that share in these funds. If you live in an area that benefits from a “lodging tax” and that is near the FLT, please take it upon yourself to explore this possibility.

### Building Trail That Lasts

The key to building a sustainable, hiking trail, that is, a trail tread that lasts for decades and that is easy to maintain, is to keep water off the trail and minimize erosion. In a workshop presented by Jeff McCusker, NPS Trail Manager for the NCT, at the NCTA conference in Michigan in early August, we learned the following about building and maintaining a sustainable, hiking trail:

- As trail builders and maintainers, our goals are to keep water off the trail and keep hikers on the trail.
- Bikes and horses are incompatible with a narrow, single-track, hiking trail, not only because they force hikers to move aside, but also because bikes and horses inevitably damage the tread, especially those trails that are unhardened and built directly on the soil, like the FLT/NCT, and more so when the trail traverses a hillside. Bike tires create ruts that collect water and cause erosion; horse hooves create holes that collect water and steadily increase in size, making muddy pits and eroding the trail; both bike tires and horse hooves will take off the outer part of the tread, reducing its width; and the trail damage forces users off the trail in order to avoid the damaged sections.
- Damage to the physical trail will quickly discourage hikers from using (and maintaining) the trail, so it is essential to deter or prevent bike and horseback riders from attempting to use it.
- Begin by building or maintaining a narrow corridor (less than four feet wide; three feet wide whenever possible) with a back country tread (< 24 inches wide; 18 inches whenever possible), pretty much on the soil as you find it.
- On level terrain in a brushy or forested area, place the trail between trees that are only three feet apart and put a slight crown in the middle to drain water off to each side.
- On hillsides, put a 5% out-slope on most of the tread to drain water across the trail and not down it. However,

build sharply angled switchbacks, instead of climbing turns, because bike and horseback riders dislike sharp switchbacks, and build a dirt platform at the turn. If necessary, dig a short (about 20 inches) inside ditch that carries water out past the turn. Add well-placed rocks to the hillside in between the legs near the turn (or leave trees, brush and debris) to prevent bike and horseback riders and hikers from cutting the corner.

Look for more from this excellent, two-day workshop in subsequent issues of this magazine and also in the [Trail Tenders' News](#).

### Backcountry Medicine for Backpackers and Hikers

NCTA President, Dr. Larry Hawkins, who worked as an emergency room physician for nine years before going into family medicine, presented a workshop at the NCTA conference in early August that two participants who were wilderness first responders said was the best they'd ever taken. The topic was “Backcountry Medicine for Backpackers and Hikers,” and Larry's intense, two-hour course, based on a booklet he has put together, was exceptionally informative and helpful for us non-medically-trained lay persons. Larry's course does not just help the leader prepare a victim for evacuation; it also helps the leader prepare a victim to remain in the woods, stay with the trip, continue hiking or working, or be evacuated, whatever the ailment dictates. The course goes well beyond the several Basic First Aid courses I've taken and covers all sorts of situations we might find when out in the boonies, such as how to remove a fish hook that's embedded in a finger, when to use a splint and how to make a splint from what you have on hand, and stitching a wound with a safety pin. There's even a section on what to put in your backcountry first aid kit. The booklet is organized alphabetically, so topics can be found quickly. Each medical situation is explained so that the recommended techniques are fully understood and become intuitive.

Larry's course and the booklet he has put together are not a substitute for Basic First Aid or other such courses and do not provide any sort of certification. The booklet is, however, a fabulous supplement to such courses; and it is tailored specifically to situations we face when traveling or working in the back country, away from quick, emergency, medical help. If you are going to be leading a hike or a trail crew, take your first aid course first, then read Larry's booklet, and then pack this booklet in your rucksack so you have it with you. I have his permission to copy this booklet and will try to make it available to hike and crew leaders through the FLTC office. For the moment, please contact me at [ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com) if you want a copy.

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## Trail Topics (*continued*)

(Continued from page 21)

### Breakfast with the United States Forest Service

About 30 folks crowded around breakfast tables at Yarrow Golf Course (the Michigan golf resort where the NCTA Conference was held) to hear reps from the Eastern Region of the United States Forest Service (USFS) describe how decisions are made within the USFS at the local and regional levels and explain what must take place in order to approve a new section, a relocation, or a new foot trail in a national forest. On hand were John C. Romanowsky, Wilderness, Wild & Scenic River Program Manager Region 9 (Eastern Region); Art Jeffers, Director of Recreation, Heritage and Wilderness Resources Region 9; John's boss; Dawn Meier, Volunteer and Service Programs Coordinator for Region 9, who is working with Dan Watson, our NPS Volunteer Coordinator, to streamline volunteer agreements; and Melanie Fullman, District Ranger, for the Bessemer Ranger District of the Ottawa National Forest (Ironwood, MI), who is also the project manager for the NCTA's Ni-Miikanaake Chapter.

New York's only national forest, the Finger Lakes National Forest (FLNF), is within the USFS' Eastern Region. Although the Finger Lakes National Forest is one of the smallest, national forests, about two and a half miles of the main FLT (and the coincident NCT) run across it from west to east, and the Interloken Trail, a branch trail in the FLT System, runs for 12 miles north/south along the Hector Ridge. According to FLNF brochures, the southern half of the Interloken Trail allows horses, although the trail was built to be a hiking trail by boy scouts and ADK-ers including the late Alex Proskine. Building a new trail in a national forest requires extensive planning and environmental study that can be quite costly. Building a partial relocation, especially if in the same corridor, requires considerably less paperwork and expense. The main outcome from the conversation was that we volunteers must work closely and have frequent contact with the District Ranger, showing patience for and understanding of the rules and regulations with which the District Ranger must deal.□



## Branch Trails (*continued*)

(Continued from page 14)

is physically and spiritually energizing, as well as convenient and cost-effective. What more could one want in a vacation? Well, there is the patch that represents the completion of another goal achieved during the pursuit of one's happiness.□



Bristol Branch Trail

### A reminder: October through December is hunting season

There are many spots on the FLT that are closed for any or all of the legal hunting seasons, so checking beforehand when you want to hike during these months is the only way to guarantee that you won't irritate a permitting landowner. New closures since the map was last published are listed on our web site under "Trail Conditions." Please remember to dress appropriately and be aware that archery season begins two weeks earlier this year on October 1.

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



# FINGER LAKES TRAIL CONFERENCE OPENS NEW SECTION NEAR CANNONSVILLE RESERVOIR

by Rick Roberts, FLT Catskill Area Coordinator

**T**he long-awaited relocation of the FLT near the Cannonsville Reservoir has officially been opened. The new seven-mile section, running from County Route 47 to Dryden Brook Road, is the first in a three-part attempt to relocate the FLT from its currently long series of road walks to a more wooded and hiker-friendly path.



This first section was made possible by the cooperation of the NYC Department of Environmental Protection (DEP), which granted trail access to the FLTC. This was the first access permit for a foot trail granted by the DEP in Delaware County. Access was also granted by two private landowners, thus eliminating five miles of road walk. Trail building took place on April 30 - May 2 of this year by the FLTC Alley-Cat Crew. The entire seven-mile section was cleared, constructed and blazed in five days, including the construction of two small bridges.

The second portion of the FLT's relocation will occur this fall in the Downsville area. The trail will be relocated from its current path from Campbell Mountain, down Campbell Brook Road and the Hamlet of Corbett, to a new path from Campbell Mountain, through the Village of Downsville and then into Bear Spring

Wildlife Management Area. Prior to this relocation, the FLT did not pass through any villages for 90 miles, but this new relocation will now offer thru-hikers access to stores and businesses in Downsville. The FLTC hopes that the NY Department of Environmental Conservation (DEC) will allow it to utilize an old, abandoned section of trail coming off Campbell Mountain. This section will be reopened using volunteers from the FLTC.

The third and final step in the FLT's relocation will possibly occur next summer, again near the Cannonsville Reservoir. This relocation will eliminate nearly the entire 20-mile road walk originally used to circumvent the NYC Water Supply's lands. As with the first relocation, the NYC DEP will be granting access to the FLTC around the south side of the reservoir, utilizing the old O&W railroad bed. The new trail will then cross the highway bridge over NY 268, use the old, abandoned Route 10's highway path, cross the current Route 10, enter DEP lands and continue northwest to Dryden Brook to connect with the first, new relocation. The FLTC Alley-Cat Crew will also build this new section.

The FLTC wishes to thank the NYC DEP and NY DEC for their



cooperation in achieving these vital relocations. In addition, we wish to thank Art Connor and Adin Miller, both of Walton, NY, for granting us access to their properties. In doing so, they have allowed the trail to be moved to a much safer and more enjoyable path.

The FLT Catskill section is the longest portion of the 567-mile Finger Lakes Trail. The entire FLT stretches from the Catskill Park near the Village of Phoenicia to Allegany State Park near Salamanca, NY. It connects to the Long Path near Denning, and, from that trail, the Appalachian Trail can be found at Bear Mountain northwest of New York City, which will take a hiker to Georgia or Maine. The FLT is also part of the North Country Trail (NCT) in its western section. The NCT can be hiked all the way to North Dakota. Near Corning, NY, the



FLT connects with the newly created Great Eastern Trail, which follows the western Appalachian Mountains south into Virginia and Tennessee.

Go to the Finger Lakes Trail's web site at <http://www.fingerlakestrail.org/> for more information about the FLT and its Alley-Cat Crews.□

[Upper two photos by the author]

Article removed at author's request



## **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!**

## Walking Through Time #29: Last set of Rails into Ithaca

by Irene Szabo and Tim Wilbur

Along the trail eastward from Robert Treman State Park, after going under the Route 13 bridge, stands a through-truss bridge with a shiny set of rails passing through its arches. This is Ithaca's last remaining, serviceable rail connection. Now called the Ithaca Branch, it is part of the Norfolk Southern Railroad system, coming northward from NY's southern border. This rail line's history dates back to the early 1870s with chartered names now only found as preserved pieces of history in books and on old maps in museums or the occasional reference on a property abstract.

From a charter for building a railroad, to the laying of rails and ties, through bankruptcies and reorganizations with name changes, this rail line came out with its most recognized and longest lasting name as the Lehigh Valley Railroad. For decades under this banner, the railroad prospered through the golden age of railroading. It became a through railroad from a junction at the southern side of Ithaca near the last vestige of a railroad station, until recently a restaurant and now a bank, where the main line went northwest to Geneva and on to Buffalo, and a branch went north along the eastern shore of Cayuga Lake to Auburn. The *Black Diamond* was the famously named passenger train that graced the mainline rails, a name that was a tribute to King Coal, the backbone commodity of the railroad.

Moving coal northward from the Lehigh Valley's mines in Pennsylvania was one of the original reasons for establishing a rail line through here. Until just recently, long strings of coal cars were still making their way over these rails to the last coal customer, NYSEG's Milliken Station near Lansing, built to generate electricity from steam. However, this coal-fired plant has filed for bankruptcy and, according to the April issue of *Railpace Newsmagazine*, has suspended coal shipments.

The short, dead-end line, long since abandoned to Auburn, also serves one of Cargill's salt mines and used to handle limestone for a cement plant. But there was a time when even this Auburn branch line was busy with several trains a day: Coal, milk from local farms headed to dairies

in big cities and cooled by ice cut in February from roadside lakes, passengers, and troop trains to Fort Drum for both World Wars kept the line profitably occupied until about 1950, when improved roads enabled trucks to take much of the traffic from the railroad.

Local colleges accounted for a great deal of the traffic on this railroad. Special trains were scheduled for emptying Wells College of students at holiday times, while Cornell provided steady passenger traffic. Cornell sports utilized the trains to get to away games, while spectators enjoyed the very special trains scheduled for interscholastic, rowing competitions on Cayuga Lake. Because the Auburn Branch monopolized the scenery along the eastern shore for the entire length of the lake, where cottages now hold sway, trains at race time would pace the boats with up to forty open cars packed with bleachers four rows high so that paying customers could see the action from a constantly moving, front row seat. The Lehigh Valley eventually came to paint its passenger cars Cornell Red in homage to such a big customer source.

Gone now are the passenger trains, discontinued in the late 1950s. The Lehigh Valley became part of Consolidated Rail in 1976.

Subsequently, both the tracks to Geneva and those north of Lansing past the power plant were removed, reducing the Auburn line to dead-end status. The Conrail System, as it was called, was split between two other railroads in 1998 with ownership of the Ithaca Branch transferred to the Norfolk Southern.

Present-day

Ithaca is still served by rail, evident by the shiny rails where our trail crosses the tracks. Per local residents, train times are more likely in the early morning or late afternoons. But remember the standard safety rule of railroading: **EXPECT a train on any track at any time**, and never forget that our tiptoe across this railroad bridge is technically trespass.

[Editor's Note: Uninvited crossings of railroad property are, indeed, illegal as mentioned by Irene and Tim, and choosing to do so is just one of the many judgments made by hikers.]□



Photo by Tim Wilbur on May 19, 2001



## Two Poles or NOT

(Continued from page 5)

Usually they can turn their tips forward to avoid accidentally stabbing someone.

- Hiking with poles tucked into their arms can stab the hiker behind them if stopping suddenly.
- People who lay their poles on the ground in the middle of the trail are at risk of having their poles stepped on, tripped over or broken.
- If you stop to adjust your poles on the trail, do not face sharp trail tips toward the middle of the trail (no swordplay).
- When taking poles apart to dry or clean, point tips down, not at your buddies or car windows.
- Carry your rubber tips with you at all times. If you encounter pavement, using rubber tips will save your trail tips and be way less noisy. Noisy poles can be very annoying. Rubber tips also can protect fragile surfaces.
- If you hike with poles and are stabbing the ground, this noise can also annoy people.
- At lunch stops, prop your poles out of the way and not in the dirt or poison ivy. (If the straps get dirty, the dirt can chafe your hands.)

### Hiking Pole FAQs

Following are some of the most frequently asked questions I get from pole users and people who are considering using poles for hiking, walking, exercise and mobility.

### FAQ: I know how to walk, so I can use poles without any instruction, right?

We weren't born knowing how to walk. We learned step by step until we could crawl, walk and run.

So, yes, anyone can pick up poles and reduce knee stress, but that saved stress and energy have to go somewhere. With non-optimal

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## Executive Director

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on-line orders and downloadable maps. It is a very active, busy site.

The very popular Passport Program has grown to incorporate additional "East" and "West" sections. Once new sponsorships were in place, the plan to have these new sections publicly available turned out to be too aggressive given the requirements for final mapping and trail narratives. The work is continuing, and the expanded programs will be available in the coming months.

Certainly, future Executive Director's columns will contain more business-related news as my involvement deepens within the organization. In the meantime, allow me to take a moment to jog your memory about the not-for-profit world in which we, as the FLT Conference, are a part. I am reminded of an old Beatles lyric and often-heard axiom concerning the paradox of life that says "the more you give, the more you get." There is so much to "get" from our Conference. I hope that you are actively pursuing all that you can to "give" in every way. Please let me know if you would like to be more involved.

Enjoy the trails!

Dick Hubbard  
rdh@buffalo.com  
716-604-8380



Our sincere thanks for gifts in memory of:

**John Rezelman**

from  
William Joint

**Sue Reed**

from  
Bill & Mary Coffin

**Gerry Benedict**

from  
Edith Benedict  
Phelps-Clifton Springs Retired  
Teachers Association  
Beth Frind  
Scott Lauffer  
Canal Town Chorale  
Walt & Karen Burgess  
Katie McCann  
Christine & Jerry Hefley  
Daniel & Edith Benedict  
Park Presbyterian Church Choir  
Park Presbyterian Church Deacons  
Fund  
Carol & Sam Shama  
Nancy Augustine\*  
William H. Dean, M.D.\*  
Phil Hawley\*  
Marlo Marriott\*  
Elfleda Powell\*

**Ellsworth Stein**

from  
Jon Kreckman  
Harold & Dolores Finley

**Harry Glar**

from  
Harold & Dolores Finley

**Violet "Granny" Davis**

from  
Jan Reagan

**Edward J. Thompson**

from  
William H. Thompson

**In Honor of the FLT's 50th Anniversary**

from  
Vicky & Paul Gaeta

\* Co-Workers of Rachel Doan,  
Gerry's Sister

## Welcome!

### New and Returning Members February 12 through July 12

Jeff, Connor & Ashlyn Amsden, Hammondsport	Joan Dionne, Buffalo	Debbie Meritsky, Hammondsport
John Anthony, Corning	Dennis Dooley, Fairbanks, AK	Jeanne Michela, Schenectady
Phil Antweiler & Kathy Brahney, Jacksonville	Kim Dunay, Naples	Susan Mischler, Buffalo
Avoca BSA Troop 32, Avoca	Mark Effley, Hastings	Robin Mock, Pittsford
James Badolato, Sidney	Nate Farrington, Syracuse	Robert Moses, DeLancey
J. Dennis Baldwin, Ithaca	Patty Galvin, Baldwinsville	Richard A. Mosier, Penn Yan
Colleen Barnes, Spencer	Guy Gerard, Ithaca	Jim & Helen Mullen, Pine City
Nancy Beach, Conesus	Rob Gladden, Geneva	Jef Muyshondt, Toronto, Ontario
Stanley P. Benedict, Norwich	Patricia Golden, Fayetteville	David Newell, East Aurora
Jody Benedict, Newark	Gene & Anne-Marie Gordon, Honeoye Falls	Mary Margaret Ong, Camillus
Eric Bish, Hermann, MO	Barbara Gosnell, Spencerport	Dorothy Papish, Albany
Mark Bouton, Ithaca	Joseph C. Grasmick, Buffalo	Mary Passage, Corning
Boy Scout Troop 171, Pittsford	Sarah Gravino, East Aurora	Jim & Brenda Passmore, Painted Post
Boy Scout Troop 37, Macedon	Mary Guldenschuh, Nunda	Lisa Paul, South Byron
Boy Scout Troop 4, Ithaca	Ellen Hammer, Manilus	Henry Peck, Lutherville, MD
Dan & Diane Bradshaw, Sidney Center	Jill Hearn, Cortland	Walter & Nancy Peek, Penn Yan
Bristol Views Bed & Breakfast, Naples	Cindy Hinz, Olean	Dennis Petraske, Binghamton
Scott Brooks, Rochester	Allan Hochberg, Vestal	JoAnn Ratajczak, Lancaster
Eric Bryant, Perry	John Holtz, Scottsville	John Read, Corning
Gary G. Bustos, Verona Beach	Kyoko Horton, Homer	Cynthia Riggan, Groton
John Bycina, Orchard Park	Richmond & Mary Jo Hubbard, Rushford	Grant Robison, Minneapolis, MN
Jewell Campbell, Buffalo	Tom & Sue Jones, Liverpool	Carol Romeo, Elmira
F. Daniel Casella, Binghamton	Davis Kehoe, New Salem	Raymond Ross, Pittsfield, MA
Sharon Caufield, Harford Mills	Natalie Kelly, Ithaca	James P. Russell, Penn Yan
Barbara Chaffee, Binghamton	Spencer King, Newfield	Albert Ryder, Stanley
Jack Chaney, Horseheads	Andrew Kingston, Mercer Island, WA	Sara Sabatine, Victor
Adam Clark, Hornell	Luana Pesco Koplowitz, Plainville	Brandon Salyerds, Painted Post
John & Eileen Clarke, Liverpool	Jody Kravec, Horseheads	Jennifer Schlick, Jamestown
Dean Clayton, Rochester	Lance Kuehne, Binghamton	Jim Schmitt, Edmeston
Merry Coburn, Alfred Station	Glen E. Larson, Syracuse	Gayle & Brooks Schneider, Rochester
William & Janice Coffin Jr., Cicero	Janice Larson, Fairport	Mark Sennett, Rochester
Peggy Coleman, Elmira	Bob Laubisch, Apalachin	Rachael Shapiro, Ithaca
Malcolm Comfort, S. Otselic	Claudia Lawler, Cheektowaga	Donald Shepherd, East Greenbus
Christopher Connally, Penn Yan	Curtis Lawson, Hartwick	William Smith, Canandaigua
Marcus Coppola & Amy Kuzcka, Elmira	Linda LeMay, M.D., Cazenovia	Lynda Stanistreet, Waterloo
Liz & Adam Corey, Berkshire	Lucy Leung, Toronto, Ontario	Robert L. Stear & Gary R. Maneeley, Rochester
Denise Costich, Ithaca	Dan Loiola, Bethel	Lori Stearns, Russell, PA
Dennis Couch, Mechanicsburg, PA	Tom Loughlin, Dunkirk	Dan Stowell, Elmira
Robert & Helen Dannecker, Owego	Megan Ludgate, Brooktondale	Jeannie Sullivan, Interlaken
Robert Darling, W. Seneca	Mary S. MacDonald, Clifton Park	Illya Tarasenko, Brooklyn
Britney Davern, Binghamton	Nancy Macdonald, Hamden	The Walther Family, Olympia, WA
Carl Davis, Naples	Stephen Marcks, Cuyler	Andrew Tomak, Groton
John De Seyn, Macedon	Jack McGowan, Orchard Park	Brandon Tripp, Owego
Chandler Dickinson, Skaneateles	Richard McKeown, West Henrietta	Bill Trondsen, Horseheads
	Philip & Mary Lu McPherson, Ithaca	

(continued on page 29)

## Welcome!

(continued from page 28)

David, Ruth & Sherry Tyler,  
Fayetteville  
Paul Verklan, Lockport  
Vinehurst Inn, Hammondsport  
David Warne, Binghamton  
James C. & Ding Xiang Warner, Ithaca  
Don Webster, Hector  
Floyd Welker, Ontario  
Gregory Wells, Vestal  
Ted Wetherill, Barrington, RI  
Mike & Deborah Whelsky, Fulton  
Rob Wink, Canandaigua  
Marvin & Betty Wood, Wellsville  
Mona Zamiarski, Rochester  
John Zavaski, Lansing  
Stephanie Zdimal, Binghamton  
Rudy Ziehl, Rochester Hills, MI

### New Life Members

Sue Benedict  
Gary G. Bustos  
Sheila A. Ferrari  
Mary Margaret Ong  
Henry Peck  
Paul Richards  
Betty Schaeffer  
Illya Tarasenko

### New Family Life Members

John G., Margaret & Diane  
Schmitt

### New Forever Society Members

Lawrence Lepak & Jennifer  
Woltjen  
Lynda Rummel & Rolf  
Zerges  
Phillip & Tamira Metzger  
Stephanie Spittal  
Nancy A. Luger  
Ruth M. Kuhfahl

## NCTA Awards (continued)

(Continued from page 16)

member, including VP-East. In 2006 and 2007, Irene stepped in and served as the interim Executive Director. More recently, we all know her as our volunteer editor of the *North Star* magazine. Her wit and wisdom shine through her writing and editing.

She has been the recipient of numerous FLTC and NCTA Awards, including NCTA's 2010 Communicator of the Year. Irene, congratulations and thank you for countless hours traveling, meeting, advocating, calling, arranging, writing for—and occasionally yelling about—our NCNST.

Hope to see more of you next year at the annual fun, especially since it will be in nearby Pennsylvania. The host committee is already far into advanced planning, so it's easy to see this will be a special session, full of fun both on the water and in the woods on trails in the land of porcupines. And count on



seeing New Yorkers Dan and Ruth Dorrough, FLT End-to-Enders 180 and 179, who have used these annual conferences to hike

hundreds of miles of the North Country Trail, some in all of its seven states except Wisconsin so far. □

### 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

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Address:

City, St Zip

Phone (optional):

E-mail (optional):

☐ I'm enclosing a check for \$23 payable to NCTA

☐ Please charge my credit card (MasterCard, VISA or AmEx only)

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Signature: \_\_\_\_\_



**SATURDAY, OCTOBER 13, 2012**

## Fall / Erv Markert Hike

**Leader:** Paul Hoffman, [paulhoff@frontiernet.net](mailto:paulhoff@frontiernet.net)  
585-335-3688 (H) or 585-734-8236 (C)

### Crystal Hills Branch Trail

**Hike:** Enjoy this new section of the Crystal Hills Trail (also known as the Great Eastern Trail) as we honor Erv Markert, who was chairman of the FLTC Trails Committee for almost twenty years. This is an unsupported hike of 7.7 miles—no sag wagons. Bring lunch, snacks and plenty of water. Moderate hike, rain or shine.

**Meet:** Map CH-1 Access Dry Run Road and Woodcock Road at 9 am (**N42 13.428 W77 07.958**).

**Directions to Meeting Location:** From the north or south on I-86, leave I-86 at Exit 42 for Coopers Plains. Turn north onto Meads Creek Rd (CR 26) at end of exit ramp. Follow the signs for BOCES and/or Watson Homestead to go in the correct direction. (Do not turn south toward Route 415). Drive approximately 2-3/4 miles. Turn right onto Dry Run Road at sign for Watson Homestead (look for the sign in the field at the far, right corner). Park on Woodcock Road, near the intersection of Dry Run Road.

**SATURDAY, JANUARY 12, 2013**

## Howard Beye Winter Hike

**Leader:** Cate Concannon, [catrina616@gmail.com](mailto:catrina616@gmail.com)

### Letchworth Branch Trail

**Hike:** Join us for the third annual Howard Beye Winter Hike. The first two Howard Beye hikes were on the Bristol Hills Trail, and we had enough snow to snowshoe each time. This year, we will hike a section of the Letchworth Branch Trail from Access Point F to D on map L-1, total length of 7.6 miles. This hike is of moderate difficulty, with some mild hills and stream crossings. Bring snowshoes if it looks like there will be enough snow, dress in layers and pack plenty of water and a trail lunch.

**Meet:** 10:15 am at Access Point F, the intersection of River Road and Picket Line Road.

**Directions to Meeting Location:** Access Point F is 4-5 miles south of the Mount Morris entrance on the east side of the park.

Contact hike leader Cate Concannon at 585-880-4456 with questions or to sign up and/or arrange car pools.

## Ed Sidote (Summer) Hike Report

The Ed Sidote (Summer) Hike was very successfully hosted and led by Donald Windsor and the Chenango County's Bullthistle Hiking Club, Ed's "home" club. The 6.6-mile loop hike incorporated portions of the FLT found on Map M-24, the blue-blazed Kapoc Ski Trail and a mix of seasonal roads in and around Bowman Lake State Park. Several hikers took advantage of the shortened, 2.2-mile version that was also offered. A number of the Bullthistle Hiking Club's members had spent time during the week prior to the hike doing a fabulous job of trail maintenance, including refreshing blazes along the two routes, for which we thank them very much!

Ed Sidote, now 94 years young, greeted and welcomed all 24 hikers at the trailhead. Ed is a long-time member of the FLTC and regional coordinator for the eastern section of the FLT in Chenango County. He's in retirement from his many, other FLTC positions which have included serving as the FLTC's president and as the end-to-end coordinator for many years. Ed has also built and helped maintain countless miles of Finger Lakes Trail, particularly in Chenango County.



Pictures of Ed and the hike can be found at [triplecitieshikingclub.org](http://triplecitieshikingclub.org) (click on "TCHC Photo Albums" and then open the album dated 7/21/2012). Thanks again to Don Windsor and the Bullthistle Hiking Club for hosting this hike and to all the hikers who attended the Ed Sidote (Summer) Hike!

— Larry Blumberg, FLTC Named Hike Coordinator □



## Two Poles or NOT (*continued*)

(Continued from page 27)

technique, we risk injury and strain, because that saved knee stress can transfer to the fragile joints of the hand, wrist, shoulder or even the neck. With optimal pole technique, the energy goes to the core muscles of your body instead. When muscles are used, they strengthen. Optimal technique enables you to use these stronger muscles to help preserve and protect your joints.

### **FAQ: Which is better, one pole or two?**

Using two poles enables you to use your whole body while walking or hiking.

Using one pole can give you a little extra stability, rather than none, but at a cost. No matter how careful you are, using just one side of your body can create and even reinforce imbalance. When you go downhill, gravity creates load in your knees. Using one pole can relieve some of this pressure, but it usually involves twisting and can create torque on your spine and potential stress in your shoulder and wrist joints.

Using two poles (with optimal technique), you strengthen upper body muscles and achieve both spinal rotation and elongation, which is very healthy for your spine. Going downhill, you'll bilaterally recruit your upper body muscles, including pectorals, rectus abdominus and biceps. You'll notice better balance and power. Because you're using more muscles, you'll notice you have more endurance but will feel less exertion!

### **FAQ: Can I become dependent on poles?**

When using poles, do we lose some ability to use balance muscles? I believe it IS possible to become reliant on your poles. Is it a good idea to hike occasionally without your poles? This is a very personal decision based on your ability, the terrain and your goals.

### **When do I use my poles?**

When I know I need them.

When I have no idea what I'm getting into.

When I want the total body experience and upper body workout.

When hiking with someone stronger or faster (using poles gives me an extra "edge").

Hiking without poles can challenge, enhance and improve your agility and balance muscles, and may enable you to be more aware of your feet and legs (improving proprioception). You will use muscles differently from when you are hiking with poles. Exercising in different ways is important for achieving your optimal fitness.

### **Other FAQs and Online Resources**

What kind of poles should I buy?

See the Product Recommendations page on [www.PolesForMobility.com](http://www.PolesForMobility.com).

You can complete the consultation form for personalized recommendations (free).

How long should I adjust my poles (and why)?

AdventureBuddies Blog has a comprehensive discussion on adjusting poles. Search the DVD Updates section.□

## **BENEFITS of Optimal Use of Poles for Walking, Hiking and Mobility:**

**Use your Upper Body Muscles to Help Preserve Your Joints - Save your Knees!**

**Increase Endurance**

**Improve Balance and Achieve Greater Confidence**

**Improve Posture and Cardiopulmonary Function**

**Build Core Strength through Weight-Bearing Exercise**

**Burn Fat and Manage Weight**

**Poles can give you an "Edge" so you can keep up with your buddies**

**Reduce Risk of Injury**

**Facilitate a More Fluid, Natural Gait**

**Restore or Enhance Spinal Rotation While Walking**

**Enhance Exercise and Focus**

**Enjoy the Outdoors**

**Walk with ATTITUDE**

**Achieve, Regain and Maintain Mobility**

**Feel the Power and Have More FUN While Walking!**

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



jwensich@rochester.rr.com

Can you place the scene shown on the patch to the right?

Irene Szabo designed the 50<sup>th</sup> Anniversary patch based on a specific location on the trail. Hint: The stream is smaller. The answer to the summer issue's Name That Map is below.



### Answer to the Summer "Name that Map!" Quiz

Correctly identified the photo as Watkins Glen on map M-15 in Schuyler County:

Tom Duddy

Terry McConnell

Tom and Donna Noteware

Linda and Dave Wiener



*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 Rd,  
Mt Morris, New York 14510  
585-658-9320 or e-mail  
FLTinfo@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 web sites listed.

#### Buffalo Area

ADK Niagara Frontier Chapter

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

Foothills Trail Club

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

#### Rochester Area

ADK Genesee Valley Chapter

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

Genesee Valley Hiking Club

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

#### Syracuse Area

ADK Onondaga Chapter

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

#### Ithaca and Elmira

ADK Finger Lakes Chapter

607-936-3988

Cayuga Trails Club

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

#### Corning Area

Three Rivers Outing Club

607-962-5157

#### Binghamton Area

Triple Cities Hiking Club

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

#### Chenango County

FLT-Bullthistle Hikers

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

#### Eastern NY

ADK Mid-Hudson Chapter

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

### Thank You



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



# The Forever Society

**We are *what we will become.***

Ed Sidote has given us a wonderful gift and legacy.

In 2007, upon the celebration of his 90<sup>th</sup> birthday, Ed gave to the FLTC a stock certificate valued at approximately \$1,250 rather than gifts.

The foundation for The Forever Society had begun, and the FLTC's leadership made it FOREVER!

## ***You can become part of our FOREVER legacy!***

Our Mission is to “build, protect, enhance and promote a continuous footpath across New York State – **Forever!**”

Please join us in becoming a member through a one-time, matching pledge.

Follow nearly 50 others who have given to “***what we will become***” by joining the Forever Society! Your donation will be part of the special Sidote Stewardship Fund that is reserved for trail protection and improvement projects.

Please consider joining today. There is no better time to begin – FOREVER.

### ***The Forever Society Pledge Form***

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/ST/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_  
Pledge Amount: \_\_\_\_\_ Paid: [ ☐ ] Now [ ☐ ] \_\_\_\_\_ Years  
\_\_\_\_\_  
(Signature) (Date)

#### ***Your Pledge:***

An amount that matches or is greater than \$1250 as a single gift or paid through installments within a five-year period.

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[FLTinfo@fingerlakestrail.org](mailto:FLTinfo@fingerlakestrail.org)

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**Jennifer Hopper**, Office Manager/Accounting  
& Database Assistant

**Stephanie Spittal**, Order Fulfillment/General Information

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**Roger Hopkins** • Lansing • 607-257-9778 • [roger@naturalhighs.net](mailto:roger@naturalhighs.net)

**Terry Meacham** • Hornell • 607-324-0374 • [meach@infoblvd.net](mailto:meach@infoblvd.net)

**Laurie Ondrejka** • Avon • 585-865-1989 • [laurie.ondrejka@sungardhe.com](mailto:laurie.ondrejka@sungardhe.com)

## JOIN THE FINGER LAKES TRAIL CONFERENCE

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Phone (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

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	Pathfinder	\$50
Student (full-time; give permanent address)	\$15	Trailblazer	\$75
		Guide	\$100

Youth organization \$15

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

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

## 50th Anniversary Celebration

