

# Finger Lakes Trail NEWS

Spring 2015



## *Inside...*

- \* *Smart Maps for Smart Phones*
- \* *Our Trail's Eastern Terminus?*
- \* *Traffic Jam at a Lean-to In January*



# SPRING 2015

## ***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 54 Number 1

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**THIS PAGE:** A view from the top of Balsam Lake Mountain toward Graham. By Warren Johnsen

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**COVER:** Photographer Carrie Williams was on the Howard Beye Winter Hike on January 10th when she caught this wonderful view of the Genesee River at the bottom of the gorge within Letchworth State Park. The Letchworth Trail runs over 25 miles up the east side of the park, our longest trail segment of forested public land with great variety along its length. This viewpoint is of the Mt. Morris Canyon, the deepest part of the gorge, but the millions of park visitors on the west side never get to see this view. They would have to walk a few miles to get here, roughly the midpoint between access points C and D on Map L1.

# President's Message

Pat Monahan

Spring is right around the corner. Punxsatawney Phil predicted six more weeks of winter for all of us in February. The fury of winter is slowly losing its grip on us as we move into spring. It is time to pack away the snowshoes and get out the gaiters for a wonderful walk on the FLT.

In my last column, I promised to give you some highlights from the Board's annual retreat at Letchworth State Park Conference Center during the last weekend of October. The Board members worked long hours at the retreat to position the FLT strategically to keep it moving forward. They deserve our thanks for a job well done. Here are a few of the highlights from the retreat:

- Updated the Strategic Plan for 2015-2018.
- Reviewed and approved the 2015 budget (balanced and fiscally conservative).
- Identified strategies to keep the trail on the ground "forever," particularly in key locations.
- Identified key media outlets (print, radio, television, social media) to get our story out to the public.

Due to time constraints for the weekend, other topics on the agenda will be included in future Board meetings in 2015/2016. These include defining roles and responsibilities in the areas of membership, marketing, and development, and a discussion about trail towns along the FLT.



Larry Blumberg

During the month of March, we begin our annual membership drive. I hope you join us again to build, protect, enhance and promote a continuous footpath across New York State. Forever. Your membership is important to us. Your membership helps support the numerous projects across the trail system. It also gives you the right to vote on the new slate of candidates for the Board of Managers (See page 22 for brief candidate descriptions) at the annual meeting held during the Spring Conference in Norwich on May 30, 2015.

Finally, I want to thank the hundreds of volunteers who make the FLT what it is today. It started some 50 plus years ago as an idea and has grown to nearly

a 1000 mile trail system. Thank you to the envelope stuffers at the office, Alley Cat crews, volunteers who have led hikes, Board members, committee volunteers who share their area of interest/expertise, those of you who have given generously with your finances, and all who have found the FLT a place to share your time, talents, and treasures. I am proud to belong and serve the conference as president and hope you will find a way to give back to a great organization.

In the meantime, set your reading aside, grab a map and "Go take a hike." 🍁

## The Forever Society

We are what we will become

**YOU can become part of our FOREVER legacy.**

Follow these new members 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. facebook  
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## Our Newest Members from 2014

Finger Lakes Runners Club  
Donna Flood / Lois Justice  
Bruce & Donna Coon  
Dick Hubbard



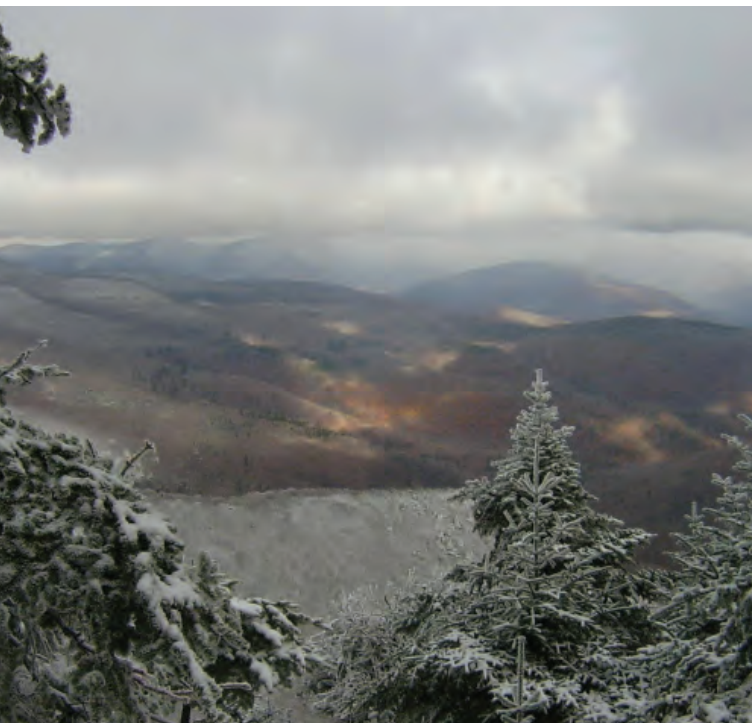
# A Vote for Slide Mountain

Rick Roberts

I think you have to admit, that's if you are really thinking about it, that the FLT ends or starts, as the case may be, in the middle of NOWHERE.

At some time in the distant past the founders of the FLT chose Denning as the eastern terminus of the FLT, not just the end of old Denning Road, which at the time may have actually been an open road, but somewhere east of the road where the Long Path (LP) nears the Neversink River. In the 80's there was actually a lean-to located there but constant flooding of the Neversink doomed it.

In reading the history of the Long Path I discovered that although the LP was conceived in the 1930's, it was not until after being revived in the 60's that the path through the Catskill Park was completed and that was not until 1987. Did the LP actually exist when the FLT founders chose its beginning/ending ??



Warren Johnson

*A view eastward from Slide Mountain toward the Devil's Path.*

The Appalachian Trail begins and ends on two mountains, one the highest point in Maine. In addition, it traverses many of the highest points in the Appalachian chain. Vermont's Long Trail runs along the spine of the Green Mountains, crossing Vermont's highest point, Mt. Mansfield. California's John Muir Trail ends at Mt. Whitney, the highest point in the state and the tallest mountain in the southern 48 states. Where does the FLT end? In the middle of FREAKIN' NOWHERE !!

Now I understand that at the western end of the FLT, the trail ends at the Pennsylvania border, still the middle of nowhere but a definite ending point nonetheless, and there the North Country Trail continues into Pennsylvania. What I propose here is to give the FLT a definite eastern ending point and to make it the highest point in the Catskills, namely Slide Mountain.

When I did my FLT end-to-end in 1994, I did not start at Denning, since to drive to that location was too difficult for my wife and parents who dropped me off. Hey, it was pre-GPS!! Instead I choose a beginning in Woodland Valley Campground near Phoenicia. That location was easily accessed and had good parking as well as other amenities. Although my hike up and over Slide Mt. was strenuous, it got me to the beginning of the FLT at Denning and was well worth it with great views of the Catskills from Wittenburg, Cornell and finally Slide.

I have pitched this idea of a Slide Mt. terminus to several FLT members at the four Catskill Alley Cat projects I hosted in the Catskills, at several other FLT events and have received positive responses in all cases. The last person I tried to convince was our Executive Director. We were meeting with a landowner here in the Catskills in an attempt to move the FLT off the Denning Road and eliminate 10 miles of road walk. Dick Hubbard's reaction was the same as the others I have talked with. He liked it!

The process in choosing a new eastern terminus is, of course, something that the Board of Managers must ultimately decide, based on input from the Trail Management Team. That aside, the only other detail is to designate it on our FLT maps. The DEC trail to Slide exists and in fact is part of the Long Path. But neither the FLT nor the Long Path has rights to the trail. It is DEC's trail as are many of the other trails that the FLT traverses on its eastbound path to FREAKIN' NOWHERE.

So how about it? Are you ready to weigh in for a new eastern end to the FLT?? Let your FLT Board members know your opinion. **VOTE FOR SLIDE MOUNTAIN !!**

Comments from Archivist Georgeanne Vyverberg and Editor Irene Szabo on Rick's questions about Catskill trail history:

Georgeanne said, "ANYWHERE on the trail is the middle of nowhere. Isn't that the whole point of going for a hike?"

Seriously, Rick, you made both of us search for literal hours in the old board minutes and old *FLT News* issues available at the office, but we gradually pieced together only a vague story about our east end.

It is true that decades of early material were very general about the Catskill end, just making it a goal in early maps and descriptions, 1962 onward. There were no clear possibilities until the 1980's, to our surprise, even though early enthusiasts Gary Klee and Jerry Lawrence kept trying to find a way from Walton eastward through either private or public land. Georgeanne and I tried vainly to think of somebody from the early days we could talk to, but everybody was already dead ... Erv Markert, Howard Beye...but then I thought of Gary Klee! However, when I went to the FLT office today, I learned that he had just died a week ago! Gary had been an intermittent trail sponsor east of Walton and had been on our board as recently as the early 90's. I guess a 52 year old organization does indeed run out of living witnesses.

At last, however, I did find Jerry Lawrence, a lapsed member, by using a search service online, and caught up with him by phone while he was in the process of moving to Florida. He said that Erv Markert long had wanted to meet up with the Long Path at the Denning Lean-to, which used to be at our eastern junction, and both the DEC and the New York-New Jersey Trail Conference (sponsors of the Long Path) agreed since some time in the 1970's. For unknown reasons, probably mostly to do with an utter lack of volunteers at the east end, nothing official happened until 1985.

All that digging reminded me of a few things from my own end-to-end hikes in the late 80's and early 90's. Georgeanne was frustrated that she found NO material in the map by map folders from Howard's files (and his files are FILLED with all correspondence normally!) for those easternmost maps in the M30's; finally we realized why! Back then, we sold the appropriate New York-New Jersey Trail Conference maps of that area, because OUR ROUTE WAS ONLY A DECLARED LIST OF EXISTING DEC TRAILS TO FOLLOW. Our own blue paper maps came later, some starting in 1987. Nonetheless, we still walk mostly DEC trails, not our own originals.

I walked the east end in the early 90's, using NYNJTC maps, which included a LOT of roadwalk, including Beaverkill Road, parallel to what is now the much more exciting Alder Lake to Balsam Lake Mountain segment. The latter was opened after I finished in '94, and, of course, required DEC permission. I can remember hiking up Balsam Lake Mountain during one of our fall weekends years later, after Alley Cat crews had done a lot of stone work to help create good trail. I do believe this was new trail, built by us.

But here are the few bare facts we could find: in 1985, Jerry Lawrence wrote to the DEC Regional Forester to request permission " ...to utilize Catskills Trails from Margaretville through the juncture with the Long Path, as part of our continuous east west footpath across New York State. ... We would also ask permission to include this route in our maps and manuals."

"We would ...follow the Neversink Hardenburg Trail southeast [sic; it's northeast] until we join the Long Path Trail..." So

it is clear from Jerry's official letter that we intentionally meant to hit the Long Path where the DEC's own Neversink Hardenburg Trail carried us. Yes, that trail utilizes the old Denning Road we now walk.

Later, in 1991, we found an item in Howard Beye's Trail Report to the Board, included in every board meeting's minutes, that said "...the FLTC signed the Memorandum of Agreement with Regions 3 and 4 of the DEC for the FLTC to assume the responsibility for light maintenance of 16.5 miles of trail in the Catskills from Campbell Brook Road to Little Pond Campground. Jairus Lawrence, the Eastern FLTC Trail Coordinator, has secured Trail Sponsors for all but one section of this new section of trail." This is another piece of evidence that the FLTC had to get permission from and agreements with the DEC to put our trail on their existing but under-maintained trails.

In 1987 our blue-paper maps took us up through the western Catskills, but not until 1997 did we publish our own maps of the last three maps' worth of walk to Denning, Maps M 31, 31A, and 32. These were still the good old blue-paper style, of course. Only in the most recent years have we been able to produce those easternmost maps on Rite-in-the-Rain paper with ArcView technology.

Rick's passionate embrace of changing the eastern terminus wonders why we ended where we do now, and Georgeanne and I must report that we cannot clearly determine why we do. Yes, our goal of connecting to the Long Path was achieved, but why that spot? We do not know, other than the fact that the DEC's Neversink-Hardenburgh Trail ended there, too, which is probably the answer. And that Denning Lean-to at our east end? It was removed after flood damage, and Jerry Lawrence says that the DEC had wanted to remove it for long years since it had become a party spot, too near the road. Our earlier end-to-enders did see it. 🍁



*Ed Sidote in 1990 at the Denning lean-to, the east end of the Finger Lakes Trail.*



# Howard Beye Hike, January 10

Cate Concannon

Winter hiking is not for everyone. There is a certain amount of special clothing that makes the hike more comfortable (long underwear, wool socks, wicking fabrics, wind and waterproof pants and jacket); traction devices such as microspikes or Yaktraks can be helpful, and if you have enough snow, snowshoes are good. The most important thing I think though is what someone on the hike elucidated perfectly: mindset. When it is so cold — in this case, seven degrees when we met at the Hogsback Overlook at Letchworth State Park — the thought of being cold makes you want to stay inside, under the covers where it is comfortable.

This mindset, however, prevents you from enjoying the truly wonderful experience of winter hiking.

Winter hiking is quiet. The snow seems to cushion everything, every step, every sound. On our hike we could hear the trees squeaking together as the wind blew in occasionally from the river gorge. The trail looks different. Your vision is crisp and clear. The sun was shining. Admittedly, I am a fair weather hiker. But I will take a cold, clear day over a grey, rainy day for a hike.

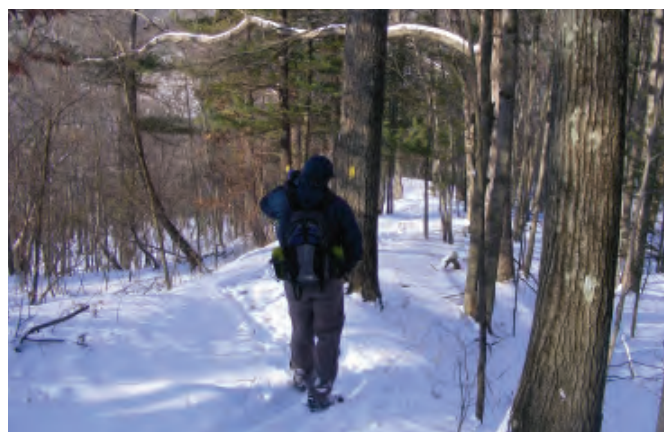


Carrie Williams

*Descending one of the steep-sided gullies that punctuate the Letchworth Branch Trail, as water works its way from level land down into the gorge.*

Luckily, fifteen other people (and one intrepid dog) felt the same way and met up on Saturday, January 10<sup>th</sup> to honor the man for whom the 5<sup>th</sup> annual Howard Beye hike is named. As I did not know Howard personally, I asked Irene Szabo, who stopped by to say hello at our meeting place, to say a few words. Irene told our group how for 17 years, Howard and his wife Dotothy performed the work handled by four current FLTC Board of Manager Vice Presidents and three part-time staff! Trail preservation, marketing, membership, map development and distribution – Howard kept interest in the trail alive.

Mindful of the temperatures, Irene kept her comments short, and the group split into a few cars to take us to Access E off



Carrie Williams

*The Letchworth Trail is probably our longest segment of unbroken forest.*

River Rd, our starting point for the hike. We essentially split into two groups for the 6.5 mile hike, with a few stops for snacks including one at the relatively new lean-to located between Access E & D. The pace was fairly brisk overall due to the colder temps and the occasional wind gusts. We didn't spot any of the immature bald eagles that Irene told us to keep our eyes open for. Carrie of Liverpool got the prize of an extra cookie for driving the furthest for the hike. We had a heavy Horseheads contingent joining us, including E2E's Kathy, Paul and Dave, plus Jack and Gary. Also hiking were Chris, Carol, John, Brock and David plus Springwater Trails hikers Wendy, Rick, Don, Mark and Duffy. Thank you to everyone who joined us with their pleasant conversation and high spirits on this crisp winter day! 🍁

One of the hikers with Cate sent her his impressions of conditions that day, but preferred to keep his name unpublished.

*Approximately 3-6" of fresh powder snow, no "crusting layer" in the snow pack, as there was no previously existing snowpack prior to the recent snow, nor temps warm enough to form a crust. Occasionally encountered drifted areas, some rarely drifted to 8" deep. West side of many deciduous trees, at varying locations along the trail, had a vertical swath of snow stuck to them, indicating snow had fallen in windy conditions with a westerly wind. {Editor: this whole trail is roughly north-south along the east side of Letchworth gorge, so winds have a constant long run at these trees across the vast fetch of the gorge.}*

*Frozen creek crossings; all streams were solidly frozen, none running. {This in high contrast to Cate's Howard Hike two years ago when a thaw made every stream crossing a serious adventure.} Many places on the trail we were the first hikers to lay prints in the snow.*

# Executive Director's Report

Dick Hubbard

## GET READY FOR SOME EXCITEMENT!

Greetings for the first time in 2015!

Looking at the months ahead I see a good deal of forward momentum carrying us into a year filled with action. At the office and around the state, the FLT is bursting with excitement and enthusiasm for many activities, changes and enhancements.

Several months ago we embarked on a task to reorganize the office so staff and visitors could work together more easily. Moving desks and people around required some re-wiring so that the office technology could be rearranged. In doing this we also found it beneficial to upgrade some communications gear and hope to see better service and higher speeds. We utilized the volunteer support of member Paul Hoffman and appreciate his time and service to facilitate the move.

During the same time, I've continued involvement with the development of a new website that is targeted for release later this spring. Together with additional volunteer leadership from board-level members Peggy Coleman (VP Membership & Marketing) and Roger Hopkins (IT Chairman), volunteer member Harold Kyle (Syracuse) and external contracted services, we look with much anticipation to a new website operating on a robust platform that will provide an appealing, friendly, easy-to-use place to stay in touch with the FLT organization.

Peggy Coleman has also taken the lead with a marketing/tourism based initiative partnered with NYS Office of Parks, Recreation and Historic Preservation to promote the FLT and State Parks. Funded through a state Economic Development grant, you will soon see a new printed brochure together with a website landing page (HikeThruNY.com) that will



Amy Dlugos

*Dick presented an overview of the FLT and spoke about the economic impact of trails to a citizens group in the initial planning stages of building a footpath along the Cohocton River in Steuben County. Pictured with him are Kemberli Sargent, Planner, Chelsea Robertson, Senior Planner, both with Southern Tier Central Regional Planning & Development Board, and fellow presenter Jim Pfiffer, Executive Director, Friends of the Chemung River Water Shed, who have developed the nearly eighty mile Chemung Basin River Trail.*

tie in with many social media platforms. A smaller committee has recently expanded with new volunteer energy to further promote the program.

Add in some work projects, trail maintenance, trail runs and a new Grimes Glen – Naples Loop (off the Bristol Hills Branch Trail right past Hazlitt winery) and you know there is a lot to look forward to in any number of ways! The Spring Conference in the east central part of the state and an exciting fall *Rendezvous* with our friends at the North Country Trail head up the larger hiking and social get-togethers for the year. Both are certain to provide you and your friends

with opportunities to see some of the FLT's many beautiful segments in Chenango, Cortland, and Tompkins Counties.

Friends? Why yes! I know you have some friends who would really like to know more about the Finger Lakes Trail. I find, all the time, when I tell someone about the nearly 1,000 miles of trail in N.Y. (often nearby) they just want to know more. So, I'm leaving this up to you! Find a friend or two or three and introduce them to the FLT; ask them to go out on a hike, and make certain to ask them to join our family of members who enjoy, volunteer and support what we know to be New York's Premier Footpath.

I look forward to hearing from you, hiking together and seeing your friends as our new friends. Continue your membership this year and enjoy all that is so good about the FLT! 🍁

**Contact:** Dick Hubbard  
Hubbard.RDH@gmail.com  
716-604-8380



# Trail Topics: New Trail Sponsors

## Steve Catherman, Vice President of Trail Maintenance

Scoutmaster **Shawn McGuire** and his Boy Scout Troop from Warsaw have agreed to take over the 5.4 miles of trail on Map M6 between Access 5 at Camp Road and NY State Route 19A just south of Portageville in Wyoming County. Shawn and his Scouts inherit this section that includes a beautiful level woods walk from previous sponsor **Dan Speakman**.

**Taylor Crowe** and **Amy Bizup** from Bath are the new co-sponsors of the first 3.1 miles of trail on Map M12 between Access 1 at Sand Pit Road and Access 2 at the corner of Robbins Road just a few miles south of the junction with the Bristol Hills Trail in Steuben County. Taylor and Amy are helping current sponsor **Lorraine Manelis** tend this mainly wooded section of trail that features the lovely Hickory Hill lean-to.

**Charles** and **MJ Utech** from Marathon are now maintaining the 1.5 miles of trail from the power line in Kennedy State Forest to Tone Road as well as the 1.9 mile Virgil Mountain Loop through this same State Forest on Map M19 in Cortland County. The Utechs are taking over these sections from sponsors **Mike TenKate** and **Joe Dabes** who still have plenty of their own trail to take care of.

**Richard** and **Deborah Rogler** from Nineveh have adopted the brand new trail to the Rock Rift fire tower that was built by Regional Trail Coordinator **Rick Roberts** and an Alley Cat crew last summer. From the west, this 3.6 mile trail ascends to the tower from a blue access trail to NY State Route 10 and then drops back down to a second access trail to Route 10 further east at Fish Brook on Map M28 in Delaware County.

Staying on Map M28, **Bruce** and **Donna Coon** from Gilbertsville are maintaining the 1.2 miles of new trail from the second access trail to Route 10 at Fish Brook mentioned above to the NY State Route 268 bridge over the Cannonsville Reservoir. They are also tending to the 0.4 mile access trail itself.

**David Ruston** from Binghamton is the new sponsor of the 5 mile section of trail on Map M29 beginning at the NYSDEC Horse Campground on East Trout Brook Road and stretching through a portion of Bear Spring Mountain Wildlife Management Area before ending at the parking area on NY State Route 30, just south of Downsville in Delaware County.

**Kevin Simpson** from Ulster Park has taken over the 5.7 miles of trail on Map M32 between the east end of Alder Lake and the Balsam Lake Mountain Trail in Balsam Lake Mountain Wild Forest in the Catskills in Ulster County. This section of trail, previously maintained by the NYNJ Trail Conference, features several vistas above 3000 feet and the highest point on the Finger Lakes Trail at 3660'.

### Trail Available to Adopt

Regional Trail Coordinator **Paul Warrender** is looking for a replacement for long time trail sponsor **Don McCrimmon** who has been maintaining the last 2.3 miles of trail on Map M18 from the microwave tower in Hammond Hill State Forest to NY State Route 38 in Tompkins County.

At the eastern end of the main trail, **Rick Roberts** is still looking for a sponsor for the 4 mile section of the Campbell Mountain Trail on Map M30 in Delaware Wild Forest in the Catskills that begins at NY State Route 206, passes over the top of Brock Mountain and then descends to a three-way junction with the Pelnor Hollow Trail and a side trail to Little Spring Brook Road.

Contact Paul at 401-439-8285 or [rif167@yahoo.com](mailto:rif167@yahoo.com), or Rick at 607-746-9694 or [hikerrick2000@yahoo.com](mailto:hikerrick2000@yahoo.com) for more information on these opportunities. 🍁



Tammy Catherman



*In Rock City State Forest, where we now have new trail diverging from the old bike trail, the DEC suggested a sign making it abundantly clear which way each of us should go, hikers and bikers. Dave Potzler has created this magnificent fun sign out of an exotic hard, dense Brazilian wood.*

**Contact: Steve Catherman**  
[stevec@roadrunner.com](mailto:stevec@roadrunner.com)  
607-569-3453



# Trail Topics: Four Dodge Ways, 13 Puncheons, and a Privy

## Lynda Rummel, Vice President of Trail Quality

This past summer, Marty Howden, Dave Potzler, and their friends and relatives did so much work ahead of time for the “white trail” in Rock City and McCarty Hill State Forests (Map M3/CT3) that the scheduled Alley Cat crew was unnecessary and so became available to do something else. The “something else” turned out to be building four dodge ways on private lands around Ontario County Park on Gannett Hill, where the Bristol Hills Branch trail begins (Map B1), plus retro-fitting the privacy fence attached to the privy, putting down 130’ of puncheon, and building a sawbuck for the Outback Inn on Italy Hill (Map B2), all on a three-day weekend in late September.



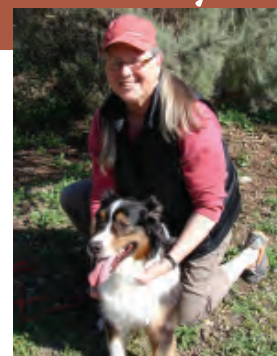
Dan Dorrrough

*The new dodgeways below Ontario County Park on private lands, as seen by winter hikers Dan and Ruth Dorrrough. We can see how Ruth has to slip sideways through the zig-zag profile, and the sign should be abundantly clear to all users.*

First, the dodge ways: Ontario County Park, on the west side of Canandaigua Lake, has become a destination for mountain bike riders. The local affiliate of the International Mountain Biking Association (IMBA), the Genesee Regional Off-Road Cyclists (GROC, or “Gee-Rock”), has built approximately 11 miles of trail in the park, most of which simply cut across the FLT. However, after learning that mountain bike riders were starting to ride *on* the FLT in Ontario County Park and across private lands on the east side and down the steep south slope of Gannett Hill to CR 33, had even put up their trail numbers next to the orange blazes of the FLT, and had held a bike race that directed riders out of the Park and down the hill on the FLT, FLTC leadership became concerned. Our unease increased when we learned (by reading a brand new Park brochure) that the Park now considered all of its trails to be multi-use and managed by the GROC. Since the FLT had been in the Park and managed by the FLTC as a foot path since 1967 (per Ontario County resolution #109, adopted 3/30/67, long before trail bikes were invented), and the section is a Passport Hike sponsored by Wegman’s to promote *hiking*

for health, and these changes had been effected without the foreknowledge or consent of the FLTC, representatives from the FLTC asked to meet with GROC and Park officials to review and redress the situation.

The FLTC team consisted of Steve Catherman, Dick Hubbard, Lynda Rummel, and landowner Bob Wild. At the end of the meeting, Steve Vanderbrook, Ontario County parks administrator, asked that the FLTC and GROC work together to build sustainable trail in the Park. Our requests to have the FLT in Ontario County Park returned to foot-travel only status under our control, be permitted to erect Carsonite posts with decals where bike trails cross the FLT, and be allowed to sign the FLT for pedestrian traffic only have not been answered. So we did what was within our control to do: we built partial barriers – in this case, pedestrian pass-throughs called dodge ways -- where the FLT crosses into private lands.



Rolf Zerges



Dan Dorrrough

We built the dodge ways for the purpose of protecting the interests of the private landowners who generously allow the FLT to cross their lands. Thus we provide our members and guests with a single-tread primitive back-country trail that is reserved for hiking and other forms of foot-travel only. Of course, each of the four dodge ways was built with the permission of the landowner (secured by Dave Newman) and sometimes at his/her request. As we planned the project, we discovered that the landowners who host the trail on Gannett Hill were quite upset about bike riders coming onto their properties. Bikers have greatly upset hikers, as well, because those who have cherished walking the FLT in peace through

the Park and on the adjacent private lands now have to worry about rude mountain bike riders interrupting their quiet time, forcing them off the trail, or causing them to jump out of the way if they are agile enough, when trail running. Landowner Bob Wild, who also maintains the section from the Jump-Off (aka "Look Out") to CR 33, spoke for many when he said:

"Many hikers are of an age (very young or very old) or condition when bikes are alarming or even frightening. You only need to see an alarmed parent jerk their toddler out of harm's way when certain bikers are coming hell bent for leather to know this is a problem. Bikers simply drive hikers away and since most hikers are not organized they can't fight back except through proxies like the FLTC."

We concluded that the landowners, as well as the hikers who use the trail, might regain some sense of peace if they could know that mountain bikes weren't going to descend suddenly upon them.

The dodge ways are built to typical dimensions designed to allow persons (and dogs) but not horses, bikes, snowmobiles, or ATVs to pass through. Dodge ways and stiles have been

anyone using the trail to ignore the fact that they are entering private land where only some activities will be tolerated.

The crew stayed in the lovely home of landowners Bob and Liz Wild, on the eastern side of the top of Gannett Hill, with a stunningly beautiful view of Canandaigua Lake and beyond. With Jacqui Wensich doing the cooking, the "digs" simply couldn't have been better. With the help of Dave Newman and Lynda Rummel, Matt Branneman designed the dodge ways and managed their construction. Lynda hauled materials to the three sites atop the hill in her utility vehicle, while Matt hauled materials to the fourth site, on CR 33, in his pickup. Peggy Coleman, Dave Drum, Bob Kremens, Dave Newman, Pete and Colleen (Townsend) Stapleton, and Dave Tuttle worked the big two-person auger that Matt rented, put in the posts, secured the boards to the posts, set up the wire fencing, and posted signs asking trail users to respect the wishes of the landowner by traveling only on foot. The four dodge ways were finished in two days.

In the meantime, after hauling in materials on the first day, Lynda trailered her utility vehicle to the north end of Pulver Rd. (Map B2), in order to be ready when the wood for the second part of the project was delivered the next day. When the old Outback Inn was deconstructed and the new Outback Inn was built three years ago, materials had traveled from the end of Pulver Rd. across private lands and state forest land (with permission) to the Yates County property which hosts the OBI. The same route was followed this time, after clearing it of the



Jacqui Wensich

*Part of the weekend's crew eating Jacqui's dinner of pulled pork, corn, mashed potatoes, and brussel sprouts: Colleen and Pete, Matt, and Peggy, left to right.*

used in Europe and North America for ages and are still used today wherever a trail crosses through stock pastures where foot travelers are welcome but where bikes, horseback riders, or vehicles are not allowed. These particular dodge ways combine specifications from California and England. Vertical wooden fence posts and four horizontal boards between them create a "V" through which trail users must pass. To prevent going around, twisted double-wire fencing (without barbs) was strung out for some distance on each side. Packs must typically be taken off and moved through, and going through sideways is highly recommended. We knew it would be a tight passage for us heavier folk, but it is better than putting up completely fenced sections with stiles to climb over. More than anything else, the dodge ways make it impossible for



Bob Kremens



Bob Kremens

*The new puncheon on Italy Hill takes shape, first with crosspieces placed, and then with walkway boards in place, it's nearly finished.*



debris that accumulated in three years. Lynda had borrowed a heavy narrow trailer with two axles in the middle from the FLTC office. Dwayne Ballard, from Knapp & Schlappi Lumber in Penn Yan, carefully loaded (26) 2x10x10's, (7) 4x4x12's, and (10) 2x4x10's onto the trailer, a heavy load, but Dwayne took great care to balance it perfectly. Although the route was wet and muddy, the trip in was unremarkable until the weight of the trailer pushed the utility vehicle into a slide on wet leaves down the last, short slope. Fortunately, there was a good level landing spot.

Even better, three young men (Nathan Zampella, Dan Willistein, and Erik Ferguson) staying at the Outback Inn immediately offered to help unload and lay out the materials along the trail, ready for assembly. It turned out that Nathan is a volunteer fireman in Pittsford, where Bob Kremens also volunteers and the three were having a "guy's weekend" on the FLT. Lynda was extremely grateful for their help, as well as Dwayne's.



*At the Outback Inn, the privacy screen was made taller with leftover boards at the bottom. Take a break in peace.*

Bob Kremens

The next day, Matt, Bob, Pete and Colleen joined Lynda to assemble the puncheons and the sawbuck. The string of 13 puncheons now runs east across persistently wet and muddy trail from the front of the Outback Inn to just onto Italy Hill State Forest land. It was hoped that

asphalt shingles salvaged from the roof of the old Outback Inn could be used atop the puncheons; however, they were too badly deteriorated so will have to be hauled out next year. With any luck, Troop 68 from Hall, which visits the lean-to occasionally, will be able to add something to help prevent slippery boards. The sawbuck and a cross-cut saw that Lynda brought in are to help lean-to visitors cut up and burn the pile of logs left from the old Outback Inn for their fires.

On the other side of the trail, facing away from the Outback Inn, scouts from Troop 37 (Rochester) had set up a fiberglass chum toilet with waist-high privacy fencing on the back and side. It was hoped that some of the long side boards from the old Outback Inn could be secured to posts or trees in between the privy and the lean-to, to create greater privacy. However, these boards also proved to be too far gone. In a stroke of genius, Bob came up with the idea of putting a couple of the shorter hemlock boards left over from the new Outback Inn horizontally under the fencing by temporarily lifting up the fencing, fastening on the boards, and then putting the fencing down on top of the boards, and that's exactly what he and Matt did. So now the privacy fencing is a good two feet higher, and with that, the work at the Outback Inn was finished.

Funding for building the new Outback Inn and its amenities, including the puncheon, came from a grant from the James P. Gordon Charitable Trust. In 2011, the new Outback Inn and privy were built as an Eagle Scout project. Deconstruction of the old Outback Inn was also an Eagle Scout project. Next year, Lynda will haul out as much of the unusable left over materials as she can, and tidy up the site. 🍁

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ljrassoc@roadrunner.com

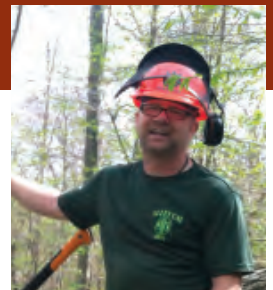
## Trail Topics: Alley Cats

*Matt Branneman, Vice President of Crews & Construction*

All of the Alley Cat projects last building season were very successful. Many volunteers gave up their precious free time to come out and help build bridges, new trails, puncheons, and dodge ways, or renovate an open air privy and repair a lean-to roof. Although the reroute in Rock City State Forest was originally scheduled as an Alley Cat, volunteers took it upon themselves to complete the project before the scheduled dates. We also added a project late in the fall to help protect property owners from cyclists using the FLT on their land. See Lynda Rummel's article on that effort. Thanks to everyone who volunteered last year.

The upcoming building season is starting to take shape. A traditional log shelter will be constructed on the Bock property in Tompkins County, possibly over the week of June 24-

28, but nothing definite yet. There will also be a post and beam style shelter built this year on Map M12 as the Robert Muller Memorial lean-to, which Susan Yee has made possible. There will also be a trail reroute that will take yet more of the FLT off the road. Of course nailing down the projects and dates is still in the works. If you are considering volunteering this year check our website often for information and updates. 🍁



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# Trail Topics: Mapping

## Greg Farnham, Vice President of Mapping

Mapping Status: “a trivial look inside a not-so-trivial trail”

Jo Taylor and I continue to share the mapping workload, and discuss how to make the map maintenance work easier and less complex. Since the last update, the following FLT Map changes have been made:

M2 - permanent closure of trail spur between Sunfish Rd and Sawmill Run Rd.

M3 - incorporation of new routes in Little Rock City (between Access Points A2 and A3), McCarty Hill State Forest (between A3 and A4), and permanent landowner closure of the trail between A1 and A2. A temporary road walk has been drafted while the Regional Trail Coordinator (RTC) applies for permission to reroute this section onto state land.

M4 - a reroute in Boyce Hill State Forest between Access Points A2 and A3, and a nice reroute between A4 and A5 taking the trail off the previous road walk.

M6 - a reroute near Sixtown Creek, between A2 and A3.

M7, M8, M9, L1 and L2 were re-published to note new sponsors; no trail changes were made.

M12, M13 and M26 - wording changes on the back; the trail did not change.

B1 - additional hunting closure completed.

B2 - reroute and hunting closure changes.

Maps M03, M12, M31 and SwL were re-published to include geo-spatial reference data within the PDF map. All our PDF maps now include this data, which allows a smartphone user to locate their position on the PDF map once loaded onto the smartphone (see a separate article on these “apps” and this technology).

Trail Conditions (TC) notices were posted for each of these updates.

Our mapping work queue contains reroute updates that are either pending approval and/or GPS work for maps M06, M15, M16, M19, M20, M21 and M22.

There is currently a mismatch on one map:

The interactive map for M16 is different from the GPX and PDF (paper) maps, in that the former has been rerouted (online) to account for a current permission loss, but the interim route has yet to be walked with a GPS, preventing the official maps from being updated. The change is documented on our Trail Conditions page.

Please be sure to check the FLT website to determine the latest publication dates of our maps. In addition, please check our Trail Conditions page to learn of important trail changes that are more recent than the latest published maps.

### A Look Inside Mapping:

The FLTC publishes 64 maps in our store. These consist of 33 Main trail maps, 20 Branch trail maps, and 11 Loop maps. For each map, there is a PDF file, a GPS file, and a paper map available for purchase. At present, our maps cover 576.2 Main, 305.5 Branch, and 69.5 Loop trail miles, for a total of 951.2 miles, not including temporary re-routes posted on Trail Conditions, and not counting spur and side trails published on the maps. Our current official mapping software tracks 185 separate “tracks” that combine for a total of 992.8 miles.

Those of you still working from blue paper maps will probably find different sums! :-)



Greg Farnham

**Contact:** Greg Farnham  
FLTCmapping@outlook.com

## Welcome New & Returning Members

### November 2014 - January 2015

Ric Allen	<i>Ithaca</i>	Urs Frei	<i>Erin</i>	Kevin S. Simpson	<i>Ulster Park</i>
Peter Carr	<i>Snyder</i>	Carmen Gumina	<i>Webster</i>	Barry Sutton	<i>Hamburg</i>
Jack Chaney	<i>Horseheads</i>	Frank Hughto-Delzer	<i>Camillus</i>	Damon Towner	<i>Kirkville</i>
Bill Cooke	<i>Lexington</i>	Colleen Johnson	<i>Penn Yan</i>	Susan, Rick, Matthew & Katherine Turnquist	<i>Ashville</i>
Taylor Crowe	<i>Bath</i>	Laura Klement	<i>Rochester</i>	William Waller	<i>Buffalo</i>
Dave Currey	<i>Bernhards Bay</i>	Joe McMahon	<i>Ithaca</i>	Carrie Williams	<i>Liverpool</i>
Michael Doyle	<i>Hammondsport</i>	Ryan Mills	<i>North Rose</i>	Anthony Zema	<i>Syracuse</i>
Paul Driscoll	<i>Bloomfi ld</i>	Jason Oliver	<i>Greenwood</i>		
Eric Elder	<i>Painted Post</i>	John Read	<i>Corning</i>		
Suzanne Etherington	<i>Cortland</i>	Art & Sharon Sandberg	<i>Norwich</i>		



# Smart Maps for Smart Phones!

*Dave Drum*

Wouldn't it be great if you could surf the FLT website, checkout the online map for a destination, see what map you need, go to the online store, purchase the pdf/gpx map download and go hiking with your gps enabled smart phone showing your current location on our awesome, world famous, information filled FLT map? Well, the stars have aligned and you can! FLT pdf maps are now available with this capability.

Our techno friends extended the pdf file standard recently to include the ability to provide geographical reference points for the geometry displayed in the file. With that and the growing pervasiveness of the gps enabled smart devices, other techno friends developed some very useful apps that can keep us mere mortal hikers found (as long as our batteries hold out). Of course, the geospatial pdf maps work just like regular pdfs if your device isn't gps enabled.

There are two basic approaches to staying found with your smart phone (or tablet). You can either use the geospatial pdf and the appropriate app or the gpx file and its appropriate app. Fortunately, for either approach, there are multiple apps available for free with the essential functionality.

For those of us who like the look and feel of the current FLT maps, the Avenza PDF Maps app is available for either Android or iOS devices. This app was featured in a recent North Country Trail magazine article. NCT is working toward offering their maps in the geospatial pdf format. Fortunately for you, FLT maps are already available in this format. In fact, the map you own may already have this feature! Maps from January 2013 onward have this feature enabled with the exception of M3, M12, M31, and SwL. Somehow they had cut class when smarts were handed out. Well, after a trip to the principal's office, they are now ready to go!

Inevitably there are and will be more apps out there for geospatial map display on mobile devices. Avenza seems to be quite popular and ....well, I liked it. There are many places to get other geospatial maps as well. Avenza offers many for sale on their site. USGS geospatial maps are also available for free. Just Google the USGS Store and look for the Map Locator and Downloader.

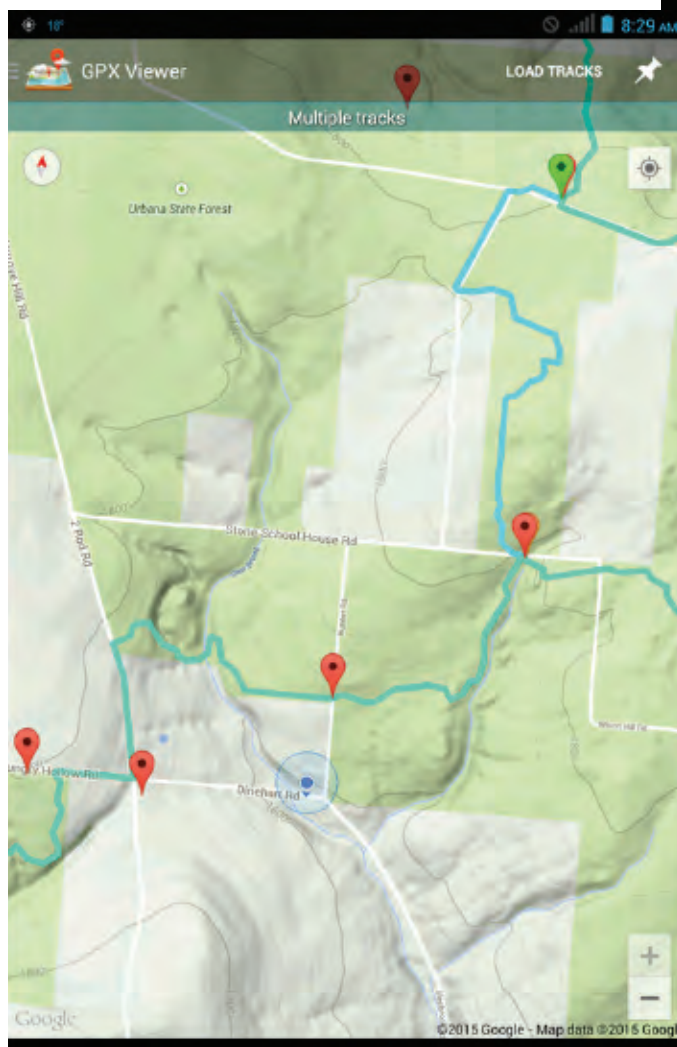
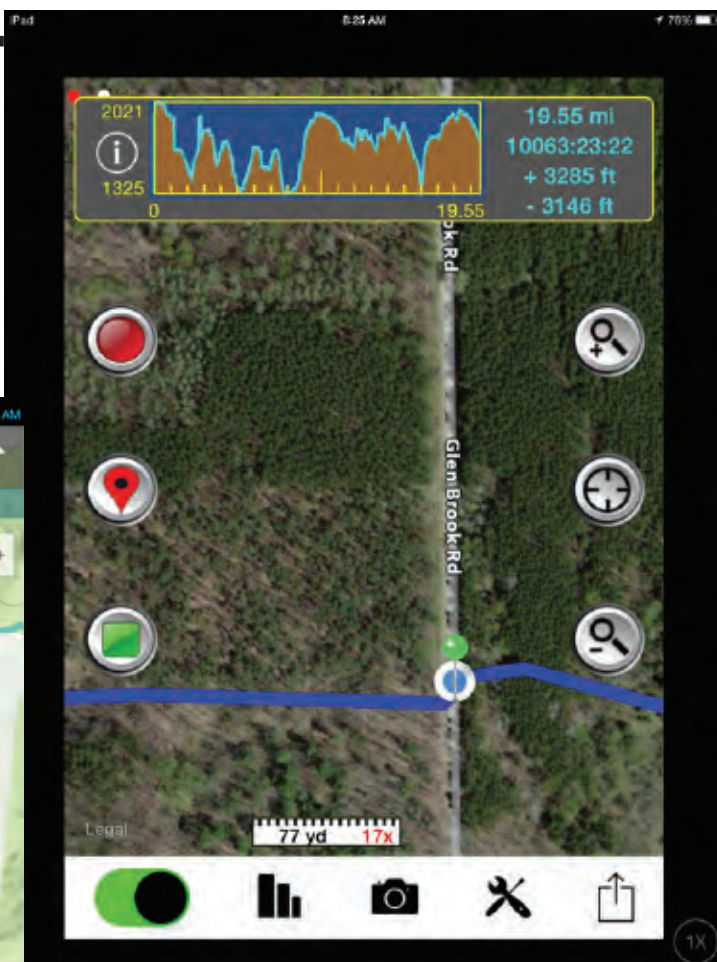
Since I'm from the "picture is worth a thousand words" school, here's a screen shot of the Avenza app (free version) which is available on both iOS and Android devices running on an iPad2 using the geospatial B3 pdf. Note the blue dot in the center of the Glen Brook road. That's my location. I picked the junction of the road and the trail for testing the different apps as it is easy to verify the location on the map. It also tests the operation of the GPS in the smart devices. Bingo! Right on!

For those of you who like a choice of backgrounds for the trail and the information rich format of the FLT maps is a bit too cluttered or who don't like the segmented nature of the pdf format, there are options as well. The gpx file can be used with a number of apps, both free and for sale.



For the iOS devices, there is GPS Hiker (free). Here's what the trail looks like with this app using the B3 gpx file. Note the blue dot centered in the road where the trail crosses. Perfect! The hybrid background is shown. There are other options for background, but this seemed best for this app.

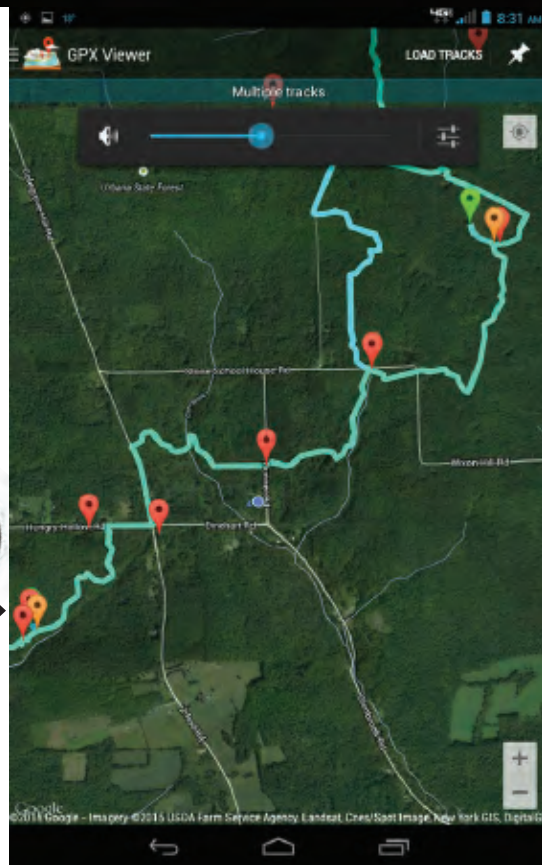
A good free app for the Android devices is the GPX Viewer by Vectura (free). It is not, however, available for iOS devices. If you really want to go nuts, splurge on Backcountry Navigator Pro. Very nice, but also not available for iOS devices.



Here's what the GPX Viewer running on a Verizon Android mini tablet looks like at the exact same location as above. One picture is using the Terrain background. The other picture is using the Hybrid background.

Did you notice that the blue dot is not where the trail crosses the road? Oops! This tablet has a very sick GPS!! Good to check your equipment before you really need it.

As you can see from the screen shots, the downloadable geospatial pdf and gpx files of our maps can be very useful





tools used in conjunction with smart gps enabled devices. It makes a very convenient way to find our location on the trail or check out the surrounding terrain “just over the hill or around the corner.” Naturally, with any of these cool tools, you are only as good as your last battery charge, so you may want to have along some non-techie backup ... paper maps and compass ... just in case.

There may be a few hurdles to jump through to use our files if you are a newbie smart phone user like me. The download package from the FLT store is a “zip file” – a compressed file containing both the geospatial pdf version of the paper map and the gpx file of the trail. On the iOS devices, you will want to have an app already loaded that can read pdfs and/or the gpx file. You will also need the Avenza or similar app if you are going to use the geospatial features of our pdf or something like GPS Hiker if you want to use the gpx file. Next you will need something to unzip the file – decompress and separate the files. I used WinZip on both the iPad and the Android tablet. There are many alternatives for this as well. When in doubt, google “how do I .....” Worked for me!

Last, but not least, many thanks to the folks on the Land Navigation and Mapping committee who contributed to this article. In particular Joe Dabes, Greg Farnham, Jo Taylor, Roger Hopkins, and Lynda Rummel were very helpful. Happy Trails! 🍁

### Smart Maps for Desktops and Laptops

You can also use the geospatial features of Adobe Reader (starting with Version XI) with our PDF maps. When opened in Reader, use the Edit -> Analysis menu. You can then find the latitude and longitude of any point on the map by moving your mouse to that point. You can also use the measuring tool to measure lines, perimeters, and surface area, and you can add a location pointer with comments. Adobe Reader is available free from Adobe.com.

— Roger Hopkins



## Answer to the Spring “Name That Map!” Quiz

*So, you hiked the FLT or parts of it. Let's see how observant you were!  
Send your guess to: Jacqui at [jwensich@rochester.rr.com](mailto:jwensich@rochester.rr.com)*

### Previous Picture:



Rich Breslin

### Correct:

“That sign in the Winter FLTC is on the Conservation Trail, on Map CT11 along the Tonawanda Creek.” Mike Schlicht

Also correct:  
Quinn Wright  
Martin Ruszaj  
Susan Turnquist

Terry R. McConnell  
(correctly reasoned out, even though he has not hiked this map yet)

### New Picture:



Jacqui Wensich

John Elia, Max Blenis and Jacqui Wensich take “selfies” at a sharp turn on a dirt road along the FLT.

# A Naturalist's View

D. Randy Weidner

Everyone remembers having to take quizzes in school. Often the questions were framed as true or false. As we hike through the trails this spring we can expect to encounter a vast array of wildflowers. Many, like the Trillium, are unique and offer little difficulty in identification. Some are more similar to one another and present more of a challenge. Among the most similar are plants with the common name prefix of True or False. Let us take a look at three early spring True/False plants that you might readily find while hiking your favorite stretch of trail.



False Hellebore

malodorous Skunk Cabbage (*Symplocarpus foetidus*). Often 3-4 feet tall and much brighter green, it is readily noticeable above the Skunk Cabbages. A member of the Lily family, False Hellebore has broad leaves which are heavily ribbed and clasp

The first plant we will consider is Hellebore – True or False? This is really an easy one, because growing wild in the woods you can be sure it is False Hellebore (*Veratrum viride*). Also known as Indian Poke, this is a strikingly green herbaceous plant of moist woods and swamps, often growing near the

www.earthtonesnatives.com

the plant's stem. It appears in early spring, but the star-shaped yellow-green flowers may not form until much later, growing from a spike cluster at the top of the plant. While it looks so fresh and green, do not try to eat it. This plant contains potent poisons that will drop your blood pressure precipitously. True Hellebores are showy ornamental flowers native to Europe and completely unrelated to the wild False Hellebore.

The next pair is a bit more challenging, Solomon's-Seal – True or False? Both of these plants are true Lillies, and grow and bloom about the same time in spring.



True Solomon's Seal

The overall appearance of these herbaceous plants is very similar. Both have the general form of a gracefully arching



False Solomon's Seal.

stem, rising 1-3 feet from the forest floor with oval, alternate, parallel-veined leaves. The leaf tips are more pointed in False Solomon's-Seal (*Smilacina racemosa*), but a much easier way to differentiate them is by their flowers. True Solomon's-Seal (*Polygonatum biflorum*) has paired, yellow-green, bell-shaped flowers that hang evenly-spaced below the arching stem, like socks on a clothes line. False Solomon's-Seal has a cluster of tiny creamy-white flowers growing off the tip of the plant. Usually, False Solomon's-Seal is more common. True Solomon's-Seal has an interesting underground rhizome with prominent angulations (the genus name means "many-



Skunk Cabbage unfolding in very early spring, whose later leaves sometimes fool people into comparisons with False Hellebore.



angled”), each marking a separate year’s growth. If you were to dig up one of these rhizomes (which is not recommended because it is detrimental to this increasingly uncommon plant), and cut across the angulated structure, you would see a pattern



Randy Weidner

*False Miterwort*

plants. They appear and bloom in early spring, April to May. Both are herbaceous plants growing from the forest floor to 8-14 inches tall. In both the flower spike and the leaves arise separately from the underground stem. Leaves of both are green and palmately veined, with the general pattern of a maple leaf and its petiole (leaf stem). But the True Miterwort



Randy Weidner

*True Miterwort*

(*Mitella diphylla*) also has a smaller pair of similar but stalkless leaves attached to the flower stem, a little below the bloom and exactly opposite each other, fused at their edges. The spike of tiny white blossoms, alternately attached to the floral stem, deserves a very close inspection, preferably with a hand lens, for full appreciation of these beautiful blooms. There are 5 petals which are intricately fringed, resulting in an extraordinary tiny white flower. The False Miterwort (*Tiarella cordifolia*), also known as Foamflower, also has tiny white, five-petaled flowers, coming off its floral spike. These flowers are not directly attached to the main stem, but have a small stem of their own, and are not fringed, nor nearly as showy as the True Miterwort’s. Foamflower is decidedly more common than the True Miterwort.

While hiking this spring stay alert for all the wonderful spring wildflowers. If you seriously wish to learn their names, get a good field guide like the Peterson/McKenny’s “A Field Guide to Wildflowers, Northeastern/North Central North America” or Newcomb’s “Wildflower Guide”, and remember to carry your hand



Randy Weidner

*True Miterwort*

lens so you can note fine features and truly appreciate the beauty of flowers like the True Miterwort. After a little direct experience, all the true/false questions will be easy ones. 🍁

## 2014's New Life Members

### Family Life Members

**Joe & Diane Bell**

**Anna Keeton & Bodhi Rogers**

### Life Members

**Frederick Carranti**

**Jack Chaney**

**Carolyn Crump**

**Mark Dye**

**Joan Ewing**

**April Miller**

**Glenn Nixon**

**Annette Schaff**

**John Schroeder**

**Carrie Williams**

# Now It Can Be Told: 33 Years of the Triennial FLT Relay

## D G "Dump Truck" Rossiter

*A member's nostalgic and humorous look back at running on our trail, bracketed by concerns from the Finger Lakes Trail leadership and administration. See our message at the end.*

The news item "Two new trail running events" in the last issue (Winter 2014) prompts me to report on the first trail race, to my knowledge, to use the FLT, further, a footrace (or as we call it to avoid organizational responsibility, a "participation run") that has existed underground (except one year when Diane Sherrer wrote it up in the *Ithaca Journal*), uninsured, unpermitted (except for one year when Joe Dabes got nervous and contacted the DEC) and unrepentant to the end. Twelve editions of a triennial (once every three years) trail relay, from 1981 through my retirement in 2014, covering the FLT on both sides of Ithaca (Maps M15, M16, M17, M18) with occasional excursions onto M14 and M19.

Back in the late 1970's the running boom was in full swing, and runners were searching out flat, fast, certified road courses such as the Ithaca 5&10 or Utica Boilermaker. My brothers and I had grown up camping and hiking with the Boy Scouts (Ithaca Troop 2) and had hiked the local FLT (Cayuga Trails Club section) from its beginning in the early 1960's. So when we started running we thought, why not on the trail? In spring 1981 my brother Caleb decided to challenge the road runners by organizing a trail relay ... and promptly put me in charge. We decided on the full CTC section from the Tompkins-Tioga line to Watkins Glen State Park, in six relay stages. We collected 10-mile road times from runners and organized them into three teams: A(trocious), B(estial) and C(razed), so each stage would be competitive. We managed to coerce 3 runners per stage, and a few more, for 27 participants, on 7 June 1981. Back then the trail was not so well marked, especially at road crossings and coming out of the winter, and most of the maintainers had not been out on their sections.

Despite some runners "competing" for the Christopher Columbus Award for the most lost, the event went off well; the "best ball" performance over the approximately 80 miles was 10 hrs. 20 min. We also instituted the Catherine the Great award for outstanding performance. This was the first

trail race anywhere nearby. Dr. Ed Hart ran the Texas Hollow section and was so enthused he then organized "Ed's Ultra" the following year, from Bennettsburg down to lower Treman Park, just a bit over the marathon distance. This in turn enthused Joe Dabes into starting the series of well-known trail races which continue to this day, including Virgil Mountain Madness and the Forest Frolic.

For some reason Caleb had decided on a triennial event

(giving three years for scheming, dreaming, trash talking, trail reroutes, and organizational curveballs), so we did it again in 1984, 1987 and 1990, each time with more participants and more enthusiasm. We varied the direction, stage boundaries, and even the ending points, just for fun. Over the 12 editions we've covered from Sugar Hill in the west to Daisy Hollow Rd. above Dryden Lake in the east, I am the only person to run all 12.

By 1993 the trail running boom had hit and from then on in the Ithaca area the three-year cycle was eagerly anticipated. Teams have been creative with their names, including the Bottom Feeders, Barkeaters, Newt Nation, Mighty Isis, Noospherians and various unprintable names from the Hash House Harriers. We moved the event from June to September in 2005; this allowed more preparation time, and the summers of 2005, 2008, 2011 and 2014 saw many organized fun runs as the participants scouted their sections of trail.

The qualification to participate since 1984 has been (1) previous Triennial, or (2) previous trail race of equivalent duration and trail conditions, for example from the Finger Lakes Runners Club series, or (3) pre-run the section of trail. This latter has stimulated a lot of trail running, as well as trail



*Triennial IV (1990) -- the start of stage 2 (Texas Hollow) in Bennettsburg. L to R: Rhonda Bell, (High Noon A.C.), Rich Branca (Organic Barkeaters), Beth Drees (High Noon A.C.), Rob Licht (Illegal Space Lunatics), Winton Rossiter (Atrocious/DC Harriers). Stage was from Bennettsburg to CR 6/Van Lone Rd. (Cayuta Outlet), about 8.8 miles; won by Rob Licht in 1:10:18.*



use by runners' friends. We've felt that in the event of injury we'd be able to show that the participant knew exactly what they were getting into, should anyone try to sue us. Maybe naive. Anyway, I'm done with it now and still have my house. And our Team Atrocious has been declared champions for life: we have the jackets to prove it.

For the final edition we decided to go out with a bang with a back-to-back event: eight stages west to east on Saturday, east to west on Sunday, the runner doing the same section of trail both times, on the "classic" course from 1981. So the last stage runner on Saturday had a short night before coming back up Route 79 for the Sunday start! We ended with eight teams covering eight stages, so 64 runners in all; everybody finished, with a winning time by the Octet team headed by Alan Evans (Corning) of 20 hours 11 minutes for the out-and-back.

It's been gratifying to see (1) the great increase in trail running over the years, (2) the good sense of humor and the spirit of participation by the Triennialists, (3) the many improvements in the trail over the years, especially the re-routes over Connecticut Hill and along Jersey Hill, and (4) the greatly improved markings. Team Atrocious has released the trademark to Team Mighty Isis; we'll see what they have cooked up for 2017. Probably they'll have to get with the modern times for permissions, liability, search and rescue, etc. We enjoyed simpler times and can now retire with our memories. So many thanks to the pioneers of the FLT such as Laura McGuire and Fred Hiltz for their vision, and many thanks to the dedicated FLT volunteers who maintain the trail, especially those who negotiate with landowners and design reroutes. Thanks to all for giving us so much pleasure over the years and into the future. 🍁

#### FLT EDITORIAL RESPONSE:

*Mr. Rossiter, while you celebrate cheerfully your great good luck over those three decades of no injuries and no lawsuits, I don't suppose it ever occurred to you that, in the event of a suit, since none of you had liability coverage, lawyers would have next turned on the Finger Lakes Trail Conference?*

*Joe Dabes was right to contact the DEC one time, but of course they should have been contacted every single time, because they do issue permits for such events, most of all so that they know what is going on in their state forests. Ditto for State Parks.*

*So while we wish your successor group a happy time running on our trail, it is expected they'll be responsible enough to register the event with the FLTC, the DEC, and each state park, sharing, of course, a copy of their liability policy. This is what is required of every group who conducts an event along our trail, to the benefit of all involved. And if you make money on the event, it is common practice to share some of it with the FLT.*

*We hope you value the trail enough to help it retain a healthy relationship with all of its hosts, both private landowners and public land agencies.*

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



Vinnie Collins

*Mitchellsville gorge at a more benign time of year than shown on our back cover. Cherish the thought: spring will come!*

# An End-to-End? Me?

Jo Kish #374

It was never my intention to become a Finger Lakes Trail End-to-End, especially when you consider my first hike. Half way through that trek, I had blisters on both feet. Luckily, one of my companions had bandages in her pack. Lesson One: never wear cotton socks. When the feet are happy, the hike is wonderful—until the next morning. Lesson Two: stay fit or shin splints will make you walk funny for two days. And who knew staying fit could make you feel good *all* the time?

The summer I started hiking, we covered the FLT trails in Schuyler County. If you don't come away from those hikes in awe of the beauty of New York State, then there's no hope for you. There were many lessons for me to learn, but when we reached the end of the last trail in Schuyler, I turned around, looked back down the trail and thought, "I hope I didn't just finish my last-ever hike!" I didn't want to stop hiking. Fortunately for me, my companions felt the same way.

Of course, our efforts alone didn't allow us to become End-to-Enders. Without the FLT maps, website, and membership magazine, my six years of summer trekking would have been impossible. You have to love the FLT maps. After a few hikes, I understood that the notation "ascend steeply" meant there's a beautiful view at the top of the mountain, and that "descend steeply" meant I could breathe, not pant, down the other side of the mountain.



Bruce Jensen

*Jo Kish, Rita Jensen and Carol Romeo were surprised at their finish on M28 with a large sign and balloons. See Rita's story next page.*

It's amazing to think of all of the donated talents and hours of work that make the End-to-End experience possible. And it's all free to me! Incredible. Thank you mappers, sawyers, trail tenders, board members, guides, writers, editors, clerks, cooks, and dozens of others who make this life-altering experience a reality for the rest of us. 🍁

## Sampler Series: Hiking 101

**Hiking 101** is a series of four guided hikes that are geared towards the novice hiker, as well as more experienced hikers looking for a slower paced short distance hike. This year we will be offering two separate series of four hikes each, one in the eastern part of New York State and one in the western part. The hike series is considered an easy to moderate level of hiking, and will vary from approximately 4 to 6 miles.

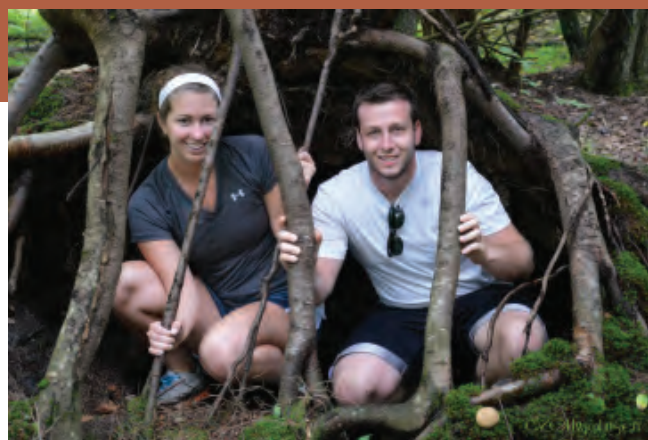
**Hiking 101 East:** Hikes will be held in Chenango County, near Norwich, NY. Dates are June 21, July 26, August 16, and September 20.

Questions? Contact Donna Coon at: 607-445-4003 or coledonnarn@yahoo.com

**Hiking 101 West:** Hikes will be in Cattaraugus County and Genesee County on the main Finger Lakes Trail and on the Conservation Trail. Dates are April 18, May 16, June 27, and July 25.

### Questions?

Contact Donna Flood at: 716-759-6442 or dmfflood@roadrunner.com



Warren Johnsen

*Jailed by tree roots, these two hikers had a good time anyway.*

To register use this link from our website:

[www.fltconference.org/trail/whats-happening/hike-programs/sampler/](http://www.fltconference.org/trail/whats-happening/hike-programs/sampler/)

### Registration Deadline:

Hiking 101 West, April 1, 2015

Hiking 101 East, June 1, 2015



# HIKING, What Are You Doing THAT For?

Rita Jensen #372

That was the question people (non-hikers) asked when they found out what I was “up to.” My reply at the beginning was, “I am doing it now while I still can.” My reply changed over the 8 years it took me to become an end-to-ender.

I was born in Steuben County and have lived here most of my life. I never heard of The Finger Lakes Trail until an article appeared in *The Leader* on April 3, 2006, about the county hike series “crossing” the county that year. I took the article to work and approached outdoor enthusiastic co-workers to see if anyone would like to hike with me. I and three others signed up. One backed out before the first hike due to the inclement weather, one quit after the first hike due to an injury, but Carol Romeo and I finished Steuben that year. On every Saturday that we were scheduled to hike that year from April until October, it rained and/or snowed. I hated rain and why I continued is still a mystery to me. In the end I have learned to tolerate it.

With the first (and possibly the worst weather-wise) year down, Carol and I signed up to do Allegany County the following year. My son, an Alfred State College student at the time, also decided to join us. Unfortunately, Carol’s son was in an accident that summer which kept her from finishing the entire series. I did! With two counties under my belt and the hike series moving further west to Cattaraugus County, I thought it was too far to drive with the price of gas to hike for one day.

So in 2008, the Intrepid Trio consisting of Jo Kish, Carol Romeo, and I was born. That year I bought the maps and we set up our own plan for completing Schuyler County similar to the one the hike series had used the previous two years. The following year we completed Tompkins County. It was at the end of that year that I realized I had done half of the counties on The Finger Lakes Trail, and the quest to become end-to-enders arose. Coming from Bath, Painted Post, and Elmira, traveling and time became “bumps” in the “road to the end.” To smooth the path we decided we would hike two or three days in a row and stay in motels close to the area where we were hiking. Since the three of us work for GST BOCES we used long weekends during the school year and then took vacation days in the summer. Starting in February or March of each year, we synchronized our calendars and committed to our hike dates. Also, we decided to hike at least once a month all year round to stay fit for the next “trail” season. We used the Passport book hikes sometimes and even bought snowshoes for the winter. We finished Cortland County in 2010 and started Chenango in 2011. Due to flooding that year, we decided to postpone finishing that county and started Cattaraugus. In 2012 we finished both Chenango and Cattaraugus counties and started Delaware. Also in 2012, Jo Kish and

I met nights after work and any chance we got on weekends to hike in Steuben County since she still needed to complete it. In 2013, we finished Allegany (me for the second time) and Ulster counties and continued in Delaware. On July 13, 2014 our quest became a reality: we finished Delaware County and became end-to-enders.

So why hike? Being an end-to-ender is more than just trekking the 562 miles of trail with all of its surprises. It is about enduring boot sucking mud in Steuben County to rock climbing in Ulster County. It is about learning to laugh in the rain and sing on a sweltering hot, humid day while hiking up hills. It is about all of the places I have seen in the state that I would never have ventured to without this purpose. It is also about the places where we stayed, such as the Oramel Inn (to name only one) and the places where we ate, such as The Old Schoolhouse Restaurant (again, just to name one) in Downsville. It is about all of the many interesting, helpful, and nice people along the way such as our trail angel, Eddie, in Claryville. On a more personal level, it is about camaraderie, commitment, and becoming fit. So with all of these perks, I ask, “Why not hike? Have you ever tried it? Would you like to join me sometime?”

I would like to say thank you very much to all of the many volunteers, landowners, contributors, etc., for making all of this an award-winning experience!!!!!! 🍁

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# Invitation to the Annual Meeting and Board Nominees

All members of the FLTC are invited to the Annual Business Meeting of the Finger Lakes Trail Conference, Inc., on Saturday, May 30<sup>th</sup>, at 4 PM at the Elks Hall in Norwich, N.Y. Members will vote on the nominees, listed below, for the Board of Managers. Other nominations may be made in accordance with our bylaws. A proxy form for those unable to attend will be mailed in March. Further information may be requested from the FLT Service Center at 585-658-9320.

## Nominees for the Class of 2017 Board of Managers

*Scott Brooks*

*Bob Kremens*

*Terry Meacham*

*Laurie Ondrejka*

*David Priester*

### Scott Brooks

I grew up in Rockland County, N.Y., and had the good fortune of living right next to Harriman and Bear Mountain State Parks. I hiked in these parks regularly and grew to love hiking.



Doug Cunningham

When I came to Rochester in 1995 to attend RIT, I found that I missed hiking. I walked on the Erie canal path, but that didn't provide the woodland hiking experience that I was looking for. I stumbled upon the Finger Lakes Trail while walking the Genesee Valley Greenway end-to-end and found what I was looking for! I have since completed my main trail E2E and I'm working on my branch trail E2E. I work as a test engineer for a company that builds signal and control systems for trains (both mainline railroads and transit systems). The FLT gives me the chance to unplug and de-stress. Since my job often intrudes on my weekends, I like to go hiking every chance I get. I have taken much enjoyment from the Finger Lakes Trail. I was appointed to the Board of Managers to fill a vacancy and would like to continue in this role. I am also a trail steward for 10 miles of trail on maps M7, M8 and L2.

### Bob Kremens

As a New York City boy, my first experience with the outdoors was fishing the beaches of Long Island, which were to me a special kind of wilderness in the urban environment



Nick Skowronski

that was otherwise all around me. Through a series of lucky encounters I met other outdoor-thirsty folks in my college days and progressed to hiking, rock climbing and skiing in the Highlands of N.Y. and N.J. and then to the high peaks of the Adirondacks...all on public transportation. Three trips across country in college...on the bus and hitching...and I was addicted to travel, backpacking, climbing, adventure and all things outdoors. Since then I have hiked and climbed all over the US, and I finish each day thinking about where to go next. I've always thought that as a citizen it was your duty to volunteer for your community. I've been a Boy Scout leader, Adirondack Mountain Club chapter chair, member of the environmental and planning boards of my town, a volunteer firefighter, and a member of two community bands. I love trail work; that is how I got involved with the FLTC 10 years ago, as an Alley Cat worker, through the prompting of my next door neighbor and buddy Bob Emerson. I've been on and led several American Hiking Society volunteer vacation trips and help locally on the Crescent Trail near my home town of Pittsford, N.Y.. The FLT is a great hiking and land management organization and I hope I can bring something to the table that will make it even greater.

### Terry Meacham

It would be difficult to provide an accurate bio to the FLT without including my wife Kim.

We live in the Town of Hornellsville in Steuben County adjacent to the trail, and have been involved in building and relocating trail for several years in this area. I have also helped Pat Monahan map, build and blaze parts of the new Crystal Hills Branch Trail.



Kim Meacham



I am a #! year old semi retired RN, and was the Nurse manager for the Eye Clinic that turned into the Flaum Eye Institute at the University of Rochester for over 20 years. I still work some per diem and provide consulting.

Kim and I have been members of the FLT for many years, and I am just beginning my fourth three-year Board term. Kim and I are both Main trail (#149 and 150) end-to-enders, and Branch trail end-to-enders (#43 and 44), and together helped to shepherd a cross-county series in Steuben County 8 years ago. We have also been coordinating the "Hiking 101" series for the past few years, and are listed as trail angels in our area. We have maintained a couple of miles of trail on the ABC Ranch property in Steuben County for several years and have, in the last year, picked up additional trail and are maintaining +/- 8 miles of trail at present.

I am the current Chair of Human Resources for the FLTC, the FLTC Compliance Officer, a member of the Nominating Committee, and a member of the Executive Committee.

### Laurie Ondrejka

I am very passionate about the FLT. The adventure of hiking on the trail has improved my health, but meeting the many hiking enthusiasts has kept me involved in promoting a foot path that explores the beauty of New York. I would like to stay on the BOM and work with marketing to introduce many groups of people that I know would take advantage of exploring the FLT, who may possibly become members and start getting involved. I am currently 70% complete of my second end to end on the main trail. I am hoping to attend events that promote the trail and continue leading the Wally Wood Spring hike. I am currently a Resource Manager at a software company and reside in Avon which is fairly close to the Letchworth Branch Trail.



### In Honor of

**Kathryn Ritter**

*from*

Frederic & Elizabeth Rehl

### David Priestor

My interest in the outdoors is longstanding. My family summered in northern Vermont, where I still have a house, and I went to summer camp for many years in New Hampshire and hiked the White Mountains. The old farm in Vermont is our second home and my base for White Mountains adventures. I learned my basic outdoor skills before high school. My college years were at Ithaca College earning a BS in Communications Management. Most of my professional life I worked in Atlanta in corporate television and broadcast systems engineering and project management including trips to Nagano and Sydney for their respective Olympic games.



Twelve years ago I came back to Ithaca College to be the Director of Technical Operations at the School of Communications. Since moving back to what I think of as almost New England I started hiking again after a long hiatus. I'm most of the way through the New Hampshire 4000' list which I started when I was a teenager. So many mountain peaks, so little time. A few years ago I discovered the Cayuga Trails Club and have served as a board member and this past year as Vice President. Among other activities I have adopted (with the help of partners) about 5 miles of trail, trained to become one of the CTC's certified sawyers, and I organize the CTC Highway cleanup program.

I'm pleased to have the opportunity to help further the FLT organization and be a voice for the Cayuga Trails Club. My particular interests are in trail maintenance and management, and finance. I am looking forward to contributing to the FLTC missions and objectives in the coming years.

### In Memory of

**Phyllis Younghans**

*from*

*Marjorie Boone*

*Peggy France*

*Nancy Godshall*

*Judith Kiley & Sharon Kiley James*

*Liz Sloan*

*Nancy Soulia*

*Mark & Sandra Wendell*

*Susan Yee*

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The Finger Lakes Trail Conference gratefully acknowledges the support of all our members and donors, and especially wish to recognize the following individuals, businesses and organizations for their generous support during 2014. The amounts listed include dues and contributions to any FLTC fund. We have done our best to be accurate in spelling names as well as making sure we got everyone in the right categories. We apologize if some mistakes have crept in.

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Michael Zick  
Rudy Ziehl

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

1. The name of the insurance carrier is Great American Insurance.
2. The cost of the insurance to be paid during the 2015 - 2017 fiscal year is \$1300.00.
3. The indemnification insurance contract covers any person who has been, now is, or shall become a duly elected director or trustee, a duly elected or appointed officer, an employee, committee member, whether or not they are salaried, any other person acting on behalf of the Conference or at the direction of an officer or board of managers of the Conference.

# FLT Spring Weekend Hosted by The Bullthistle Hiking Club

The Bullthistle Hiking Club is looking forward to hosting an enjoyable FLT Spring weekend May 29-31. The location for the event is the Elks Lodge in Norwich, New York. Check out the Activity Schedule. We have something for everyone. We've made a special effort to include activities for those new to hiking and non-hikers. You will need to find your own lodging, but that could be a good thing. We have provided a list of places to stay.

Friday evening you will have the pleasure of hearing Singer Kaitlyn Jackson, an American Idol, Season 13 contestant. Kaitlyn is proving she can carry her own, even at the young age of 16! Her vivacious personality, powerful voice, and great stage presence make Kaitlyn a natural on and off stage. Check out her website: [www.kaitlynjacksonmusic.com](http://www.kaitlynjacksonmusic.com)

On Saturday Tom Salo, a dynamic speaker, will present "Golden Eagle Research in Upstate New York." The Delaware-Otsego Audubon Society (DOAS) has operated the Franklin Mountain Hawk Watch near Oneonta since 1989. Having identified the region as a Golden Eagle concentration area, telemetry data was used to choose sites for spring migration counts on two transects in 2009 and 2010. Since 2010 the

## Schedule of Events

### Friday, May 29

11 AM	Registration opens
12 PM – 2 PM	Hikes depart, see schedule
5 PM	Social Hour, Cash Bar available
6 – 7 PM	Buffet Dinner
7:30 PM	Entertainment: Singer Kate Jackson. Don't miss this talented young artist.

### Saturday, May 30

8 AM	Registration open
8 AM – 9:30 AM	"Make your own" bag lunch
8 AM – 9:30 AM	Hikes depart, see schedule
1 PM	Car museum group meets
4 PM	Annual Meeting, all invited
5 PM	Forever Society Reception
6 PM – 7 PM	Buffet Dinner
7:30 PM	Presentation by Tom Salo: Golden Eagle research in Upstate New York

### Sunday, May 31

7:30 AM – 9 AM	"Make your own" bag lunches
8 AM – 9 AM	Hikes depart
9 AM – 12 PM	Board meeting

organization has used motion activated wildlife cameras at baited sites to target winter resident Golden Eagles. Some of these sites attract a diversity of species resulting in interesting interactions between species and individuals. DOAS began an effort to trap and fit winter resident Golden Eagles with solar powered GPS tracking devices during the winter of 2014. The presentation will cover these mostly volunteer efforts and discuss how these data have affected eagle risk assessment in the region for the wind power industry.

If you've heard that the Bullthistle Hikers "know how to have a good time," the rumor most likely was perpetuated by those who have come into contact with our FLEET group. See for yourself. Come visit us in Chenango County, the land of the bullthistle!



Stone walls now deep in the woods are a trademark of Chenango County's trail miles, and this former sheep pen by Warren Johnsen is one of the finest examples.



Peg Fuller

A Bullthistle country group hike passes through an opening in one of their woods' frequent stone fences. These stone barriers once separated open fields!



## Activity Schedule

(Meet at the Elks Lodge)

### Friday May 29<sup>th</sup>

**A1 – Map M24/25 Tucker Rd. to Route 12, 6.8 miles. Moderate. Meet at 12 Noon, drive time 20 min.**

Hike starts in Ludlow Creek State Forest and ends with a serene walk along Bowman Creek. Combine this hike with B1 and C1 and you will complete maps M24 and M25. Leader:

**A2 – Map M22, NY 26 Otselic River Parking Area to Warner Rd., 5 miles. Moderate. Meet at 12:30, drive time 30 min.**

A beautiful wooded section with an invigorating climb at the beginning. Passes the Winston Braxton Memorial Bench. Combine this hike with B2 and C2 and you will have completed 18.7 continuous miles of the FLT, including all of map M23. This hike is also continuous with Hike B4 on map 22. Leaders: Sigi and Horst Schwinge

**A3 – Passport Hike: Pharsalia Woods Lean-To, 4.5 miles. Easy. Meet at 12:45PM, drive time 20 min.**

Hike entirely in the Pharsalia Woods State Forest in mostly hardwoods with 1930's CCC cisterns, and a special bench. Take a break at the Pharsalia Woods Lean-to. Hike the Passport hikes offered each day and you will have the opportunity to get the four rubbings needed to get the Passport East Patch. Leaders: Art and Sharron Sandberg

**A4 – Nature Hike: About 2-3 miles. Easy. Meet at 1:30PM**

Location will depend on local conditions. Explore the local flora and fauna. The hike will be relatively slow and we will stop frequently to identify and talk about things we find. All nature explorers from novice to expert are welcome. Leader: Rebecca Hargrave

**A5 – Historical Hike through the City of Norwich. 3 miles. Easy. Meet at 1:00PM**

Hike will follow the routes of the Chenango Canal (1837-1878), the NY, Ontario & Western Railway (O&W), and the New York, Susquehanna & Western (NYS&W) (formerly the Delaware, Lackawanna & Western), visiting an old Jordan Spreader (antique railroad plow) on the way. We will pause at historical sites. Leader: Don Windsor

**A6 – Hunts Pond: 2 miles. Easy. Meet at 2:00PM. Drive time 20 min.**

Perfect hike for those who have to travel far but still want to get out and enjoy the scenery before Social Hour and Supper. Leader: Tom Bryden

### Saturday May 30<sup>th</sup>

**B1 – Map M24 Tower Rd. to Tucker Road 9.8 miles. Moderate to strenuous due to distance. Meet at 8:30AM. Drive time 20 min.**

Hike passes by Berry Hill Fire Tower and goes through Bowman Lake State Park. Add A1 and C1 to complete maps M24 and M25. Leader: Mike Ogden

**B2 - Map M23, Warner Rd. to Route 23, 7.6 miles. Moderate. Meet at 8:45AM. Drive time 30 min.**

You will pass by fields, woods, streams, an abandoned CCC Camp and Jackson Pond where hikers have been known to take a dip on hot days. Combine this hike with C2 for completion of Map M23. Leader: Peg Fuller

**B3 – Passport Hikes: Kopac Trail Loop- Bowman Lake State Park 3.1 miles. Hike to Ludlow Creek Lean-to 1.8 miles. Easy. Meet at 9:15, drive is 20 min. to first hike.**

Hike the Passport hikes on Friday, Saturday and Sunday and you will have the opportunity to get the four rubbings needed to get the Passport East Patch. Great hikes for families, those new to hiking or those who can't hike as far as they used to. The Kopac trail goes by lakes, an observation deck and views from a scenic dam. The second hike is a hike to Ludlow lean-to situated above a scenic section of Ludlow Creek. Leader: Bruce Coon

**B4 – GPS, Geocaching and Hike on Map M22 from Ridge Road Parking Area to Route 26 Otselic River Parking Area. 3.2 miles. Easy – moderate. Meet at 9:30AM. Drive time 20 min.**

This beautiful hike will incorporate an introduction to GPS use (some GPS units will be available to borrow) We will be looking for a couple of geocaches along the trail while exploring a section of trail with scenic views, a waterfall, old homestead and changing woodlands. Hike is relatively easy with short uphill and long downhill. Leader: Rebecca Hargrave

**B5 - Chenango Canal Hike, 6 miles. Easy. Meet at 9am, drive time 45min.**

Hike the summit area of the 19<sup>th</sup> century Chenango Canal towpath. Hike through the history of local transportation as we walk the towpath trail, cross over the abandoned path of the old O & W railroad and skirt the Hamilton Municipal Airport. Participants may wish to take time after the hike to visit some of the shops in downtown Hamilton or visit the campus of Colgate University. Leader: Carol Smith

*One remaining lookout tower for forest fires outside of the Catskills or Adirondacks is this one in Chenango County, and our trail goes right below it.*

**B6 - Charles Baker State Forest Hike in Brookfield, 8 miles. Strenuous. Meet at 8:45 AM, drive time 30min.**

Brookfield is known as the "Land of Eternal Hills" and this hike will prove it with the amount of uphill hiking involved. There will be bushwhacking trail hiking and a little bit of truck trail walking. Plan for deer ticks and a possible goshawk sighting. Leader: Warren Johnsen

**B7 – Hike/Winery Visit: Basswood State Forest and Rustic Ridge Winery. 5 miles. Easy. Meet at 9:00 AM, drive time 45 min.**

Basswood State Forest is a picturesque secluded location, a hidden gem for hikers, though well known to local fishermen. Rustic Ridge Winery is a gorgeous cozy facility, locally owned by the Bennett family. Plan on 4 to 5 hours total to include commute, hike, lunch and winery visit with return in plenty of time for the FLT Annual meeting at the Elks Club. Leader: Tom Bryden

**B8 – Bike Ride: North Norwich Sherburne area. 25 miles. Moderate. Meet at 9:15 AM, drive time 10 minutes.**

Ride is in an area of rolling hills. A rest stop will be provided at Rogers Environmental Center. Ride pace will be easy going or based on group ability.

All riders must wear approved helmets and provide their own transport to starting point. Leaders: Ted Robinson and Carol Hart

**B9 – Trip to Northeast Classic Car Museum - within walking distance from the Elks Club. Meet at 1:00PM**

The museum has over 160 classic and vintage vehicles. Exhibits include The Fabulous Franklins, cars made in New York State, the Post war Collection and more. Visitors are also treated to original videos, WWI and WWII aircraft engines, period fashions and much more. Cost is \$10/per person payable on admission.

Drive or walk to museum. Hosts: Colleen and Pete Stapleton

**B10 – CPR/AED, and First Aid for the community. CPR/AED 9AM -12:30PM, First Aid 12:30 - 3:30PM.**

Instructor: Teresa Blenis RN

Nationally recognized American Safety and Health (ASHI) Community CPR/AED

and First Aid. Sign up for either CPR/AED or First Aid or both. \$20 for both or \$10 each, payable at time of course. Cost covers certification card and training supplies. Course covers adult, child, and infant cardiac and first aid care. Written test and evaluation required for certification. Certification cards will be issued at end of course. Course qualifies renewing chain sawyers. CLASS SIZE IS LIMITED TO 8. Sign up early to get a spot.

**Sunday – May 31<sup>st</sup>**

**C1 – Map M25 Route 12 to Town Line Road, 10.7 miles. Moderate to strenuous due to distance. Meet at 8:30AM, drive time 30min.**

You will cross over the route of the old Chenango Canal with visual remains. The trail follows Bear Brook, a very scenic section with a waterfall. The trail then passes through Basswood and Wiley Brook State Forests. Combine this hike with A1 and B1 and you will complete maps M24 and M25. Leader: Warren Johnsen

**C2 – Map 23 Route 23 to Tower Road, 6.1 miles. Moderate. Meet at 8:45, drive time 20 min.**

This hike passes through Pharsalia Woods State Forest passing by the Pharsalia Woods Lean-to and the Sidote Bench. There is a short road walk and steep up hill at the beginning with another short road walk at the end. Sunday Morning is the best time for this hike. Don't let the road walks scare you. This is a fun hike.

Combine this hike with B2 to complete map M23. Leader: Ralph Lynn

**C3 – Passport Hike CCC Camp, 3.4 miles, loop. Easy. Meet at 9:00AM. 20 min drive.**

This is a fairly level scenic trail in the Pharsalia Wildlife Management area. You will see a picturesque pond, hardwoods and the remains of a CCC camp. Leader: Bruce Coon

**C4 – Don's Sunday hike, about 5 miles. Moderate. Meet at 8:00AM, drive time 20 min.**

Join the Bullthistle Hikers on their weekly Sunday hike. As always there will be hills, bushwhacking, and something interesting to see. This will be a loop hike. Leader: Don Windsor



Warren Johnsen

*Because two busy railroads once ran through downtown, Norwich is full of handsome railroad artifacts, from the city offices in the old Lackawanna Railroad station and an antique railroad crossing shanty for the gate-keeper, to this rare old "Jordan spreader," a design for both snow plow and side ditch digger that was so effective that smaller railroads across the nation still use these antiques, including one south of Buffalo. See hike A5.*



Register online at: [www.bullthistlehiking.org](http://www.bullthistlehiking.org) or by mail using the form below.

You may register multiple people with this form; however, if registering online, please complete and submit the form for each person who is attending.

Registration deadline is May 8<sup>th</sup>. No refunds will be given after this date.

Please make checks out to Bullthistle Hiking Club and mail this registration form and payment to:

Bullthistle Hiking Club, PO Box 225, Norwich, NY 13815

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

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (s) \_\_\_\_\_ Email \_\_\_\_\_

Expected Arrival (day/time) \_\_\_\_\_ Local Hiking Club, if any \_\_\_\_\_

Emergency Contact \_\_\_\_\_  
(Name/Relationship/Phone number)

Any special needs that we should be aware of? \_\_\_\_\_  
(Allergies, illnesses, etc)

**Meals** - The full Meal Package includes Friday dinner; Saturday dinner and “make your own” lunch for Saturday and Sunday.

Fill in # of people and multiple that by per person price	# of people	\$ amount
Full Meal Package \$50 per person	_____	_____
Friday Dinner - \$17 per person	_____	_____
Saturday Lunch - \$9 per person	_____	_____
Saturday Dinner - \$18 per person	_____	_____
Sunday Lunch - \$9 per person	_____	_____
Meal Total	_____	_____
Registration Fee - \$12 per person	_____	_____
Total Due	_____	_____

**Lodging** – You will need to find your own lodging. See accompanying list.

**Hikes** Circle hike choice and indicate the number of people for that hike.

**Friday -**

A1 Tucker Rd to Rt. 12 \_\_\_\_\_  
A2 Rt. 26 to Warner Rd \_\_\_\_\_  
A3 Passport Hike -Pharsalia Lean-To \_\_\_\_\_  
A4 Nature Hike \_\_\_\_\_  
A5 Historical Hike in City \_\_\_\_\_  
A6 Hunts Pond \_\_\_\_\_

**Saturday -**

B1 Tower Rd to Tucker Rd \_\_\_\_\_  
B2 Warner Rd to Rt 23 \_\_\_\_\_  
B3 Passport Hikes \_\_\_\_\_  
B4 GPS Hike \_\_\_\_\_  
B5 Chenango Canal Hike \_\_\_\_\_  
B6 Charles Baker State Forest \_\_\_\_\_  
B7 Hike/Winery Visit \_\_\_\_\_  
B8 Bike Ride \_\_\_\_\_  
B9 Classic Car Museum \_\_\_\_\_  
B10 CPR \_\_\_\_\_ First Aid \_\_\_\_\_

**Sunday -**

C1 Rt. 12 to Town Line Rd \_\_\_\_\_  
C2 Rt. 23 to Tower Rd \_\_\_\_\_  
C3 Passport Hike - CCC camp \_\_\_\_\_  
C4 Don's Sunday Hike \_\_\_\_\_

**Please read and sign the following:**

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

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

## Lodging Options

### Area Motels:

Fred's Inn - 5149 State Highway Rt. 12, Norwich, NY 13815  
[www.fredsinnparkplace.com](http://www.fredsinnparkplace.com) Phone 607-334-9282

Super 8 – 6067 State Highway Rt. 12, Norwich, NY 13815,  
[www.super8.com](http://www.super8.com), Phone 607-336-8880

Howard Johnson – 75 North Broad Street, Norwich, NY 13815  
[www.hojo.com](http://www.hojo.com), (within walking distance to the Elks Lodge)  
Phone 607-334-2200

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### Camping:

Bowman Lake State Park 745 Bliven Sherman Road, Oxford NY  
[www.parks.ny.gov](http://www.parks.ny.gov), Phone 607-334-2718

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### Bed and Breakfast:

Berry Hill Gardens – 242 Ward Loomis Road, Bainbridge, NY 13733  
[www.berryhillgardens.com](http://www.berryhillgardens.com)

Broadlawns Bed & Breakfast - 1567 State Highway 26, South Otselic, NY 13155  
Phone: (315) 653-7490  
[www.broadlawnsbb.com](http://www.broadlawnsbb.com)

Octagon Guest House  
1607 State Highway 26, South Otselic, New York. 13155  
Phone: (315) 653-7271  
[ms8guesthouse@frontiernet.net](mailto:ms8guesthouse@frontiernet.net)  
[www.octagonguesthouse.com](http://www.octagonguesthouse.com)

Pillow & Pantry Bed-Breakfast  
3 S Main St. Sherburne, NY 13460 (607) 674-2486

The Preferred Manor  
45 So. Main Street (Route 8), New Berlin NY 13411  
Phone: (607) 847-6238 or Email: [preferred.manor@pminsco.com](mailto:preferred.manor@pminsco.com)  
[www.preferredmanor.com](http://www.preferredmanor.com)

Splendor Inn – 75 South Broad Street, Norwich, NY 13815  
[www.splendorinn.com](http://www.splendorinn.com) , Phone 607-336-5003

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**For more information** on Lodging and Chenango County: [www.chenangocounty.org](http://www.chenangocounty.org)

### Directions

Norwich is located on State Highway 12, midway between Binghamton and Utica. The Elks Lodge is at 15 East Main Street.

From the North: on NYS Rt. 12 (North Broad Street) turn left onto East Main St.

From the South: on NYS Rt. 12 (South Broad Street) turn right onto East Main St.

The intersection of NYS Route 12 and East Main is the major intersection in Norwich and marked by a Park. The Elks club is the second building down East Main Street on your right, a green house type building. The entrance and parking are at the rear of the building. There will be signs.

**Contact:** Donna Coon [coledonnarn@yahoo.com](mailto:coledonnarn@yahoo.com) or 607-445-4003  
While event is in progress call 607-201- 4340

*Before railroad crossings of busy streets had automatic gates and lights, somebody's job was to move those gates up and down, and he stayed up high above the street and rails in a shanty like this. Norwich has had the good sense to preserve one of theirs.*



Irene Szabo



# Dedicated to the Dogs Who Hike with Us: Project Update

*Jacqui Wensich, End-to-End Coordinator*

We have five donations for the “doggie” memorial shelter. Please complete the form below. While it has not been determined exactly where the shelter will be built, it will be built in 2015 or 2016 so please remember to make your dedication as soon as possible.

Name of owner (s): \_\_\_\_\_

Date: \_\_\_\_\_

Name of dog (s): \_\_\_\_\_



Jacqui Wensich

*New dog Evan is in training to hike the trail this spring.*

Make check out to Finger Lakes Trail Conference (note Dog shelter on the check).

Mail to FLTC, 6111 Visitor Center Rd, Mt. Morris 14510 or call Jennifer for other arrangements. (585-658-9320)

\$100.00 per order and \$10.00 for each additional dog.

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

You will be contacted by me for final approval before the engraving is ordered.

## DEDICATED TO THE DOGS WE'VE HIKE WITH, INDEED!

*Sorry, Jacqui. You'll never get all this engraved on a plaque!*  
*Irene Szabo*

For Maggie, who walked most of the FLT with me, but didn't get her end-to-end badge because I took nine years and she died at age 14, the year before. Bob McKinney, onetime membership chair, gave me a 5-year membership patch to be sewn on her saddle-bag pack. Twice that nitwit rolled in HUMAN poop so had to be dragged by her feet to clean off her back, once in snow and another time in a creek in Chenango County. Hunters seem to poop right next to the trail and don't even have paper with them.

For Gummy, who helped me finish the Catskills before she was a year old, and survived the horrid October day when soaking rain turned into heavy snow. Saturated, she survived a night under a tarp with me, shivering hard the whole time. The next day we hiked out to a road and hitched a ride to get back to my spotted car. I remain grateful for the man who gave me and a wet dog a ride!

For Diesel Anne, a stumpy 10" high Jack Russell terrier who was along when Phyllis Youngmans and Susan Yee finished their own end-to-end quest in '94. She was perfectly happy to run miles, but Phyllis's grandchildren fought over who got to carry her adorable little self.

For Sandy and Pearl, who missed my end-to-end hikes but endured years of trail work with me. They used to think trail work was boring, since I didn't move very fast, but as they both aged, they began to think it pretty nifty. They could nap in shade under a bush while I sawed and whacked and snipped. Sandy and Pearl went to most North Country

Trail annual conferences and love to get wet, so have swum in every Great Lake, and the Mississippi River.

Only Sandy, now fifteen, remains. 🍁



Jacqui Wensich

# A Retreat to the Abbott Loop

Ryan Rovito

There is something about the woods that has always called to me. It may be the beauty, the serenity, or even the rugged toughness. As a Masters of Divinity student at Northeastern Seminary in Rochester, I was assigned to go on a personal retreat as a part of my personal spiritual formation. As soon as my classmate Julio and I learned this, we both knew where we needed to go... into the woods.

I grew up camping on the lakes in the Adirondacks, but I had never been on an overnight trip in the winter. So I started looking up locations nearby that would have some good destinations to hike to, as well as a spot to camp. A little Googling brought me to the Finger Lake Trail website where I used their interactive map to find the perfect spot, the Chestnut Lean-to and Abbott Loop in Danby State Forest, just south of Ithaca. This was going to be a great chance to get away from it all, to find that peace and quiet we both needed.

We started our trip from the parking area off Comfort Rd. Hitting the trailhead for Map M17 it was sunny, clear, and warm (for the winter). We were excited to find the lean-to and set up camp. I had been planning for a few weeks, studying the map like it was my job, but I was so excited to be in the woods that I kept getting false hope that we had found the lean-to. This was comical since the lean-to was only .75mi into the woods, yet I was certain I had spotted it three times between the trailhead and the actual spot. On the left hand side as we hiked along the top of a ravine we finally did spot it. It was picturesque. We thought that someone had claimed it already because we saw a warm glow coming from the area. It turned out to be a sunbeam hitting the western wall of the lean-to.

The Lean-to was in great shape, clean and ready to be used. We got right to work. Julio was the camp chef, so he started with prepping dinner (Steak, rice, and veggies, yum!) while I went out to gather firewood. Building, supplying, and maintaining a fire is one of the most satisfying tasks in the world. It is hard work, but it gives you a sense of self-reliance and self-confidence, a feeling that is becoming increasingly rare in the world today. The risk involved with camping in the winter only makes the success of building a fire and eating a hot meal all the more rewarding. We finished cleaning up from our meal and



Ryan, left, and Julio Nieves, right, at the trailhead.

Ryan Rovito

toasted over a shared bottle of bourbon ale.

About an hour after sundown we started to hear voices in the woods. I passed it off as being from out near the road, but Julio kept listening intently. About five minutes later a crew of 17 from Cornell's Outdoor Education team started to make their way into camp. The crew, consisting of a few leaders and a

bunch of trainees, were in to learn winter camping. They set up tarp shelters behind the lean-to and were great neighbors. The leaders told us that the fact that we had already made camp at the lean-to was a great opportunity to teach the trainees about trail etiquette and the fact that lean-to's are first come, first serve. They were all staying at the Chestnut lean-to camping area for the whole weekend to learn wilderness survival. Many of the students had actually never been in the snow before. Talk about jumping in head first!

The next morning we woke up with the dawn. After enjoying some sausages from The Piggery that were kindly gifted to us by the Cornell crew, we packed up our lunches and gear and headed out for the Abbott Loop. Since our retreat assignment called for us to spend four to six hours alone with God we decided to split up at Diane's crossing. I was to head east along the main trail while Julio headed straight uphill on the Loop toward Thatcher's Pinnacle.

My side of the trail was more challenging than I had expected. Ascending through a pine forest to the top of the first ridge was exhilarating. The woods were so quiet that all I could hear for much of the beginning was the sound of my own heartbeat. I kept trying to focus myself on the retreat. Our goal was not a relaxation retreat to find peace and comfort. It was more like a military retreat, and opportunity to step away from the battle of everyday life, refocus, and regroup. Unfortunately, for the first four miles or so all I could think about was the next step uphill.

Hiking, like working on a fire, really helps to get the business out of my mind. I am able to focus on one thing for an extended period of time. My mind doesn't have the time or energy to race; it is just concerned with the next step. Six miles into the hike I was on the east end of the Abbott loop when I finally got my moment. Walking through the valley between Bald Hill and Michigan Hollow Roads the sun came out and the beauty of the



trees and hills just hit me. This was the quality moment of retreat that I had been waiting for.

I finished the loop to Thatcher's Pinnacle, passing Julio on the way. At the top I decided to stop and enjoy my lunch at the picnic table while soaking in the scenery of the valley below. About half way through my lunch I saw a dog frolicking her way up the trail, closely followed by her owner. I always love when dogs are free to enjoy the trail with us. They have a child-like expression of joy on their faces when they are running through the woods, inspecting all the smells, and greeting fellow travelers. Dogs always remind me to enjoy the simplicity of things.



*The new bridge at Dianne's Crossing on the Abbott Loop.*

Julio and I finished the trail and packed up camp. I had hiked a total of at least 12 miles throughout the day and my legs were certainly sore. We were both walking much slower than we had when we left camp that morning. It's that great "I worked hard for this" kind of soreness that brings a sort of euphoria along with it. The hardest part of the whole trip was the .75 miles from the lean-to back to the car. We treated ourselves with some burgers at the Ale House in Ithaca before the drive back to Rochester.

As I reflected on the whole weekend I realized that God has always met me when I sought after him. I always seem to be able to find him in the woods. He showed me that sometimes, in order to slow my mind down and focus, I need to do some hard, repetitive work, over an extended period of time. I always thought quality time was more important than quantity, but this weekend God showed me that sometimes I need to take a large quantity of time to get to a place where I can have real quality time. I thank God for the Finger Lakes Trail and those who maintain it because they made this retreat both possible and enjoyable. I hope you, the reader, will be inspired to get out there and spend some time on the trail, experiencing God in amazing ways. 🍁



Send **address changes** to  
Finger Lakes Trail Conference  
6111 Visitor Center Rd.  
Mt. Morris, NY 14510  
or [FLTinfo@FingerLakesTrail.org](mailto:FLTinfo@FingerLakesTrail.org)



Julio Nieves

Ryan Rovito

*Ryan working on their fire at the Chestnut Lean-to. These two got to enjoy several recent constructions of our Alley-Cat crews, both the shelter and the bridge at Dianne's Crossing. But who ever would have dreamed that there would be an overflow crowd at a shelter in January!*

**In Memory of**

**Robert R. Newlun**

*from*

*Jo & Bob Taylor*

**Robert E. Hopkins**

*from*

*Roger & Ruth Hopkins*

**Barbara Barnes Hopkins**

*from*

*Roger & Ruth Hopkins*

**Tom Noteware**

*from*

*Frank Guilbault*

# End-to-End Update

Jacqui Wensich, End-to-End Coordinator

## Branch Trails

#82 (#62 before) Larry Telle and #83 (#61 first time) Jeff Patterson completed their second complete Branch Trails hike. Both are main trail end-to-enders from the Rochester area. (Larry #301 and Jeff #308.)

Branch Trail Trivia: Larry and Jeff join only Joe Dabes as two time branch trail enders. The Crystal Hills Branch Trail is now a requirement. Laurie Ondrejka #81 and Debra Nero #80 anticipated that requirement. Theresa Evans hiked the CHBT several months after her #78 BT hike was registered. Branch Trail E2ERS Don Sutherland, MaryAnn Cascarino and Will Roden finished the CHBT 6-27-13. Let me know if you have added the CHBT to your resume. Kirk Doyle plans to do so this spring.

## Updates:

Gary Rouse has only 30 miles of main trail to complete his E2E hike. Diane and Dan Bradshaw of Sidney Center will continue to use the county hike series (5th), but plan to hike some of the far west maps on their own.

## Comments:

It is very disappointing that we have no articles from recent end-to-enders except Rita Jensen's and Jo Kish's. Such articles often inspire other hikers to try to complete our trail. It is never too late to submit an article.

**TIPS for aspiring E2ERS:** 1. Review the End-to-End Hiking section on the FLT website. 2. Join the FLT yahoo group (often find more spotters, specific location hints.) 3. Purchase manual for thru hikers (update in the works). 4. Purchase new MAPS (remember FLT members receive a 20% discount for all purchases). Waypoints are also available. 5. CHECK trail conditions online frequently. 6. If you are not already a member, **join the FLTC**. Membership supports this wonderful trail. 7. LET ME KNOW about when you plan to complete the main/branch trails to receive the correct number 8. Email captioned photos as you hike and keep trail notes so you can write your E2E article.



Larry Telle

Larry (left) and Jeff at a trailhead signboard on the Crystal Hills Branch.

## Car Spotters:

**NOTE:** Thanks to those who have become spotters. Car spotting is a great assistance for hikers, so accepting the offered gas money gives hikers a way to thank you back. Hikers, remember to take a photo of your car spotter and send it to me. We love to recognize our spotters.

We ALWAYS need more car spotters, so please email [jwensich@rochester.rr.com](mailto:jwensich@rochester.rr.com) to apply or use the form directly from the website. This includes the Branch Trails.

(For a complete list call or email me below.)

"Happy Hiking" from Ed Sidote. 🍁

**Contact:** Jacqui Wensich  
[jwensich@rochester.rr.com](mailto:jwensich@rochester.rr.com)  
585-385-2265

## Thank You

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(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



# A Walk on the Wordy Side

Marla Perkins

In the previous issue, it was noted that expertise is one way in which languages change. Hikers are full of terms and meanings of terms that are specific to hiking.

For example, hiking isn't just going for a walk. We can walk for two miles, or we can hike for two miles, and we can cover the same ground on the same trail, but the ways in which people think and talk about those activities are different. When I was visiting the Adirondacks a few months ago, I took a walk up Bald Mountain. No big deal—two miles round trip, so I hopped out of the car, put my feet on the ground, and was to the top and back in about an hour without pushing myself. While on the trail, however, I passed a number of people who were hiking, backpacks for a two-mile hike that were more loaded than I would take for a week in the woods without resupplying anything but water. One of them even took the opportunity to berate me for hiking without being prepared for whatever might happen on a mountain. I clarified that I was just going for a walk, but we kept going our separate ways and didn't stop to sort out the semantics. For linguists, semantics is the study of meaning, at the word and/or sentence level, depending on the scholar.

That's what this article is for.

Taking a walk is casual. I have rarely hiked two miles, but I have hiked thousands of miles. I take walks when I'm driving through the Adirondacks and get tired of sitting in the car, see a sign for Bald Mountain, think that might be more fun than sitting, pull over, and go for a walk.

Hiking is serious. Hiking requires planning and preparation and supplies. When people go hiking, they schedule the hike in advance (hence the hike series on the Finger Lakes Trail). They arrange transportation to and from and amid (sag wagons). They take snacks and drinks and a cellphone. They take whatever they might need for seasonably expectable weather, or for any weather possible anywhere on the planet, depending on the person planning the hike, although the over-preparers are probably not going to last as long-term hikers; light hiking is happy hiking.

Hiking can also be about the difficulty of the terrain or feelings of difficulty. Bald Mountain was not much of a challenge for me, given my current state of health and fitness. Not everyone can hop out of the car and walk up terrain in the Adirondacks without thinking twice about it.

I was reminded of the importance of conditioning and terrain when I was in Indonesia for linguistic research and consulting recently. Everything in the jungles of Borneo is covered in



Virgin rain forest, with slime, Indonesia

Marla Perkins

slime because the conditions are wet and humid all of the time. I am not accustomed to ambulating on slime, so I find it difficult and dangerous. In addition to the slime, the terrain, even for five hundred feet around the rapids while the people I was working with cantilevered the boats over a rock, was unpredictable, including smooth and sharp rocks, mosses that were as large as small shrubs, and tree roots—all covered in slime. I hiked for five hundred feet. The other people who were walking around the rapids were on a short walk. That's a lifetime of practice and millennia of breeding for walking on slime.

When I could keep up enough to watch where they were putting their feet, I hiked better. Even on new terrain, they all choose the same footing. If I knew how they

were thinking about where they put their feet, I could learn to walk in that environment (eventually). However, because this is normal for them, they don't even think about explaining their principles of foot placement. I will leave the topic of what people choose to talk about and what they choose not to discuss to another article, though.

Of course, as with any of us, the results are not perfect. One woman fell on the walk around the rapids and limped everywhere else for the rest of the week. With the limp and the pain, she probably considered her everyday life a hike.

Backpacking is hiking intensified, all of the usual planning, and more planning, such as arranging with friends or family for supplies to be mailed on certain days to certain post offices. All of the usual preparation, and more preparation, such as packing those boxes to be mailed. All of the usual stuff, and more stuff, such as a way to treat the water along the trail. When I'm backpacking, I camp outdoors; I do not camp when I'm hiking.

But I am only one person; another aspect of linguistics that I will leave for another article is the concept of idiolect. Each of us speaks a slightly different language. My semantics, despite belonging to the general communities of walkers, hikers, and backpackers, will no doubt be somewhat different from other people's semantics.

*Marla Perkins, Ph.D., is a linguist and is studying to become a speech therapist. She grew up on the slopes of Connecticut Hill and through-hiked the FLT in 2004 (#181) and has spent her vacations on the trail ever since. She now lives in Flagstaff, Arizona, with her cockatiel Mo, who also enjoys day hikes on the Arizona Trail. She welcomes comments, questions, and suggestions for future columns: marla.perkins@nau.edu* 🍁

# Old Timers I Have Loved

Irene Szabo

This picture of Susan Yee #33 and Phyllis Young #32, celebrating their end-to-end moment in 1994, is the sister to a picture we ran here a year ago, one that included Bob Muller on the occasion of his death. That article celebrated Bob's helpfulness and announced that Susan had donated money for materials to build a memorial shelter, coming this year.



Irene Szabo

*This is their end-to-end moment. Susan #33 and Phyllis #32.*

What none of us dreamed was that Phyllis would follow him in mere months.

I learned only round-about that she was diagnosed in August with leukemia, end stage, and wouldn't live until Christmas. So when I was driving to talk to the Event Arrangers at Hope Lake Lodge, where we will have our fall "campout" in September, I stopped on NY 226 north of Savona to take a little walk with old dog Sandy on a piece of trail that Phyllis and I built together, back before Map M12 was even published.

Must have been 1990 or thereabouts, because I know the LAST open gap in the main trail was finished in time for our thirtieth anniversary in '92, and M12 was the next-to-last gap. Stumpy little Phyllis (all 4'10" of her, and that figure would go down over the ensuing years) was ready to be the trail caretaker of this segment east of 226 along with a piece south of Birdseye Hollow along Aulls Rd. as soon as we got it built. Terry Giarrosso was our landowner charmer, she with her beaming smile, little old white-haired lady innocence, and pink jacket, so where we didn't have state land, Terry unrolled maps and worked with private landowners.

Phyllis and her sister, Marge Boone, and Marge's husband Dick, adopted what we built, and kept the section for years until finally they relinquished it to Pete Nye, the Next Generation. But my short walk brought back so many memories of that time, especially of a day after Phyllis and I had flagged a

route that kept us up out of the bottomland where it was clear to us that spring floods would cover the trail, when we gathered a bunch of guys to help with the primary clearing job. Vic Yates was there, and Hudson Close, so it must have been a Sunday. Hudson kept his Horton's Paint store open six days a week so that was his only trail day. That's where Hudson

made his classically awful comment about fine-clipping a new trail, "That's girl's work," and then abruptly realized what he'd said, blushed mightily, and leaned over to do some girl clipping.

I can now reveal that because Hudson is gone, along with Vic. I hadn't walked that segment for over twenty years, but that day came flooding back, along with all those fun stalwarts who came out to help. I know Bob Muller was there, too, a man willing to clip "whiskers" in the new tread (girl work) and paint insanely careful squared off-blazes. In fact, the flavor of a Bob trail is still all over this place: the trailhead signs are mounted on wood with slit hose around the edges, an old Bob practice, and there are still many oversized square-edged white blazes visible, this many years later! Bob never did get 2x6 in terms the rest of us used, but here he is, still evident on trail where we worked together over twenty years ago.

What Phyllis lacked in stature she made up for in piss'n'vinegar. I once made the colossal mistake of asking her if she could drive my truck for a hike shuttle when she reminded me that she had driven an immense RV to Alaska and back after her husband's heart attack had side-lined him to passenger status. Silly me. As Lynda Rummel said, "I always liked her. She was spunky." Extra short people have to be, so often develop powerful personalities. Phyllis was a nurse who worked part-time way past retirement age, and I'm betting many a doctor got an earful if he tried to wax princely on her shift.



I'm 5'7" but even when I was in the full flower of my hiking years, I couldn't keep up with Phyllis on the trail. On a wide-open romp like the Conservation Trail where it follows bike paths around Akron and Clarence, I was slightly out of breath and semi-trotting to keep up with her.

As you'll see from the picture of her on a motorcycle, she had some bucket list items to check off in her final weeks. We are grateful to Georgeanne Vyverberg's sister, Ruth Wright, who was Phyllis's neighbor, for sharing this shot.

Back in the early 90's, Phyllis and her new friend Susan Yee finished the main trail end-to-end, most of all by means of Bob Muller's generous help; even though he had walked a lot of the trail out and back, he made it easier for Phyllis and Susan by driving them to trailheads, then meeting them later in the day, even all the way across the state. Then Phyllis got her 10 years younger sister Marge enthused, mostly by harassing her until she started hiking, too, so ended up rehiking much of the trail all over again to do it with Marge!

In fact, Marge and her husband Dick had to trick Phyllis into giving up her trail section when the heart doctor wanted her to stop, by quitting on her. Even then, she naturally tried to keep doing it all by herself. Still, it was rude of life to snatch her at 82 so suddenly when she was still having fun walking her dog and capturing wild cats and getting them spayed.



Ruth Wright

*Phyllis finally got a ride on a neighbor's motorcycle in her final months.*

As a memorial to Phyllis, Susan has donated funds to keep the end-to-end name badges coming for years, another thing Bob Muller began. Susan grew up in Hong Kong walking a lot, so grew from meeting Phyllis at the first Bristol Hills series into finishing the whole main trail and all the branch trails with her. Susan said, "She was a true friend. We never had any disagreement about how to approach the hikes. I followed her down the trails. She followed me to theatres and concerts. My life is enriched for knowing Phyllis." 🍁



## THANKS TO OUR TRAIL LANDOWNERS

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

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

### JO SWANSON UPDATE

The first two people to walk the whole Great Eastern Trail were Joanna Swanson and Bart Houck, and they were featured in our pages when they finished the north end on our portion of the trail, the Crystal Hills Branch. Jo even wrote an article for us in the Fall 2013 issue. Apparently she is one of those people who just can't stop hiking, as we learn from a report in the latest North Country Trail *North Star*.

Bill Menke in his year-end summary of what the Wisconsin-based Rovers Crew accomplished this past year, said: "One of the crew members helping out this month was Jo Swanson from Askov, Minnesota. Jo was last with us in September 2011, when she described herself as a "pack mule" helping to carry tons of material down the bluff to ferry them across the St. Croix River. Perhaps that job assignment as "pack mule" was preparation for what she has been doing in the interim. Jo is a seasoned long distance hiker and has completed the Appalachian Trail, is one of only two people who have completed the Great Eastern Trail, and finished the Ice Age Trail only a week ago. Thanks for spending some of your "back to civilization transition time" with us."



Here Jo is decking a long bridge the Wisconsin Rovers Crew built along the North Country Trail.

### DIGITAL CAMERA FOUND MAP 22 Bucks Brook State Forest

A nearby landowner found a digital camera on August 14, 2014, and is looking for the owner. The camera was found off the FLT where the trail crosses Ridge Road. Nylon carry case, photos and video do not identify owner. Contact: Kathryn at [chenangowoolworks@gmail.com](mailto:chenangowoolworks@gmail.com)

### BULLTHISTLE 10th ANNIVERSARY



Jim White

Ten years and still hiking! The Bullthistle Hiking Club celebrated its Tenth Anniversary in 2014 and proudly displayed its commemorative shirts at its December 2 meeting. The club holds a group hike every Sunday morning throughout the year and often has hikes on other days. For more information consult our website [www.bullthistlehiking.org](http://www.bullthistlehiking.org)

Donald A. Windsor PO Box 604, Norwich NY 13815  
607-336-4628 [windsorda@roadrunner.com](mailto:windsorda@roadrunner.com)

### GORDON JARVIS REMEMBERED

Gordon died in December, survived by his wife Helen. From the remembrances of Ron Navik and Larry Newman, we learn that he was a pivotal member of the early Genesee Valley Hiking Club, back when they were building brand new trail from the Genesee River eastward toward Hornell. He not only tended his own section on Map M9 from Bush Road up to Slader Creek and perhaps beyond, but also was essentially the first computer person for the FLTC. Gordon, who worked at Kodak, created our first data base for members and created other systems for our trail office, then mostly in Howard Beye's basement. He was also the Board President in 1977.

Larry's recollections of early GVHC trail work were a revelation. Long ago, every member was required to join at least one work party per year, a rule that evaporated over time, alas, and even though segments had their own stewards, the larger club would field typically four carloads of people to come out several times a year for trail maintenance.

Bill Menke



## TED MARKHAM DONATION

Way back in the 80's and earliest 90's, our trail endured a big gap around Bath and Hammondsport. Map M12 wasn't even published then! So those of us who worked for several years getting permissions from private landowners in that area and building new trail were lucky enough to meet some of Steuben County's grand old conservation guys. One was a major landowner on the Bristol Hills Branch, Jack Kahabka (Lake David on Map B3), and another was Ted Markham, a retired Steuben County Cooperative Extension Agent.

Ted died last year at 92, and his family decided to donate Tompkins Financial stock to the Finger Lakes Trail Conference, part of their desire to give benefits to small local organizations. And the Finger Lakes Trail is something his wife can still see from their property next to the trail where it crosses Mitchellsville Road on Map M12. Our treasurer Quinn Wright has added a Forever Society membership for Ted in honor of the family's donation.

Ted loved many outdoor things, including agriculture, viniculture, and growing Christmas trees, but he also loved teaching others about them. So it was natural that he was a key person in the creation of Mossy Bank Park across the Cohocton River valley from Bath, where a nature center is now named for him in the place that affords a stunning view up and down that valley. In fact, the first ever color brochure printed by the FLT in the earliest 2000's featured a picture from the overlook at Mossy Bank.

I had heard of Ted during my days working on creating new trail in the area and finally met him once. As we opened new trail, we often held hikes on new trail after publishing invitations to the public. Well, didn't Ted show up on one I was leading and give us a terrific bonus of local information! There was a teacher lurking in that man, and his local history and forest background made that hike a special treat for everyone there.

Irene Szabo

## REGISTER FOR COUNTY HIKE SERIES

This year's Livingston-Allegany-Wyoming County Hike Series begins April 18th  
Register online at [www.FingerLakesTrail.org](http://www.FingerLakesTrail.org)

Under "What's Happening" click on Hiking Programs→Cross County Hike Series

or call the FLT Office at 585-658-9320  
April 5th is the cut-off date for registration.  
Registration is limited.

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

## PROPERTY YOU'RE NOT USING MUCH ANY MORE?

While we are always interested in talking to landowners about making their permission for the trail into permanent protection by granting a Trail Access Easement, there is another mechanism available. The landowner can give us the land.

Several generous owners have done exactly that in recent years. The option may be particularly attractive to landowners with small or remote parcels who find they are not using the parcel as they once did, but they are still getting tax bills. Smaller properties with no structures on them, especially those with no direct or deeded road access (in other words, landlocked parcels) can be very difficult to sell.

Landowners may find that a donation to FLTC with a subsequent tax deduction for the property makes sense financially and is a low hassle solution. FLTC helps to prepare the paperwork and pays the filing fees; the landowner only has to arrange the appraisal to substantiate their tax deduction.

Contact David Newman, VP of Trail Preservation ([danewman@rochester.rr.com](mailto:danewman@rochester.rr.com)) if you are interested in exploring this more.  
(or 585-415-3668)

## CHAIN SAWYER TRAINING OPEN SLOTS

There are VERY few openings left for the class this spring, April 24-25. Contact Marty Howden soon; contact info on this magazine's calendar on page 41.

### FLT 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 FLT website).....			\$100

## FLT NAMED HIKE EVENT

*Saturday, May 2, 2015*

*The FLT "Wally Wood" Spring Hike*

### **Location:**

Rock Rift Fire Tower Loop

### **Hike Leaders:**

Debra Nero, dn13@cornell.edu, 607-227-7957

Laurie Ondrejka, laurie.ondrejka@ellucian.com

### **Hike Description:**

Join us and discover the delights of one of the newest stretches of the FLT, a brand new loop with a fire tower! This hike will be 7.1 miles with a strenuous climb of 1,000 feet and an equally strenuous descent (FLT map M28 rev 10/14).

The hike will begin (and end) at the parking area at the intersection of NY Route 10 and NY Route 268 on FLT map M28 at the north end of the NY Route 268 bridge over the reservoir. From the parking area we will hike west on the blue-blazed FLT for 2.1 miles alongside the Cannonsville Reservoir, at which point we will meet up with the new stretch of the FLT. The trail turns east and climbs up to the Rock Rift Fire Tower before dropping back down to parallel NY Route 10 and return to the parking area.

### **Meeting Location and Time:**

Interested hikers will meet at 9:15 am at the parking area at the intersection of NY Route 10 and NY Route 268. We will begin the hike at 9:30 am.

### **Directions to the Meeting Location:**

From Binghamton: Take I-86 east (NY Route 17) to Deposit, NY, exit # 84 / NY Route 10. Follow NY Route 10 east (toward Walton, NY) for about 15 miles until you come to the intersection with NY Route 268. Park at the intersection, on NY Route 10.

From: Syracuse/ Whitney Point: Take I-81 south to Whitney Point, NY, exit #8. Turn left onto US Route 11 and drive thru Whitney Point, then turn left on NY Route 206 to Walton. In Walton, turn right on NY Route 10 and go about 10 miles to the intersection with NY Route 268.



Rock Rift Fire Tower

Warren Johnsen

## FLT NAMED HIKE EVENT

*Saturday, August 1, 2015*

*Sidote Hike*

### **Hike Leaders:**

Bruce and Donna Coon

coledonnarn@yahoo.com or 607-445-4003

### **Hike Description:**

This hike is an 8 mile loop on map M22 in the northwest corner of Chenango County, east of Cortland. For 5 miles we will follow the FLT from the Otselic River to Warner Road. Then we will return via the DEC truck trail. Initially we will climb 500 feet to reach the top of Truman Hill, an elevation of 1,780 feet. The trail then proceeds south through the forest passing the Winston Braxton Bench. The highest elevation we will reach is 1,940 feet. We will also offer a shorter 3 mile hike with fewer hills.

### **Meeting Location and Time:**

9:00 AM at the Otselic River DEC Fishing Access Parking Lot off NY State Route 26 just south of Bucks Brook Road.

### **Directions to the Meeting Location:**

The fishing access is well marked. It is on NY State Route 26 approximately 2 miles south of the village of Otselic in the northwest corner of Chenango County, where NY State Route 26 and the FLT cross the Otselic River. It's milepost 18.5 on FLT Map M22.

### **Carpooling:**

From the Norwich area: meet at 8:00 am in the parking lot behind Howard Johnson Motel on NY State Route 12.

From the Binghamton area: please contact Larry Blumberg, LBlumberg@stny.rr.com or 607-797-0912

The Fall 2015 Erv Markert Hike will take place on October 10th in southern Cortland County (FLT Map M20) on a newly relocated section of trail (fall 2014) which connects W. River Rd. to Hoxie Gorge. Full details will be published in the Summer FLT News!



# Finger Lakes Trail 2015 Calendar of Events

April 18 .....	Beginning of County Hike Series (4/18, 5/16, 6/20, 7/25, 8/15, 9/19)
April 25-26.....	Chainsaw training, near Bath. Contact Marty Howden: Howser51@yahoo.com or 585-567-8589
May 1 .....	Deadline <i>FLT News</i>
May 2 .....	Wally Wood Hike in the Catskills (see pg.40)
May 16-17.....	Chainsaw training repeated. Class full!
May 29-31.....	FLT Annual meeting and Spring Weekend, Norwich (see pg. 26)
May 31 .....	FLT Board meeting, Norwich
August 1 .....	Deadline <i>FLT News</i>
August 1 .....	Sidote Hike (see pg. 40)
September 10-13 .....	FLT/NCTA <i>Rendezvous</i> at Hope Lake Lodge and Greek Peak
September 13 .....	FLT Board meeting, Greek Peak
October 10.....	Erv Markert Hike. Details next issue.

## FINGER LAKES TRAIL CONFERENCE

## STAFF

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Stephanie Spittal, Order Fulfillment/General Information

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**Peggy Coleman**, VP Membership & Marketing • Elmira

**Matt Branneman**, VP Crews & Construction • Ithaca

**Greg Farnham, VP of Mapping • Chandler, Arizona**

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## BOARD OF MANAGERS

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Roger Hopkins • Lansing

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### Terms Expiring 2016

Cate Concannon • Geneseo

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Donna Flood • Clarence

**David Tuttle • Pittsford**

### Terms Expiring 2017

**Michael Ogden • Baldwinsville**

Debra Nero • Ithaca

**Sigi Schwinge • East Syracuse**

Wendy Stevenson • Springwater

Neil Yoder • Painted Post

***Join the FLTC Yahoo Groups E-Mail List***

The Finger Lakes Trail Conference's e-mail list is a discussion group hosted by yahoogroups.com. Its purpose is to allow the subscribers (approximately 650 people) to communicate information to each other pertaining to FLT hikes and other FLTC activities, and to also allow subscribers to post general hiking-camping-backpacking and/or FLT-related questions that can be answered by any of the other participants.

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

To join the group, send a blank note to [fingerlakestrail-subscribe@yahoogroups.com](mailto:fingerlakestrail-subscribe@yahoogroups.com) and follow the instructions for subscribing. If you have any problems or questions, contact one of the co-moderators.



Taughannock Falls from above. We'll take that in during one of Friday's tours. By Vinnie Collins

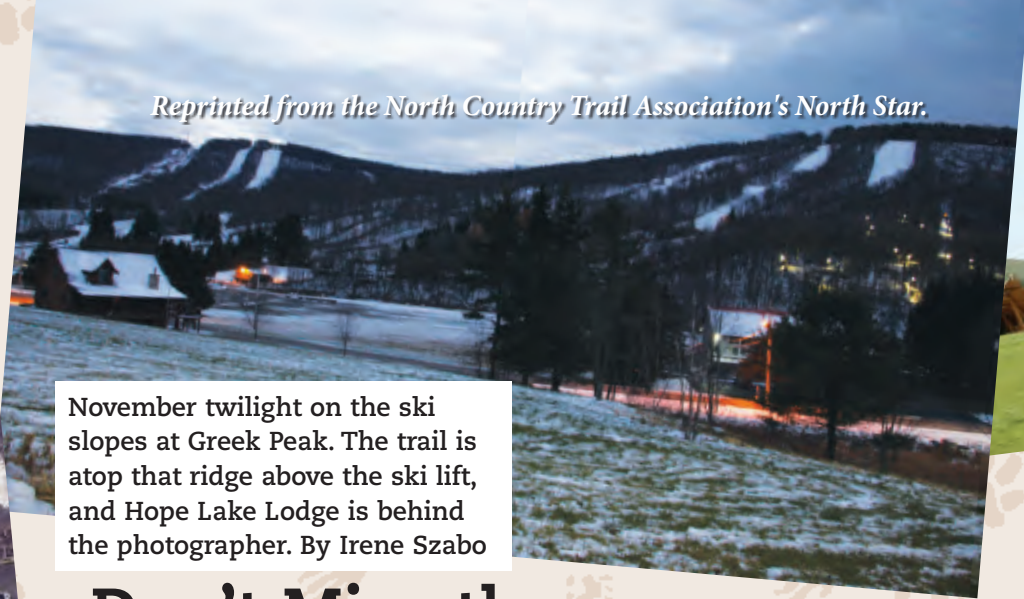


Buttermilk Falls can be seen on Friday. By Tom Reimers



Watkins Glen lower gorge. We'll walk here on Saturday. By Vinnie Collins

*Reprinted from the North Country Trail Association's North Star.*



November twilight on the ski slopes at Greek Peak. The trail is atop that ridge above the ski lift, and Hope Lake Lodge is behind the photographer. By Irene Szabo

## Don't Miss the 8-State Rendezvous In New York!

From September 10-13 the Finger Lakes Trail will host a long weekend of fun, hikes, tours, and training centered at the luxurious Hope Lake Lodge across from Greek Peak ski hill in the center of upstate New York. This will be a time for ALL members from all EIGHT states of our eventual trail to gather for a good time, visiting old friends from the far ends of the North Country Trail, and making new ones.

**The Area:** Very rural and often forested, a few miles south of Cortland and under an hour from Syracuse, the Lodge is surrounded by state forests on two sides where the FLT/NCT travels. In fact, the trail passes just behind the top of the ski lift on the ridge across from our lodge.

**The Lodge:** Luxurious doesn't have to mean expensive. All rooms are suites of varying sizes, with most featuring two double beds for four, many with full kitchens! So those of us willing to share a double bed will be able to sleep in a new and gorgeous hotel for only \$38 per night, which includes a full breakfast! There are also nearby motels and a campground, so alternatives exist. Registration will be handled by the FLT staff and volunteers, so we'll help put roommates together for those not in a group. The Lodge also can entertain non-hikers with a water park, zip lines, a high aerial course, high challenge facilities, mountain coasters, and a spa!

Forest creature footprints in concrete invite us into each of the Lodge's doorways, and one forest creature in the carpeting of each floor leads toward the elevators, should you become disoriented. Some rooms even have balconies; sorry, no choice.





Hope Lake Lodge in Spring.  
By Irene Szabo



Another part of Watkins Glen  
gorge. By Vinnie Collins

**The Hiking Program:** Thursday and Sunday hikes will be relatively local, some self-guided and others led by experienced volunteers, while we will ALL go to the Ithaca area (Friday) and Watkins Glen (Saturday, by bus) for a featured list of rather fabulous hikes to spectacular locations, many including famous waterfalls, or tours to non-hiking features nearby. All registrants will get free FLT maps of the area. And if Vinnie Collins' pictures of the gorge at Watkins Glen State Park don't entice you, then perhaps you should check your pulse!

**The Training:** We are planning on a half-day on Optimal Location Review to help us chose ideal trail routes, a crosscut saw training session which will include a lot of the smart things chain sawyers learn in their course, but aimed at those of us who don't like their saws to move so fast, and first aid courses that certified sawyers need to renew frequently. There will be a program on mapping technology, too.

**The Programs:** National Park Service and North Country Trail Association awards will be given out over two evenings, while presentations on route planning in NY's Adirondacks for the NCT, murals along the Erie Canal's towns, and an introduction to the extension into Vermont are planned. Evening meals are buffet style and sumptuous, with a cash bar.

Kevin Normile takes a picture  
from behind Tinker Falls.  
By Kristin Shafer



Tinker Falls will be on Sunday's  
hike. By Larry Blumberg

Details and registration materials will be online by the end of March since this is still not an official NCTA "conference," which prevents us from using all the pages required in your magazine. Your FLT hosts hope it still feels like one anyway! For those who prefer to get their materials on paper, a call to the FLT office will get them mailed to you: (585) 658-9320, 9:00 AM to 2:00 PM any day except Wednesday, or email [fltinfo@fingerlakestrail.org](mailto:fltinfo@fingerlakestrail.org). Helpful websites: [hopelakelodge.com](http://hopelakelodge.com), [greekpeakmtnresort.com](http://greekpeakmtnresort.com)

Materials will be online at <http://fingerlakestrail.org/trail/FallEvent> by the end of March.

Questions after you see our website? Ask Chair Irene Szabo, (585) 658-4321, [treeweenie@aol.com](mailto:treeweenie@aol.com). ✱



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Mitchellsville gorge, a long hemlock-shrouded walk above a stream gully outside  
Hammondsport on Map M12.



Vinnie Collins