

# Finger Lakes Trail NEWS

*Winter 2012*



## Inside

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# Presidents Message

By Pat Monahan

While preparing to write my “winter issue” column, I thought I would see what I wrote for the winter 2011 issue. In it, I described the flooding that occurred in the fall of 2011 along the many Southern Tier rivers as well as in the Catskills, Adirondacks and along the Erie Canal. On a fall hike in the Catskills, I still remember driving through a small community noting the downtown area with many empty storefronts and many buildings with an enormous X branded on the front indicating future demolition. Recently, on November 7, 2012, I volunteered with the first Presbyterian Church in Endicott to help restore someone’s home back to its pre-flood condition, a home with memories. These folks and communities are still recovering from the devastation nearly a year later.

This year, many of our nearby neighbors, family and friends have undergone an even worse disaster, a mega storm called Sandy or Frankenstorm. Lives were lost and turned upside down by the furor of Mother Nature once again. On behalf of all our FLTC members, I offer our help in any way that we can to sooth the pain and move the recovery along for those affected by the storm.

Most of us are busy raking leaves to the curb (and carrying tree branches off the trail) in preparation for winter. Shortened daylight hours turn our focus indoors to rest and ways to stay warm until spring. (For those snowbirds who head south, you are missing quiet walks in the woods with snowflakes floating down to cover the ground.) Meanwhile, the Board of Managers convened on Nov 3-5 for their annual retreat to prepare for the coming year. Some of the topics for discussion included long range planning and our organizational chart, a review of the 2013 proposed budget, improvements to our website and online store, membership and marketing strategies, standardizing registers across the trail and a nice walk in Letchworth State Park to help us stay focused on envisioning for our future. I will report the outcomes from the retreat in my spring 2013 column.



Although it may seem early, the Board is beginning the process to identify individuals to join the Board of Managers as the Class of 2016. Board members serve a three-year term that can be renewed once. If you or someone you know has leadership skills and an interest in serving on the Board, I encourage you to contact the Conference Office ([fltinfo@fingerlakestrail.org](mailto:fltinfo@fingerlakestrail.org)) to reach our Nominating Committee Chairperson, Gail Merian, or contact her by means of the list of Board members in this issue. Our general membership will elect the new board members at the annual meeting during our Spring Conference at Alfred University on June 2, 2013. We also continue our search for someone to take responsibility as FLTC newsletter editor.

Many thanks to Jackson “Jet” Thomas for producing the fall issue and Irene Szabo for the winter issue as well as all who assisted to produce another outstanding publication that all of us love and cherish. If you or someone you know is interested in layout or editing, please let me know. Additionally, we are also looking for volunteers who can assist with GPS work. There are tasks to do from home or out on the trail. We will provide all of the training you need to be successful for any of these map-making positions.

Finally, this issue brings a close to our 50th anniversary. Many thanks to all who led the activities and special events throughout the year. I hope that you took advantage of the great opportunities to get out on the trail and celebrate with others who share a common interest in hiking. Allow me to acknowledge our charter members for their vision to develop a footpath across New York State, now nationally recognized as the premier hiking trail in NY. Forever! I encourage each of you to make a commitment to become involved with the FLTC to make our 100th birthday bash a true celebration!!!

For now—put on the layers and go take a hike! ☐

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

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

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

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

# WINTER 2012

## Mission Statement

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

### FINGER LAKES TRAIL NEWS Volume 51 Number 4

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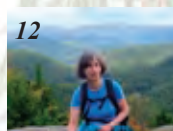
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**On the Cover:** Near the trail in FLT Bullthistle country, Chenango County, photograph by Warren Johnsen. The row of larger black cherries and ash was once a hedgerow between fields where birds sat after feasting on nearby little native cherries. Look for these suspicious old rows in the woods.



# Finger Lakes Trail News



Have you explored  
our great Branch  
Trails lately?

*Conservation Trail*

*Letchworth Trail*

*Bristol Hills Trail*

*Crystal Hills Trail*

*Interlochen Trail*

*Onondaga Trail*

## FINGER LAKES TRAIL CONFERENCE

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# Executive Director Report—Winter 2012

*Dick Hubbard*

The past six months have moved along at surprising speed as I settle into my new position at the Conference. The time, filled with a multitude of different projects and events, allowed me to work with members and volunteers who tend to business during the busy summer months.

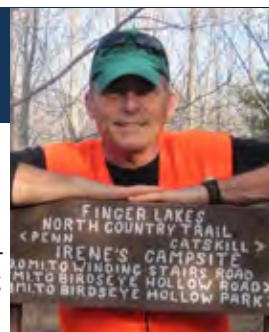
It has been enjoyable to celebrate the Finger Lakes Trail Conference 50th Anniversary. Our trail-wide anniversary hike set new standards for National Trails Day observances, as well as some kind of record! During the year, we were able to recognize many who contributed over the years and call special attention to our fine organization. I noted, however, that we were not the only ones who set out to celebrate fifty years; our affiliate clubs, Foothills and Cayuga Trails, are also fifty, as well as our trail neighbor to the north organized by The Bruce Trail Conservancy. Indeed, it's been a good year for hikers, both now as well as fifty years ago!

The Fall Campout at Robert Treman State Park outside of Ithaca was a very well run event thanks to the work of Cayuga Trails Club and the very organized Sigrid & James Connors. They had all bases covered including hikes, meals and excellent presentations for the group each evening.

Plans for the coming year are already taking shape. Financially, the Board of Managers can report that we stayed within budget for the year and have approved an annual budget for the coming year that will support our planned trail projects, trail protection, marketing initiatives and administrative costs. Funds to support a recent federal grant through the NYS Office of Parks, Recreation and Historical Preservation are in place to support a trail erosion project on Map M-7 in Wyoming County. In the meantime, plans for the Annual Meeting in Alfred and our Fall Campout at Camp Amahami near Deposit are in progress.

Finally, as a membership-based organization, we should not miss the opportunity to thank our members for being with us as we carry out our mission. Please, invite a friend or family to join and spread the word! Also, remember to respond kindly to the Annual Appeal that we recently mailed to members. We depend on this free-will donation to help fund the projects that you see and read about on the pages of this publication and to keep our organization thriving. I encourage each of you to further your dedication through other giving opportunities, too. The Forever Society, endowments and memorial gifts.

Looking forward to seeing you on the trail – in the winter, without any bugs! □



*Jackson "Jet" Thomas will be organizing the Schuyler Cross-County Hike Series in 2013, with registration details forthcoming in the next issue of the FLT News. Save third Saturdays!*

## **FLTC OFFICE HOURS:**

We are normally open Mondays and Thursdays, 9:00 to 2:30, but there are frequent exceptions, so call ahead if you want to be sure: 585-658-9320.

## **FLT News SUBMISSION GUIDELINES and Editorial News**

Thanks to Jackson "Jet" Thomas for putting out our Fall issue, and now you're reading the opening adventure of editor Irene Szabo and layout whiz, Jennifer Hopper, moonlighting after her regular job as our FLTC Office Manager.

Without your material, we cannot have a magazine, so we eagerly request your submission of pictures and text for every issue. Please send both to Irene Szabo at [treeweenie@aol.com](mailto:treeweenie@aol.com), or 6939 Creek Rd., Mt. Morris NY 14510.

Please don't embed pictures within your article, but send them separately as .jpg attachments. Do not refer me to your picture collection hosted by some other picture-hosting site! In all cases, please supply photographer's name.

Front cover photo candidates: prefer vertical format, and if digital, at least 300 dpi, AND we are always looking for great cover photos!

Next deadline for Vol. 52, Issue 1 Spring is 2 February 2013.

Remember that 900 words equal approximately one page of dense text, —so very few articles should exceed 1800 words in this size of magazine.—

Thank you!  
Your volunteer editor, Irene

# The Allegheny 100 Backpacking Challenge 2012—A Personal Challenge

## John Schmitt's Story

*The Allegheny National Forest Chapter of the North Country Trail Association, caretakers of the Pennsylvania portion of this National Scenic Trail immediately south of the Allegany State Park in New York, have hosted the Allegheny 100 Challenge three times now.. Participants aim to walk 100 miles in 50 hours, carrying their own food, shelter, and water, with no support other than rides offered at shorter increments. John Schmitt, an FLT member who lives near Rochester, is among other New Yorkers who have tried this hike, and was the oldest to succeed so far at 59.*

I have been hiking now for many years and have found that I very much enjoy long hikes. I first heard about the Allegheny 100 Backpack Challenge after I had signed up for the 29 ½ mile Taconic Crest challenge hike. I successfully completed that hike, although I started out with too fast a group and almost did not make it past the first checkpoint. First lesson – hike at my own pace.

In early 2011, I signed up for the second Allegheny 100. My training consisted of 1 to 4 mile hikes several times per week at home or the local parks. The hikes included a full pack starting in May. On weekends, I did longer hikes including the FLTC county series, and one hike in snow of about 20 miles and one 32 miles on the Onondaga Trail and CNY Chapter sections of the North Country Trail. I thought I was ready for the 100 mile challenge. The first half of the hike went well, but then I did not feel well, probably from not drinking enough water and then having a hard time eating. I managed to push on to complete 80 miles before accepting a ride with 4 hours left in the fifty hour challenge time.

I was disappointed, but also proud that I had made the second longest distance after the one person who hiked the full 100 miles. Lessons learned: (1) Water intake is critical even when it seems that you are drinking plenty. (2) A lighter pack weight would be helpful. (3) I was in relatively good shape, but needed at least to maintain or better yet improve my endurance.

I started to train for the Allegheny 100 2012 event almost immediately with several 2-3 day weekend day hikes totaling 45-65 miles. In all I hiked about 500 miles of the North Country Trail in New York to the Adirondack blue line, Pennsylvania and Ohio during the late summer, fall, winter and spring. Some of the highlights (low lights?) included hiking from Canastota to Rome, NY, at the edge of a remnant hurricane, beautiful foliage in New York and Pennsylvania, the only significant snowfalls that Ohio received just before two consecutive trips, the coldest temperatures of this warm winter with strong winds on one trip, high 90 degree temperatures on another trip, high weeds and plenty of blowdown in a poorly marked and maintained National Forest section, many beautiful views, friendly people and a lot of great hiking. I also continued my 1-4 mile local walks several times per week and

the FLTC county series hikes. A month before the Allegheny 100, I challenged myself to a 6 hour one way hike on the Letchworth Branch of the Finger Lakes Trail from Mount Morris and then return. Altogether, I hiked 39 miles in 13 hours which was the longest I had ever hiked in one day. Lessons learned: (1) My legs felt great even after long hikes. (2) A lighter backpack was easier to carry. (3) One has to be very careful with the pace in high heat. (4) My headlight was definitely too weak for easy night hiking especially with poor trail marking. (5) My air mattress had a hole in it and needed replacing. (6) My food plan was better, but still not great.

With my new light weight pack, high powered headlamp and a variety of foods, I arrived at the starting point after a long shuttle from the end point near the New York border. Immediately, I added weight to my pack with various free trinkets. At 6pm, the hike began at least for most of the hikers. I had just won a raffle prize and was picking it up. The prize was a nice emergency fire starter, but still more weight in my pack. As it happened the previous year, I started at the back of the pack and had to pass many slower, shorter distance hikers (25 and 50 milers). It felt great to be hiking. At 12:03 am on Saturday morning, I arrived at Kelletsville, thus completing the 20 miles that I had not completed the year before. This also completed the North Country Trail in Pennsylvania for me.

My plan was to get some sleep each night. I did manage to get



Keith Klos, ANF Chapter President, congratulating John at the end of 100 miles Photo by Karen Klos

about 4 hours per night. This helped greatly. I felt better and was faster in the morning darkness versus evening darkness. I made good progress Saturday morning. Then it became hot and muggy (and buggy). Psychologically, it became tough. At 1 pm, I was a little past the 50 mile distance; I had already hiked 30 miles since waking and knew that I needed to hike 25 or more miles to be in good shape for completing on Sunday. On top of that, I had to stop longer and longer for food breaks. (Continued next page)



The afternoon went fast, but not the distance. Fortunately, the evening cooled and I made my goal distance on top of Bliss Hill.

My early morning start was dark, but very pleasant until my headlamp went dim. Fortunately, I had left a small flashlight in the pack despite weight reductions. Thus, I was able to see to change my headlamp batteries. The early morning views of misty lakes and mountains' silhouettes from a short road walk were beautiful. Progress was adequate and I met up with the other eventual 100 mile hikers who were just starting for the day. After hiking with Eric Chapman for a short while, I fell back needing to go at my own pace.



*John only a few hundred feet from the end on a hot day!*

*Photo by Karen Klos of the ANF Chapter, NCTA*

After crossing a road, the trail followed an abandoned road and trail section lined with beautiful mountain laurel. The trail ended at a gas well and gravel road with no more markers. I went back and forth for a several minutes trying to find where the trail had gone. Fortunately, a gas line worker came to check the well. He informed me that the trail had been rerouted and would intersect again lower down. He offered to drive me to where it came out below. I thanked him and backtracked about a half mile where I had mistakenly taken the old route (removal of one turn arrow was missed). I should have realized that I was on the wrong trail sooner when the beautiful mountain laurel continued, as the year before in the dark I had seen only a small stretch of it.

Eating sufficiently was still a concern, but I had enough variety that I was OK although a little slower. Honey on a tortilla shell I thought was really the answer, but only for an instant. Even though I eat a lot of honey, this time the super sweetness did not sit well. Here is what I carried for food: Hard and soft granola bars, protein bars, cheese and crackers, peanut butter, tortillas, tuna in pouches, hummus, honey, chocolate flavored protein drinks, GORP, apples at the beginning, and lemonade flavored powder to liven up some of my drinking water.

I made it to the final road walk at 1 pm with only 10 miles to go. This gave me a burst of energy which took me to the top of the next hill. Once again, the afternoon became hot and humid. The 10 miles seemed to get longer and longer. It was great to see the road and parking lot at the end. I finished at 4:57 pm, just under 47 hours from the start. I was warmly greeted by Eric Chapman and three other 100 milers, plus Bert Nemcik (the originator), Keith and Karen Klos (NCTA Allegheny Chapter leaders) and Mike and Tina Toole (the trail coordinators).

It was a great experience. Is it for everyone? No, but the 25 and 50 mile distances can also be a challenge. Will I do it again? I have not decided. It is a fantastic challenge, but takes me a lot of training time and is physically very demanding. I definitely want to come up with the right food combination for the next time.

Oldest finisher is relative. Reasonable challenges help keep us young. □

## Our sincere thanks for gifts in Memory of:

**Victor Owen Yates**  
from  
Larry Newman

**Don French**  
from  
Larry Newman

**Patty Millard**  
from  
Larry Newman

**Mary Coykendale**  
from  
Larry Newman

**Gerry Benedict**  
from  
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**Howard Beye**  
from  
ADK Genesee Valley  
Chapter



*A gift to the Finger Lakes Trail  
Conference helps to protect and pre-  
serve the Trail forever.*

*Gifts may take several forms,  
such as MEMORIALS,*

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*6111 Visitor Center Rd,*

*Mt Morris, New York 14510*

*585-658-9320 or e-mail*

*FLTinfo@fingerlakestrail.org*

# Trail Topics

## Partnering to Build a Bridge in Masonville

*Steve Catherman, Vice President of Trail Maintenance*

In mid August of this past year, I received an email from the Town of Masonville Supervisor, **Mike Spaccaforno**, regarding a “walking bridge” on a street in his town that was in need of serious repair. The bridge had been recently roped off, was now unusable and would cost over \$2000 to buy new timber decking to repair it. Mike went on to say that if we (the Finger Lakes Trail Conference) could supply the materials, the Town would be happy to provide the labor. Having just returned from our annual summer vacation with our daughters in North Carolina, I struggled a bit to figure out where this bridge was, why a Town Supervisor was contacting me about it, why it was our problem to deal with and why I didn’t just stay at the beach.

Once I determined that the bridge was in Delaware County, on Church Street in the middle of Masonville, and that it did indeed carry the route of the Finger Lakes Trail (FLT), I contacted our Regional Trail Coordinator for that area, **Don Sutherland**, to see if he could meet with the Town, look at the bridge and take some photos for me. I believe Don was traveling at that time in early September, and so my next contact and a bunch of photos actually came from **Tommy Klehr**, a local artist who lives on Church Street next to the bridge. Upon talking with Tommy, I learned that the bridge had been closed to vehicular traffic years ago, but was kept open for pedestrian use, including hikers along the FLT, until its recent complete closure due to the rotting deck boards.

My next correspondence came from Don, who was back from his travels by mid September. He had met with the Town and discussed the bridge, and felt that although the bridge was not critical for the FLT, it did cut off some road walk on a couple of pretty busy two lane highways. He believed that this was an opportunity for the FLTC to get some recognition in the town, perhaps with a sign on the bridge and an article in the local paper, while solving a problem for the local residents and hikers alike. With Don’s email came a revised quote for the timber decking from the Town that was about \$600 cheaper than originally expected.

Now the project was beginning to sound a little more appealing, and within the limits of our remaining Trail Maintenance budget for the year, but I needed to get some buy-in from our Board of Managers (BOM). To accomplish this, I enlisted the help of our FLTC Secretary and Trail Chair for the Triple Cities Hiking Club, **Roy Dando**, who was familiar with the bridge and would be attending our next BOM meeting on September 22<sup>nd</sup> during the Fall Campout in Robert H. Treman State Park. After the meeting, Roy reported back to me and Don that the “board was extremely warm on the idea” and “thought that the PR possibilities were excellent”.



So the project was up and running and I communicated this to the Town along with our new purchasing policy that would require them to obtain and submit three quotes to us for the lumber. Once we had the estimates, we could then issue a purchase order to the low bidder. I received these quotes during the first week in October and passed them on to our office for processing. Shortly thereafter, on Monday, October 8<sup>th</sup>, I opened an email from Tommy thanking us for helping the community with the bridge and letting us know that they planned on doing the work that Saturday morning!

*Work in progress on the footbridge in Masonville.*

*Photo by Tommy Klehr*

*(Continued next page)*



What ensued the rest of the week was an "organized" scramble to verify our budget line item, confirm the low bidder, and cut a check to the lumber company after realizing that we didn't have time to issue a Purchase Order. I need to thank our new Treasurer, **Quinn Wright**, for expediting this rather hectic process on short notice.

Attached to Tommy's October 8<sup>th</sup> email was the draft of a press release for this project for our review. What follows is an excerpt:

*To the advantage of Masonville comes a recent chapter in community responsibility that demonstrates the gold standard of propriety. The sentiment attached to "people pulling together for a civic project" never loses its luster and when these individuals achieve a marriage of local industry and fund raising to get the job done properly, well ... the community benefits.*

*There is currently a bridge in town that needs repair. This bridge completed the only "block" in the town. People walked across it even though it was closed. Kids rode their bikes around the block, but not since the issue with the bridge came to be. Young families walked their babies in strollers around the block --- but not anymore. The issue was simply that the planks needed to be replaced. The bridge had been closed off to vehicular traffic years ago. It became a foot bridge at first. Recently, due to the lack of maintenance, it developed weak spots, and holes occurred that made it unsafe. It has been closed off to foot traffic now. In addition, the Finger Lakes Trail Conference, the organization that builds and maintains the 570-mile Finger Lakes Trail across New York State ([www.fingerlakestrail.org](http://www.fingerlakestrail.org)), used the bridge as part of their hiking trail as it passes through Masonville.*

*It was determined that it would cost \$1500 to get new boards. A local artist and collector in town sold 2 paintings to put profits toward the repair. Another artist donated money from his personal funds. A local business owner pledged money toward the overall expense. Since then, the town has received donations from the Finger Lakes Trail Conference, who has committed to cover the cost of the wood.*



*Local craftsmen were found who were willing to donate their time and skills to do the repair, removing the old and installing the new. Dave Barnes, owner of Masonville Stone, Inc., has volunteered to oversee the project, and the services of six to seven of his crew will perform the work involved. He operates with his staff each Saturday morning until noon, but Saturday morning, October 13<sup>th</sup>, work is scheduled to begin on the bridge project forgoing the regular work scheduled at the stone quarry in Masonville.*

The bridge deck was in fact rebuilt on that Saturday morning with local volunteer labor and lumber supplied by the FLTC. This partnership between the Finger Lakes Trail Conference and the Town of Masonville was documented in at least two local papers, the *Walton Reporter* and the *Tri Town News*, and will be on display in the form of a plaque to be designed by the Town and erected at the bridge.

### In the Aftermath of Superstorm Sandy

Some trail caretakers reported to their regional coordinators steps to clean up after the storm, while nothing has been heard from many others,

probably because they thought they were done for the season! On my own section of trail near Hammondsport, I spent more than a half day cutting away

a dozen trees in less than a mile, while Irene Szabo reported several dead trees fallen and lots of sticks littering the trail on both the Bristol Hills and Letchworth Branch Trails. The beginning of regular deer hunting season then temporarily interrupted our continuing clean-up efforts.



*One of Sandy's victims on main trail west of Hammondsport in Steuben County. Photo by Steve Catherman.*

Rebecca Wright, a ranger with the US Forest Service, asked the Cayuga Trails Club to help with downed tree clean-up in the Finger Lakes National Forest on the Interloken, Main, and side Trails, and Trail Chair Paul Warrender reported on their 11/3 session: three certified sawyers (Paul Hoffman, Wayne Smith, Paul Warrender), and two sawyer helpers (Phil Dankert & Jonathan Bernstein) worked in teams from 9:00am to 4:00pm. Over sixty trees were removed, ranging anywhere from 4 to 18" in diameter. The end of day meeting place was The Old H&E tavern in Burdett for a couple of hot pizzas and cold adult beverages. □

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Steve Catherman

# Trail Topics, November 2012

## Lynda Rummel, Vice President of Trail Quality

The Early Autumn issue of the *Trail Tenders' News* (TTN), the FLTC's newsletter for trail maintainers and those who hike or host the trails of the FLT System was published the week of September 16. Because our trail sponsors and Alley Cat crews have been particularly busy in recent years adding puncheon, walk-ways, and bridges to our trails, two full pages were devoted to reviewing the pros and cons of alternative anti-slip treatments for the top surface of *pressure treated* wood. Old asphalt shingles are available and cheap, but they are heavy to carry; exterior latex paint is affordable while marine epoxy paint is more expensive but made expressly

for damp environments, but both must be applied to *dry* pressure treated wood; sand is plentiful but really heavy; manmade grit is very light but somewhat expensive and risky to apply on a windy day; hardware cloth is stiff and difficult to handle; scuffing the top surface of the planks with a chainsaw requires the services of a certified sawyer (and we have no idea how durable the method is, yet); and metal lath is lightweight and moderately priced, but the woven strands have very sharp edges and some rusting has been observed. Because of these problems, we are recommending that trail maintainers not put down any new metal lath and keep a close eye on the lath that's already put down. In its place, we recommend any of the other methods.

If you missed this issue, you can still get it by going to [www.fingerlakestrail.org](http://www.fingerlakestrail.org) → Members → Trail Workers → Trail Tenders' News → TTN-2012-09 Early Autumn.pdf. Alternatively, rough cut white oak or black locust boards seem to be both durable and effective, but note that they must be predrilled and laid so the grain curves downward, away from the sun.

### Area Informational and Training Meetings

The Early Autumn 2012 TTN also invited all trail sponsors, trail workers, and everyone interested in trail management to attend



Trail maintainers L to R, Richard Natoli, Joanne Terwilliger, the messy back of Lynda Rummel's head, Steve Catherman, and Kathy Ritter. And they all look so inspired!!! Incentives to attend include, to Rummel's left, free goodies for participants, including rolls of special flagging tape, bag of 3x5 Rite-in-the-Rain pocket notebooks, safety bandanas, and comb-bound copies of Dr. Larry Hawkins' booklet, *Back Country Medicine for Hikers and Backpackers*. Kathy Ritter won the raffle prize (a sturdy grass cutter). Photo by Irene Szabo

November 10<sup>th</sup>. The invitation attempted to make it clear that these meetings are not just for the club Trails Chairs, but are really for everyone who helps build or maintain the trails and *everyone who hikes any of the trails*. The information is as important for hikers to know as it is for devoted trail maintainers: all of us sponsors and members of sponsoring clubs need to know why the trail is as it is, what's allowed and what isn't, and what kinds of permissions different segments can have. Whether we like it or not, when on the trail, we hikers and maintainers are the face of the FLTC, ambassadors for the trail, and stewards for the land on which the trail is a guest. Yes, maintainers can get some of the information by reading the *Trail Tenders' News*, the *FLTC Field Maintenance Manual*, and the *FLTC's Safety Handbook*, available on the website; club members who aren't active in trail maintenance, however, rarely if ever get this kind of information, but they should. There's nothing like a good get-together (with coffee, cider and donuts, and free bandanas or Rite-in-the-Rain trail notebooks or a tool to raffle off!) for discussing problems and issues, seeing real examples of excellent (or less than stellar) trail work, hearing about the problems hikers have encountered and what can be done about them, and learning about the latest changes to our policies and practices. We were very pleased to see several representatives from the Cayuga Trails Club, the ADK-Onondaga Chapter, and the Bullthistles.

In case you are not familiar with our fall meetings, Travelin' Training Team members including Irene Szabo and yours truly, along with Steve Catherman, our VP for Trail Maintenance, put on two meetings every fall, alternating years between the western and the eastern parts of the state. Each year we attempt to add *new* information. We cover the science and art of trail layout, design, and maintenance. We review the law that allows our landowners to host the trail under specified conditions without incurring additional liability, clarify the regulations that let them keep undesirables off the trail or the rest of their property, and suggest ways in which we can assist our landowners to manage their lands through improved signage and/or barriers. We cover the terms of our agreements with the NYS DEC and OPRHP. We go over emergency contacts by region. We review any changes to the safety handbook. We go over the three kinds of permissions by which the trail may be on the land and what each means for the trail, changes in land owner demographics, interests, and land use patterns, and subsequent implications for the trail, what trail maintainers and hikers can do to help protect and preserve the trail, and how to approach landowners for permission in case you get the opportunity to do so. We always cover essential tools and any new ones that we (or you) have discovered. And, lastly, we discuss anything and everything participants want to discuss.

Next year, area meetings will be in the central-west/western part of the state, probably at Springville and (Continued next page)





Mt. Morris; so, if you didn't make a meeting this year, consider yourself re-invited and please plan on attending next year.

### State-Wide Recognition Initiative for the North Country National Scenic Trail

As explained by Bruce Matthews, Executive Director of the North Country Trail Association (NCTA), one of several painful lessons learned from the destruction of a section of North Country National Scenic Trail in Madison County and the conversion of the section into a snowmobile trail – all permitted by the NYS Office of Parks, Recreation, and Historic Preservation (NYS OPRHP) – was that the significance of the North Country Trail, as a Congressionally-authorized *national scenic trail*, is not as widely understood or appreciated by NYS public servants or community leaders as it should be. It is critically important that this situation change, as the North Country National Scenic Trail (NCNST) begins to move through the Adirondacks and (likely) on into Vermont. To begin to change this situation, Mary Coffin, NCTA Vice President for the east, convened a meeting of interested NCNST supporters and trail builders on November 11<sup>th</sup> in Chittenango. The focus of the meeting was to establish a state-wide NCNST Volunteer Council that will actively promote and market the NCNST in New York State as a foot trail of national significance and as a local asset to neighboring communities, in order to gain statewide recognition.

Several representatives from the Central New York Chapter of the NCTA were present, as well as the volunteers who have been bushwhacking and GPS'ing the future route in the Adirondacks. In addition, Irene Szabo and I attended, to endorse Mary's efforts and help organize the NYS NCNST Volunteer Council. Currently I am the New York State representative on the NCTA board, and it is one of my jobs, as FLTC Vice President for Trail Quality, to be the FLTC's primary liaison with the NCTA regarding major issues. I have long served as the FLTC's point person for getting sections of the FLT/NCNST certified, as well, so I, too, recognize that our interests are fundamentally aligned. The trails in both trail systems are supposed to be used for foot travel only, and because 420 miles of the Finger Lakes main trail hosts the NCNST, increasing the NCNST's visibility will help increase the FLT System's importance, too, which will ultimately help protect *both* foot trail systems. We will want this volunteer initiative to coordinate with Dick Hubbard's outreach efforts for the FLT. If you have good contacts at the community, county, or state levels and can help with this effort, please contact Mary Coffin at [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com). □

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## Alley Cat Recap

### *Matt Branneman, Director of Crews & Construction*

The 2012 construction season was very productive. Many miles of trail were cleared in the Catskills, as well as new trail created to move the trail off road. A very wet section of trail going to Dry Brook Lean-to received many puncheon bridges. Beales Pond Lean-to received a new coat of stain and two brand new lean-tos were built. The first one was built on the new Crystal Hills Trail in McCarthy Hill State Forest southwest of Corning, the other in Boyce Hill State Forest east of Ellicottville. Thank you to all who helped make this a very productive building season.

We have another full construction season planned for next year. Two lean-tos, a bridge and a major re-route in the Catskills will need volunteers to help bring these projects to life. The only way these projects get completed are through the hundreds of hours donated by people who care about the Finger Lakes Trail. It always amazes me how passionate and generous people are when it comes to giving back to the trail.

Alley-Cat 1: Thanks to Rick Roberts' hard work with NYC Department of Environmental Protection there will be another re-route near Cannonsville Reservoir to take 9 miles off the road. This will be a two part re-route. The first part will move the trail from the road to an abandoned rail bed where several downed trees and undergrowth need to be cleared. Three small foot bridges need to be installed over small creeks and drainage. The second part of the re-route will be cutting new trail and will take place in 2014. Rick Roberts will be the project manager; lodging and kitchen manager still need to be identified. Tentative dates are June 3rd to 7th.

Alley-Cat 2: In Shindagan Hollow State Forest the demolition and rebuilding of the current 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 built on the newly repaired footings. Paul Warrender has volunteered to be project manager. The project will take place midsummer with dates to be announced.

Alley-Cat 3: The Chestnut Lean-to in Danby State Forest is in desperate need of replacement. Paul Warrender will again be project manager for this Alley-Cat project. The dismantling of the existing lean-to and access trail clearing will be provided by CTC. The project will take place midsummer with dates to be announced.

Alley-Cat 4: We will build a new lean-to in New Michigan State Forest on Map 23 with Tom Bryden leading as project manager. The DEC has already cut and milled the logs which are waiting to be delivered to the site. Tom has reserved the YMCA Camp for lodging and food prep and dining. This project will be take place from September 20th to 25th.

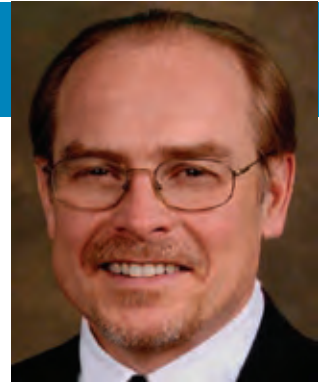
I am looking forward to another fun and successful construction season. Have a wonderful and safe holiday season. □



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# Mapping Report

*Greg Farnham, Director of Trail Inventory & Mapping*



The FLTC Mapping Team is in need of additional volunteer help. We are looking for 8-14 persons interested in learning and performing tasks that we carry out as part of our map update and maintenance procedure. We will provide detailed training, checklist-type instructions for each task, and support.

GPS-ing trail segments consists of walking new or updated trail sections. This involves using a Garmin GPS device according to a detailed procedure and hiking the trail section, the first step in updating maps when a re-route is made. We are looking for 6-8 people located along the length of the trail, and it would be nice to have at least one person from each of our member hiking clubs.

The remainder of the tasks entail desk work, using a Windows-based computer. Volunteers should have (or desire to gain) familiarity with mapping software such as Garmin MapSource. The tasks generally follow the order of this (partial) list:

- ♦ Editing trail "tracks" and "waypoints" and computing trail mileages using Garmin software
- ♦ Generating track "shapefiles" and filtering tracks using TopoFusion software
- ♦ Updating "back of map" text using Microsoft Word
- ♦ Updating web databases and trail conditions using written procedures
- ♦ Communicating map updates to various Regional Coordinators, VPs, and distribution lists.

Interested in helping to maintain and advance the FLT maps?

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## Crystal Hills Trail: GET in NY Part 8

*By Pat Monahan*

**2012 in Review:** The Crystal Hills Trail, a 45-mile (at least) branch trail of the Finger Lakes Trail system and the Great Eastern Trail, has been in existence for the last seven years. During its infancy, before being officially named, most knew the trail as the GET in NY. As we explore to close the gap in the center of the trail (Town of Erwin), the mileage needs to be corrected to approximately 35 miles complete and 15 miles to go. Most of the "new miles" will utilize existing trails in the Erwin Wildlife Management Area as well as some newly constructed and soon to be constructed trail on some other public and private lands. It seems the biggest challenge to the trail maintainers is getting enough hiking "traffic" to harden and keep open the newly constructed branch trail. The trail stands on its own merit and has found its own voice as a wonderful footpath located in Steuben County.

Work continued on the Crystal Hills Trail for 2012 with a final work party scheduled for Nov 10/11. Many thanks to Eagle Scout Tyler Allen for his efforts to lead a work crew on private property in the West Hill Rd. area. Most of the efforts to date have been in the Erwin Wildlife Management Area. This section of the trail uses as much existing trail (multi-use) as possible as required in the DEC Unit Management Plan. It is considered a connector trail section because it is multi-use. CAMBA (Corning Area Mountain Bike Association) and FLTC volunteers have worked side-by-side to construct an approximate 2-mile section of new trail in the WMA. In addition to some extensive sawyer work to clear blow-down from a summer windstorm, the trail includes some creek crossings, a close-up view of a recent regeneration area ("aka" clear cut) and a spring in (what appears to be) the middle of nowhere. 2012 work will come to a close with the completion of this section.



**2012 and beyond:** I had anticipated trail completion for 2012 but this will not be possible. It seems there were multiple issues (that are not unusual for trail construction) that slowed the process. First, we lost a section of the trail-bed to a timber sale (to be relocated). We suffered a large number of blow-downs as a result of a windstorm (Summer 2012). Sawyers cut through and reopened sections of the trail. Potential trail easements have been verbally agreed upon. They need to be written. We inadvertently flagged the trail (for approximately 150 yards) on a neighbor's property. Negotiations are ongoing. Trail work crews have been smaller than usual. We worked as far as we could each day. We built a lean-to on the trail with mostly new volunteers. The lean-to is built; it just took longer. I mention these issues only as a point of reference for the Crystal Hills Trail story. We continue to move along and will build the trail as a volunteer effort by young and old. If you are interested in becoming involved in any aspect of building the Crystal Hills Trail, please contact Pat Monahan at [pmonahan@stny.rr.com](mailto:pmonahan@stny.rr.com). □



Larry Blumberg



## Fall Campout: Review in Pictures

*Photos by Jacqui Wensich except where noted.*



*Cayuga Trails Club, our hosts for the fall campout weekend led by Jim and Sigrid Connors, celebrated their 50th anniversary this year, too. Photo by Jackson "Jet" Thomas*



*Dining and programs took place in the Lower North Pavilion at Robert Tremen State Park south of Ithaca.*



*Karen Serbonich with sign during final hike of the Tompkins County Hike series, held in conjunction with the weekend.*



*Jim & Sigrid Connors*



### **By Anna Keeton**

The FLT Fall Campout held September 21 - 23, 2012 at Robert H. Treman State Park was a big success. The Cayuga Trails Club hosted the event, and Sigrid and Jim Connors organized events and catering for the weekend. Jim Dunn, Park Manager, was the guest speaker after Friday's dinner. He shared the fascinating history of the park and included historic images in his slide show. Kathie Hodge, Professor of Mycology at Cornell University, was the guest speaker after Saturday's dinner. Her talk on studies of local fungi was as entertaining as it was informative.



*A Rainbow blessed the weekend's view outside the Lower North Pavilion..*

# NCTA Extended Outing in the Adirondacks, Sept. 4 - 10, 2012

By Jo Taylor

Photos by Mary Coffin

*The North Country Trail Association has been offering guided hikes through some of the most scenic parts of the North Country National Scenic Trail for several years now, all of them led so far by our own Mary Coffin. After trips to the Superior Hiking Trail in Minnesota and Pictured Rocks National Lakeshore in Michigan in prior years, 2012's outing lured hikers to the Adirondacks to sample portions of what will be the route of the NCNST there. Watch for announcements of next year's trek to the Border Route in far northern Minnesota for September 2013.*

It was a winning combination—the beautiful Adirondack region of New York State, a leader extraordinaire, and a companionable group of hikers.

The eight trip participants came from four states along the North Country Trail: Minnesota, Michigan, Ohio, and New York. Some of our Midwesterners had never been to the Adirondacks or even to New York State before. We gathered in Chittenango in central New York for a brief orientation at the comfortable log home of our leader, Mary Coffin, and her capable assistant, husband Bill. The next morning we loaded the vehicles and set off in a caravan, Mary driving the 15-passenger van with most of the participants and our belongings, followed by Bill in his Subaru towing a trailer with supplies. Two participants who intended to extend their stay brought up the rear in their own car. After a picnic lunch on aptly named Pleasant Lake in the hamlet

of Speculator in the heart of the central Adirondacks, we arrived at our headquarters, the state campground at Lewey Lake, another of the Adirondacks' many splendid lakes.

Everyone helped with setting up camp, and during our stay took their turns at KP duty on their assigned days. Because of her intimate knowledge of the Adirondacks and many years' experience leading hikes, Mary was able to dispense with a hired outfitter and served as both guide and outfitter herself. She and Bill were on duty at every meal. Mary never stopped bustling about; it appeared that she does not know how to rest. Her boundless enthusiasm, good spirits, and expertise were key to the success of the trip. Bill was always good for a story, and the devotion of both Coffins to the NCT was apparent.

Temporarily grounded on doctor's

orders, Bill stayed back at camp each day, did whatever chores were needed, had the fire going on our return, and kept the pesky mallards and his friend "French Lewey," the resident red squirrel, away from our site. Lewey the squirrel, like Lewey the lake, was named for French Lewey (or Louie), a trapper and local character at the turn of the 20<sup>th</sup> century.

We had four days devoted to hiking, with the length of each day's hike in the six- to eight-mile range over what Mary called "relatively flat" terrain. True, it wasn't mountain climbing, but relatively flat does not mean flat. The hikes took us along beautiful streams cascading over rocks, past beaver ponds and wetlands and house-size glacial erratics, through beautiful woods, and along lovely lakes surrounded by wooded small mountains. Each hike was about an hour's drive from our centrally located campground, and the drive to the trailhead was part of the fun. The first day's drive took us lurching, swaying, and bouncing up what was more of a stream bed than a road—a drive that would have been difficult for a 4-wheel-drive vehicle, to say nothing of a 15-passenger van, but our Rent-a-Wreck van, with Mary at the wheel, got us through. On another day's drive we were surprised to encounter the Hudson River, at the take-out point for rafts negotiating the white water of the Hudson River Gorge. We're more accustomed to thinking of the wide Hudson at its other end, next to New York City!

Each hike took us along a section of existing trail that will be incorporated into the North Country Trail. Mary, who has bushwhacked and GPS'd the intervening sections (Continued next page)



View from Peaked Mountain of pond below.



View of same mountain from Peaked Mountain pond.



of proposed trail, showed us on the map how the sections will eventually link up and pointed out the junctions as we hiked. Some highlights of our stay:

- \* *Awesome blueberry pancakes. The food in general was excellent with plenty of variety, and everyone took a turn at preparing the meals planned by Mary.*
- \* *Three loons (mother and two juveniles) seen and heard*
- \* *Three otters (adult and two young ones) seen on a rock by a beaver pond*
- \* *Climbing Peaked Mountain. The Adirondack High Peaks and mountains of Vermont were visible from the summit. Apparently there was once a small garnet mine on the mountainside. We didn't see any traces of the mine, but we did do a bit of garnet prospecting on the way up. There was an area of the trail with rocks containing embedded garnet and there were little flakes of clear garnet in the trail tread, looking much like chips of red glass. The "one hour" side trip took two and a half hours. Meanwhile those who had chosen to stay below at Peaked Mountain Pond were getting cold and worried. Mary's optimistic time and distance estimates were a running joke—it was always "just a half mile more."*
- \* *Learning that duct tape is useful for camping and hiking, even for reattaching the soles of boots.*

And it was "just a half mile more" as we spent an hour finishing one hike in a downpour. Even though everyone had rain gear with them, some chose not to wear it because of the heat, and all



*Midwesterner Maribeth seemingly in danger, but we are assured that she was standing on a secure spot. Don't let your mother see this!*

finished the hike soaked to various degrees, stopping on the way back to camp to purchase hot drinks or ice cream (hiker's choice) and new towels for those who had incautiously left their towel outside on the line that morning.



*Author Jo Taylor at the summit of Peaked Mtn., 2919 feet*

We returned to Chittenango by a scenic route, stopping to hike to the Rondaxe Fire Tower, a one-mile scramble up Bald Mountain, quite literally a high point of the trip. This is a tourist hike and youngsters in sneakers scampered past us with our boots and day packs and hiking poles. From the top there was a splendid view of the Fulton Chain of Lakes and layer upon layer of surrounding mountains. We also stopped in Old Forge to shop at the famous Old Forge Hardware. Our outbound and return trips took us on a big loop around the area where we hiked, but encompassed no more than one sixth of the six million acre Adirondack Park.

On our final evening at Lewey Lake we had celebrated a special birthday of one of our hikers with camp-style cherries jubilee ("my best birthday ever") and took turns sharing our thoughts on the trip (Roses, Thorns, and Buds). Thorns were hard to find, but there was unanimous agreement on the beauty of the region, the excellence of our leaders, and the friendliness of the group. All expressed the hope to return to the Adirondacks someday. □

*Previously published in the North Star, magazine of the North Country Trail Association*

### TRAIL CLOSING NOTICE ONE DAY PER YEAR

In the interest of legally protecting those landowners who have permitted us to build our trail across their land, the Finger Lakes Trail System will be closed on all private lands for 24 hours on Monday, February 4th, 2013.

Article removed at author's request



## In Memory of Fred J. Lamb

November 15, 1936 - September 11, 2012  
End-to-Enders #91



Fred J. Lamb, 75, retired from IBM after 34 years as a tool and model maker. He was an Adirondack 46er (#3357) and in 1998 the 91st hiker to walk the entire Finger Lakes Trail, both solo. He loved the beaches of Florida and the wilds of Alaska and also enjoyed volunteering, woodworking, hiking, and many outdoor activities. He had been a trail maintainer on the eastern part of the FLT.

He ended his end-to-end article in the *FLT News* with these memorable words:

*What the Finger Lakes Trail means to me is that sometimes it's easy, sometimes it's hard, sometimes it's hot, sometimes it's cold, sometimes it's wet, sometimes it's dry, sometimes it's interesting, sometimes it's boring, but every mile of it very enjoyable. Thank you Finger Lakes Trail Conference Inc., for giving me the Trail for nine years.*

# Just Look at Us, All Grown up Now!

By Irene Szabo

Photos by Jacqui Wensich except where noted

*Seldom does the editor provide a feature-length piece in her own magazine, especially in her maiden issue, but I hope our readers will forgive my gall in doing just that. This was a speech I gave at June's 50<sup>th</sup> anniversary weekend to add words to a long look back provided through pictures organized by Jacqui Wensich, to help the Saturday evening crowd appreciate just how far we've come in fifty years.*

Our earliest volunteers played leap-frog to measure the trail.

We HAVE come a long way since our beginning years. Of course, if we hadn't, this trail might not be here. For instance, our earliest volunteers had no way to measure their new trail, so two people I know of played leap-frog with their fifty-foot piece of string to measure miles, and there is a display here this weekend of three early homemade measuring wheels that succeeded the string, and lasted into the 1990's. After that we used expensive wheels from the National Park Service as part of our benefits as host to the North Country National Scenic Trail, but they were made for highway measuring, so clogged with snow or wet leaves. Now? People with GPS units and little antennae on their hats have enabled us to plot the trail's location with accuracy.



Howard Beye on left and Joe Dabes discuss the trail route.

and on rain-proof paper, rather than the hand-drawn maps on blue paper that served us well until 2006. Consider this: there were NO maps until our twelfth year! When I first became your board president back in 1991, I received a letter from Paula Strain, now dead, who was our second president, just after our founder Wally Wood. Her advice to the new kid? Produce our maps in color! Took us another 25 years, but we're there at last.

How invested were early volunteers? Ron Navik confessed as he accepted the Wally Wood Award in 2002 that he didn't think this trail project would last long, so didn't think he was undertaking too much commitment when he became the Genesee Valley Hiking Club's trail chair. He's been doing it now for forty years. Nor were we very good at communicating with our public agency partners yet, in places where we had trail in state forests or parks. Repeatedly a state forest harvest would obliterate the trail simply because there were no established lines of communication with foresters or current FLT maps in their offices! A

new forester might not even know we were there. Now I am pleased to report that we have truly useful communication with most of our public partners.

Speaking of government, most of us missed the fights at board meetings back in the vicinity of 1980 when the National Park Service proposed that the North Country Trail use a major part of our FLT to get across upstate NY. One hears that the discussions were, uh, heated, with some members threatening mass desertion, because they feared loss of control of our own trail system. Nor was the fear of the dreaded federal boogum restricted to board members: some landowners got wind of the plot, especially those informed by our own volunteer John Rezelman, and withdrew their permissions at his suggestion. So Map M12 was our last map to be published, with some very old parts on the west side of Hammondsport restored from Rezelman's faded blazes, and new trail built in 1989 on the east side of the map by a collection of really old trail builders, Ed Sidote, Terry Giarrosso, Bob Muller, and Hudson Close, then in their 70's, joined occasionally by a young pup with more hair than, Steve Catherman. Along with parts built south of Hammondsport by local Boy Scouts, that became the next to last gap in the main trail completed.

Ironically, years later I exchanged several letters with John Rezelman, by then confined to a wheelchair, during which we came to mutual understanding about how unthreatening the governmental part in our North Country Trail portion really is. He ended up okay with the NCT. Everybody's favorite, Mitchellsville gorge, was a section that John had closed off, so we are lucky to have reclaimed those trail miles.

It IS a big deal to be part of a National Scenic Trail, after all, and our part equals ten percent of the whole thing! Not only do we get a few cost-share grants that pay for materials, but we get more *cachet* because it's just plain COOL. We can claim only a few people so far who have hiked our state primarily because it's part of the NCT, but that's a start. The Appalachian is NOT the only National Scenic Trail in New York!



Howard Beye memorial bench at Hi Tor Wildlife Management Area, near Naples on Map B2, with daughter Liz on the left, Dorothy Beye on right, and Ron Navik behind.



David Marsh, President of the Board, ongoing trail maintainer, hike leader

(Continued next page)



Besides, Park Service cost-shares have paid for a lot more bridges and shelters than we used to have, or ever could have afforded with our own resources. There was only a handful of shelters when I did my end-to-end hikes over nine years back in the late 80's and early 90's, and they never occurred where I needed them. My first shelter sleep was in the Catskills in 1993, near the end of my quest, and I'll confess I really liked it better than my pathetic little rag roof that tried to collapse under a surprise October wet snow, also in the Catskills. Now we have over thirty shelters, with more planned all the time.

The last gap in the main east-west trail was finished in time for our thirtieth anniversary in June of 1992 by the Onondaga Chapter of ADK, where we had a celebratory hike over new private property trail, eastward from Underhill Rd. on Map M20.

So did anybody hike the early FLT, incomplete though it was? Damned few, until Ed Sidote got seized by The Mission, and gave sermons all over the state. Between 1962 and 1992, our first THIRTY years, only a dozen people had finished the whole trail, including Ed and his hiking partner, Rufus Perkins, both of them in their 70's then, along with Bob Muller, of a similar vintage. But as soon as Ed had finished, he got on his stump and began encouraging others to do the same. In 1993, only one year later, another dozen had finished! Now, twenty years later, we have 338 end-to-enders, and will certainly have more before 2012 is out.

So how is this vast project administered? THAT has been the most intriguing learning curve in this exciting project. We were so fortunate to have Paula Strain there at the beginning, because she had years of experience with the Appalachian Trail Conference and how it coordinated clubs to build and tend the trail, which is why we are the FLT Conference. She worked in NY in the southern tier for only a handful of years outside of her native Maryland, but it was just enough time to put a real stamp on our shape and processes.

There was no office for years, just volunteers who did their scat-



2001 celebration opening our first-ever office at the Mt. Morris Dam house, with Gene Bavis, Ed Sidote, and Irene Szabo. Photo by Lois Judd

tered jobs from their own homes. Frances Jacobi typed up articles for the *FLT News* for various editors, then ran them off on early reproduction methods, pre-Xerox. Picture reproduction waited for some years, and was terrible

when it arrived. Erv Markert was the first "trail chair" but probably provided the first real office after Wally Wood withdrew, while eventually Howard and Dorothy Beye hosted the trail office for real in their home basement for seventeen years. Now the *FLT News* is mailed out by our printing contractor (rather than Dorothy and volunteers sticking labels on the newsletters and bundling them for bulk mailing on her living room table), and Howard's growing and huge job has been taken over by...pay attention

now... THREE trail managerial vice-presidents, a mapping director, a director of crews and construction, and three part-time staff members.

By a wondrous stroke of good fortune, I was standing at the new Mt Morris Dam Visitor Center talking to the recreation director when she asked out of the blue, "Do you know of any not-for-profit group that could use office space?" I could have kissed her! This was just after Dorothy Beye had told the Board of Managers that she and Howard would host the office for only three more years.

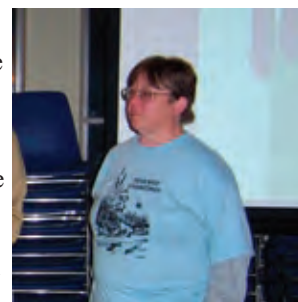
That's why we have had an office in the old dam supervisor's home at the Mt. Morris Dam for more than ten years now, right next to the Letchworth Branch of the FLT in that park. It's almost rent-free, except for heating fuel, but now we have to come up with the money to pay a part-time executive director, and two part-time office staff. Yes, Howard was nearly drowning in work before his untimely death from a stroke.

So how has our Board managed to grow into this job? There is indeed a life cycle to not-for-profit organizations, and at the beginning they are all dedicated to the first mission, in our case, creating the trail. So board meetings even in the earliest 1990's, when I came along, dealt with a total budget of only \$15,000 and thorny issues like outhouse design and what shade of blue to paint blazes on spur trails. This is NOT what boards should concern themselves with, but we were a young group then. Now the budget is over \$100,000, but I can confidently assure you that it is well-tended by seriously invested, knowledgeable officers and board members.

The grown-up era for our board was ensured during the 2006 presidency of David Marsh, who had experience and good sense from service with other organizations. Our financial policies were wrassled into proper order and ensured that no hanky-panky or even mere sloppiness could happen.

We hadn't ever had a problem before, but now there was no chance we ever would, and just in time for this stage in our evo-

(Continued on page 20)



Steph Spittal, past President of the Board, board member, trail maintainer, and currently working in our office.



Ed Sidote presents #200 End-to-End patch and certificate to Howard Beye.

So did anybody hike the early FLT?

(Continued from page 19)

lution. While many board members admittedly glaze over when finance comes up, we are grateful that several officers, like Marsh and Peter Wybron and Jarret Lobb have been willing to pay attention to these critical matters, so that our organization can last as long as the trail.

Lest you think these things are easy, consider the sad story of the Continental Divide Trail, whose support organization has recently declared bankruptcy. It CAN happen. While committed volunteers are trying to keep projects ongoing, it's a sad truth that the organization overreached their income, but I'm proud to assure you that the FLTC has taken truly good care of your donations and dues to ensure that we can operate as long as there are hikers and a trail to walk.

Not every mile of our trail is a happy story, though. We have lost some friends and volunteers along the way, of course. Of the three remaining original 1962 members who attended the fortieth anniversary weekend, none is left today. Even end-to-enders have died since finishing, and we must include Hans Hoffman, who died unexpectedly 12 miles short of finishing his journey over years, so his Triple Cities Hiking Club friends finished his last miles for him. Most recently, dear funny and energetic Gerry Benedict, trail worker and end-to-ender #285, was our first to die during trail work from a freak accident.



Two days before he was killed by a trail work accident, Gerry Benedict at Little Pond in the Catskills.

Nonetheless, our future is bright. With grown-up board and financial policies ensuring our future as an organization, with trail easements as a tool to protect our trail's way through private lands, and with new talents showing up all the time to replace us



Steve Catherman

Executive Director Dick Hubbard went "shopping" with the National Park Service sign list and got us the first few of what should be many more of these arresting 24" x 24" North Country Trail logo signs. Steve Catherman, engineer with Steuben County and our VP for Trail Maintenance, added three pairs to appropriate road crossings along with the FLT trail crossing signs installed previously. We are grateful for the tamperproof hardware used in their installation! This pair, facing both directions of road travel, is at Access 3 on CR 70A just east of Hornell.

## A Special Note from Dan Watson of the National Park Service:

*In Fiscal Year 2012 for the whole North Country Trail we are reporting a total of 924 volunteers, down just 4 Volunteers-in-Parks (VIP's) (-0.43%) from FY11 totals. The good news is that Volunteer Hours in all categories totaled 73,834 hours in FY12, showing a jump of 5,329 hours (+7.78%) over FY11 levels. At the FY12 Private Sector Rate of \$21.79/hour, those 73,834 volunteer hours equal a whopping private sector value of \$1,608,842.86!*

*Please pass along this awesome news to all volunteers along with a HUGE thank you and congratulations to each and every person who made this past year such a tremendous success. I especially want to thank everyone who made the effort to report their hours accurately this year, and encourage volunteers and volunteer leaders to rededicate themselves to capturing and reporting volunteer hours in the year ahead. Just our increase in reported hours this year eclipses the total hours of what many parks report. Imagine what it might be if we reported every qualifying hour that was worked!*

And from our own VP of Trail Maintenance, Steve Catherman, last year on the FLT 26,095 hours were reported, covering both trail and administrative work, therefore worth \$568,610.05 as a gift to the public in the form of free recreation. □



# End-to End Update

By Jacqui Wensich, FLT End-to-End Coordinator



## New Branch Trail End-to-Enders

#76 Jack Sexton, Vestal (2 times main trail E2E)  
#77 Carl Luger, Hornell (main trail E2E #258)

## New Main Trail End-to-Enders

#349 Mark Effley, Hastings  
#350 Tom Duddy, Spencer  
#351 Kirk Doyle, Hamburg  
#352 Jon Bowen, Baldwinsville

Correction to Fall 2012 FLT News: #343 Joe Dabes and #344 Max Blenis. Their numbers had been reversed.

## Future End-to-Enders:

Anna Keeton, Ithaca ~ working on main trail  
Theresa Evans, Syracuse (#310 E2E) ~ working on branches

## NOTE:

**Please email or call me ASAP when you complete your E2E hike to assure that you receive your correct E2E number. Your application and documentation can come later. Photos are always appreciated.** It is important to send updates and notice of your intention to hike end-to-end for both the main and branch trails to me. Often simple tips can avoid difficulties. The End-to-End hiking pull-down on the website also has suggestions, forms and information. You are still welcome to contact me directly.

## Car Spotters:

**Gary Klee**, longtime car spotter and FLT supporter from Walton, will no longer be a car spotter. He last assisted #348 Dave Burnett. He first became involved with the FLT when he met Wally Wood, Erv Markert and Fred Mohn in 1964 who "spurred" him on. He sends his compliments to the leaders and trail workers of the FLT for their continued quest to build and maintain a statewide foot trail system. "I will say Happy Trails to you all." Gary is also #760 among 46ers, #29 and #16 winter climber for the Catskill 3500 Club. Ed Sidote recruited Gary as a car spotter, and I am personally grateful to Gary who was one of my spotters in 2004.

**NOTE:** Thanks to those who have become spotters. Car spotting is a great assistance for hikers, and accepting the offered gas money gives hikers a way to thank you back.

We ALWAYS need more car spotters; please email [jwensich@rochester.rr.com](mailto:jwensich@rochester.rr.com) to apply or find the form directly from the website. This includes the Branch Trails. For a complete list call or email Jacqui Wensich. □

## Comments:

The Crystal Hills Branch Trail will **not** be required until further notice as previously recorded. Pat Monahan has to sort out some landowner issues. Purchasing updated maps is very important; the trail changes. PLEASE retire those old blue maps!!! Always check: [www.fltconference.org/trail](http://www.fltconference.org/trail) conditions for the **latest** reports.



Kirk Doyle & Scarlet

Photo By Kirk Doyle

Jacqui Wensich  
End-to-End Coordinator  
20 Sunrise Hill  
Pittsford, NY 14534  
585-385-2265 or email  
[jwensich@rochester.rr.com](mailto:jwensich@rochester.rr.com)

End  
to  
End



Gary Klee with Jacqui's dog Mina

Photo By: Jacqui Wensich

## David Potzler Honored with Clar Willis Award

This trail work award honors two early trail builders and maintainers, Harry Clar and Ed Willis of the Genesee Valley Hiking Club. Together they created the whole Letchworth Branch Trail then tended it almost weekly well into their eighties.

Dave Potzler seems to have been seized by a similar passion in recent years. He volunteered to Foothills to be a steward coordinator on six of the twelve Conservation Trail maps; now he coordinates all twelve! He has taken over as maintainer for an underloved section of the main FLT in Boyce Hill State Forest and made it into a lovely walk. He also maintains approximately 3.5 miles of trail on CT4 north of the junction of the main FLT and the Conservation Trail.

He also helps others with their sections, especially mowing where required, and worked on the Cobb property when Irene Szabo was hospitalized in 2011. He has even encouraged his son Marc to help, so now Marc has two sections of the CT to take care of.

David has been especially enthused by weeklong Alleycat work crews' projects. He will take measurements of what is needed, pick up the lumber, cut it at home, and then transport it to the site. If rebar is needed he will do the same. Steps and bridges in many places have benefitted from his work, and most recently he managed a new shelter project in Boyce Hill State Forest this October.

In addition to all this, he has recently stepped forward to help out with landowner relations on the Conservation Trail! As Annette Brzezicki's nominating letter said, "His enthusiasm for the trail and 'get to it' attitude has made the Conservation Trail much safer and more hiker friendly."

- FLT News Staff



Hickory Hill shelter in 2011, Dave Potzler on left, Ken Reek on right.

Photo magically taken by Ken Reek

Dave digging a two-holer (?), fall 2012. Photo by Bob Emerson

## Crystal Hills Lean-to

By Pat Monahan

There is a new lean-to on the Crystal Hills Trail in McCarthy Hill State Forest (Addison, NY/Steuben County). This new Adirondack style lean-to was built as an Alley Cat project July 28-August 1 by a crew of approximately eight workers under the leadership of our construction manager, Matt Branneman.

Logs used in the construction were harvested last year from the Birdseye Hollow State Forest and donated to the project by the NYS DEC. They were milled, seasoned and stored at Mahlon Hurst's lumber mill in Penn Yan. A small crew went to the mill in the spring for a "debarking" party to remove the bark from the logs. The logs were bundled up into a "lean-to kit." A small crew went to the mill in the early summer to mark each log for its designated placement in the lean-to during the construction phase. The remaining materials needed for the construction phase were put out to bid and delivered to the work site just a few days before the volunteers arrived to work on the project. In addition to the materials for any project, there must be a financial plan in place to fund the project before it starts. In this case, we applied for a grant from the Community Foundation of Elmira Corning and the Finger Lakes and were approved for

\$1500. The remaining funds for the project came from the GET in NY (Great Eastern Trail in NY) portion of the FLTC budget. Many thanks to the Community Foundation and to all those who have donated to the GET in NY fund.

The project was nearly ready to start. In order to run a week-long Alley Cat project, you need to provide housing and meals for the volunteer crew. This can be more difficult than finding the volunteers to do the construction project. Jacqui Wensich offered to be the head chef, cook and bottle washer for the crew. The meals were incredible. I think her plan was to feed us so well that we had to work harder and longer to use all of the calories from the scrumptious meals she made. We could not have asked for better accommodations complete with hot showers, indoor plumbing, real beds and even a deck for outdoor dining. Many thanks go out to Mary Ellen (and Pat) Monahan for opening up their home for the crew.

Now the work begins. Everyone arrived on the worksite on Day One with the tools necessary to prepare the worksite for the project. This included cutting the access road to (Continued next page)



the worksite, clearing the ground for the lean-to and digging the trenches for the first layer of lumber for the foundation. With the experience and knowledge of Matt and Bob Emerson (veteran crew member on many lean-to projects), the rest of the crew assisted in carrying logs, cutting lumber, screwing down the metal roof and cleaning up the work site. Many thanks to the crew including Scott Bahantka, Jim Bange, Matt Branneman, Marcus Coppola, Nathan Coppola, Thayerin Coppola, Bob Emerson, Amy Kuczka, Pat Monahan, Rick Roberts and Paul Warrender.

Two other projects at the worksite were completed simultaneously while the lean-to was being built. First, Rick Roberts led the effort to build a fireplace from the natural stones found in the stream nearby. It took shape over two days including a grill that could be swiveled into position over the fire. Second, an open air privy with a natural (hemlock) screen was built, a great amenity for the lean-to site. Some might say it is the best seat in the house with a great view.

For the present time, a temporary blue spur trail connects the lean-to to the Crystal Hills Trail. The trail to the stream from the lean-to and the official spur leading from the trail to the lean-to still need to be constructed and will be completed in 2013.

Special Note: this lean-to has been constructed in McCarthy Hill State Forest along a Motorized Access Program for People with Disabilities (MAPPWD) route. Temporary permits for access to this and other MAPPWD routes can be obtained by completing an application with the NYS DEC. For an application and complete listing of all routes in NYS, you may go to <http://www.dec.ny.gov/outdoor/2574.html>. □



(L to R) Marcus Copolla, Amy Kuczka, Pat Monahan, Nathan Copolla, Matt Branneman, Thayerin Copolla, Front row: Nike, Callie  
Missing: Bob Emerson, Scott Bahantka, Jim Bange, Paul Warrender  
Photo by Bob Emerson

## Erv Markert Fall Hike Report

*By Larry Blumberg*

Our thanks go to Paul Hoffman who led a group of 16 hikers on the northernmost section of the Crystal Hills Trail for the Erv Markert Fall Hike on Saturday, October 13, 2012.

The Crystal Hills Trail starts at the Moss Hill Leanto on FLT Map M13 (Steuben County) and runs south for about 45 miles to the NY / Pa. border. The Crystal Hills Trail also serves as the northern terminus for the Great Eastern Trail which runs from the southern tier of NY to the Alabama / Florida border, roughly paralleling the Appalachian Trail to the west of the latter. The Crystal Hills Trail is the newest branch trail in the FLT system.

Pat Monahan, FLTC President and coordinator for building the Crystal Hills Trail, welcomed the group prior to the start of the hike. It was a cool but very nice day with the fall leaves peaking. Pictures from the hike can be seen at this link:

<https://picasaweb.google.com/105496417249310675675/20121013CrystalHillsTrailWith\ FLTC>

The Erv Markert hike is one of the four annual "Named Hikes" offered by the FLTC along with the Howard Beye Winter Hike, the Wally Wood Spring Hike, and the Ed Sidote Summer Hike. □



*Early morning pasture on a frosty Crystal Hills Trail hike.*

*Photo by Jack VanDerzee*

# Trail Medicine:

## Two Poles or Not Two Poles—Part 2

By Jayah Faye Paley



*This is the continuation of Jayah Faye Paley's article on use of hiking poles. I again want to express appreciation to LEKI USA and Jayah for this excellent review. Bob Michiel, Trail Medicine editor.*

Part 1 of this series discussed the benefits of using poles for hiking. We presented the three goals of using poles:

1. On flat terrain, either ease of use or exercise
2. On uphill terrain, more power and improved endurance
3. On downhill terrain, joint stress reduction

### What gets in the way of achieving the three goals?

#### Mistake #1: incorrect use of straps

In our seminars we *rarely* use the words “correct” or “incorrect.” We prefer “optimal” and “non-optimal” because people are different and have different needs and goals. But there *is* a correct way to use the straps. Did you watch the 2-minute video (<http://adventurebuddies.net/blog/2010/08/leki-poles-how-to-adjust-use-strap>) we recommended in Part 1 of this series? If so, read on. If not, watch the video, and then come back to this article. Honestly, there's no point in proceeding if you skip the most basic element of learning optimal pole use.

***Incorrect use of the straps puts you at risk for upper-body joint strain.*** Your knees will benefit almost no matter what you do. What separates the proficient pole user from “the pack” is that when poles are used well or optimally, core muscles engage. When muscles are used, they strengthen. Using large muscles of the torso is healthy for the core and spine. Incorrect use of the straps encourages thumb/hand/wrist/elbow/shoulder strain that can travel all the way up the arm to the neck. The potential consequences of incorrect strap use are not just non-optimal performance but joint stress or tendon strain.

Correct use of straps is where we start in a poles class. Learn how to place your hand correctly in the strap so that you can recruit big muscles in your torso to help power you on the up and support you on the down.

**How tightly you adjust the strap** is a matter of personal preference. Straps that are too loose mean that you have to hold more tightly onto the grips. This can cause strain or stress in the hands, specifically in the thumb joints. Straps that are too tight also work against optimal use. Find the strap adjustment that enables you to feel “connected” to your poles. Generally, a slightly snugger strap will provide more power on uphill and more support on downhill. Well-adjusted straps enable you to be more aware of your arm movement and less concerned about holding onto the poles. When using poles, it's about your arms, not about the

poles.

There will be times when hikers may not want to use the straps, especially if their poles have long foam grips. Again, experiment with how and when to use straps and different tensions so that you can determine what works best for you.

Sometimes we adjust the strap tightness depending on the terrain and how much we want to “up the power.” Experiment with different strap adjustments and know that you don't always have the same tension on the strap.

**People with mobility concerns** often do not want to feel “strapped in” to their poles. Looser straps, no straps, or even incorrect use of straps are all legitimate choices if they're mindful choices.

We use inexpensive, fingerless bike gloves. The padding in the gloves prevents chafing, especially on steep downhills. The gloves take up some space, so we adjust the strap to accommodate the extra padding.

#### Mistake #2: failure to set optimal pole length

Everyone says to set your poles to achieve a 90-degree bend of the elbow. It's on the internet; therefore it must be true. Try it. Set your poles so that your elbows are at a 90-degree angle with your forearms parallel to the floor. Walk around and see how natural it looks and feels.

This pervasive advice, recommending 90 degrees for everyone, implies that all human beings are exactly the same. We don't agree. On flat and uphill terrain, we want to see people using poles as if they're an extension of their natural arm movement. This is *impossible* if the poles are too long. Overly long poles don't provide optimal *push* going up. Plus (Continued next page)





they're more likely to slip and cause injury. For a comprehensive discussion on setting pole length – why and how – please visit our blog and read this post: <http://adventurebuddies.net/blog/2010/10/how-and-why-to-set-baseline-pole-length/>

### **Mistake #3: not adjusting your poles at all**

Many people purchase high-quality adjustable poles and then never adjust them. You are NEVER *EVER* going to change the terrain; you can only change your response to it. In order to achieve the three goals, you must change your pole length to accommodate changes in terrain and vary your technique accordingly.

### **How does one use poles to improve performance on a variety of terrain?**

When using poles on flat terrain for exercise and on uphill terrain for power, your arms are moving in natural rhythm with your body. The poles, attached, are used in a pushing action. Your spine is rotating. The major muscles in action are your latissimus dorsi (big muscles in your back) and your obliques (torso-twisting muscles). Your arms are moving from your shoulders versus lots of elbow (repetitive joint) pumping.

Try this:

- \* Walk without poles and notice how your arms move. (When was the last time you thought about your arms while walking?)
- \* Allow your arms to swing naturally and add some attitude to your walk.
- \* Feel your whole body moving.
- \* Think sashay, swagger, sassy, strut (different cues work for different walkers).
- \* Then imagine that you have poles in your hands. They're virtual poles, and they're free!
- \* Walk this way, with virtual poles, starting today *for the rest of your life*.
- \* Practice using actual poles in this same way.

If, on flat or uphill terrain, you look any different from your natural attitude walking, STOP and bring yourself back to your natural attitude and rhythm. This is SO important. ***A natural gait should look and feel youthful.*** Spinal rotation reverses the aging/shortening process because you are lubricating your joints and strengthening the muscles that support and elongate the spine. Walk young, not old.

### **How does one learn how to use poles optimally?**

Learning how to use poles to achieve the three goals takes some practice. Some hikers naturally use their large pushing muscles going uphill, while others try to haul themselves up with poles that are too long. These latter hikers are the ones who tend to stab their buddies and strain their shoulders. Some hikers feel intuitively comfortable using the poles to provide support on the downhill; however...

- \* When people ask where to plant the poles as they start to walk, we encourage them to think about their arms, not the poles.
- \* When people ask which pole to plant with which arm, we don't answer that question. Rather, we ask the participant to put down their poles and just walk. Then return to the poles and just walk. Most people know how to walk but, when learning how to do it with poles, they just think too hard.

### **Does it matter which poles you buy?**

One of the things we do at our seminars is to help people determine which poles are best for them. They "test drive" different top-quality models (yes, you get what you pay for) so they can see and feel what works best, using the following three criteria.

**Structure** pertains to a person's height and hand size (sometimes weight will factor in as well).

**Issues** refers to what medical conditions a person is dealing with. These might include rotator cuff, elbow tendonitis, carpal tunnel syndrome, MS, Parkinson's, peripheral neuropathy, balance challenges, back pain, arthritis, etc.



*All pictures supplied by Jayah Faye Paley*

We discuss **goals** in terms of what the individual wants to accomplish. The reasons people use poles vary. Each person has his or her unique set of criteria. We encounter hikers who want to continue hiking into their 90's, hikers who are planning a "bucket list" journey, walkers who want to lose weight, and people with mobility challenges. People with balance and mobility challenges often take to the poles naturally because their bodies

*(Continued on page 26)*

(Continued from page 25)

have been seeking (and missing) bilateral stability.

Determining best fit – finding the poles with which you can establish a deep and lasting connection (as we have with our LEKI's) – involves understanding what features and benefits best meet the three criteria. Once you've found the poles that work best for you, then it takes practice to become proficient with adjusting them so that you can anticipate changes in terrain *so that* you can achieve the three goals of using poles.

### Frequently Asked

#### Questions: How long do I adjust my poles on the downhill?

In order to determine what length works best for *you*, try this simple bit of homework:

- \* Select a small hill that you find somewhat challenging.
- \* Lengthen your poles and descend.
- \* Shorten back to your *baseline length* and march back up the hill.
- \* Adjust your poles about 2" longer than the prior descent and pick your way down again.
- \* If that feels better, repeat the process over and over, each time lengthening 2" until you feel that the poles are *clearly* too long. The optimal length for going down this hill is most likely the length *just before* they felt too long.

Seminar participants are often amazed at how many tries it takes and how long poles need to be to feel *optimally* supportive.

This assignment implies that you are using the poles in a way that's effective (recruiting rectus abdominis, pectoralis, and biceps muscles), that you're relying on the straps, and that the poles are out in front of you as you descend on the trail. Imagine that you're a spider with long spider legs picking your way down the hill.

### Who are we and why do we care?

Fifteen years ago I was facing knee surgery. My surgeon gave permission for me to go on a "bucket list" hike before he fixed my knee. On this hike (with knee brace chafing) I met a man who seemed to fly up and float down the trails. Bob had started using poles to condition his upper body. As a cross-country ski instructor, he'd noticed that at the beginning of the ski season his arms were overly fatigued while his legs were in fine shape from

hiking all summer. We connected and, post surgery, he gave me a pair of poles, and we started hiking together. He taught me how to use my body to help me hike better. I was hooked. What he taught me felt SO good, and yet it's not what I saw others doing. I needed more info, so I looked around and found there was nothing, no books, no videos. Facing doubt and even ridicule from friends and family, several years and many thousands

of dollars later, I created the first training on how to use poles for hiking called *POLES for Hiking, Trekking & Walking*. Since that original VHS tape, there have been a total of five versions. To teach is to learn. Updates to the material are quite expensive, so at this point all our updates go onto the blog. (A DVD is available at <http://www.polesformobility.com/poles-formobility-dvd.htm> for \$9.95 in which we show how to adjust poles for varying terrain, how to use poles optimally on uphill, downhill, flat, traverses, and even for snowshoeing.)



Over the last 12 years, I've taught *thousands* of people for wonderful organizations and parks all over northern California. My small group classes are geared towards varying levels and help people learn skills to keep them hiking or walking or just living their lives. Very soon after the beginning of each session, even people who are there reluctantly start to feel the difference. They feel their power and how hiking and walking with poles can help them for the rest of their lives. It's a powerful skill, walking with your whole body. □



Vinnie Collins

Hooded merganser on display for the females.



# Where Does the North Country National Scenic Trail Go After Leaving the FLT?

By Mary Coffin

Whenever you are hiking on the Finger Lakes Trail in NY between the PA state line and the Tioughnioga WMA [422miles] in central New York you are also on the North Country National Scenic Trail (NCNST). This includes Maps M1- M21, O1 and O2. The NCNST continues eastward about 95 miles under the NCTA CNY Chapter's sponsorship from the Tioughnioga Wildlife Management Area north to Cazenovia, Canastota and via the Erie Canal towpath to Rome. The BREIA Trail and Black River feeder canal paths take the NCNST to Forestport.

From Forestport it will enter the Adirondack Park using the Stone Dam Lake Trail and cross the central Adirondacks (approximately 150miles) to the NY terminus at Crown Point State Historic Site and Champlain Bridge to Vermont. The route uses approx 75 miles of existing trail on State land and crosses seven units, Wild Forests and Wilderness areas, and public access timber lands. There will be just a few miles on private land.

The general route of the North Country National Scenic Trail in the Adirondacks needs to be field checked, evaluated and GPSed by volunteers. After each scouting trip data is sent to NCTA and N Y State DEC so that the route corridor can be included in GIS maps and amendments to all unit management plans. The basis of scouting is the NCTA and DEC approved route corridor in the *Adirondack Park Trail Plan/Draft GEIS (Plan) for the North Country NST*, <http://www.dec.ny.gov/outdoor/39658.html>.

*Join the North Country Trail Association*

## A Special Deal for FLTC Members!

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

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



Most of the 150 Adirondack miles have been scouted and GPSed, including the off road bushwacks between existing trails by a small volunteer team composed of NCTA, FLTC and ADK volunteers. The forest is thick, terrain is rugged and the route includes small mountains and many streams, lakes, ponds and bogs. Eventually bushwacks will be cleared to become trail. We await DEC and Adirondack Park Agency approval following the required public comment period before any new trail can be flagged. Our volunteer team has made over one hundred trips during the past four years and GPSed nearly 140 miles. There will most likely be an 8-10 mile road walk for a few years to the State Historic Site at Crown Point, the NY terminus of this 4,600 mile North Country National Scenic Trail.

We are excited that the trail will continue into Vermont and connect with the Appalachian Trail. □



Mary takes a waypoint on RR bridge over Hudson River. Photo by Bill Coffin,



Mary and Kim double checking map on Stone Dam Lake Trail before bushwacking. Photo by Tony Rodriguez.



# New Shelter in Boyce Hill State Forest

## FLT News Staff

*All pictures and captions by Ken Reek*

On Map 4 east of Ellicottville, Cattaraugus County, there is a new log shelter at the east end of Boyce Hill State Forest, built by an Alley Cat crew consisting of Ken Reek, Margaret Reek, Bob Emerson, Marty Howden, Dave Potzler, Pete Nye, Michael Granger, Larry Telle, Ron Navik, and Matt Branneman. The pictures below show the stunning progress over four days in early October, using donated logs (red pine from Ben Petryszak's property and Japanese larch from Dave Potzler's), with other materials paid for by the National Park Service from a "Challenge Cost Share," for which our work hours match the dollars for materials. Dave even did the milling and provided transportation for the logs, all except that last stretch, as can be seen below. The site also includes an "air conditioned" fiberglass privy, a fire ring, and bench. □



*Digging the trench so that base will be level. This is a BIG JOB because of the roots that must be cut through.*

*Laying the floor.*



*Marty Howden cutting the angled slope on the front of one of the sidewalls. The 2x4 visible in the photo is the guide used to make the cut.*

*Progress at the end of day 2.*



*The finished shelter.*



*Carrying a log for the walls. It takes four people to carry each one, and there are about thirty of them!*



# Conservation Trail 50th Anniversary Hike Series Comes to An End

By Annette Brzezicki

*The purpose of this two-season hike series was to introduce people to our Foothills Trails Club, our trail, and to celebrate our 50<sup>th</sup> Anniversary by hiking the entire Conservation Trail. Both the FLTC and Foothills enjoyed this same anniversary in 2012.*

We could not have done this without our loyal and dedicated group of volunteers:

Dave Potzler and his band of chain saw helpers, Ben Petryszak, Gus Phillips and Dick Swank. They were out numerous times clearing the trees off the trail for us.

Donna Frantz – registration; Jeanne Moog – attendance; Dee McCarthy our half hike coordinator for 2011; Hike leaders and sweeps: Melanie Okoniewski (fast) Quinn Wright & Kathy Foote (medium fast), Susan Collier & Shari Senefelder (medium), Mike Schlicht & Gus Phillips (medium), Donna Flood & Denise Smith (nature appreciation), and John Burnham, a regular leader/sweep fill in.

SAG (support and gear): These volunteers are the unsung heroes because they gave up their Saturdays to help out. They drove to the sag spot, set up tables, filled coolers, tended to keeping the refreshments available, and gave support to tired hikers as they passed through. They also were the support for injured hikers. A quick phone call to the sag people and “bingo!” they were at the next crossroad to take the injured hikers out. We had a severe issue when a swarm of bees decided to attack many hikers. Two gals really got the brunt of the attack and again a quick phone call produced sag people who were at the next crossroad to help out. Even though we had a variety of weather (we had several days of rain in 2011 and of course you all know the heat of 2012), through all of this our sag people were there for us. To me they were like our Foothills’ Sherpas.

Our SAG helper list and the number of times they helped out are: Sally Castren (10), Kathy Laynor (9), Carol Mallon (9), Connie Umland (8), Bill Boehm (7), Joe Chaya (5), Helen Fredricks (5), Pam Bassett (4), Edna Northrup (4), Gloria Potzler (4), Kathy Clerkin (3), Marcia Hazlett (2), Kalista Lehrer (2), Barb Morrisey (2), Frank Occhiuto (2), Carolyn Celeste (1), Kathy Occhiuto (1), Linda Parlato (1), Carol Racey (1), Florence Rott (1).

Our last two hikes were in Allegany State Park. Both days were rain free with great hiking temperatures. Our picnic and grand finale at Camp Turner on Sunday had balloons, bubbly, awesome food, with many great friends and we even had a “sing along” thanks to Doris Konowalski and Delores Kennedy. They led in song the group of hikers who gathered at Camp Turner in Allegany State Park to celebrate the completion of the two year Conservation Trail hike series and the 50th Anniversary of the Club.

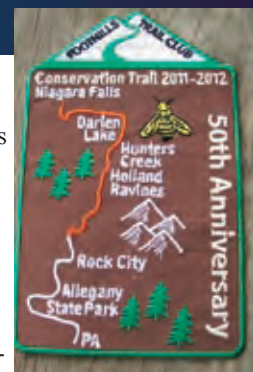
Upon completion of the trail hikers received

the Conservation Trail Patch and those who qualified received a special one time only 50<sup>th</sup> Anniversary Patch. As of October 30, 2012 forty-seven hikers had completed the trail:

Ron Abraham - Belfast, Debra Borer - E. Aurora, Joe Borer - E. Aurora, Annette Brzezicki - Cheektowaga, John Burnham -Lancaster, Jewell Campbell - Buffalo, Susan Collier – Leroy, Patrick Connolly - Amherst, Joyce Elmer - Olean, Bob Emsminger -Lockport, Donna Flood - Clarence, Kathleen Foote - West Seneca, Kathy Good -Horseheads, Nicholas Good - Elmira, Paul Good - Horseheads, Doris Houghton -Waterloo, Dolores Kennedy - Kenmore, Jacob Kern III - Gasport, Carol Kobrin - Lockport, Doris Konowalski - Buffalo, Carl Luger - Alfred, Nancy Luger - Hornell, Mary MacDonald - Clifton Park, Kate Maginnity - Webster, Dee McCarthy - Buffalo, Liz Montesanto - Seneca Falls, Jeanne Moog - East Aurora, Brian Nagy - Rush, David Newlun - Horseheads, Melanie Okoniewski - Buffalo, Bohdan Petryszak - Holland, Gus Phillips - Hamburg, Ed Podniesinski - Cheektowaga, Donna Ruszaj - E. Amherst, Marty Ruszaj - E. Amherst, Nick Scarano - Cuba, Mike Schlicht - Snyder, Bob Schmidt - Lockport, Shari Senefelder – Tonawanda, Trudy Senesi - St. Catherines, Ontario, Canada; Mare Steiniger - Buffalo, Wendy Stevenson - Springwater, Doug Turner - Slippery Rock, Pennsylvania, Elaine Universal – Eden, Gary Wilcox - Mayfield, Quinn Wright - Buffalo, Victoria Wulf - Williamsville.

Many more hikers have only one or two hikes left to do.

Again, this was only possible because of our volunteers. Somehow “Thank you” just does not seem like enough to say. THANK YOU VOLUNTEERS!!!! □



Final hike series celebration at Allegany State Park. Photo by Carolyn Pratt.



## Winter Archives

By Georgeanne Vyverberg



*A correction and a little more  
about Charter members and Vi Davis.*

In the Fall issue it was reported with the passing of Vi Davis that she was the last remaining charter member. In truth, Vi Davis was not an early member, and there are at least two charter members still very much with us, Rosa Wolfer and Valda Laton, who were the subjects of an article in the Spring 2009 *FLT News*. A photo of Valda was on the cover. There may be more charter members and I am currently trying to track them down. Would love to hear from anyone reading this if they or someone they know were part of that elite group.

In 1962 when the FLT was in its infancy there were listed over 75 individual and family members, two scouting groups and four Trail Club members. The core of that group was the Genesee Valley Hiking Club in Rochester. These were the folks that Wally Wood hiked with and persuaded to build a trail across New York State.

I did a little further research about Violet Davis and learned that she began hiking after a doctor who performed surgery on her 5 collapsed vertebrae told her to do some walking to help in her recovery. She was 70 at the time and another doctor told her she could never hike 10 miles, yet that is what she had decided to do in order to complete a hike across the state along the Finger Lakes Trail. She did a few Cross County Hike series but decided to forge on by herself. While hiking alone she broke a bone in her foot when she stepped into a woodchuck hole. She had two walking sticks with which she extricated herself and then walked the nearly six miles back to her car. She decided that "...walking in groups of two was the way to go."

Violet's advice to hikers included these pointers: "Walk softly and carry a big stick for support and checking footing, don't talk to the dogs, carry a whistle or a bear bell and wear very good hiking shoes." She especially advised that you look around at the natural world of the woods and fields that you are passing through. She sounds like my kind of hiking partner. □



*This year's fawn that lives near  
the Service Center.*

Jennifer Hopper

## In Memory of Nick Vandam

November 19, 2012  
End-to-End #74

Nick Vandam, End-to-End hiker #74, died at his home November 19 after a long battle with diabetes. Nick was a lover of the outdoors and an avid steward of the environment. He was also a cyclist who prided himself on biking 3000 miles a year and a cross-country skier. Nick was the father of Kimmie Vandam for whom the Kimmie lean-to on map #18 was built *in memoriam*.



Irene Szabo

*On 1 November 1992, at the formal opening of the Abbott Loop south of Ithaca, Nick Vandam and Laura McGuire were captured looking for all the world like grandmother and grandson. He joined the Cayuga Trails Club that morning, while Laura was already a venerable pillar of the club. Now both are gone.*

## Welcome New & Returning Members August 2012 through October 2012

Paul Babbitt, East Aurora  
William Berliner, Oxford  
George Brett, Morris  
Edward J. Button, Rochester  
Brock Carmichael, North Java  
Michael DuMont, Rochester  
Christopher Greene, Rochester  
Don Greenglass, Binghamton  
Alan Gutman, Endicott  
Paul Helberg, Naples  
J. Roger Lamoreaux, Big Flats  
Robert McCann, Morris  
J. Tyson Merrill, Ithaca

Laura Monichetti, Elmira  
Shirley Morgan, Prattsburgh  
Nickolas Morse, Buffalo  
Patrick O'Connell, Owego  
Kris Packard, Dundee  
Jayah Faye Paley, Pacifica, CA  
Brian Perkins, Canandaigua  
David Schmitz, Little York  
David Tosten, Finland, MN  
Cindy Whitcomb, Hammondsport  
Scott Wickman, Webster  
Martha Zettel, Rush



## FLT NAMED HIKE EVENT

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.

### **Answer to the Fall "Name that Map!" Quiz**

Nobody identified the location on our 50th Anniversary Patch, and I must confess that is entirely my fault. I did the drawing for that patch based on my 1989 memory of the little stream above Excelsior Glen, just east of Watkins Glen on Map M15, right where the trail crossed the stream immediately before it dropped straight down in a long waterfall into the water-formed bowl below. It was a lovely spot, but a little scary when my bobbing canteen, cooling off in the stream, nearly went over the edge!

However, the trail hasn't crossed the stream in that location for years now; I knew there had been a reroute to accommodate a new landowner that put the trailhead on Jolly Road further east and uphill, but I didn't think the stream crossing had changed. Oops. So THAT is why nobody knew the site of the patch, since the trail has crossed well inland of the primary and final waterfall for years now.

Blushing,  
Irene Szabo



*The trail on M15 between NY 414 and Jolly Road now crosses the creek just above this lovely but more modest waterfall.  
Photo by Irene Szabo, November 9, 2012*

## FLT NAMED HIKE EVENT

Saturday, May 25, 2013

### *Wally Wood Spring Hike*

**Leaders:** Alex and Michele Gonzalez.  
[gonzalez@cortland.edu](mailto:gonzalez@cortland.edu) • (607) 844-8912

**Title of Hike:** Rainbow Hike - FLT Map M19 - Cortland County

#### **Hike Description:**

The Rainbow Hike (thus named because the route follows trails of five blaze colors, yellow, green, white, orange, and blue) is 9.4 miles. The hike will take in the following trails: Lithuanian Loop, Irish Loop, FLT, Dabes Diversion, Kuzia Cutoff, and a portion of Cortright/O'Dell Road (scenic dirt road). No car shuttling will be necessary. The hike will also honor Joe Dabes's contributions to the FLTC, since the first and last few miles of the hike will be on land that Joe owns, while the rest of the hike will be on trails that Joe maintains. The hike will take us past Foxfire Lean-to twice, providing shelter (maybe for lunch) if the weather should turn out to be rainy.

This will be a dog-friendly hike (only for well-behaved LEASHED dogs), but hikers who may be nervous around dogs can join part of a separate group that will be hiking dogless and that will start either earlier or later than the main group. Because this hike will involve a good many trail junctions, the leaders will be gathering up the hikers for a head count a little more often than is usual on FLTC hikes. We prefer to err on the side of caution.

#### **Meet:**

Babcock Hollow Rd. parking area, which is also the trailhead for the Lithuanian Loop, Map M19, at 10:00 a.m.

#### **Directions to Meeting Point:**

From Dryden's four-corners: Take NY Rte. 392 to Owego Hill Rd. Turn right at this three-way. Go to the end of the paved portion of this road at a four-way stop sign. Turn left onto Babcock Hollow Rd. and continue until you start seeing a pair of long ponds on the right. The large gravel parking area is on the right.

From I-81: At the main Cortland exit for NY Rte. 13, turn right off the ramp and follow NY Rte. 13 through Cortland. When Rte. 13 becomes Tompkins St., look for NY Rte. 215 (also called Owego Street) on the left. Turn left at this three-way junction. Follow Rte. 215 all the way to Virgil. Proceed straight through at Virgil's four-corners and follow NY Rte. 392 for less than a mile until you see Owego Hill Rd. on your left. Take it and follow it until its paved portion ends at a four-way junction. Turn left and follow Babcock Hollow Rd. until you start seeing a pair of long ponds on the right. The large gravel parking area is on the right.

### **Thank You**

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



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



# Wildflowers along the Trail, #40: Common or Uncommon?

By RWW Taylor

One approach to the study of wildflowers is to travel to relatively inaccessible locations at carefully-targeted times, hoping to catch some rarely-sighted plant in the act of blooming. But such strenuous efforts are not at all necessary to enjoy the game of observing nature's botanical bounty: wildflowers are all around us, and it is only necessary to look closely to discover any number of wonders right at hand.

The distinction between a wildflower and a weed, it should be noted, is pretty much a matter of attitude. Both concepts involve the idea of a plant making its own way in the world, and flourishing in a location where it was not deliberately sown or cultivated, perhaps even having had to withstand specific efforts to discourage its growth. That a wide variety of plants win this battle, often in great numbers, is a fact of life. The victors are in fact sometimes so commonly observable as to win themselves a title; we can cite, for example, the Common Dandelion.

The countless individual specimens of common blooms that wash over our environment annually, season by season, are only part of the story though. Any closer examination of the botanical world greeting our senses discloses layer upon layer of increasingly intricate detail and ever less common wonders to marvel at. No adventurous travel is really necessary to play this game. You only have to look for the uncommon hiding among the everyday.

Striding along a well-beaten trail on a sunny morning, for example, you might suddenly become aware that the patch of low, sprawling, red-stemmed vegetation growing directly underfoot is sporting small, unfamiliar bright-yellow flowers. If you are not in a hurry, and happen to be carrying a field guide, you might be able to identify this plant as common purslane (*Portulaca oleracea*). Purslane is a common weed, found around the globe, and in fact it has been cited as one of the world's ten most noxious weeds. In our part of the world this plant often makes its presence known by invading carefully-tended lawns. It is, however, rather uncommon to spot purslane in full bloom, and this wildflower species is well worth a further look.

Home gardeners will be familiar with the genus name *Portulaca* as a designation for succulent nursery-bred plants bearing flowers of various bright hues, suitable for planting in edgings or hanging baskets. The species name *oleracea* given to the wild plant refers to its use as a pot herb, and purslane has a long history of culinary use going back to Persia and India 2,000 or more years ago. It was widely used for food and medicinal purposes by native American populations, possibly even in pre-Columbian times. Its leaves are rich in iron and contain the highest concentration of omega-3 fatty acids of any leafy green vegetable, lead-

ing to modern use of purslane as a poultry feed to reduce egg cholesterol.

The old New England expression "mean as pussley broth" may refer to the mucilaginous (i.e. gummy) texture of the plant when cooked, and also displays one of the many dialectical variations in the name of this species. Other names in use include little hogweed, fatweed, Cuban spinach, verdolaga, and sun plant. This last name refers to the curious fact that purslane flowers open only in direct sunlight, typically for just a few hours in late morning and not at all on gray or hazy days. This is one of the reasons why the attractive yellow blooms of this plant are so rarely spotted along trailsides (or on the trail itself, as it tends to grow). If you do notice a patch underfoot in golden bloom on some morning hike, take a moment to appreciate the delicate five-petaled blossoms complementing the reddish stems and the blue-green leaves, and reflect on the marvelous diversity the natural world displays to our senses.



*AUTHOR'S NOTE: This article represents the final essay in this series. It has been my pleasure for the last ten years to share with readers some sense of the endless fascination to be found in study of the natural world, and in particular the realm of the wildflowers growing in fields and forests, along roadsides and trails, and anywhere they can. Happy hikes to all, and keep your eyes open! □*

## MOVING?

Send **address changes** to Finger Lakes Trail Conference., 6111 Visitor Center Rd., Mt. Morris, NY 14510 or [FLTinfo@fingerlakestrail.org](mailto: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 [www.adk-flc.org](http://www.adk-flc.org)  
Cayuga Trails Club [www.cayugatrailclub.org](http://www.cayugatrailclub.org)

### Corning Area

Three Rivers Outing Club [www.threeriversoutingclub.org](http://www.threeriversoutingclub.org)

### 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)



Have you noticed the new colored disks appearing slowly throughout the trail system? For years now we have had only white for the main trail and orange for our branches, but now we can offer trail caretakers yellow for the Letchworth Trail, blue for numerous spur trails, and even GREEN for the Irish Loop lovingly tended by Alex and Michelle Gonzalez southwest of Cortland Map M19.

*Photo by Michelle Gonzalez*

## Nominations Sought For 2013 Wally Wood Award

The Finger Lakes Trail accords its highest honor to one person or pair of people who have contributed to the trail as a whole well above the norm for a long period of time, whether as trail workers, administrative volunteers, hike leaders, event organizers, advocacy volunteers, or outreach specialists, and that award is named for our founder, Wallace Wood. The FLT Recognitions Committee (Mary Zuk Domanski, Steph Spittal, George Zacharak, and Chair Irene Szabo) solicit members' nominations as soon as possible in order that we might bestow this award at the spring weekend. Send written nominations with explanation for your choice to Irene Szabo, [treeweenie@aol.com](mailto:treeweenie@aol.com), 6939 Creek Rd., Mt. Morris, NY 14510.

**FLT News Deadline:  
February 3, 2013**

## FLTC Business Members

Bath Veterinary Hospital  
Bloomfield Animal Hospital  
Bristol Views Bed & Breakfast  
Davidson Shoes, Inc.  
Eastern Mountain Sports  
Finger Lakes Tourism Alliance  
Hickory Hill Family Camping Resort  
Holiday Valley Resort  
John M. Andersson Engineering  
Monro Muffler Brake  
Pack Paddle Ski  
Vinehurst Inn & Suites  
Wegmans  
William G. Becker & Sons, Inc.

Catherine Stiner, DMV  
Henry & Barb Owens  
Mark Hogan, President

Randy & Janet Lehman  
Jane Eshbaugh, Mktg. Dir.

Richard French  
Kitty Oliver

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Bath, NY  
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Penn Yan, NY  
Bath, NY  
Ellicottville, NY  
Ithaca, NY  
Rochester, NY  
Livonia, NY  
Hammondsport, NY  
Rochester, NY  
North Java, NY

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

## Membership Process

Now that you are a member...

Rip out this form



Share it to one of the following:

- Brother
- Sister
- Parent
- Sister-in-Law
- Co-Worker
- Friend



Fill in, write check  
and send it our way!

### FLT CONFERENCE MEMBERSHIP FORM

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_ County \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Make check payable to the Finger Lakes Trail Conference, mail to 6111 Visitor Center Rd., Mt. Morris, NY 14510 along with this form.  
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		Trailblazer	\$75
permanent address) .....	\$15	Guide	\$100
Youth organization .....	\$15	Life (individual)	\$400
Adult organization .....	\$50	Life (family)	\$600
Business/Commercial (includes a listing on the FLTC website)			\$100

## The Forever Society

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

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

**We are what we will become.**

### 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!**"

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.



[Lake] Big Secret has never given me many fish, but it's just the right size for canoeing and offers the backdrop I need --- white pines, red pines, black spruce, white spruce, popple, birch, and cedar. One autumn day my wife and I took a break from fishing...and dragged our canoe up a granite slab. ... Then suddenly, out of nowhere, out of deep silence, came the howl of timber wolves: one voice at first --- one long, lonely, wavering note --- then several songs from other throats, twisting and twining around the first. ... This music was more unearthly than Gregorian chant. ... The silence was deeper after they stopped. I looked at my watch. I'd waited thirty years to hear timber wolves howl, and their song had lasted less than three minutes. I felt like a mystic who had finally heard the voice of God. I was almost insanelly happy...

Every trip I've taken up this backroad has been money in the bank, savings for my retirement. For soon the day will come when I'm too blind to drive, too creaky to canoe. But by then I won't need to leave the house. And when they lock me up in the nursing home, I'll slip off into the forest inside my own head.

From *Cold Comfort, Life at the Top of the Map* by Barton Sutter, pp. 205-206

## Finger Lakes Trail Conference, Inc.

### Calendar of Events

- January 12, 2013.... Howard Beye (Winter) Hike. Letchworth Branch Trail Map L1. Leader: Cate Concannon.
- February 3 ..... Deadline for submitting material for the spring issue of the *Finger Lakes Trail News*.
- February 4 ..... FLT Trails are Closed on Private Land Only.
- March 16..... Board Meeting at Hobart and William Smith Colleges.
- April 6 ..... Trail Council Meeting in Canandaigua.
- April 20 ..... Schuyler County Cross-County Hike Series (Tentative Start Date). Watch for details.
- April 20, 21 ..... Chainsaw Training.
- May 25..... Annual Wally Wood (Spring) Hike. The Rainbow Hike in Cortland County, Map 19.
- May 31, June 1&2 . FLT Spring Weekend and Annual Conference at Alfred University. Hosted by Genesee Valley Hiking Club.**
- June 1 ..... Annual Meeting at Alfred University
- June 2..... Board Meeting at Alfred University
- October 4-6..... Fall Campout Weekend—Camp Amahami, Deposit, NY. Hosted by the Triple Cities Hiking Club.**

Please check the FLT website ([www.fingerlakestrail.org](http://www.fingerlakestrail.org)) for up-to-date calendar information.

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



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



*Can you place the scene on the above? Photo by Doug Cunningham. The answer to the fall issue's Name That Map is on page 29.*



Cedar Waxwing  
Photo by Jennifer Hopper



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

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**Early October in the maple-covered hills of northeastern  
Cattaraugus County on FLT Map M4.**

*Photo by Ken Reek.*

